

JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

May 2013

Dear Friends,

It's May—and there are all kinds of things to celebrate. Mother's Day comes to mind as does Cinco de Mayo. Or maybe you're graduating or have plans for a 3-day weekend on Memorial Day? Perhaps you're looking forward to joining us in New Orleans for our *Called Deeper* weekend. But have you thought about Pentecost?

This issue of *Journeys* highlights the Person of the Holy Trinity we call the Holy Spirit. The Spirit brings love, joy, patience, and gentleness (Galatians 5:22). The Spirit strengthens and confirms (Acts 2:1-11). The Spirit creates, renews, and refreshes (Psalm 104). This year Pentecost Sunday is May 19th. On Pentecost we remember the first disciples gathered together in the upper room when the Holy Spirit was sent to them. This year, a number of *Journeys* readers will be gathered together in one of our Ursuline communities in New Orleans seeking the help of the Spirit in their discernment of Ursuline life. There's still time to register. If you can't join us, please remember those attending in your prayers.

May the grace and peace of the Spirit be yours,

Fr. Jan Hopman, OSU



For Reflection

“Love is the sign of the Holy Spirit at work in the Church and in the world.”

- Thomas Merton

- ✚ Where do I notice the Holy Spirit at work?
- ✚ How is Love nudging me to do God's work in the world?
- ✚ What help do I need from the Holy Spirit?

Angela Merici

Scripture Helps

Galatians 5:22–24 Pray this passage slowly, paying attention to how you feel as you read each fruit of the Spirit. Which one will you ask God to enliven in you at this time?

Acts 2:1–11 Imagine yourself in the room with the disciples. What do you see? hear? sense? Think back to the day of your Confirmation. Recall that you, too, are filled with the Holy Spirit and sent forth as a disciple.

Other Resources

In many cultures it's common to make a novena (nine days) of prayer to the Holy Spirit before Pentecost. Consider praying the prayer in the sidebar for nine days, beginning May 10. It's a great prayer of discernment.



Listen to this Taize song-prayer [Veni Sancte Spiritus](#) [Come Holy Spirit].

Reflect on Fr. Robin Ryan's [Pentecost homily](#) delivered to a group of young adults in 2010 at Catholics on Call.

Consider attending our [Called Deeper](#) weekend May 19-21, for single Catholic women ages 20-45 who seek to be more aware of God's presence and are considering a possible call to religious life. Click on the link for more information.

**Best Comforter, gentle Host of hearts, delightful Consoler.
In time of activity, calm.
In time of confusion, peace.
In time of sorrow, comfort.**

**Clarify what is unclear for me,
revive what is listless,
heal what is hurt.**

**Make what is inflexible in me elastic,
what is frightened in me fearless,
what is inconsistent in me constant.**

- Adapted from the Sequence of Pentecost.

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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