



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

June 2014

Dear Friends,

There was a song in the 50's that said "*June is bustin' out all over*". With the long winter we've had, we all probably want to say "thank God" as we look forward to a little vacation or time to just slow down. But will we really? Sometimes our lives are filled with so much detail that there's no time to relax. So even if you'll have no real vacation in June, you might want to consider some of the following to bring a more restful way of being to your daily life:

- **Laugh.** Milton Berle said that laughter is an instant vacation. Enjoy a book or video that really touches your funny bone. Or find friends with whom to share stories and laughter together.
- **Walk barefoot in the grass**--breathe deeply and fill your lungs with fresh air.
- **Cultivate inner silence.** Shut down the inner voices that say you must do one more thing. Let your mind and heart become still. Listen to the birds, the trees, rain.
- **Do yoga.** It can be practiced by people of all ages, and it can really bring calm.
- **Live in the Present.** Don't be obsessed with past mistakes or fear of the future. Be mindful and aware of the present. God is here . . . now . . . and gives meaning to our lives. Rejoice in this moment.

May each of us learn ways to really let **PEACE** control our hearts. Have a great month of June!

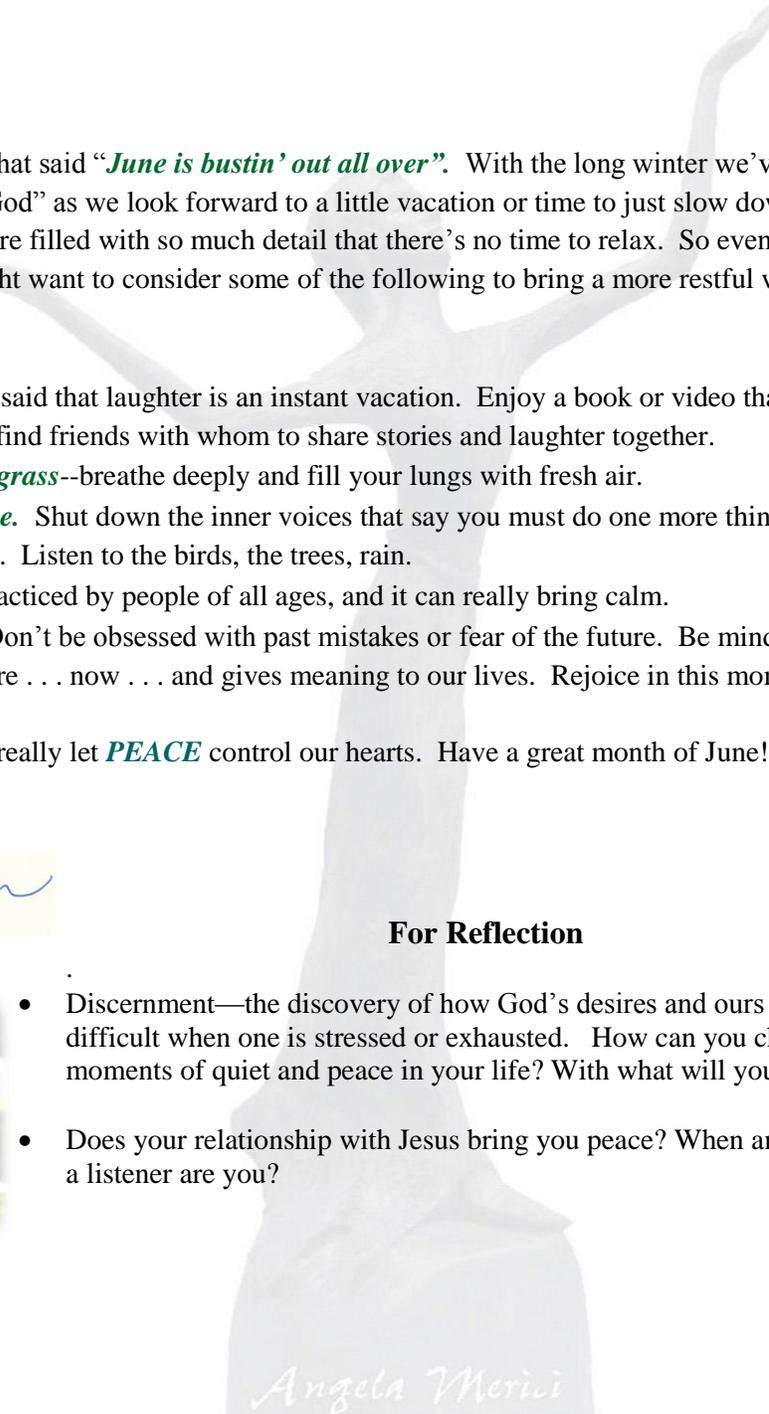
Sincerely,



Sr. Elisa Ryan

For Reflection

- Discernment—the discovery of how God's desires and ours coincide—is difficult when one is stressed or exhausted. How can you choose to create moments of quiet and peace in your life? With what will you fill them?
- Does your relationship with Jesus bring you peace? When and how? How good a listener are you?



Angela Merici

Scripture Helps

Mark 6:31-33 Jesus said to the apostles, "*Come away by yourselves to a deserted place and rest a while.*" What is a *deserted place* for you? Imagine yourself in this place . . . with Jesus alone. What do you say to him? What does he say to you?

Matthew 11:28 "*Come to Me, all who are weary and heavy-laden, and I will give you rest.*" Jesus is the one who calls us to life, to a unique vocation in life . . . and he wants to give us rest! Ask him to show you how he offers rest in the midst of your everyday concerns. Pray to receive his gift of rest.



Other Resources

Read the beautiful poem "[Tourist or Pilgrim](#)" and consider which of the two you want to be as you make your life journey.

"Pondering and noticing interior movements are at the heart of Ignatian discernment." "[What is Ignatian Discernment](#)" might help you better understand this statement.

Sit quietly for 5 minutes. Watch and listen to [Inner Space](#). Five minutes only---but it's a challenge!

Go to [Yoga Download](#) for free yoga routines. Download them on your computer to have ready whenever you need a few moments relaxation. Notice how the quieting of mind and body helps you be in touch with God.

Come, Holy Spirit, come!

**In our labor,
rest most
sweet;
Grateful
coolness in
the heat;**

Come!

Discernment Opportunity

This summer, from August 8-9, **Catholics on Call** will be presenting its annual Young Adult Conference at Catholic Theological Union in Chicago. This retreat-like experience is designed to help people think deeply about the possibility of ministry in the Church, and it's also a lot of fun! This is a great opportunity to meet other men and women who are on a similar path as you, and there is no pressure to join anything.

Interested? Call [773.371.5431](tel:773.371.5431) and check out the Catholics on Call website at www.catholicsoncall.org for more information.

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