

## Event Ideas

As you prepare for [National Catholic Sisters Week](#) (March 8 – 14), be sure to determine how to best celebrate this special week in your community! Consider planning an event – events are excellent opportunities to celebrate the sisters in your midst.

To ignite your creativity, browse the event ideas in this document. Feel free to adapt an event to better suit your community. Be inspired and inspire others!

Once you plan an event, please post the details on our [event calendar](#) so they can be promoted. Mention NCSW in your social media posts – prior, during and following your event – so we can share your content with our NCSW followers.

Event ideas are organization by type of organization; however, many of the ideas translate well for use in different settings. Be sure to browse the entire list. If you are from a community of Women Religious, then most of these event ideas would be appropriate for your use and adaptation. Enjoy!

### General

#### ***Sister Shout-Outs***

Choose a day to invite sisters, family, friends, coworkers, colleagues, to complete the phrase "Sisters are ...", and have them write their answer on a piece of paper. Take a photo of the person holding the answer and upload it to your Facebook page. Let us know so we can encourage participation and highlight unique answers! This can happen on Instagram as well as Twitter. For inspiration, [here's what we did](#).

#### ***Monthly Sister Storytelling Panel***

Sisters' lives can be a great mystery to the general public, but it doesn't need to and shouldn't stay that way. One of the best ways for sisters' lives to be demystified is simply to ask them to share their faith journeys.

Invite at least 3 sisters to be on a panel where they share their faith stories and talk about what led them to religious life. After the sisters share their stories, a lively discussion is encouraged. Possible speaking topics could include:

- My faith journey started when...
- I first seriously began thinking about becoming a sister when...
- I officially decided to become a sister when...
- My family and friends thought...
- I was nervous/unsure about...
- The summary of the process of becoming a sister is...
- I know I made the right choice because...
- The hardest/best thing about being a sister is...

#### ***Prayer for NCSW***

Invite your community to join in praying the [National Catholic Sisters Week prayer](#).

## **Churches/Parishes/Dioceses**

### ***Photo Display: spotlight the contributions of religious women***

Create a photo display on a prominent bulletin board or display table showing sisters in your community and their various ministries. Consider contacting the sister's motherhouse to request photos. In addition, you can also put a request in the parish bulletin, asking if parishioners have photos of sisters to contribute.

### ***Sister(s) of the Month***

Invite local sisters to share a short biography about themselves and their ministries in the parish bulletin. In addition, you can ask others in your community to write brief articles about how sisters have influenced them. This content would also be perfect to share via social media platforms.

### ***Community Garden***

Work with local sisters to maintain their community garden. The Sisters of St. Joseph of Carondelet of the St. Paul Province have a shining example of a garden program.

If your local sisters already have a community garden, ask them if they would be willing to host an "Open Garden" for your group.

You may also want to explore opportunities to donate items to a local food shelf or a school cafeteria.

### ***Make a Difference: Support a Sister's Ministry***

"Adopt" a local sister/community's mission and work in conjunction with her/them to support that cause. This can be easily accomplished in three steps:

- Step 1: invite a sister to share about her mission with your group.
- Step 2: organize a field trip for your group to volunteer at the site of her ministry.
- Step 3: share your involvement via social media, church bulletins, blogs and the local press.

### ***Crafting with Sisters***

If a local sister has a crafting hobby, ask her to lead a crafting workshop. The type of activity can vary widely, from knitting to scrapbooking, from painting to origami, and beyond.

### ***Bible Study***

Invite a sister to participate in a monthly or bi-monthly Bible study. Themes may be improvised by the leader, chosen by the group, or taken from existing curriculum.

### ***Taizé Service***

Organize a Taizé service, inviting local sisters and members of your community to participate.

A Taizé service (named after the community of Christian religious brothers in Taizé, France, where the service originated) is a time for centering one's self through meditation, music, and prayer. It involves repetitive singing and chanting, as well as

spoken Scripture. The service is calm and quiet in nature, so the space provided should be able to supply that atmosphere. Ideally, those chosen to lead the service should have some experience and comfort with leading basic music, whether sung or on instruments.

A good outline and example can be found [here \(take special note of the video link\)](#) or for examples of the music, visit [here](#).

### ***Dinner and Discussion***

Invite a small group to join some sisters for dinner with a specific discussion topic. The topic can range from the sisters' congregation and its mission to discernment and/or vocations. Consider inviting families as well as young adults!

