



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

April, 2016

Dear Friends,

Easter's early date this year coincided beautifully with springtime's bursting forth of nature. Happy Easter to each of you!



This season of newness is a perfect time to tune in to all that is sacred around us, as well as deepen our inner lives. Jesus is risen and lives among us; in fact, he lives within us. Take time to consciously slow down, breathe deeply, and give some attention to the Spirit of Jesus who makes all things new. Let go of the shallow concerns and rushed activities of every day. Allow God to breathe fresh meaning and peace into all that we are about.

Jesus himself had to take time regularly to leave the crowds, go to a quiet space and pray. Prayer is simply the opening of one's heart to the presence of God.

Rekindle your inner life during this Easter season. Find your sacred space. Try new ways to pray (suggestions can be found on the next page). Then, simply listen to the God who loves you and is always with and within you.

Sincerely,



For Reflection

Consider what is most important to you. What do you value about the type of person you are and about the circumstances of your life? How well do you make time for these important things? Is there need for some readjustment of priorities?

What place does *prayer* have in your life? Reflect on what you might do to nourish your *inner life*, to be more aware of God loving and leading you from within.



Scripture Helps

God's says in **Isaiah 43:19**: "Behold, I will do something new, now it will spring forth; will you not be aware of it? I will even make a roadway in the wilderness, rivers in the desert." Reflect on what seems like wilderness and desert in your life at this time. Ask Jesus to show you what new things he wants to do for you.

Read **Luke 24:13-35**, and imagine you are walking with Jesus on the road to Emmaus. What do you want to discuss with him? Let it be the *real you* speaking. Tell him about your hopes, your desires. Listen to him. When do you find your heart burning as he speaks to you?

Other Resources

[Busted Halo's Guide to Prayer](#) offers on one page a treasury of suggestions for how to pray.

Learn about [the daily examen](#), "a technique of prayerful reflection on the events of the day in order to detect God's presence."

"Imaginative prayer makes the Jesus of the Gospels our Jesus. It helps us develop a unique and personal relationship with him. We watch Jesus' face. We listen to the way he speaks." Discover how to [pray with your imagination](#).

In the face of so many wounds that hurt us and could lead to a hardness of heart, we are called to dive into the sea of prayer, which is the sea of the boundless love of God, in order to experience his tenderness.

-Pope Francis



Catholics on Call—August 3-6, 2016

Described as "a life-changing experience," this summer conference brings young adults ages 18-30 together to share stories, dreams, and concerns. Held at Catholic Theological Union in Chicago, it costs only \$100. Check www.catholicsoncall.org for more information.

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