



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

December, 2013

Dear Friends,

*Christmas doesn't come from a store,
Maybe Christmas perhaps means a little bit more*

(Dr. Seuss, How the Grinch Stole Christmas)

I'd love to put these words on billboards along every highway in our country. Better yet, I wish every newspaper had printed them next to ads for *Black Friday*. Why is there such frenzy over stuff that has nothing to do with the real meaning of Christmas?

Here's what I wish for each of you this Christmas:

- Time to enjoy “the more” of Christmas. Begin with the feast of Mary on December 8. Spend a few minutes reflecting on her being the Mother of God, what she felt and how she came to accept that call.
- Appreciation of the beauty of winter. Bundle up and get outside for a walk in nature. Be attentive to the sounds of the birds, the starkness of the trees. Savor some silence.
- A conversation with an elderly friend or relative. Take along some old photos and invite a sharing of stories from the past. You will make someone's day very bright.
- Awareness of the God who dwells within your own being. He's called *Jesus, Emmanuel, God-With-Us*. Talk with him. Thank him for being always present.

Sr. Jean and I hope that each of you will have a truly happy Christmas and a New Year filled with abundant grace!

Sincerely,

Sr. Elisa Ryan

For Reflection

- What is the best gift you have ever received? Why? How grateful have you been for it?
- What gift will you give this Christmas that will require the most love?
- What might you offer as gift to Jesus this Christmas?



Angela Merici

Scripture Helps

Read Psalm 43: 3-5. “Why am I so sad? Why am I so troubled?” Holiday time can magnify hurt and pain. Are there areas of your life that you need to look at and let God heal? It’s a sign of grace and courage to ask for help. To whom might you turn for some counsel or advice? Take some positive steps toward healing and growth, and put all your trust in God.

Let the Christmas story in Luke 2: 8-20 come alive again for you today. “For to you is born this day a Savior, who is Christ the Lord.” How, where, and when do you experience the Savior in our world? Ask him to make you more aware of his personal and unconditional love for you.

Other Resources

Take 2 minutes to watch a fun video of what Advent is all about:

<http://www.youtube.com/watch?v=S02KOlw7dIA>



Using the traditional Advent calendar format, slow down this season and let yourself enter into the quiet and peace of the season: <http://www.loyolapress.com/advent-calendar-for-adults.htm>

Do yourself a favor and listen to *How the Grinch Stole Christmas*. You’ll love it!

<http://www.youtube.com/watch?v=i-BmBedMCe0>

<http://www.youtube.com/watch?v=2z2NtPNvyus>



I will honor
Christmas
in my heart,
and try
to keep it
all the year.

~Charles Dickens



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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