

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

all times in Central time

Topics	Discussion/Decisions	Tasks
Present in Person Atchison, KS Mount St. Scholastica https://www.mountosb.org/	Fr. Toshio Sato C.M., Janet May OSF, Mai-Dung Nguyen OP,, Marcia Ziska OSB, Fr. Duy Henry Bui Nguyen S.C.J. , Facilitators/Scribe Sr. Rejane Cytacki SCL, Ms. Michelle Horton (OP Sinsinawa).	
Present on Zoom	Sr. Gail Trippet CSJ, Ms. Julie Tebbie (OSF), Sr. Carol Jean Dust SSND, Ms. Lori Bengé (A.S.C) Mr. Len Uhal (S.V.D) Sr. Siena Fisk, OSB and Ms. Corrie Christiaansen (S.C.J. Administrative Assistant)	
Tuesday April 30, 2024 4:30 pm start time	We began with mass - gratitude to Fr. Toshio Prayer with the Benedictine Sisters - gratitude to Sr. Marcia Heavy appetizers - getting to know one another, conversation around our challenges and what gives us hope, and Ice Breaker Questions	
Wednesday May 1 8:30 am start time		
Prayer	Midday Mass with the Benedictine Sisters - gratitude to Sr. Marcia	
Video "Social Media Mission Webinar: Online Tools for Real-Life community"	Jesuit media lab Insights Social media is ministry "a new frontier"	Questions for communities to consider in creating content for social media or any publications.

2024 NRVC Heartland Spring Meeting Notes

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Part I Video Emailed on April 30 (You may have to scroll down a bit on the email)	Mat 28:19 - making disciples disseminating information vs. building community (now) 4.89 billion on social media 82% above age 12 on social media Commonality unifying principle - charism, Tone are permeated by support, encouragement, and unity Mutuality characterized by listening and engagement. Balance can't be pollyannaish. There are difficult things that might need to be communicated. How do we move from crowd to community 1. Mutuality & Listening 2. Feedback 3. quantitative and qualitative 4. inviting engagement 5. a question that invites engagement 6. Reflections 7. Crowdsourcing 8. Balance In challenging times how do we continue to witness the joy of the gospel?	1. What is my community's unifying principle? 2. How does my community communicate? 3. Is my community invited to engage? 4. How do I balance mutuality with challenge, a positive tone with a serious one?
Video Part I Discussion	1. How do we collaborate to share our stories?	

2024 NRVC Heartland Spring Meeting Notes

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	2. By sharing one another's stories we present the diversity of religious life. 3. Post could include one or two reflection questions for the reader to reflect on. 4. Creating criteria for videos may be helpful as each congregation/order has different technology capacity. For example, not a professional video, short - 1 minute or less. 5. A challenge is Identifying our audience as a group due to the diversity in age requirements. 6. It was helpful to see the percentages of who was using which platforms. Noticing the difference in usage between men and women. statista.com Thoughts on what our audience is looking for? 1. community 2. volunteer programs 3. looking for Accompaniment, someone to listen to them and have conversation about life. 4. People look to the wisdom of older members Social Media platforms and Websites are both/and tools. Include websites to social media. Discerners do explore websites.	
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2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

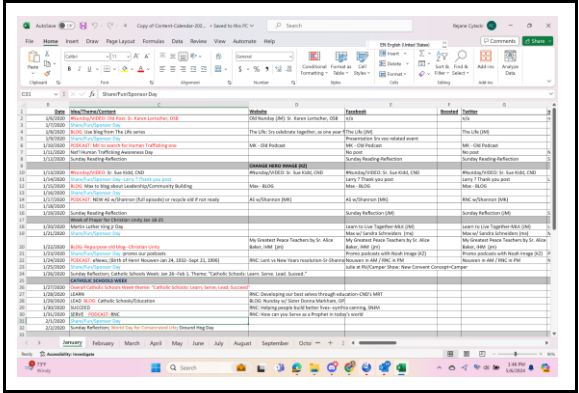
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"Social Media Mission Webinar: Online Tools for Real-Life community" Part II and discussion	Where do we get stuck in creating content for social media? Time, the challenge is dedicating time to work on content. Suggestion - if you have only 15 minutes a week that is the time you use. Start with one platform and do it well before adding another and if you start with posting 2 days a week once that is consistent add a day. Results are not measured in "all or nothing". How do you measure success? "If Jesus and His church are not in the mess, where is the hope, joy, peace - do people encounter God in our work? Toxicity - valid, we don't want to be a part of creating toxicity but if we are not in the mess with the people then where is the joy and peace that God brings encountered by others? Trolls - challenge can't keep up with the trolls - there are moderation features to help. Where do we invest our time? Different platforms How - practical tips 1. Consistency is key 2. Take the next good step 3. Block Time & Prioritize 4. Strategize 5. Get Creative 6. Test New Ideas	Choose one and do it well before moving on. Canva is a good resource and free for nonprofits that provide templates for creating social media posts for different platforms. Other resources include social media management software such as Hootsuite, Loomly, Sprout meta business suite for Facebook and Instagram is free
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2024 NRVC Heartland Spring Meeting Notes

