



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

March 2017

Dear Friends,

March is filled with possibility, and here's a preview to spark your interest:

- **Lent** begins on **March 1**. Please don't groan! It's a sacred time to consciously reboot our lives and get back to what's really important. Time-honored practices like prayer, fasting and alms-giving are helpful. Campus ministry centers and local parishes offer great resources.
- **Daylight Saving time** rolls in on Sunday, **March 12**. Over 70 countries use this simple change to save both daylight and energy. How will you make use of what is saved?
- **March 17, feast of St. Patrick**, is a day for all to be Irish. If you've never done research into your own cultural roots, do some exploring on the web. You may be pleasantly surprised.
- **Monday, March 20**, we celebrate **St. Joseph**, spouse of Mary. Reach out to say "thank you" to a good man in your life---father, grandfather, or one you know who's trying his best to support a child.

March 20 is also the **first day of spring**. Celebrate the new life our earth brings forth as well as the inner renewal offered by Jesus.

I hope you find ways to engage in these events and others. Let March be a month of MARVELOUS MEANING, not just MADNESS!

Sincerely,



Sr. Elisa Ryan

For Reflection

Could you use some renewal? Do a quick scan of your physical health, your spiritual life, your relationships and behaviors. Where do you find well-being and wholeness? Where do you recognize need for improvement?

Is there one step you can take this month to rekindle your best self?

Scripture Helps

Slowly and prayerfully read **Psalm 51**. Ponder verse 10, “*Create in me a clean heart, O God, and renew a steadfast spirit within me.*” Spend a few moments with Jesus exploring what this might mean for you, and let him show you how he wants to help you.

Read **Galatians 5:22-24** to identify the real work of God in our lives: “the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, self-control.” Ask the Holy Spirit to help you see how these characteristics are alive in you and how they need to grow. Be attentive to feelings of peace, awareness, and desire in your heart as you listen to the Spirit.

Other Resources

How am I supposed to pray? [Watch this 3 minute video for help.](#)

Read [How to Make the Fast Last](#) for tips about fasting that take it way beyond food and drink.

[10 Things to Remember for Lent](#) helps one understand the essence of it all.

Sit back and enjoy 3 minutes of [Springtime down under.](#)



**March, when days are getting long,
Let thy growing hours be strong
To set right some wintry wrong.**

Carolyn May, 19th century poet



For more information, contact Sr. Elisa Ryan at elisaosu@gmail.com or Sr. Jean Hopman at sjeanosu@gmail.com. If you no longer wish to receive these e-letters, contact Sr. Elisa and she will remove your address.

Ursuline Vocation Office • 353 South Sappington Road • St. Louis, MO 63122 • www.usaosu.org

Angela Merici