



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

March 2014

Dear Friends,

It's March, and this year March brings Lent. Lent comes from an Anglo-Saxon word that means "spring." What does Lent have to do with spring? Well for starters, both are seasons of new life. In the northern hemisphere spring marks the return of daylight, the season when plants spring up from the dead of winter. Lent is like that, too. It invites us Christians to revitalize our lives that so easily suffer from the death of neglect. Lent is an opportunity for spiritual spring cleaning.

This issue of *Journeys* is an invitation to intentionally leave behind the cold and dark of winter, and move toward the light, life, and joy of Easter. You'll find some suggestions for entering mindfully into Lent by focusing attention on following Jesus, and by careful listening to how he is calling you to follow him.

Let's all hold one another in prayer as we walk this Lenten journey together.

Fr. Jan Hopman, OSU



For Reflection

- What part of my spiritual life is most in need of spring cleaning?
What will I do about it?
- What can I put aside in order to enter more fully into Lent this year?
- What aspect of my life in Christ fills me with the most life and joy?



Angela Merici

Scripture Helps

Psalm 95:8 *If today you hear God's voice, harden not your hearts.* Try taking this short verse to heart. Pray it like a mantra when you get up in the morning. Listen for God's voice as you go through the day. In the evening, spend time in quiet prayer reflecting on what you heard and the response you are drawn to make. Listen for this verse before the Gospel on Ash Wednesday.

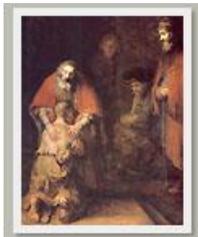
Matthew 17:1-9 *This is my beloved Son, with whom I am well pleased; listen to him.* Sit quietly and hear God speak directly to your heart. What is it about God's Son that most attracts you at this time? In what ways do you listen to him? How are you being "transfigured" by God into an ever more committed disciple of Jesus? Listen for this Gospel of the Transfiguration on the second Sunday of Lent.

Other Resources

Need ideas for entering into Lent? Here are some to choose from.

[25 Great Things You Can Do for Lent](#)

Want to learn more about what the Church teaches about Lent? The United States Catholic Conference of Bishops ([USCCB](#)) has lots of information.

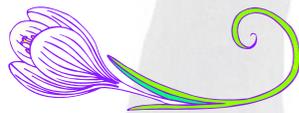


Do you like art? Try praying with Rembrandt's famous painting of *The Prodigal Son* [Luke 15:11-32]. Click [here](#) for an enlarged photo and reflection.

If you're interested in articles, an online retreat, daily scripture readings, online book group, or even Lenten recipes, visit the [Creighton Online Ministries](#) web site.

Lent
stimulates
us to let the
Word of
God
penetrate
our life . . .

Pope Benedict



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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