

# CAVA NEWSLETTER

[www.VocationsCava.org](http://www.VocationsCava.org)

[Summer 2016](#)

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Dear Friends,

Did your summer seem especially packed this year? CAVA has been at work on some of our strategic plans. New this year is the membership type has been changed from Full and Associate to Individual or Group (up to 5 people in a group membership). We encourage everyone to promote CAVA to potential members. Please invite other communities and those who support vocation ministry to "Come and See" what CAVA is all about and partner with us!

In this newsletter our articles include tips for using social media as a tool for ministry and reports on summer vocation activities. Also included here are upcoming events.

August 31 is our Opening Gathering at the Felician Convent on West Peterson in Chicago for 2016-2017 Ministry Year. Don't forget to register online!

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## Handy Tips for Vocation Directors

*Fr. Adam McDonald, SVD*

From the outset of my ministry as Vocation Director for my Divine Word Missionary (SVD) community nearly five years ago, I was encouraged to employ Facebook as a tool for inviting young people to consider God's call. Today, my use of Social Media has expanded to include the regular use of Twitter, Instagram, and Snapchat. In addition, tools like Viber and Skype have become useful for their free instant messaging and video chat capabilities!

Although I have not altogether abandoned the "traditional" communication methods of phone, email, and the occasional

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### [Upcoming Events](#)

## CAVA Opening Gathering

August 31, 2016

Felician Convent

3800 W. Peterson, Chicago

[REGISTER NOW](#)

(click above)

## NRVC Convocation

October 27-31

[NRVC Convocation Information](#)

## Celebration of Consecrated Life January 29, 2017

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handwritten note, at present I estimate that some form of Social Media plays a role in my ongoing communication with at least 80 – 90% of potential candidates to the SVD community.

The importance and the prevalence of Social Media as an essential resource in the Vocation Directors' toolbox is indisputable. But what's also clear is that no matter how much of the initial and ongoing communication with a particular candidate may occur using Social Media, in no way does this replace or supersede the importance of personal, face-to-face contact. In this sense, it should be pointed out that often my most effective use of Social Media is at the outset of the process of discerning with a potential SVD candidate.

Being available across a wide variety of Social Media platforms to young people who are discerning is an important and invaluable way of making connections and starting the conversation, but all of these efforts in Social Media are aimed at directing the conversation towards a personal encounter through a Home Visit with the candidate and his family and eventually a "Come and See" visit to the SVD community.

Sometimes it's hard to believe just how far I've come in terms of embracing the use of Social Media in the past 5 years, but having realized its effectiveness, it'll no doubt play a big part in my future!

Here are some tips and best practices I would recommend for incorporating Social Media into your Vocations ministry:

- Post content on Facebook or other Social Media platforms on a regular and consistent basis so that your "followers" can keep up with the most current information.
- Create and schedule content for posting ahead of time to help manage the workload.
- Be sure and post pictures of the members of your community praying and engaging in ministry as way of telling the community's story.
- Create and post Events when you have upcoming discernment and/or "Come and See" opportunities to announce.
- Join and post content in Facebook groups designed for those who are discerning religious vocations (examples include "Vocation Discerners" and "Vocation to Priesthood").
- Monitor activity on your Social Media platforms on an ongoing basis so you can respond in a timely manner to comments and messages from your followers.
- "Like" the Facebook pages of other religious communities and national Catholic organizations as these can serve as sources of content for reposting and sharing.
- Experiment and see what works most effectively for your community's needs!

*Fr. Adam is our main Facebook page content manager. If you haven't liked our page, please visit:*

*<https://www.facebook.com/VocationsCAVA> and click "Like"*

*Please share our CAVA postings to your own Facebook page to increase the reach of our FB page.*

## Notre Dame ACE Vocation Day

*Sr. Theresa Sullivan, D.C.*

On July 17, 2016, the Notre Dame ACE program (Alliance for Catholic Education) collaborated with CAVA to host their 3rd annual women's vocation day. 10 diverse religious communities including cloistered, monastic, apostolic, and missionary and about 25 women attended. The day included two panel discussions, one on the vows and one on the different types of consecrated life. The women then had the opportunity to talk one-on-one with the sisters during lunch followed by a "speed dating" time. The women enjoyed learning about different religious communities, discerning their own call and obtaining tools to help their students learn about consecrated life.

