

JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

October, 2013

Dear Friends,

Remember when you were very young and people would ask what you wanted to be when you grew up? What did you say? I evolved from wanting to be a nurse, to a musician (and play piano in a fancy restaurant!), to a mathematician, and finally to a religious sister (Ursuline, of course). At each juncture, I had to let my inner desires, likes and dislikes, gifts and talents help shape what would become my real purpose in life. Eventually, when I began to let God in to help me *discern* my future, it was still important for me to pay attention to myself and my personal gifts. We are who we are, and God works with this reality in leading us to make the right life choice.

Self-discovery plays a big part in finding purpose in life. The good news is we don't have to do it alone. God is with us at every moment, pointing the direction and leading us on the journey.

Sincerely,

Sr. Elisa Ryan



For Reflection

Jot down some of your special interests, talents, likes and dislikes.

Consider the times when you experience the most joy, life, and fulfillment. What do these tell you about yourself, about your own *purpose* in life?

Do some journaling about this. Are there some next steps you want to take in considering your own life choice and purpose?

Angela Merici

Scripture Helps

Genesis 1:27 God created us “in the image of God”. Spend some quiet moments asking God to help you see just how **you** have really been made in the image of God. Name some of these ways. Be grateful.

Matthew 5:13-16 “You are the salt of the earth. . . . You are the light of the world. . . .” Have a conversation with Jesus to help you understand these words of his. What does it mean to be salt . . . and light? Ask him to help you recognize your own inner light and to find concrete ways to let that light shine.

Other Resources

Here’s a great article about how even difficult situations can help you find **purpose in life**. Go to the end of it to find exercises to “figure out what you really want”. <http://bustedhalo.com/features/what-works-3-losing-your-footing-and-finding-the-ground> .

October 21 is the feast of St. Ursula, the martyr chosen by St. Angela Merici as patroness of the Ursulines. Check out the similarities between Angela and Ursula: http://www.ursulines-ur.org/index.php?option=com_content&view=article&id=10%3Aour-patroness-saint-ursula&catid=5%3Aour-history&Itemid=15&lang=en



“The mystery of human existence lies not in just staying alive, but in finding something to live for.”

--Dostoyevsky, The Brothers Karamazov

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