



Young Adult News December 2022 Edition

Happy Advent! May this Advent season bring you to a greater sense of the quiet, abiding presence of God and come to recognize Jesus' coming into your lives each day. Below check out the link to our Advent Evening of Reflection that Sister Mary Therese Dugan, SND presented for our young adult friends. We also have an Advent Reflection from our Office of Justice, Peace and Integrity of Creation to share with you.

May the celebration of Jesus' birth this Christmas be a time of hope, love and joy as you gather with family and friends! Know that we hold you in prayer.

[Sister Mary Therese Dugan's Advent Presentation](#)

Prayer for Advent

Advent Reflection

Shake Us From Our Slumber

When our eyes do not see the gravity of racial justice,
Shake us from our slumber and open our eyes, O Lord.

When out of fear we are frozen into inaction,
Give us a spirit of bravery, O Lord.

When we try our best but say the wrong things,
Give us a spirit of humility, O Lord.

When the chaos of this dies down,
Give us a lasting spirit of solidarity, O Lord.

When it becomes easier to point fingers outwards,
Help us to examine our own hearts, O Lord.

God of truth, in your wisdom, Enlighten Us.
God of hope in your kindness, Heal Us.
Creator of All People, in your generosity, Guide Us.

Racism breaks your heart; break our hearts for what breaks yours, O Lord.
Ever present God, you called us to be in relationship with one another and promised to dwell wherever two or three are gathered. In our community, we are many different people; we come from many different places, have many different cultures. Open our hearts that we may be bold in finding the riches of inclusion and the treasures of diversity among us. We pray in faith.

~Dr. Martin Luther King Jr.

Watch the short video, [United Against Racism](#), produced by UNESCO (United Nations Educational, Scientific and Cultural Organization.)

For Reflection

How has this prayer and video touched you?
Is there a word or phrase that was particularly impactful to you?
Can you incorporate any new insights into your daily life?

This reflection is brought to you by the SND USA Anti-racism Team. For more information contact Ann Clark at aclark@sndusa.org.



Spiritual Direction

God is inviting you to a deeper relationship. During this Advent season may be a time to consider walking with someone as you grow in your love for God. Spiritual direction can be a good way to go deeper. All of our team members are trained spiritual directors or can connect you with another sister who is. Click the link below to make your request.



[Request to talk with a spiritual director](#)

Events

Upcoming Events

Besides the event listed below, we offer Monthly Faith Sharing on the 2nd Friday of the month. Hope you will be able to join us!

Click the link to register. <https://forms.gle/n4Nn6JDTqCKJFppZA>

Stay tuned for our Winter/Spring events which we will be announcing soon!



December
11th
7:00 - 8:30 pm ET

**THE CHOSEN:
EVENING OF
REFLECTION**

Join us on your Advent journey for an evening of reflection and sharing based on "The Messengers," the Season 2 Christmas special of *The Chosen*. Experience Mary's journey to Bethlehem and Jesus' birth. Bring your open heart ready to receive the gift of God-With -Us. Please view "The Messengers" prior to this event, either on *The Chosen* free app or on YouTube.com (starting at 1:25:30).

For more information or to register, please contact Sister Jenny at vocations@sndusa.org.


Sisters of Notre Dame
of the United States



Prayer Requests

What intentions are on your heart that you would like us to join with you in prayer? Click below and share them with us so we can pray together.

[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 | vocations.sndusa.org
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