

“Vocation Voices”

Hi, my name is Sister Lovina Francis Pammit, OSF, a member of the Franciscan Sisters of the Sacred Heart in Frankfort, Illinois. I currently serve as Councilor for my community. I was born and raised in the Philippines. I can speak Tagalog and a teeny bit of Ilocano, and some survival Spanish. I currently serve as Coordinator of CAVA - Chicago Archdiocesan Vocation Association. I've been in Vocation Ministry for about 10 years altogether.

One best practice I'd like to share with colleagues is I use phone apps as tools to help me get organized. An app called "Alarmed" reminds me of appointments and events, while the "Notes" app is good for keeping a task list and information that I can share with traveling colleagues in a jiffy.

My favorite past time include reading, watching shows or movies, taking photos (esp. flowers and landscapes) singing or listening to music and doing some type of art work.

A quick and easy recipe:

Chicken Sarciado

In a frying pan, sauté or stir fry a half cup to a cup chopped onions until transparent/soft, add about a teaspoon crushed garlic (OR use store bought crushed garlic in a jar that keeps practically for months in the fridge!)

Add cut up pieces of chicken - 1 lb to 2 lbs (breast will cook much quicker compared to thighs.

The secret - thin slices or strips make cooking quicker)

Add tomato sauce (canned), or slice up tomatoes and sauté with the onions) and cover to simmer.

If you want to use potatoes as carbs you can dice small red rose potatoes or small gold potatoes and microwave for three minutes with a bit of water. Then add the potatoes on one side of the chicken dish that's simmering. Cover. Wait for a few minutes (test the chicken and potatoes for readiness in three minutes.

If using rice as carbs, cook the rice separately. Serve the dish over rice on each plate. Garnish with parsley or serve with steamed broccoli or other vegetables.

I have a lot of things I like, but I do like watching Dr. Who, DWTS, Marvel's Agents of Shield.

I love Mint Chocolate ice cream and I love to travel especially Northern California (Sequoia National Park, Monterey Area, Santa Rosa area). This year I am very blessed to visit Brazil, Germany and then Assisi for a pilgrimage during the month of November.

As a religious Sister, community living is an opportunity for continual conversion and the religious of today have the opportunity to be leaven to society through deepened lived experience of Gospel values through the vows.

Given my many hats to wear at this time of my life, I have to be intentional in finding some quiet time and fun time. I make time to keep in touch with Sisters, family and friends when I can. I like to read or watch shows or movies on TV, but recently I also took a watercolor painting class - that really feeds my soul!

