



Laudato Seeds of Change

2026 Reference Guidelines

Thank you for agreeing to provide a reference for an applicant to our Laudato Seeds of Change: An Immersion Experience with the Sisters of Notre Dame de Namur. This two-week immersion experience for women is based in Ipswich, Massachusetts at the Spirituality Center of the Sisters of Notre Dame de Namur. During this two-week program, participants will live simply in an intergenerational, intentional community practicing the core values of nurturing life-giving mutual relationships and living contemplatively. We will foster opportunities for action, where all participants will commit to lifestyle change and spiritual renewal – engaging in a discernment process about how they can shift from an attitude of stewardship for the earth to kinship with the earth.

More information about the program can be found at [website link].

When complete, references can be submitted directly to Sabrina Harper (sharper@ewsndden.org). Please write about one page for your reference using the following prompt.

Applicants need to provide at least one (1) personal and one (1) professional reference.

If serving as a personal reference:

In what context do you know the applicant? How long have you known the applicant? Speak to the following about the applicant's ability

- * to practice mutual relationships and collaboration
- * to welcome others with respect for each person's human dignity
- * to seek kinship with the earth
- * to integrate reflection and action

Describe the passions and energy they bring to the world and their desire for personal growth and formation. Anything else you would like us to know about them? Why do you think they would be a good candidate for this program?

If serving as a professional or educational reference:

In what context do you know the applicant? How long have you known the applicant? Speak to the following about the applicant's ability

- * to collaborate well with others
- * to welcome others with dignity and respect

- * to be reliable and positive in the face of challenge
- * to adapt to the environment around them

Is there anything else you would like us to know about them? Why do you think they would be a good candidate for this program?

Thank you for taking the time to offer your reference with thoughtfulness and care!

Please contact Sabrina Harper (sharper@ewsndden.org) or (650) 286-4177 with any questions.

Kathryn Yanik, Director of the Office of Justice, Peace and Integrity of Creation
Sabrina Harper, Director of the Office Vocation Promotion
Sisters of Notre Dame de Namur, East-West Province