



**The Serra Club of Arlington**  
*Minutes for Tuesday 05 December 2023 | Luncheon Meeting*  
*The Portofino Restaurant | Arlington, Virginia*



**GUEST SPEAKER SR. ANN DOMINIC MAHOWALD, O.P. – ASSISTANT PRINCIPAL OF STUDENT LIFE AND DISCIPLINE, ST JOHN PAUL THE GREAT CATHOLIC HIGH SCHOOL**

Sister Ann Dominic Mahowald is a native of Minnesota. She met the Dominican Sisters at a "Come and See Pizza Night" as a Freshman in college at CUA. She remembers the pizza was delicious and the sisters were filled with joy. The Lord worked in her life over the next six years and in 2010 she entered The Dominican Sisters of Saint Cecilia in Nashville, TN.

Sister has taught French and Religion, grades 7-12 and currently serves as the Assistant Principal of Student Life at Saint John Paul the Great Catholic High School in Potomac Shores, Virginia. One fun fact is that Sister loves to sing and play the guitar.

**Highlights:** Sister Dominic's talk centered around her vocation path, "rash judgement" and advent. Below are some of the highlights of the talk:

- Sister Dominic opened with a prayer.
- Noted that the Diocese of Arlington played a key role in her vocation path and thanked her parents.
- She knew that Prayers for vocations at Mass were directed at her.
- Don't be afraid to give your youth & life to God.
- Decide your vocation then find out how to direct your life.
- Dominican congregation formed in 1860 at the St Cecilia Academy (~300 sisters). Several congregations of which is a "Pontifical" congregation.
- It took seven years before final vows. Twenty-seven started their vocation path with her with only 13 taking their final vows. Noted that prayer, support and encouragement were the key.
- In talking about her experiences within the education environment, she noted three students whereby she erroneously passed "rash judgement" on them only to find that life's trials made them "different" be it sorrow within the family, unable to go to confession, and sadness with loss for mother. As such, Sister Dominic conveyed that each is a "mystery" of God's love and we need to recognize this. Noted how difficult it is for the youth of today to be "captured" in the echo chamber of social media confronted by criticism and confusion. Sister warned against allowing their children on social media without guidance and support of parent.
- Sister Dominic talked about Advent centered around, "Make straight the path for the Lord." That is remove one's "obstacles" in life's path.