



Dear Friends in Christ,

Welcome back to our Discernment Newsletter. We hope these newsletters are helpful in your discernment process, and that they provide information that keeps you informed.

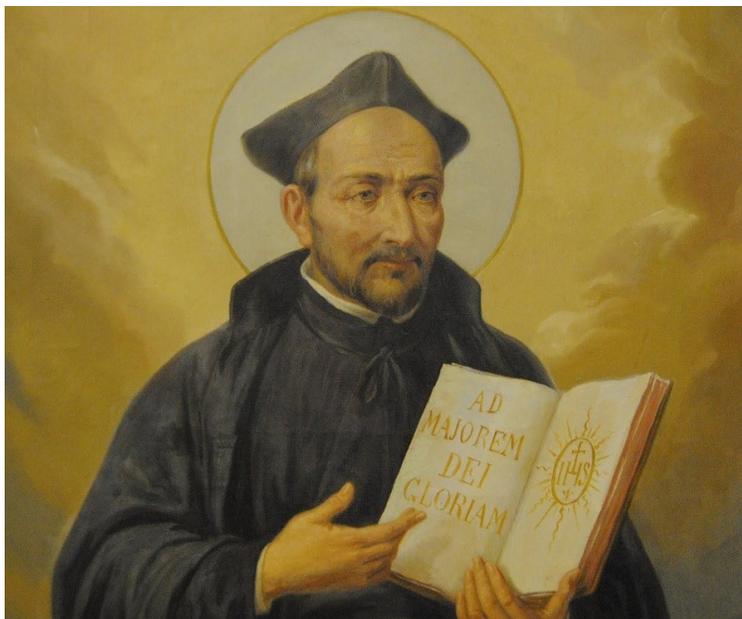
We all have a vocation! No matter who we are, when we say “yes” to follow Jesus, we become His Disciple. As Disciples we must model ourselves on His Life, and in doing so become His friends (John 15:15). As Jesus’ friends, we take on the mission He entrusted to His Friends. Friends of Jesus desire holy lives; and that is our first “vocation.” As we are daily living out our lives trying our best to be holy; we each do this in unique and particular ways. Some do it as husbands or wives. Some do it as priests. Some as religious sisters and brothers. Some in even other ways.

When we try to live holy lives, we begin to see that living like Jesus fills us with joy, and whatever else we do should fill us with even more joy. Our vocation isn’t a job, it’s our life which God made special. He wants us to be everything we can be for Him and for others and He will show us the way if we trust Him.

As Director of Vocations for the Archdiocese of Toronto, I offer myself and my office team to help you. That is our vocation, to help you! Please don’t hesitate to ask.

Your friend in Christ,

Fr. Chris Lemieux
Director of Vocations



DISCERNMENT RULES FROM A JESUIT

“Just do it.”

Sounds easy, right? On the one hand, there’s something to be said for spontaneity. On the other hand, some of our choices in life require deep thought, prayer, and consideration, lest we find ourselves facing the consequences of a poor decision. That’s where the art of *discernment* comes in.

Continued on back...



DISCERNMENT RULES FROM A JESUIT

...Continued from front

Discernment is a time-honored practice in the Christian tradition. In essence, discernment is a decision-making process that honors the place of God's will in our lives. It is an interior search that seeks to align our own will with the will of God in order to learn what God is calling us to. Every choice we make, no matter how small, is an opportunity to align ourselves with God's will. Here are some tried-and-true pointers that can help you discern God's will.

Talk to Someone you Respect.

God often speaks to us through the wisdom of others. Seek out the wisdom of at least one and perhaps several people who you feel have the gift of wisdom and ask for their advice.

Find Some Solitude.

It's good to talk to other people when making important decisions, but at some point, it is crucial to make some time to be alone with your thoughts and with God. Invite God into your decision-making process.

Start with What You Know.

Lay out all the facts in front of yourself so that you can deal with the known before you delve into the unknown!

Tell God what you Desire and what you Fear.

Be honest and tell God what your deepest desires and fears are. Before you can say the words, "Thy will be done," be sure you are truly in touch with your own will; otherwise it will come back to bite you anyway!

Let God Speak to You.

Most of us don't actually hear a voice when God speaks to us. However, pay attention closely to the ways that God is speaking to you. What kinds of thoughts, feelings (especially love, joy, and peace, or a lack thereof), and memories might God be stirring within you to help you make your decision? What Scripture story or saint's life comes to mind that might enlighten your decision? Find the passage or story and prayerfully read it.

Know that God has a Plan for You.

Remind yourself that you are not on your own and that you don't have to yell and scream to get God's attention to help you in this matter. On the contrary, remind yourself that God has a plan for you and that his plan is driven purely by love.

A great way to continue discerning is by joining a Quo Vadis group near you. See below.



U P C O M I N G E V E N T S

NOVEMBER 2-4, 2018

Come & See Weekend

For men in Grade 12* and older who are considering a possible call to the Diocesan Priesthood. Weekend live-in experience includes visits with seminarians, individual prayer, shared meals, the Sacraments of Reconciliation and Holy Eucharist, plus recreation with fellow men discerning. Register online at www.vocationstoronto.ca/comeandsee or contact us for more information.

*Men aged 17 require parental consent.

Follow us



on social media.

Quo Vadis Discernment Groups

Starting in parishes throughout the archdiocese in October, Quo Vadis is a discernment program for men who are beginning to make important decisions in life, and asking themselves, "Where am I going?"

- Oshawa
- Barrie
- Pickering
- Scarborough
- Brampton
- Richmond Hill
- Mississauga
- Markham
- Toronto

More resources
on our website:
www.vocationstoronto.ca

Contact our office to find a group near you.