## **Educational Institutions: General**

### ***Spread the Word: Founding Sisters Stories***

If sisters were instrumental in founding your institution, reach out to the founding community of sisters and see if their archivist would be willing to put together a presentation (with historical photos and documents). The actual event format could vary – events could be held at lunch or in the evening. If your history is rich, you may want to consider a weekly lunchtime “history chat!”

### ***Sister Panel Presentation & Discussion***

Invite local sisters (at least 3!) to be on a panel. Your panel could focus on various topics including: sisters' call to religious life, “a-day-in-the-life-of account”, ministerial experiences, charisma/spirituality of their congregation, and even what they do for recreation and relaxation. Be sure to leave time for Q&A!

### ***Inside Perspective: Tour a Local Convent/Motherhouse***

Ask a sister to give a tour of her local motherhouse/convent to your group. This could be a field trip or as an after- school activity. The duration and scope of the tour should be determined by the sister and her community.

### ***Traveling Sisters***

If a local sister is going on a mission trip, invite her to come to your classroom to speak about where she is going and what she will be doing. In addition, ask her to be your class “pen pal” while she is away. Your communication could be through letters, via email, or even on a blog.

## **Educational Institutions: K-12 Schools**

### ***Sister Story Time***

Invite sisters to read stories with a group of children. One sister could come and read a book to an entire class, or several sisters could act as “reading buddies” for small groups of children.

### ***A Nun's Story***

Invite a sister, whether local or employed by the school, come to a class and share her story. The sister could share about her daily life, her personal faith journey, her ministry or any other topic of interest.

### ***Sisters in the Family***

At the beginning of the year, ask teachers to see if any students have a Catholic sister in their family. If so, ask the family's to see if the sister would be willing to connect with that student's class. The sister can come into the student's class for a presentation on her life and ministry.

## **Educational Institutions: Colleges/Universities**

### ***Small Prayer Groups***

Interested students sign up through campus ministry to participate in a small prayer groups with 1-2 sisters. These small groups meet once a month with 2-4 students to discuss their prayer concerns and to talk about their lives. In between meetings, students can email their sisters to check in and exchange prayer requests. New groups can be started each semester, and pre-existing groups can continue over the year if the sisters and students have the desire/time to continue.

### ***Spirituality Discussion Panel***

Organize a panel discussion focusing on various spiritual topics and invite sisters and other knowledgeable community members to participate. Suggested topics include: The Role of Women in the Church, Sisters' Mission/Community Work, Women in the Bible, Prayer Forms, Eco-spirituality, Prayer and Social Justice, Contemplative Prayer, Charismas/ Spiritualities of Sisters, etc.

### ***Busy Student Retreat***

Invite a sister to be a spiritual companion for a busy student retreat.

A busy student retreat takes the core experiences and spiritual goals of a full retreat, and fits them around a busy student schedule. The most common format includes a commitment to daily individual prayer by the student, and multiple individual meetings with the sister acting as a spiritual companion/guide. The focus of the retreat the prayer practices of the students, and includes guidance of how to grow and deepen that experience for regular life. Some busy student retreats also include attendance at liturgical activities, such as Mass or other group gatherings. If there are multiple participants in this retreat, a group meeting can be offered as well.

### ***Lunch with a Nun***

Organize a few sisters to have lunch with students in the dining hall. Students can either sign up for a one on one lunch or a group lunch date.

### ***Theology on Tap***

Create a Theology on Tap series at a local bar. Schedule different sisters to share their stories or passions; include the opportunity for Q&A and discussion questions.

## **Catholic Organizations**

### ***Share a Sporting Event***

Organize a group outing to a local sporting event. Be sure to invite all the sisters who work at your organization, as well as any other sisters in their community who might be interested.

### ***5K NCSW Walk***

Organize a 5K walk that pairs local sisters with small groups of walkers. Conclude the event with refreshments and music!

### ***City/County/State Proclamations***

Contact your local officials and ask them for a proclamation to celebrate National Catholic Sisters Week, March 8-14. We accomplished this with the Minnesota House of Representatives in 2014.

### ***Ice Cream Social for Coworkers***

Organize an ice cream social after lunch. Invite all of the sisters who work at your organization, as well as any other local sisters who might be interested.

### ***Bowling Night***

Organize an after-work (or afternoon!) bowling party for your staff. Be sure to invite all of the sisters who work in your organization, as well as any other local sisters who might be interested.