



DECALOGO COMBONIANE

per la Comunicazione Digitale

Una guida spirituale e pratica per portare
il Vangelo nelle periferie digitali



PROTEGGERE



FORMARE



UNIRE

10 Principi • 10 Moduli Formativi

Tempo stimato: 50 minuti

Disponibile in 5 lingue



SUORE MISSIONARIE COMBONIANE

Centro Comunicazione Comboniane

© 2026 • www.comboniane.org

English

COMBONI DECALOGUE FOR DIGITAL COMMUNICATION

MODULE 1: EVANGELIZING DISCERNMENT

Spiritual Reflection

Central Question: *Does this communication announce the Kingdom and build up the community?*

As Comboni missionaries, we are called to discern if what we communicate online:

- Announces the Gospel and God's goodness
- Builds up the community and promotes communion
- Witnesses to our missionary charism
- Brings hope and light to the digital peripheries

From Scripture: "Whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things" (Phil 4:8)

From our Charism: Saint Daniel Comboni invites us to "Regenerate Africa with Africa." In the digital realm, we are called to regenerate the virtual world with content that brings life.

Practical Case

Situation: You see on social media a controversial news story about the Church that is generating many negative comments. You want to share it to inform the sisters.

Questions for discernment:

-  Does this information build up or divide?
-  Is it verified and from reliable sources?
-  Is my intention to inform or generate controversy?
-  How can it contribute to announcing the Kingdom?
-  What message of hope can I add?

Correct action: Before sharing, verify the source, consider the impact, and if you decide to share, add a comment that brings light and hope.

Mini-Quiz

1. Before publishing something, do I ask myself if it builds up the community?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Discernment must be constant in our digital communication.

2. Do I verify the sources of the news I share?
- ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Truthfulness is fundamental for responsible communication.

3. Do my online contents witness to the Comboni charism?
- ☐ Yes, consciously
 - ☐ Sometimes
 - ☐ I don't think about it

Correct answer: Yes, consciously - Each publication must reflect our missionary identity.

Personal Commitment

This week I commit to:

Before publishing any content, I will stop and ask these three questions:

1. Does it announce the Kingdom of God?
2. Does it build up the community?
3. Does it witness to our charism?

Only after this discernment will I publish.

MODULE 2: MISSIONARY IDENTITY

Spiritual Reflection

Principle: *Every publication reflects our Comboni vocation*

When we communicate online, we carry with us:

- Our identity as Comboni Missionary Sisters
- The charism received from Saint Daniel Comboni
- Responsibility toward the Institute and the mission
- The witness of consecrated missionary life

From the Magisterium: "Consecrated persons are called to be experts in communion, witnesses and architects of that communion which is God's plan" (Vita Consecrata, 46)

Communication Plan: "Prioritize inspiring, motivating content that promotes messages of hope - Share updates on activities, initiatives and events of the institute"

Practical Case

Situation: You want to create a personal Instagram account to share your experiences in mission.

Questions to reflect on:

- ☒ How do I present myself? Only with my name or as SMC?
- ☒ What type of content will I share?
- ☒ Do I represent only myself or also the Institute?
- ☒ Have I informed my Provincial Superior?
- ☒ Do my contents reflect consecrated missionary life?

From the Communication Plan: "Individual local communities are not authorized to independently initiate distinct digital communication channels in the name of the Institute/Province. Should you wish to share content related to your activities, you are invited to forward them to your Province's communication team."

Correct action: Coordinate with your Province's communication team. If you create a personal account, be clear about your identity and ensure that contents always reflect the values of consecrated life.

Mini-Quiz

1. When I post on social media, am I aware that I represent the Institute?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I don't think about it

Correct answer: Always - Our Comboni identity accompanies us at all times, even online.

2. Do my social profiles clearly reflect my Comboni identity?
 - ☐ Yes
 - ☐ Partially
 - ☐ No

Correct answer: Yes - It is important that our vocation be visible on our networks.

3. Do I coordinate my contents with the Province's communication team?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Never

Correct answer: Always - Communion and coordination strengthen our communicative mission.

