



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

May, 2017

Dear Friends,

It's May—a time of endings, beginnings and celebrations of all kinds. Just in my small family we have two graduations, three birthdays and a baby due any moment. And this doesn't include Mother's Day and Memorial Day which have their own special kinds of family rituals. At moments when life gets crazy-busy, I find myself remembering advice I received years ago: *listen to your heart*.

What does that mean? How do I do it? What will I hear? All important questions! This issue of *Journeys* is focused on getting in touch with our hearts and listening to what we hear there. I wish you all the best as we move through May and into summer!

United in prayer,

Sr. Jean Hopman, OSU



To discern your vocation means to sort through the movements of your heart and unfold the truth of who you most deeply are.

~Sr. Rosann Ocken, OSB



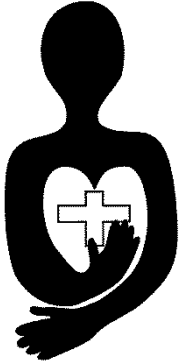
For Reflection

- What do you love most about this time of year?
- Where do you go when you need silence?
- What kind of music helps you calm down?

Angela Merici

Scripture Helps

Go to a place where you can be alone and silent for a while. Read this passage (aloud, if you are comfortable doing so) from [Matthew 6:19-21](#). Invite Jesus to be with you. Share with him about the treasures you've stored up on earth and in heaven. Imagine Jesus asks you this question: "Where is your heart?" Take the time you need to answer Jesus. Ask him for any help you need.



Sit quietly and give your mind time to quiet down. Let your hands lie open on your lap. Pray this line from **Psalm 37**: "*Find your delight in the Lord who will give you your heart's desire.*" Focus your attention on your heart. What is your deepest desire? For what do you most long? Share with God whatever you discover, then remain for a time in silence. End with a prayer of gratitude.

Other Resources

Discernment is a way to listen to God's voice speaking in your heart. Read the article [The three keys to successful vocation decisions](#) by Sr. Rosann Ocken, O.S.B. for some helpful suggestions.

Listen to Audrey Assad's song [You Speak](#) Let it lead you to the silence of your heart.

"Silence is difficult. It's confusing. What, exactly, is supposed to happen while sitting for long, potentially awkward periods of time?" If this resonates with your own experience, read this short article—[The Power of Silent Prayer](#)—by Jurell Sison on ways to approach prayer with an open heart.

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

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