



Sisters of Notre Dame  
of the United States

With you on  
the journey

[vocations@sndusa.org](mailto:vocations@sndusa.org)

## Young Adult News March 2024 Edition

### Lent / Holy Week / Easter

During the Lenten season, praying the Way of the Cross is a good way of entering into the passion, death and resurrection of Jesus. We have included a video of Way of the Cross. We hope that it provides you with a prayerful experience of Jesus' final day. Click on the link below.

We will also be offering a Lenten Evening of Reflection on Palm Sunday led by Sister Antoinette Marie Moon, SND.



[Stations of the Cross](#)

### A Reflection on Prayer

The guarantee of one's prayer  
is not in saying a lot of words.

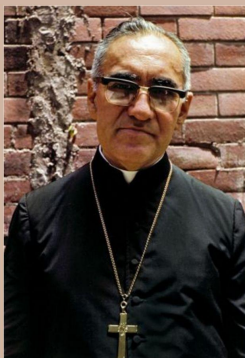
The guarantee of one's petition is very easy to know:  
How do I treat the poor?  
Because that is where God is.

The degree to which you approach them,  
and the love with which you approach them,  
or the scorn with which you approach them -  
that is how you approach your God.

What you do for them, you do to God.

The way you look at them is the way you look at  
God.

- St. Oscar Romero - Feast day March 24



St. Oscar Romero

## Trip to the Border

Have you thought about lending assistance to our sisters and brothers at our southern border? The Sisters of Notre Dame have a House of Hospitality for those who come and volunteer with them at *La Frontera*, a ministry of Catholic Charities in Laredo, Texas. If you are interested and would like more information, please contact Sister Ruth at [rlubbers@sndusa.org](mailto:rlubbers@sndusa.org)

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## Synod on Synodality

"According to the teaching of the Second Vatican Council, the Church is "a people brought together by virtue of the unity of the Father, the Son and the Holy Spirit" (LG 4). The Father, through the mission of the Son and the gift of the Spirit, involves us in a dynamism of communion and mission that moves us from the "I" to the "we" and places us at the service of the world. Synodality translates the Trinitarian dynamism with which God comes to meet humanity into spiritual attitudes and ecclesial processes. For this to happen, it is necessary for all the baptized to commit themselves to the reciprocal exercise of their vocation, charism, and ministry. Only in this way can the Church truly become a "conversation" (cf. *Ecclesiam suam* 67) within itself and with the world, walking side by side with every human being in the style of Jesus." (2.a)



## Discernment for Religious Life

Are you wondering about a call to religious life? The Sisters of Notre Dame Vocation Team is working with many women interested in exploring this call and learning more about discernment. If you want to be added to a list of book studies, faith sharing, retreats, and other opportunities for discerners, contact us at [vocations@sndusa.org](mailto:vocations@sndusa.org).

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## Spiritual Direction

God continues to speak with us and draw us close. Sometimes it can be helpful to have someone listen with you to what you think God is saying. Each member of our team is a trained spiritual director. Reach out to us by clicking on the link below. We would be happy to assist you.

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



## Events

Hope you can join us for faith sharing on **Friday, March 8** at 8:00pm ET.



Join us online on the 2nd Friday of the month  
at 8:00pm EDT



For more information or to register, contact Sister Val  
at [vroxburgh@sndusa.org](mailto:vroxburgh@sndusa.org)

Monthly Faith Sharing Sign Up

# Lenten Evening of Reflection

## Everyday Holiness -Devotion to the Present Moment

Join Sister Antoinette Marie Moon, SND  
& the SND Young Adult Team online on  
Sunday, March 24, 2024  
7:30pm ET/4:30pm PT

To register, contact Sr. Val Roxburgh  
at [vroxburgh@sndusa.org](mailto:vroxburgh@sndusa.org)

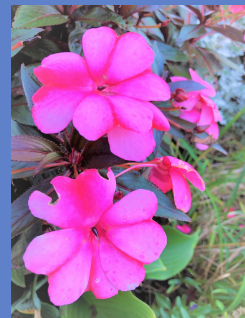


Register for Lenten Evening of Reflection

### ***Save the Date -***

Young Adult Silent Retreat  
April 26 - 28, 2024  
Covington, Kentucky

More information next month.





## Prayer Requests

Click below and share any prayer intentions you may have with us, so we can pray together with you.

Request Prayers



## Vocation / Young Adult Team

Sister Val Roxburgh, SND  
Sister Ruth Lubbers, SND

Team Bios

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

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