



**The Serra Club of Arlington**  
*Minutes for Tuesday 10 December 2024 | Luncheon Meeting*  
*The Portofino Restaurant | Arlington, Virginia*



**GUEST SPEAKER – SISTER MARY SABINA DEMUTH**

Sister Mary Sabina DeMuth is a Dominican Sister of St. Cecilia. Born in Arkansas and raised in Colorado, she entered the convent in 2001 and has since taught students in the US and Canada from kindergarten to high school. Before coming to Virginia, she spent 11 years in Vancouver, BC where she taught both elementary and high school and served as the Archbishop's Delegate for Consecrated Life, which included coordinating the Fiat women's discernment group for the Archdiocese of Vancouver. She is currently the principal at St. Thomas Aquinas Regional School in Woodbridge, where she has been since the fall of 2023. Sister Mary Sabina has a bachelor's degree in theology from the University of Dallas, a Master of Arts in Biblical Studies from Providence College and a Master of Education in Administration and Supervision from Marymount University. As a Dominican she is passionate about truth and her favorite place to be is at her Motherhouse in Nashville, Tennessee or hiking in the mountains with her fellow Dominican Sisters.

*Highlights:* Sister Mary Sabina summarized her reflections on her path to becoming a sister and how God comes to us through "word and Sacrament." In no particular order:

- Sister thanked Serrans for their support for those answering "the call."
- Noted that Dominicans move around a lot. Known as the "Catholic Military."
- Sister spoke of women's vocations.
- Advent: Preparing for the first coming in history and that Christ is coming back.
- Stated that Christ comes to us every single day. Sometimes Christ comes to us at inconvenient times.
- Christ was present before becoming in the flesh. Moses as an example of Christ's presence prior to his birth.
- Christ comes to us in both "Word and Sacrament."
  - Christ spoke and it happened
  - Word came to the Virgin Mary
  - Word become flesh
  - Word through prayer. E.g., "...say the Word and thy soul shall be healed."
- Christ Comes to us in Sacrament
  - Gifts of the Spirit
  - Comes through Baptism, Communion, Confirmation
- Vocations are born through the Word and the Sacrament
- Sister Mary Sabina's vocation path:
  - Father was Catholic and mother was Christian, fundamentalist, Church of Christ
  - Mother read the bible every night and, in turn, Sister developed love of the bible
  - Sister realized she never read the bible cover-to-cover, even though she read secular books cover-to-cover
  - At ~13 years old, attended 1997 World Youth Day in Denver to go see a "famous guy." Some 60 thousand teenagers in attendance. She had revelation that "I'm Catholic!"

- Now faced with a choice between Mom’s church and Dad’s church. Found herself in the ‘south stands’ in line with about 200 people and had ‘moment’ when participating in Sacrament of Reconciliation.
- She was a member of the High School Youth Ministry. Realized that Jesus was truly present in the tabernacle.
- In college, she was invited to attend a talk and was lured to the talk given the free food.
- Noted the misconception among Catholics that “nun” is cloistered and a “sister” travels for her ministry.
- Traveled to Rome for discernment. Attended Easter Sunday Mass but “no word from God.” Had restlessness in her heart, not at peace. Similarly, she was dismayed that she did not “hear the word from God” by Pentecost Sunday.
- She met “Mr. Perfect” through Rosary group and found herself conflicted between marriage and vocation. Spoke with her spiritual director regarding the power of Sacrament in discernment. Found peace and joy through Jesus speaking to the heart in Word and Sacrament and made the vocation choice.
- Advised to turn off distractions and have silence when speaking with God.
- Noted that during Advent, think of this as a period of time to allow for the coming of Word and Sacrament
- As principal for the school, she welcomes children in prayer