Personal Commitment

This week I commit to:

- Review my social profiles to ensure they reflect my Comboni identity
 - Contact my Province's communication team to offer collaboration
 - Before publishing, ask myself: "Does this content honor my vocation?"
-

MODULE 3: HUMAN DIGNITY

Spiritual Reflection

Principle: *We honor the divine image of every person online*

Every person we encounter in the digital world is:

- Created in the image and likeness of God
- Worthy of respect, even if we think differently
- Deserving of language that honors their dignity
- A brother or sister in Christ

From Scripture: "God created mankind in his own image, in the image of God he created them; male and female he created them" (Gen 1:27)

From the Communication Plan: "Use high-quality, respectful and dignifying visual material - Always request consent before sharing photos/videos of people"

Practical Case

Situation: During a mission, you took beautiful photos of local children that you would like to share to show the mission's work and attract benefactors.

Questions to reflect on:

-  Do I have the consent of parents/guardians to publish these photos?
-  Do the images respect the children's dignity?
-  Do I avoid stereotypes or pitying representations?
-  Do the captions honor the people portrayed?
-  Am I using these images instrumentally?

From the Communication Plan - Privacy: "Do not share sensitive data or reserved information without authorization - Obtain consent before visually identifying or mentioning people - Pay particular attention to protecting minors and vulnerable persons"

Correct action: Always obtain written consent, use images that show people in their dignity (not only suffering), tell stories that give voice and protagonism to the people themselves.

Mini-Quiz

1. Before publishing photos of people, do I always ask for consent?
 - ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ Rarely

Correct answer: Always - Consent is a fundamental right we must respect.

2. Do my images avoid stereotypes and pitying representations?
 - ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ I don't pay attention

Correct answer: Always - We must show people's full dignity, not only their need.

3. Do I use language that honors the dignity of every person?
 - ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ I need to improve

Correct answer: Always - Our words must reflect respect for God's image in every person.

Personal Commitment

This week I commit to:

- Never publish photos of people (especially minors) without explicit consent
- Review the images I use to ensure they respect people's dignity
- Tell stories that give protagonism to people, not only to our work

MODULE 4: RESPONSIBLE TRANSPARENCY

Spiritual Reflection

Principle: *We share with prudence and pastoral care*

Transparency in communication means:

- Being truthful in the information we share
- Always indicating the sources of contents
- Respecting privacy and confidentiality
- Balancing openness and prudence

From Scripture: "All you need to say is simply 'Yes' or 'No'; anything beyond this comes from the evil one" (Mt 5:37)

From the Communication Plan: "People and structures cited in an article must give authorization to use their name. Indicate the source of an article, even if it comes from the Congregation, when sharing it"

Practical Case

Situation: You want to share a sister's testimony about her difficult experience in mission to raise awareness about the needs of the place.

Questions to reflect on:

- ☒ Do I have the sister's permission to share her story?
- ☒ Have I changed names if necessary to protect identity?
- ☒ Am I respecting sensitive or reserved information?
- ☒ Do I clearly indicate the source of the information?
- ☒ Could sharing this create problems for the local community?

From the Communication Plan - Publications and Interviews: "Interviews, testimonies, public interventions are coordinated with the Provincial Superior. It is also desirable to distinguish personal opinions from institutional implications"

Correct action: Always ask permission, distinguish between personal opinions and institutional positions, protect sensitive information, always indicate sources.

Mini-Quiz

1. Do I always indicate the source when I share others' content?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Acknowledging the source is an act of honesty and intellectual respect.

2. Do I ask permission before sharing testimonies or personal stories?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I don't think about it

Correct answer: Always - Personal stories belong to those who live them; we need their consent.

3. Do I know how to distinguish between information I can share and reserved information?
 - ☐ Yes, clearly
 - ☐ Sometimes I have doubts
 - ☐ I need training

Correct answer: Yes, clearly - Discernment about what to share is fundamental, but when in doubt, always consult.

Personal Commitment

This week I commit to:

- Always indicate the source of articles, images and content I share
 - Ask explicit permission before sharing personal stories
 - When in doubt about the confidentiality of information, consult before publishing
-

MODULE 5: WORDS OF LIFE

Spiritual Reflection

Principle: *Our language sows hope and heals wounds*

Our words online have the power to:

- Give life or cause death
- Heal wounds or open new ones
- Sow hope or discouragement
- Build bridges or erect walls

From Scripture: "Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen" (Eph 4:29)

From the Communication Plan: "Our language sows hope and heals wounds - Avoid offensive or completely inappropriate comments"

Practical Case

Situation: An online article about the Church has generated very critical and offensive comments. You feel the need to respond to defend the truth.

