



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

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Dear Friends,

Do you ever feel like your life runs on auto-pilot? It's so easy to fall into routines and convenient patterns. One day flows into the next and before we know it weeks have gone by! Media and advertising do their best to make decisions for us. Without realizing it we slowly surrender what makes us most deeply human. Occasionally something happens to shake us up and cause us to question what we're doing with our lives. God likes to use that inner chaos to point us to a new, challenging, and life-giving direction.

This issue of Journeys will focus on *challenge*—challenging ourselves in response to the challenging call of God. Discerning God's call to religious life is challenging and definitely worth the risk. I think any Sister would say that religious life "changes you because it challenges you." The challenge lasts a lifetime and the rewards are eternal!

United in prayer,

Fr. Jan Hopman, OSU

*If
it doesn't
challenge
you,
it doesn't
change
you.*

~Fred Devito

For Reflection

- Think of a time when you opened yourself to be challenged: an athletic competition, a volunteer experience, a new career, a deeper relationship?
- How were you challenged? How were you changed?
- What did you learn about yourself that will be helpful the next time you face a challenge?

Angela Merici

Scripture Helps

Read [Mark 10:17-22](#) and observe the conversation between Jesus and the young man. How was the young man challenged? What did he learn about himself? Read the scripture passage again, inserting your name instead of “the young man”. Stop at verse 21 and write your own ending. Pray with it often.



Spend some time with the familiar story of Jesus feeding the 5,000 as told in [Mark 6:34-38](#). Notice all of the challenges: Jesus is challenged by the “vast crowd,” the crowd was challenged by being in a “deserted place” with little food, and the disciples were challenged to “give them some food yourselves.” In this story, everyone is challenged and all are changed as a result of an encounter with Jesus. Reflect on an encounter you’ve had with Jesus. What was it like? Talk with Jesus about a challenge you’re experiencing now in your spiritual life. Listen for his advice.

Other Resources

When discerning a vocation to religious life, we’re often challenged in our thinking: *Can’t I be a prayerful person and help others without being a Sister?* The article [Why being single and living as a sister aren’t the same](#) may answer some of your questions.

Another challenge for those discerning a call to religious life is *celibacy*. Spend a few minutes with this [quiz](#) to see if you might be suited to live a life of celibate love.

The challenges don’t end after a woman enters religious life. Read about the challenges one young sister recently experienced in her call to be a classroom educator in [A new school year and a refreshed legacy](#).

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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