

E-VOC

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



Sisters of Charity
of Cincinnati

CALENDAR

Feb. 2, 2014

World Day for Consecrated Life

March 5, 2014

Ash Wednesday

March 7, 2014

World Day of Prayer

March 8-15, 2014

National Catholic Sisters Week

Driven to Distraction

By S. Janet Gildea

Who of us has not struggled with distractions at prayer? It is hard enough to carve out a time for prayer in the midst of a busy day without having those precious moments intruded upon by all the other things we have to do. I was reminded of this when driving through the city on the interstate the other day. There are so many billboards with advertisements for restaurants, insurance, cars, churches, concert performances, beer ... and they are designed to draw our attention. Some are electronic, changing every few seconds to capture our interest. There is barely time to get one message before it changes to the next. Even the warning signs from the highway department are designed to grab us with clever jingles: "Click it or Ticket," "Drive Sober or Get Pulled Over." I even found myself repeating the messages under my breath.



That's when I decided to try an experiment: Keep your eyes on the road; avoid the temptation to look at anything but the cars and the road; do not give in to the distractions of the billboards. Have you ever tried to do that? For the first quarter-mile you might be successful but soon you will be almost irresistibly drawn to another flashing sign or clever logo. It's impossible to stay focused on the road.

So it is in prayer. No matter how focused we try to be, open to God, receptive to the Spirit, we get distracted. The Buddhists call this "monkey mind." Great description for the jumping, chattering, swinging, endless thoughts that can turn prayer into a real circus! There are various techniques to help control the distractions that come during prayer. The recitation of the rosary, repetition of a mantra or sacred prayer word, or concentration on the breath to return the mind to its desired focus are just a few examples.

Sometimes the distractions that come during the time you set aside for prayer are actual disruptions. The UPS truck makes a delivery. A phone call you have been waiting for all day comes just when you are having a beautiful meditation. You might choose not to respond to these. But there are some distractions that could be considered "sacred interruptions." St. Vincent de Paul was clear in his instructions to the Daughters of Charity. If you are at prayer and a poor person comes to you in need, do not hesitate to leave your prayer and tend to them. "You are leaving God for God," he would say, recognizing the Real Presence of God in the person of the poor. You may not have exactly this experience, but when concerns about family, friends, work or world situations intrude on you in prayer, you too can leave God for God by gently placing them at the feet of Jesus. What were once "distractions" have now become your prayer.



Congratulations to Annie Klapheke, who was welcomed as an Affiliate during a ceremony Jan. 12 in the Immaculate Conception Chapel at the Mount St. Joseph Motherhouse. Annie has moved to Anthony, N.M., and will continue her SC journey with Affiliate Director S. Janet Gildea and the other members of the Casa de Caridad community.

Ministry in Motion



S. Alice Ann O'Neill teaches Suzuki cello lessons at the Sisters of Charity Motherhouse each week to students between the ages of 2 and 18. To listen to their beautiful music, and to learn more about S. Alice Ann's ministry, [click here](#).

Best Blogs

God in All Things (www.godinallthings.com) offered an online discernment retreat during Advent last year that was excellent. The blog continues to impress with a two-part audio meditation: "The Grace I Seek." It is a guided meditation based on the Ignatian examen and is designed to be used in the morning and evening – four minutes to begin and to wrap up the day. The site also offers many other excellent discernment resources in the tradition of St. Ignatius.



E-Vōc 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 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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My Mentor –

S. Katy Ziegler

by S. Marty Dermody

In 2000, when I came to the SC Communications Office, I met and worked with S. Catherine Anne Zeigler, lovingly known as S. Katy. Katy had retired to the Motherhouse in 1991 from Colorado Springs and was working with the Communications Office, particularly the technical aspects. She was a fun-loving, spiritual woman, who taught me many wonderful things.

I began working part-time in the office to assist with the photography work, as well as other odds and ends. Katy told me once that she was born 25 years too soon, because she loved working with a variety of the technology that was creeping into our lives. She was the Community's MacGyver; she could fix anything.

I enjoyed working and learning with Katy. She was fun to share time with and came up with many ideas on how to tell the story of the Sisters using our cameras.

I am very grateful to her for the many gifts she shared and taught me. I never take a photo without thinking of her. I continue to remember her zest for life and think of her many times within the halls of the Motherhouse. She was a free-spirited, fun-loving and holy woman and I am very grateful for the skills and gifts that she shared with me in the four years I worked with her.



(From left) S. Marty Dermody and S. Katy Ziegler