Questions to reflect on:

- ☒ Is my tone one of dialogue or aggressive confrontation?
- ☒ Do I use language that also respects those who think differently?
- ☒ Does my response sow hope or increase controversy?
- ☒ Am I responding with evangelical charity?
- ☒ Is it necessary to respond or is silence better?

From the Communication Plan - Controversy Management: "Stay calm and do not respond impulsively to negative comments - Seek to resolve conflicts with patience, understanding and respect"

Correct action: Take a pause, pray, discern if it's necessary to respond. If you respond, use respectful language, centered on truth but with charity, that opens to dialogue.

Mini-Quiz

1. Do I reread my messages before publishing them to check the tone?
 - ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ Rarely

Correct answer: Always - Rereading helps us ensure our words build up, not tear down.

2. Do I avoid sarcasm and language that can hurt?
 - ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ I need to improve

Correct answer: Always - Sarcasm and negative irony have no place in our evangelizing communication.

3. Do my words online sow hope?
 - ☐ ☐ Yes, consciously
 - ☐ ☐ Sometimes
 - ☐ ☐ I don't think about it

Correct answer: Yes, consciously - Every word must be intentional in sowing hope.

Personal Commitment

This week I commit to:

- Before publishing a comment, reread it and ask myself: "Do these words give life?"
- Avoid sarcasm, negative irony and language that can hurt
- Respond to negative comments only after a pause for prayer and discernment

MODULE 6: FRATERNAL COMMUNION

Spiritual Reflection

Principle: *We seek dialogue and community accompaniment*

Comboni digital communication is:

- Communal, not only individual
- Dialogical, not monologue
- Inclusive, not exclusive
- Coordinated, not fragmented

From Scripture: "Where two or three gather in my name, there am I with them" (Mt 18:20)

From the Communication Plan: "Strengthen the sense of unity and belonging among all sisters - Favor dialogue and collaboration between the various levels of government"

Practical Case

Situation: You have a brilliant idea for a social campaign about your community's mission and you want to launch it immediately.

Questions to reflect on:

- ☒ Have I shared this idea with my community?
- ☒ Have I consulted the Province's communication team?
- ☒ Is the initiative coordinated with provincial communication objectives?
- ☒ Am I acting in communion or in isolation?
- ☒ Have I asked for community discernment?

From the Communication Plan: "Individual local communities are not authorized to independently initiate distinct digital communication channels in the name of the Institute/Province"

Correct action: Share the idea with the community, contact the provincial communication team, seek community discernment and accompaniment before acting.

Mini-Quiz

1. Do I share my communication initiatives with the community?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Community communication strengthens our common mission.

2. Am I in contact with my Province's communication team?
 - ☐ Yes, regularly
 - ☐ Sometimes
 - ☐ No

Correct answer: Yes, regularly - Coordination ensures coherence in our institutional communication.

3. Do I seek community discernment before important initiatives?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I act alone

Correct answer: Always - Community discernment illuminates our decisions and strengthens communion.

Personal Commitment

This week I commit to:

- Contact my Province's communication team to offer collaboration
 - Share my communication ideas in community before implementing them
 - Not create new social channels without provincial coordination
-

MODULE 7: PASTORAL CARE

Spiritual Reflection

Principle: *We protect especially the most vulnerable*

As shepherds in the digital realm, we are called to:

- Protect minors and vulnerable persons
- Be attentive to content that can harm
- Create safe digital spaces
- Report abuse and inappropriate content

From Scripture: "Whoever welcomes one of these little children in my name welcomes me" (Mk 9:37)

From the Communication Plan - Safeguarding: "Pay particular attention to protecting minors and vulnerable persons"

Practical Case

Situation: You notice that in a parish WhatsApp group, memes are circulating that ridicule people with disabilities. Some find them funny.

Questions to reflect on:

-  Do these contents respect the dignity of vulnerable persons?
-  Should I intervene even if others laugh?
-  How can I do so with charity but firmness?
-  Am I protecting those who cannot defend themselves?
-  What is my pastoral responsibility in this space?

