



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

January 2014

Dear Friends,



What you do on the first day of the year you'll do all year long.

Have you ever heard this saying? Well, I'd like to think that it's true. January 1st is the **World Day of Peace**. Imagine what could happen if we all took one small step toward peace daily for 365 consecutive days! The transformation in our lives and in our world would be awesome!

The song *Let There Be Peace on Earth* is a good reminder that peace "begins with me." Who doesn't long for peace in ourselves, our families, relationships, country, and world? Whether or not you're inclined to make resolutions for the New Year, consider making **Peace** a goal for 2014. This issue of *Journeys* will offer some ways to reflect on peace, as well as suggestions for getting involved in peace-making activities. As we walk together into this New Year, let's hold one another in prayer as we strive to follow Christ, the Prince of Peace.

Wishing you all a very happy and holy New Year!

Fr. Jan Hopman, OSU

• • •
Lord,
make me
an
instrument
of
your peace
...
St. Francis of
Assisi
• • •

For Reflection

- At the start of this New Year, is there an area of my life in which I'm not at peace? When did it start?
- Around what social issue (-s) do I feel most passionate?
- Who is someone I consider to be a true peacemaker? Why?

Angela Merici

Scripture Helps

Sit quietly with Jesus. Listen as he offers you a sacred gift: *“Peace I give to you, my own peace I give you, a peace the world cannot give, this is my gift to you.”* [John 14:27] Reflect on the differences between Jesus’ gift of peace and the peace that the world gives. How might you share this precious gift with someone today?

Psalm 34:14 *“Never yield to evil, practice good; seek peace, pursue it.”* What social evil are you most aware of in your local community? How does it affect you, your family, friends, strangers? Invite Jesus to sit with you and reflect together on this injustice. Ask his help to “pursue peace and practice good.”



St. Angela, peacemaker and reconciler of broken relationships,
pray for us.

Other Resources

Explore resources for the [World Day of Peace](#). Whether it’s January 1st or 31st, EVERY day is a peace-making day.

Are you familiar with [Pax Christi USA](#)? Pax Christi USA “strives to create a world that reflects the Peace of Christ by exploring, articulating, and witnessing to the call of Christian nonviolence.” Visit their web site and learn more about Catholic peace-making in your area.

January 27th is the Feast of St. Angela, foundress of the Ursuline Sisters. Ursulines continue her ministry of peacemaking all over the world. Read about some of the [justice issues](#) Ursulines are involved in this year. Join us in praying the short prayer above each day.

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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