

Saturday of Discernment Week

Below is a list of opportunities for your “+” this quarter. To learn more about each of the opportunities, visit sheilcatholiccenter.org/sunday1 or view the page via the QR code at right:



Vibrant Worship

Adoration
Harbor
Daily Mass
Confession
Liturgical Ministries (i.e. Lector, Sacristan, Cantor, Musician, etc.)

Transformative Learning

Catholic Scholars
Discipleship Seminar
States of Life Vocations Seminar
Sheil School of Religion Catechist
CaSA (Catholic Student Association)
GYA (Graduate and Young Adult group)
Busy Student Retreat
Sacred Spaces Series: Meet the Sacred
Small Groups: “Witness” and “Faith & Spaces”

Prophetic Justice

Mission Trips
Hilda’s Place Homeless Shelter
St. Moses the Black Food Pantry
Nursing Home Visits
Cheap Lunch Volunteers
Human Dignity Box


Sheil Catholic Center
at Northwestern University

Sunday + 1

– Discernment Guide – Winter Quarter Edition

“

For I know well the plans I have in mind for you... plans for your welfare and not for woe, so as to give you a future of hope.

When you call me, and come and pray to me, I will listen to you.

When you look for me, you will find me. Yes, when you seek me with all your heart....”

– Jeremiah 29:11-13

What is Discernment

Discernment is a journey of openness to the movement of the Holy Spirit in your life through actively listening to the voice of God, which calls us to a deeper relationship with Him through prayer and action.

Discernment is not about finding the right answers, nor wondering if there are wrong answers. This is not an equation to be solved. There is no road map to follow. This is about where you feel you are being called to an encounter with God and self, and the freedom to respond to the promptings of the Holy Spirit.

Step-by-Step

Give yourself fifteen to twenty minutes of reflection time each day this week. There is no set pattern to this reflection, but these are some suggestions to help you discern each day where you might be called to go deeper in faith and relationship with God this quarter. If this pattern of prayer doesn't work for you, use some familiar patterns of prayer that help you.

Step 1: Let go of your agenda and worries. Make this moment intentional.

Step 2: Pray the Prayer of Abandonment by Thomas Merton:

“My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end, nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road,

though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone. Amen.”

Step 3: Reflect on the questions - see below - for each day of the week and pay attention to your body, mind, and emotions.

Monday: Where have I experienced the joy and peace of God's presence moving in my daily life? If nowhere, where do I long to experience God's abundant love and grace?

Tuesday: Where have I experienced the joy and peace of God's presence through **vibrant worship**? If nowhere, how might vibrant worship be an opportunity to deepen my relationship with God and community?

Wednesday: Where have I experienced the joy and peace of God's presence through **transformative learning**? If nowhere, how might expanding my knowledge of the faith be an opportunity to deepen my relationship with God and community?

Thursday: Where have I experienced the joy and peace of God's presence through **prophetic justice**? If nowhere, how might service and justice opportunities help me to deepen my relationship with God and recognize my neighbor in all people?

Friday: Where did I experience God in these reflections on vibrant worship, transformative learning, and prophetic justice; and where do I feel called to action?