



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

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Dear Friends,

I received a beautiful, artistic 2017 wall calendar for Christmas. As I hung it up recently I was flooded with images of what this new year may hold—a new President, a new ministry situation, new relationships, new experiences and concerns, new joys and sorrows. I don't know about you, but if I knew exactly how the year would unfold I would probably want to never leave the house! But God, in his Providence, reveals life to us minute by minute. All time belongs to God. Our job is to get out of bed each morning, place our lives in God's large, caring hands, and walk into the day with our eyes, mind, and heart opened wide to receive whatever God places before us.

Something else we tend to think of at this time of year is *peace*. Pope Francis has chosen *Nonviolence: A Style of Politics for Peace* as the theme for the 50th World Day of Peace commemorated each year on January 1st. In this issue of *Journeys* you'll find prayer resources to help you reflect on your own call to be a peacemaker in the world today.

United in prayer,

Sr. Jean Hopman, OSU

I ask God
to help
all of us
to
cultivate
nonviolence
in our most
personal
thoughts
and values.
~ Pope Francis

For Reflection

- On the threshold of a new year, for what do I long?
- As I consider this new year, what issues or concerns do I need to place in God's hands?
- In what way(-s) can I collaborate with God to create more peace in the world?

Angela Merici

Scripture Helps

Take several deep breaths and allow your mind to slow down. Then slowly and prayerfully read [Colossians 3:15](#). Read it through several times, aloud if possible, and simply notice where your heart wants to pause. Imagine Jesus sitting with you. Ask him what it would be like to allow his peace to rule your life. Listen to what he wants to share with you. Express gratitude for your relationship with him.

Think of a relationship or a situation in your life with which you are not at peace. What advice do popular media offer for resolving issues and being reconciled? When ready, read [John 14:27](#). Let your mind and heart reflect on “the peace the world gives.” Rejoice that you have been given true peace directly from Christ’s own hand. Sit quietly and ponder how you can express this gift of peace in your daily life.

Other Resources

Read and contemplate Pope Francis’ Message for the [50th World Day of Peace](#)

Explore the resources on the [Catholic Nonviolence Initiative](#) web site.

The rosary has been used for centuries as a prayer for peace. Read the article [Radical Rosary: Nonviolent Resistance and Our Lady’s Prayer](#)

Try creating a New Year’s ritual of offering 2017 to God. Find a calendar, paper or digital, and hold it lightly in your hands. Pray a silent prayer of openness to God, then raise your hands and in your own words offer all that the year will hold—birthdays, anniversaries, graduations, new jobs, illness, disappointments, failures, *everything*—to God.

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