



*Sisters of Notre Dame*

*With you on  
the journey*

[snd-vocations.org](http://snd-vocations.org)

**February 2022 Edition**



The Examen is a great prayer to help us recognize God's presence in our daily lives. Below is one asking for a new heart. We hope you find it helpful in your journey to and with God.

**Examination of Conscience: A New Heart**

*Create in me a clean heart, O God, and put a new and right spirit within me.  
Psalm 51:10*

**Do I have an open heart?**

Can I embrace new people, experiences, or ways of looking at God?  
Does my heart reach out to strangers, but bristle when people I know make requests?

**Do I have a prayerful heart?**

Do I seek quiet time, reflection, and study?  
Do I respect the uniqueness of every human being?

**Do I have a peaceful heart?**

Does my heart waste itself on small stuff, losing sight of God's far reaching vision?  
Do I need to rid myself of grumbling and complaining about everyday frustrations?

**Do I have a quiet heart?**

Do I fill my days with busyness to avoid listening to God and others?  
Is life a series of virtual communications that fails to share God's truth?

**Do I have a hopeful heart?**

Can I recognize all the positive influences in our world?  
Is life a series of virtual communications that fails to share God's truth?

**Do I have a grateful heart?**

Am I aware that all that I have been given is truly a gift?  
Do I appreciate the gifts and talents God has bestowed on those around me?

**Do I have a loving heart?**

Do others recognize that I am a follower of Jesus by how I treat people?  
Is inner goodness shown in my outward actions?

**Do I have a forgiving heart?**

Am I ready to give up grudges, resentments, and old hurts?  
Can I look past being shunned and mistreated by others?

**Do I have a serving heart?**

Do I share my spiritual and material gifts with others?  
Am I willing to do what needs to be done, regardless of reward?

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## Upcoming Events

### LOOKING AHEAD!

As we mentioned last month,  
we have a couple events planned for Lent, which begins on March 2.  
We hope that you will be able to join us for one or more of them.

We have an additional event of an Lenten Movie Night. Please see the flier below.

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Are you a young adult  
looking for a way to live more deeply  
into the Lenten season?

Join us online as we pray with the Sunday Scriptures  
on Fridays, March 4, 11, 18 and April 1, 8  
at 8:00 pm EST



To register or for more information,  
please contact Sister Val Roxburgh at  
[vroxburgh@sndusa.org](mailto:vroxburgh@sndusa.org)



Young Adult  
SILENT  
RETREAT  
for those in their  
20s & 30s



Join us  
March 25 - 27,  
2022

AT ST. JOSEPH  
HEIGHTS,  
PARK HILLS, KY



Are you looking for some quiet time with the Lord?  
This retreat can provide you time and space for such an encounter.

To register or for more information,  
contact Sister Ruth Lubbers at [rlubbers@sndusa.org](mailto:rlubbers@sndusa.org)

# Lenten Movie Night

*Emilio Estevez's*  
*The Way*

*Discovering the difference between  
"the life we live and the life we choose."*

Saturday, March 26, 2022 at 7:00pm  
St. Joseph Heights, Park Hills, KY

*To register or for more information,  
please contact*

Sister Ruth Lubbers, SND at  
[rlubbers@sndusa.org](mailto:rlubbers@sndusa.org) or  
859-750-8190



## Prayer Requests

How can we support you in our prayer?  
Click on the button below to submit your prayer requests.  
God bless you!

[Request Prayers](#)

## Vocation / Young Adult Team

Sister Jenny Zimmerman, SND  
Sister Kelley Rush, SND  
Sister Val Roxburgh, SND  
Sister Ruth Lubbers, SND



[Team Bios](#)

Sisters of Notre Dame Vocation and Young Adult Team | [www.snd-vocations.org](http://www.snd-vocations.org)  
[www.sndusa.org](http://www.sndusa.org)

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