The New York Times wrote about the event. To read the article go to:

<http://www.nytimes.com/2016/07/23/us/notre-dame-alliance-catholic-education.html? r=1#story-continues-1>

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## Discerners Connecting Online

CAVA has launched its Online Discernment Group. Instead of traveling across the city to link with other discerners, women can now connect online. Sr. Theresa Sullivan and Sr. Marie Mason are coordinating an Online Discernment Group for young women who are discerning their vocation to meet each other and discuss aspects of discernment and consecrated life. Once a month they meet via Skype to talk about one aspect of religious life. Discerners help to choose topics and plan discussions. Currently 4 of the women who attended Chicago's Got Sisters are participating. Topics thus far included: Pope Francis Message for the Year of Consecrated Life, Finding Time for Prayers, and What is the Liturgy of the Hours. If you have women 18-40 who would like to participate or you would be interested in being a guest speaker for one of the discussions, contact Sr. Theresa Sullivan [sistertheresa.sullivan@doc.org](mailto:sistertheresa.sullivan@doc.org)

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## Chicago's Got Sisters (CGS): *Spread the Word and Participate!*



Mark your calendar, help us spread the word, and sign up to participate! Oct 7-8, 2016 and March 31-April 1, 2017 are the next Chicago's Got Sisters. Go to the CAVA website to download flyers and brochures to spread the word. Interested in being part of CGS? Host the group for a meal, be on the panel, be a driver.... Complete the CGS community registration form that can be found on the [CAVA website](#) due by Sep. 8. For questions contact [sistertheresa.sullivan@doc.org](mailto:sistertheresa.sullivan@doc.org)

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## LOOK! SOMETHING NEW for CAVA at our CAVA Opening Gathering

“The Work of Many Hands” – Religious communities are an amazing source of creativity and resourcefulness! Does your community have a retreat center? Offer spiritual direction or other spiritual ministries? Does your community boast artists, musicians, composers, authors or other creative individuals with resources to share? Does your community sell hand-made crafts, foods, gifts or other products that may be of interest?

CAVA invites your community to come and be part of our special exhibit “The Work of Many Hands” at our opening gathering on August 31, 2016 at the Felician Convent at 3800 W Peterson Ave, Chicago, IL 60659

Come with your brochures, catalogs, order forms or whatever products you wish to display. Participants in the meeting will have the chance to browse through the exhibit and connect with your community to obtain information, share ideas or make purchases. The exhibit will take place between 8:30 – 9:45 AM and after lunch as well as after the general meeting from 2:00-3:00 pm. Please contact Sister Michele Fisher, CSFN at [sorellamichele@aol.com](mailto:sorellamichele@aol.com) by August 25, 2016 for more information on how your community can be part of “The Work of Many Hands.”

For the full schedule, go to the [Online Registration](#) site.

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## Catholics on Call Partner Conference

*September 15-16, 2016*

Every fall, Catholics on Call offers the Partners Conference. Campus ministers,



vocation directors, volunteer directors, and anyone who ministers to young adults have the opportunity to come together to learn and discuss best practices for supporting young adult men and

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## Chicago's Got Sisters

[Fri, Oct. 7 to](#)  
[Sat, Oct 8, 2016](#)

### CAVA Opening Gathering

August 31, 2016  
Felician Convent  
3800 W. Peterson, Chicago

[REGISTER NOW](#)

(click above)

Upcoming Meetings  
are posted on the  
CAVA website:

[Click Here to access the website](#)

Catholics on Call  
Partner Conference:

[Catholic Theological Union, Chicago, IL](#)  
[September 15-16](#)

women in their vocational discernment. The 2016 Catholics on Call Partner Conference "Collaboration" will take place on September 15-16, 2016.

Click here for the Flyer:

[http://www.catholicsoncall.org/sites/coc/files/PC%20Invitation%20Flyer%202016\\_6.pdf](http://www.catholicsoncall.org/sites/coc/files/PC%20Invitation%20Flyer%202016_6.pdf)

Click here for the registration form:

[http://www.catholicsoncall.org/sites/coc/files/Registration%20Form%202016\\_3.pdf](http://www.catholicsoncall.org/sites/coc/files/Registration%20Form%202016_3.pdf)

Not a Partner yet? Click:

<http://www.catholicsoncall.org/sites/coc/files/CoC%20Partnership%20Renewal%20Form2016.pdf>

For more information call Ms. Paola Tai: 773.371.5431 or email [Paola Tai](mailto:Paola.Tai).

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## **World Youth Day Chicago: Thank you, Exhibitors and Volunteers!**

*Sr. Lovina Francis Pammit, OSF*

With around 130 to 140 participants compared to what we hoped to be 200 to 300, this event that was held on July 30-31 at the Guadalupe Shrine nonetheless remained full of wonderful offerings: excellent speakers, praise and worship, Passion Play, adoration, Taizé service, procession, Mass with the worshipping community, Polish dinner (from the Holy Family of Nazareth Sisters) and Pilgrim's Patio (or coffee and snack central and Exhibits)! A few CAVA members had their own Exhibit tables but several came to staff the CAVA table with their community vocation materials and provided coffee and snacks and great conversations for everyone since activities were held all night Saturday through Sunday. With God's providence and each person doing his or her part and more, everything that needed to happen occurred despite challenges along the way with blessings besides. CAVA volunteers, your very presence truly made a difference!

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*Any comments, questions or if you wish to be involved, you may contact:*

*Chicago Archdiocesan Vocation Association (CAVA)*

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