From the Communication Plan: "Protect especially minors and vulnerable persons in the digital environment"

Correct action: Intervene with charity but clarity, explain why these contents are not appropriate, propose positive alternatives, don't remain silent in the face of content that harms dignity.

Mini-Quiz

1. Am I careful not to share content that can harm the vulnerable?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I don't think about it

Correct answer: Always - Our vigilance protects those who cannot protect themselves.

2. Do I intervene when I see inappropriate content in groups I'm part of?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I prefer to say nothing

Correct answer: Always - Our silence can be complicit; we must be a prophetic voice.

3. Do I know the Congregation's safeguarding norms?
 - ☐ Yes
 - ☐ Partially
 - ☐ No

Correct answer: Yes - Knowing the norms enables us to apply them effectively.

Personal Commitment

This week I commit to:

- NEVER share content that ridicules or harms the dignity of vulnerable persons
- Intervene with charity when I see inappropriate content
- Review the Congregation's safeguarding norms

MODULE 8: SERENITY IN RESPONSE

Spiritual Reflection

Principle: *We pause to discern before responding*

In the frantic rhythm of the digital world, we are called to:

- Not react impulsively
- Take pauses for discernment
- Respond with wisdom, not immediacy
- Maintain serenity even in provocations

From Scripture: "Always be prepared to give an answer to everyone who asks you to give the reason for the hope that you have. But do this with gentleness and respect" (1 Pet 3:15-16)

From the Communication Plan: "We pause to discern before responding - Stay calm and do not respond impulsively"

Practical Case

Situation: You published a reflection on mission and receive a very critical and sarcastic comment that questions the usefulness of missionary work. You feel angry and want to respond immediately.

Questions to reflect on:

- ☒ Am I reacting impulsively or with reflection?
- ☒ Have I prayed before responding?
- ☒ Will my response sow dialogue or controversy?
- ☒ Is it necessary to respond or is it better to leave it?
- ☒ Can I transform this criticism into an opportunity for witness?

From the Communication Plan: "Serenity in response - Eventually remove offensive or completely inappropriate comments"

Correct action:

1. Do NOT respond immediately
2. Take a pause (at least 24 hours)
3. Pray and discern
4. If you respond, do so with serenity and charity
5. If the comment is offensive, you can remove it

Mini-Quiz

1. Do I wait at least 24 hours before responding to provocative comments?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Time gives us perspective and allows the Spirit to guide us.

2. Do I pray before responding to difficult situations online?
 - ☐ Always
 - ☐ Sometimes
 - ☐ I don't think about it

Correct answer: Always - Prayer transforms our response and gives us the necessary wisdom.

3. Do I know when it's better not to respond?

- ☐ Yes
- ☐ Sometimes
- ☐ I need to learn

Correct answer: Yes - Discerning when silence is more eloquent is important wisdom.

Personal Commitment

This week I commit to:

- Wait at least 24 hours before responding to negative or provocative comments
- Pray before writing responses to delicate situations
- Ask advice from the community or communication team when I have doubts

MODULE 9: AUTHENTIC ENCOUNTER

Spiritual Reflection

Principle: *The digital is a bridge to real relationships*

Digital communication must:

- Be an instrument, not a substitute for real relationships
- Favor face-to-face encounters
- Maintain balance between online and offline
- Lead toward community, not isolate

From Scripture: "I have much to write to you, but I do not want to use paper and ink. Instead, I hope to visit you and talk with you face to face, so that our joy may be complete" (2 Jn 12)

From the Communication Plan: "The digital is a bridge to real relationships - Encourage sharing and active participation in a climate of respect"

Practical Case

Situation: You notice that you spend many hours a day on social media "for the mission," but you have less and less time for personal prayer and being with the community.

Questions to reflect on:

-  Is online time replacing time for real relationships?
-  Am I neglecting prayer to be online?
-  Does the community complain about my absence even when I'm physically present?

- ☒ Do I use the digital to avoid difficult relationships?
- ☒ Do I have a healthy balance between online and offline?

From consecrated life: Community life, prayer and direct mission must always have priority over online time.

