



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

March 2013

Dear Friends,

It's March and it's hard not to notice the increase of daylight. After the darkness of winter, my heart does a flip-flop when I suddenly realize one evening that it's still light out when it didn't used to be. It's almost as if darkness carries some invisible weight that I've carried through winter without knowing it. Now, in the growing light of spring, I feel a lightness in myself and can feel the promise of new life. I continually marvel at the cycle of the seasons and their effect on the human spirit.

This month's *Journeys* will reflect on the path from darkness to light. Daylight Saving Time begins this month. And in the church we celebrate Holy Week and Easter—the ultimate journey from darkness to light. In the discernment process we also journey from darkness to light. Darkness can take the form of confusion, uncertainty, or doubt. It can make us want to turn back or give up altogether. In those moments of darkness it helps for us to turn to God and to remember Isaiah's invitation—let us walk in the light of the Lord!

Wishing you a joy-filled season of Resurrection!

Fr. Jan Hopman, OSU



For Reflection

"Truly, it is in the darkness that one finds the light . . . Meister Eckhart

- When I look around me, where do I notice signs of light and life?
- Is there some part of me that yearns for the light of the Lord?
- What am I discerning and what do I need in order to move forward?

Angela Merici

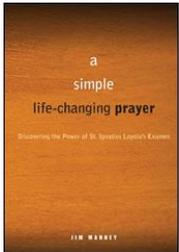
Scripture Helps

John 7:12 Sit quietly and read these words of Jesus aloud. See if a word or phrase stands out for you. Let it echo inside you. Notice how you feel. Give thanks to Jesus for “the light of life.”

Mark 1:35 Join Jesus as he prays quietly before dawn, offering your own intentions to the Father. As you finish, imagine the light and warmth of daylight surrounds you. Offer a prayer of thanks.



Other Resources



A Simple Life-Changing Prayer is a small volume which does exactly what the title promises. It takes the pray-er through the steps of the *examen*, a prayer for anyone who is serious about discernment. Just click on the book to see more.

Click [here](#) to learn more about the daily examen and how to use it in your journey of discernment.

Lent offers us a natural time to review our relationship with God, neighbor, and self and to celebrate the Sacrament of Reconciliation—a journey from the darkness of sin to the light of Life in Christ. Whether it's been a couple of weeks or a couple of years since you've been to confession, here is an [article](#) you may find helpful.



For more information, contact Sr. Elisa Ryan at elisaosu@gmail.com or Sr. Jean Hopman at sjeanosu@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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