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	The Golden Mean - virtue lies between 2 vices (Aristotle philosophy) Social Media Management Tools 1. Meta Business (Facebook and Instagram) 2. Hootsuite - it creates 3. Loomly 4. Sprout	
Session III (Hybrid-Zoom participation) Nuts and Bolts of Vocation Ministry 1. Content Calendar: What is it and how to use one 2. Important dates activity 3. Creating Resources Conversation: In light of our calendaring, what resources do we need and what resources do we have to offer a. Needs - i.e. advent retreat resources, b. Resources to offer i.e. online discernment sessions	Sr. Rejane Cytacki of A Nun's Life Ministry presented the organization's excel spreadsheet, "Content Calendar", they use to support their ministry work on social media. Things to consider; Suggestions on starting a calendar - work 2 months out on organizing content. 1 month out finalize and schedule posts. or Start with the year "at a glance" feast days, important congregation/order days, holidays, National awareness months, "fun days". Creating a process of approving content, who has authority to give final approval? Question raised - In regards to a particular audience, which social media platform receives the most traction or does it depend on content?	What are important activities, dates, events. Content Calendar Example 

2024 NRVC Heartland Spring Meeting Notes

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c. Collective needs	For a Nuns Life on any platform the attempt is to try and draw people back to the Nun's Life website. 5 million views to the website since a Nun's Life was introduced	
Calendar Creation	Excel spreadsheet, Google calendar and Office Teams are options to use for a collaborative calendars Themes 1. Fun days  https://www.holidayscalendar.com/categories/unofficial/ 2. Saint Days 3. Pope Monthly Prayer Intentions Themes communities are doing 1. Weekly prayer intention - Sunday night what is your prayer intention for the week 2. 4th Tuesday of the Month evening prayer online using Zoom and/or Facebook Live	
January	Seek 2025 Catholic Schools Week (Jan. 26 - Feb. 1 2025)	
February	Winter Retreat - U. of Iowa 1st week of Feb Texas A&M busy student retreat 2 World Day of Consecrated Life 4 Adorers foundress' Day-St. Maria de Mattias 10 Feast of St. Scholastica	

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

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	14 Valentines day 15 National Singles Day	
March	5 Ash Wednesday (2025) 8-14, 2025 Catholic Sisters Week 4 Adorers Founding Day 19 - St. Joseph day Idaho Catholic Youth Conference	
April	Milwaukee Lenten Vocation Retreat 21 Earth day 29 St. Catherine of Siena Feast Day	
May	1 Brothers Day 1 St. Joseph the Worker Feast Day 3 St. Louis University Vocation Fair 9 Ascension Thursday 11 62nd World Day of Prayer for Vocation (2025)	
June	7 Feast of the Sacred Heart Mission For Peace - in person 5 days	
July	4 U.S. Independence Day 11 St. Benedict feast 17 - 21 Eucharistic Congress in Indianapolis	
August	Aug 1- 4 Marian Days-Carthage, MO 8 St. Dominic feast day 9-12 Vietnamese Eucharistic Youth Movement Convention, Coming to the Promised Land-Florida 15 Assumption of Mary	

