

JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

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Dear Friends,

It's hard to believe that summer is over! Even though I'm not in school, I still feel that subtle change of consciousness—from a playful spirit to one more aware of deadlines and “keeping my nose to the grindstone.” Inside I yearn for more time to do the things I wanted to do over the summer. Or maybe it's something else I yearn for? Have you ever yearned for something to be different? Or maybe you've felt restless, but didn't know why? Sometimes we sense that something is missing in our lives but don't know what it is. We try filling the hole with relationships, activities, possessions, even chocolate! But ultimately we still feel restless. One spiritual author calls it “the hole in our heart.” We have a hole in our heart that only God can fill.

Yearning is part of our human condition. If we pay attention to our yearnings, eventually they lead us to God. St. Angela yearned for clarity about how to help the young women she knew who yearned to live consecrated life among the people instead of behind monastery walls. When do you experience restlessness? For what do you yearn? In your prayer time this month, ask God for help to be still and to lead you closer to the “hole in your heart.”

God bless you and grant you peace,

Fr. Jan Hopman, OSU



For Reflection

- What do I do when I'm feeling restless?
- With what have I tried to fill the hole in my heart?
- What message might God have for me in my yearnings?
- How might I hear it more closely?

Angela Merici

Scripture Helps

[Psalm 42](#) Imagine yourself by a stream or river. Listen to the water flow and let your body, mind, and spirit come to rest. Then pray this psalm which begins—*As a deer longs for running streams, so longs my soul for you, my God.* Pray each line slowly, pausing to feel the yearning within you for God, *the God of life.*

[Mark 10:46-52](#) Quietly read this passage several times, aloud if possible. Then hear Jesus ask you the same question he asks Bartimaeus, “What do you want me to do for you?” Share with Jesus the yearnings of your heart. Close with a prayer of gratitude.



More resources

Try praying Psalm 42 in a different way—as if God is the one yearning for YOU. [Psalm 42: the Lord speaks to me . . .](#)

For a way to pray with your desires and discern God’s voice in them, read [Praydreaming: Key to Discernment](#) by Fr. Mark E. Thibodeaux, S.J.

Pray with this musical version of Psalm 42 [As the Deer Longs](#) by Bob Hurd.

Be patient toward all that is unsolved in your heart
and try to love the questions themselves . . .

- Rainer Maria Rilke

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