



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

July 2013

Dear Friends,

As we begin July it's so easy to see where and how the sun has brought great change to our part of the planet. In much of the country, the cold and dark of winter hides any thought of the lush green of summer. But in July there's no mistaking the change—seeds have sprouted and are becoming delicious vegetables, flowers are in full bloom, and the heat invites us to slow down. The transformation of the seasons teaches us so much about life.

In July, the Church holds up for us saints who experienced transformation in their lives as they grew in relationship with God—St. Mary Magdalene (22nd), Saints Anne and Joachim, parents of the Virgin Mary (26th) and St. Ignatius of Loyola (31st), just to name a few. Each of these saints offered themselves wholeheartedly to God in very different ways. This issue of *Journeys* will focus on ways to deepen our spiritual lives and the resulting transformation it brings.

May the fruitfulness of Summer be yours!

Fr. Jan Hopman, OSU



For Reflection

Energy goes where attention flows.

- To what do I pay attention? (e.g.- relationships, bargains, injustice, spiritual growth, celebrities, personal hurts, social media, my job, etc.)
- How long is my attention span for the things of God?
- How can I direct more of my energy to God?

Angela Merici

Scripture Helps

Psalm 63 As you quietly pray this psalm, try to pay attention to how your body responds to the words. What comes to you as you pray “*For you my body yearns . . . my soul thirsts.*”? How might you pray the emotions of this psalm in your own words? Ask God to help you to “*cling fast*” to him and to “*shout for joy*” in his presence.

Luke 19: 1-10 Imagine yourself in the crowd. Notice Zacchaeus climb the tree and join him there. Hear Jesus speak these words to you, “*Come down quickly, for today I must stay at your house.*” How do you respond? Share with Jesus whatever is in your heart. Listen as he tells you how eagerly he seeks to be with you.

Other Resources

Here are some additional suggestions for deepening your spiritual life.

[Imagination and Prayer](#) helps us to leave our head aside and pay attention to the intuitive and creative aspects of our spiritual life. Click on the link to explore ways to use your imagination in prayer.

The article [Five Spiritual Resolutions for 2013](#) by Nneka Okona contains useful and contemporary ideas for young adults who seek to know God more deeply.

For a short, entertaining introduction to the importance of humor and joy in the spiritual life don't miss this video by Fr. James Martin, S.J. [Humor in Your Spiritual Life](#)

“What
you
seek
is
seeking
you.”

-Rumi



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