



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

February 2015

Dear Friends,

It seems like a long time since our December e-letter. We've taken a Giant Step from Christmas and now find ourselves at Lent's doorstep. Ash Wednesday is February 18th. But let's not overlook February 14th! I like to think of Valentine's Day as a Lenten prelude. Can you guess what Valentine's Day and Lent have in common? Love! Both remind us of the primacy of love—the love we have for one another, and the love God has for us.

This issue of *Journeys* will focus on paying attention to love, and will offer suggestions for how you might prepare to enter even more fully into the Lenten season of love. Let's hold one another in prayer as we seek to discern God's way of love for us.

United in prayer,

Fr. Gian Hopman, OSU

*Let yourself
be
silently
drawn by
the stronger pull
of what
you
really love.
~Rumi*

For Reflection

- When do you feel most alive? How does that reflect “the stronger pull of what you really love”?
- How / when have you experienced God's love for you in the last month?
- What are 1 or 2 ways you can express your love for God during Lent?

Angela Merici

Scripture Helps

Reflect on the familiar words of [1Corinthians 13:4-7](#) *Love is patient, love is kind. It is not jealous, or pompous, or inflated. Love is not rude and does not seek its own interests. . . love hopes all things. . .* Sit quietly and imagine yourself with someone you love. Pray the passage as you picture this persons' face. Notice any feelings that surface. When you're ready, let this person go and imagine yourself with Jesus. Listen as Jesus prays this passage aloud with you. Pay attention to your feelings and whatever surfaces in you.

Before Ash Wednesday, spend some time with that days' first reading from the Prophet Joel [[Joel 2:12-18](#)], especially verse 13: *Rend your heart, not your garments.* Ask God to show you how you might tear open [rend] your heart this Lent rather than choose an easy form of sacrifice. Reflect on Pope Francis' words from last year's Lenten Message: *I distrust a charity that costs nothing . . .*

Whoever lives in love, lives in God, and God in us.



Other Resources

Enjoy this 4-minute video from our friends at *Busted Halo* called [You Don't Know Jack! . . . about Valentine's Day](#)

Consider some of the suggestions in this short article [What Can I Do Before Lent Begins?](#)

For a creative prayer experience during Lent, check out [Arts & Faith: Lent](#)

For additional Lenten resources, go to [Online Prayers & Retreats](#)

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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