



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

April 2014

Dear Friends,

As spring days bring warmth and brightness to our part of the world, we continue to prepare our hearts for the light of Easter Joy. Those who attend the Easter vigil will hear in the Easter Proclamation:

**Rejoice, O earth, in shining splendor,
radiant in the brightness of your King!
Christ has conquered! Glory fills you!
Darkness vanishes forever!**

If we've made efforts this Lent to allow God to renew us, we will be ready to welcome the brightness of Easter. The good news is it's not too late. Easter is still 3 weeks away, we are only halfway through Lent, and one can begin at any time to *return to God* with an open heart.

Sr. Jean and I wish you all a very blessed Holy Week and an Easter teeming with the peace and joy of the Risen Christ!

Sincerely,



Sr. Elisa Ryan



For Reflection

- When did you last enjoy watching a sunrise? Can you take time to do it again soon? Pay attention to how your heart is moved by it.
- As daylight makes night vanish, name the *darkness* you want to vanish from your life . . . from our world. How can you let more *light* into your life?

Angela Merici

Scripture Helps

Psalm 119: How do the words of verse 105, “Your word is a lamp to my feet and a light to my path,” encourage you?

Read some passages of the *Gospel of Mark*, with special attention to *words of Jesus* that might provide just the light you need at this time.

<http://www.biblegateway.com/passage/?search=mark&version=NASB>

Matthew 28:1-20: “Now after the Sabbath, as it began to *dawn* toward the first *day* of the week, Mary Magdalene and the other Mary came to look at the grave. . . . an angel of the Lord descended from heaven and came and rolled away the stone.”

Pray for the courage to recognize the *stones* and *graves* that keep you from seeing the *dawn of new life*.

Other Resources

The best resource available at this time is encouragement to participate fully in Holy Week liturgies and celebrations. Watch this 2 minute review of what it’s all about:

<http://bustedhalo.com/video/holy-week-in-two-minutes>

Listen to the *Canticle of the Sun*, a prayer of St. Francis of Assisi. Then write your own *Canticle of Praise* to God for all that makes you grateful and glad.

https://www.youtube.com/watch?v=IE_Ei6JR11o

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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Angela Merici

All praise be yours, my Lord, through all that you have made, and first my lord, Brother Sun, who brings the day; and light you give to us through him.

How beautiful is he, how radiant in all his splendor! Of you, Most High, he bears the likeness.

--Francis of Assisi