

E-VOC

evoke: 1. to call forth 2. to re-create imaginatively



Sisters of Charity
of Cincinnati

CALENDAR

November 1, 2017

All Saints' Day

November 5-11, 2017

National Vocation Awareness Week

Nov. 13-16, 2017

Nuns Build, New Orleans, Louisiana



Sisters from the SC Federation hosted volunteers Sept. 1-4, 2017, at the House of Charity in New Orleans, Louisiana, for a Come and Serve weekend. Participants had the opportunity to work side-by-side with Sisters to help with the continued rebuilding efforts following Hurricane Katrina. They also found time for prayer, reflection and fellowship.

YOUR ADVOCATE: Good or Evil Spirit?

By S. Janet Gildea

A common question we all encounter in prayer and discernment is “Is this really God’s will, God’s voice I am hearing, or am I telling myself what I want to hear?” St. Ignatius knew that this is a common dilemma from his own experience so in the Spiritual Exercises he gives some tips on “discernment of spirits.”

Paying attention to the inner movements of his own spiritual life, Ignatius recognized two basic experiences. One movement led toward goodness, peace, happiness – essentially towards God. The other movement led towards fear, confusion, sadness – essentially away from God. He named these influences on his inner life and decision-making the “good spirit” and the “evil spirit.”



The “good spirit” is recognized by feelings that console you. In relation to the issue you are discerning, you will notice a lightness, clarity, strength, joy, encouragement and gratitude to God. You feel drawn to love, serve and praise God when the “good spirit” is at work. This “good spirit” will also prick your conscience and produce feelings of sadness and disappointment when you are avoiding the direction or decision that is God’s desire for you.

The “evil spirit,” by contrast, is recognized by feelings of desolation: darkness, chaos, doubt, isolation. God can seem distant or absent in the midst of temptations and worries. But sometimes the “evil spirit” can feel friendly when it encourages you to put off a decision, coast towards an easier choice or give in to self-indulgence.

So it’s not always as simple as “good spirit”=sweetness and light, “bad spirit”=sadness and dark! In addition to learning about how to interpret these spirits, you also should be sure to have someone to listen along with you. A trained spiritual director or someone with the wisdom and experience to guide you will be able to help you recognize and understand your experience with the spirits, “good” and “evil.” You can find resources for spiritual direction at retreat centers, congregational websites and online at Spiritual Directors International: <http://www.sdiworld.org/find-a-spiritual-director>.

Scenes from sharing the Journey



On Sept. 27, 2017, Caritas Internationalis' Share the Journey campaign began, a two-year effort urging solidarity with migrants and refugees through a culture of encounter. In the Sept. 22 issue of *Global Sisters Report*, S. Tracy Kemme shares her sacred stories of experiences with our migrant brothers and sisters, and, in doing so, inspires us to respond and act for justice. Read it here: <http://globalsistersreport.org/column/horizons/migration/scenes-sharing-journey-49336>

A Sister to All



Meet Sister of Charity of Cincinnati Teresa Laengle. S. Teresa is the Dayton, Ohio, area coordinator for the Ignatian Spirituality Project (ISP) – a retreat program for those who are homeless and in recovery from addiction. Learn more about S. Teresa at http://www.srcharitycinti.org/news_events/laengle_sistertoall.htm

GLOBAL SISTERS REPORT: “The Life” Panel



Global Sisters Report, a project of *National Catholic Reporter*, has launched a new column with a panel of 20 Sisters from around the globe who reflect on the challenging realities of “The Life” of women religious today. Each month five of the panelists respond to a particular question, for example: “How are you and your community carrying out Pope Francis’ call to care for Earth?” or “How do you spend Sundays?” The question for this month is “How do you keep your spiritual energy strong under the demands of ministry, and the increasing negativity around the world?” You can find the Sisters’ responses at <http://globalsistersreport.org/> and sign up to receive notices when new postings appear each month.

E-Voc is the electronic newsletter from the Vocations Team of the Sisters of Charity of Cincinnati for single women wondering what new thing God is calling forth in their lives. To join the *E-Voc* mailing list, contact Erin Reder at erin.reder@srcharitycinti.org. To unsubscribe, [click here](#).

If you are interested in learning more about life as a Sister of Charity, visit our website at www.srcharitycinti.org or contact S. Monica Gundler at 513-504-5592.

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