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

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	29 St. Augustine feast day	
September	Labor Day 8 Birthday of BVM 27 St. Vincent de Paul	
October	4 Feast of St. Francis 24 School Sisters of Notre Dame foundation day 31 The day of the dead 31 - Nov. 2 NRVC Convocation- Minnesota	
November	3-9-National Vocation Awareness Week 13-17 NCYC Long Beach CA	
December	Advent Prayer Zoom 24 Jubilee 2025 begins	
Open conversation	1. Sr. Gail shared her community used AI in creating a video cartoon of their congregations history 2. Looking at the possibility of creating a coed retreat in the Heartland Area 3. St. Louis held a Life Awareness retreat for 18 - 35 spanish speakers 4. San Antonio's February Life Awareness program could be a model of collaboration 5. Young people want to be in partnership with religious women and men.. 6. Question raised - can we do a volunteer project - in light of service and in light of prayer.	Sr. Gail shares the following link of the A-I link their congregation used There are copyright permissions needed to use beyond just viewing. https://youtu.be/KuvlwnjGBA0?si=tnS6nz7Cl1yIx0FS Save the Date: Heartland Member Area collaborating on a retreat Saturday November 9, 2025 Draft Agenda

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

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	7. Jerusalem Farm invites service groups in https://www.jerusalemfarm.org/s/?language=en_US 8. Invite young adults to get involved to help develop retreats/events/programs. It is an opportunity for them to take ownership. Identify those organizations that will partner with us such as Arise. https://www.arisemke.org/ourstory#:~:text=Now%2C%20Arise%20Milwaukee%20seeks%20to,Jesus%20in%20a%20powerful%20way. 9. Brew City Catholic https://www.brewcitycatholic.com/ 10. Fr. Henry's Lenten Day of Reflection. Inviting vocation directors is in the works. 11. Suggestion of attending Career Fairs	Title: Universal Call to Holiness: Faith into Action Today (FIAT) 1 primary sight 3 satellite sights Presenters present in a "Ted Talk" format. Will be at one location and live streamed to the others. Opportunities to share resources, publicity etc. Send out doodle for a first planning session to all Heartland Member Area members - Rejane
Open discussion and sharing of resources	Canva Pro instagram - music with video a possible free resource for licenses is creative commons license https://creativecommons.org/ Adobe Create Cloud	How to find and add music to instagram posts. Information on copyright for music on instagram
Evening Conversation	Sharing specific stories/times where we experience joy.	
Thursday May 2 8:00 am start time		
Prayer	We began with Mass - gratitude to Fr. Henry	

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

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9:00 am Business Meeting- Hybrid in person and on Zoom		
Welcome, introductions and Prayer	Led by S. Rejane	
Summary of In person Gathering	(see minutes above) Save the Date: Heartland Member Area collaborating on a retreat Saturday November 9, 2025 Title: Universal Call to Holiness: Faith into Action Today (FIAT)	1 primary sight 3 satellite sights Presenters present in a "Ted Talk" format. Will be at one location and live streamed to the others. Opportunities to share resources, publicity etc. Send out doodle for a first planning session to all Heartland Member Area members for May or June 2024 - Rejane
NRVC Website	A resource - "current news & events calendar" nrv.net, login, members page, resources, "collaborator news & events"	https://nrv.net/290/publication/3528/article/29091-collaborator-news-and-events
NRVC Convocation	Registration is open Convocation Hotel reservations are now open through NIX at this link. The November 4 bus pilgrimage, Sacred Sites, Sacred Stories, is also open for reservations.	Consider nominating an NRVC member from our Heartland Member Area for the Outstanding Member Award.

2024 NRVC Heartland Spring Meeting Notes

April 30 - May 1, 2024

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Financial Update	There is \$1600.00 in the Heartland Region Account Discussion and vote was taken to donate \$600.00 to the convocation 2024.. Motion by Sr. Marcia Ziska seconded by Sr. Janet May affirmed by the group.	Heartland Member Area will donate \$600.00 to convocation.
Member Area Coordinator Terms (MAC)	Michelle H. term is up and Rejane C. term will be up next year. Each MAC serves a 2 year term with the option to renew twice totalling 6 years. Discussion on process for nominations and affirming a MAC for Michelle's position. Michelle is willing to continue as a MAC	A letter asking Heartland Member Areas to self nominate or invite a member to submit their name. Letter to go out by Friday May 10 asking for names to be submitted by Friday May 24. A letter requesting members to affirm one of the names submitted.
Heartland Member Area next Meeting date	In person the week of April 27, 2025. in St. Louis Zoom meeting for the fall of 2025	S. Gail Trippet and S. Carol Jean Dust are checking with their communities for hosting Heartland's in person gathering the week of April 27 2025
Adjournment at 10:30 am		