Correct action: Establish clear limits to online time, turn off notifications during prayer and community moments, use the digital to prepare real encounters, not to replace them.

Mini-Quiz

1. Do I have a daily time limit for social media?
 - ☐ Yes, I respect it
 - ☐ I've established it but don't respect it
 - ☐ No

Correct answer: Yes, I respect it - Healthy limits help us maintain vocational balance.

2. Do I turn off my phone during prayer and community moments?
 - ☐ Always
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Always - Full presence in prayer and community is fundamental.

3. Do I use the digital to facilitate real encounters?
 - ☐ Yes
 - ☐ Sometimes
 - ☐ No, it replaces encounters

Correct answer: Yes - The digital should be a bridge, not a barrier, to personal encounter.

Personal Commitment

This week I commit to:

- Establish a daily time limit for social media (e.g. maximum 1 hour)
- Completely turn off my phone during personal and community prayer
- Propose at least one real encounter that arises from a digital contact

MODULE 10: JOYFUL WITNESS

Spiritual Reflection

Principle: *We announce online that "God is good"*

Our online presence must be:

- Witness to the joy of the Gospel
- Announcement of God's goodness
- Sign of hope in a discouraged world
- Echo of the Comboni charism

From Scripture: "The joy of the Lord is your strength" (Neh 8:10)

From the Communication Plan: "Prioritize inspiring, motivating content that promotes messages of hope"

From the Comboni Charism: "O Africa or Death!" - Comboni's missionary passion was fueled by the certainty of God's goodness.



Practical Case

Situation: You want to share the experience of your mission. You have photos of difficult situations (poverty, illness) and photos of joyful moments (celebrations, children's smiles, community life).

Questions to reflect on:

- ☒ Which images do I choose: only the difficulties or also the joy?
- ☒ Does my message convey hope or only need?
- ☒ Do I show the dignity and resilience of people?
- ☒ Do I witness to the joy of missionary vocation?
- ☒ Is the final message that "God is good"?

From the Communication Plan: "Spread stories of positive impact and concrete examples of mission in the field - Promote values such as brotherhood, tolerance, love for neighbor"

Correct action: Balance the images, show the challenges BUT above all the hope, people's dignity, the beauty of mission, the joy of vocation. The final message must always be one of hope.



Mini-Quiz

1. Do my online contents convey more the joy of the Gospel or the difficulties?
 - ☐ The joy
 - ☐ Balanced
 - ☐ More the difficulties

Correct answer: The joy (or balanced) - Although we show reality, the predominant message must be of hope.

2. Do I witness to the beauty of missionary vocation?
 - ☐ Yes, consciously
 - ☐ Sometimes
 - ☐ Rarely

Correct answer: Yes, consciously - Our joyful witness can inspire vocations.

3. Is the final message of my posts that "God is good"?
- ☐ ☐ Always
 - ☐ ☐ Sometimes
 - ☐ ☐ I don't think about it

Correct answer: Always - This must be the heart of everything we communicate.

Personal Commitment

This week I commit to:

- Share at least one story of hope from mission
- Publicly witness to the joy of my vocation
- Ensure that each of my contents carries a final message of hope

YOU HAVE COMPLETED THE DECALOGUE!

Congratulations on completing this formation journey. You are now ready to:

- ☒ Communicate the Gospel in the digital peripheries
- ☒ Protect the dignity of every person online
- ☒ Witness with joy to the Comboni charism
- ☒ Be light and hope in the digital world

Next Steps

1. **Review your commitments** - Return to the 10 commitments you made and check how you're progressing
2. **Share the experience** - Speak in community about what you've learned
3. **Continue formation** - Digital communication evolves, continue updating yourself
4. **Be a witness** - Live what you've learned in your daily communication

Final Prayer

*Lord,
may my online presence
be like that of Jesus among people:
witness of love,
announcement of hope,
care for the most vulnerable,
light in the peripheries.*

*Help me to communicate
with the passion of Comboni
and the joy of the Gospel.*

Amen.

COMBONI COMMUNICATION CENTER

For consultations and support:

 comunicazione@comboniane.org

Sr. M. Inmaculada Cuesta Ventura, SMC

Coordinator

© 2026 Comboni Missionary Sisters - All rights reserved