



# Women on the Way

*Sisters of Notre Dame  
California Province*

*www.sndca.org/vocations  
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## **God Calls Us Into Relationship** *by Sr. Valerie Marie Roxburgh, Vocation Director*

As I reflect back on the young adult ministry events I attended in this past summer, I am inspired by the desire of Catholics

in their twenties and thirties for a closer connection with God and other people. God created us as relational beings that long for emotional, spiritual, intellectual, and physical connectedness. He invites us into relationship and desires that we open our hearts and minds to embrace His unconditional love.

In our fast paced culture, it is easy to feel disconnected. Technology has revolutionized the area of communications and new social networks have evolved such as Facebook, Twitter, and blogs. These are effective ways to communicate but they do not replace the need we have for others to be physically present to us.

The challenge for all of us today is to learn how to effectively connect with God, one another, creation, and our Church. We feed our physical bodies daily, but it is equally as important to feed our spirit, mind, and soul with God's love. Below are a few suggestions for ways to do this. It is through allowing God to become the center of your life that you will experience a deeper connection with God and other people.

## **Our Newest Novice...**

Postulant Kris Fuller was received as a novice during a private ceremony that coincided with this year's Jubilee Celebration. She will be known as Sr. Mary Kristina and spend her novitiate at Providence House where she has been living as part of the formation community. Parishioners at St. Cornelius have already taken to calling her Sr. Kris.

"Sr. Mary Kristina sounds so formal," she laughs, though her friends on Twitter and Facebook, in the community and beyond know how much the title means to her. In fact, the first thing she wanted to be as a little girl was a nun.

A native of Van Nuys, California, Sr. Kris was raised Episcopalian and converted to Catholicism in her twenties. A series of life changing events including her mother's death led her to recommit her spiritual life and to the Church. Over time, she became a member of St. Francis Assisi Parish in Silver Lake, helped found a peace and justice ministry, and became acquainted with the Sisters of Notre Dame who live and minister at the parish.

Before entering the community, Sr. Kris held a variety of creative jobs in photography and design, including set decorating for Hollywood movies. She is now studying graphic design and taking other classes at Long Beach City College while receiving instruction in spirituality and religious life as well as volunteering at St. Cornelius Parish and other organizations.

"It's almost as if your life goes right back where you started from," she reflected. "You start shedding all the silly stuff you put on during your teenage years, your young adulthood. As you mature and move through it all, your original desires, the ones imprinted in you by God himself, come back into clarity."



### **Daily prayer and quiet meditation**

Instead of turning on the radio or television when you wake up, allow time for silence.

### **Participate in your local parish community**

Daily mass attendance is an excellent way to grow in your faith and relationship with God. It also provides an opportunity for getting acquainted with other people in your parish.

### **Answer God's Call**

#### **Seek the face of Jesus in each person**

Sharing God's goodness with the people God places in your life each day is another tangible way to grow in your connection with God and others.

#### **Spiritual Reading**

In addition to the Bible and the Divine Office, books such as *My Life With the Saints* by James Martin, SJ may also be a useful and enjoyable source of spiritual food.

### **Pray the Rosary**

Praying the rosary is another form of quiet meditation and reflection. Many people enjoy listening to a Rosary CD while driving. I have found this helps deal with discourteous drivers and traffic jams in a much more positive fashion.

*Please feel free to contact Sr. Val at 805-452-9699 or [sistervalsnd@gmail.com](mailto:sistervalsnd@gmail.com) to arrange a vocations presentation at your parish or school, or to have a companion on your own journey of discernment.*

Are you considering religious life?

**Contact**

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Our formation  
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women over 18 to join us.

Sundays  
Come socialize with us,  
have dinner, and share  
in evening prayer &  
adoration  
4:30 to 8:00 p.m.

Fridays  
7:30 p.m.  
Join us on the dates below  
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Sunday:

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Nov. 20  
Dec. 18  
Jan. 22  
Feb. 26  
March 26  
April 23  
May 28

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Tuesdays and Wednesdays  
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Saturdays  
4:30 - 8:00 p.m. including  
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Villa Regina Community  
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Please call  
805-402-8623 or  
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