



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

February 2013

Dear Friends,

February will be another busy month! Here are a few things happening and some ways to be engaged:

World Day of Consecrated Life, Feb. 2-3. It's a day to pray for those who have consecrated their lives to God as sisters, brothers and priests. It's also a good time to consider if God might be calling you to religious life. And if you know a religious who has touched your life in school, retreat or parish, why not reconnect, tell them how you are and give a word of thanks and support?

Chinese New Year, Feb. 10. Probably you know that China has the highest population in the world today—more than 1.3 billion people. Do you personally know someone of Chinese origin? If not, it should not be difficult to meet one. Try to do so, learn something about them and their culture, and wish them a happy new year. Our world is small, and connections are built one by one.

Ash Wednesday, Feb. 13. They say that in churches, this is the busiest day of the year. I've seen long lines of people waiting for ashes at parishes in countries around the world. We do need signs, and those black ashes on the forehead can be a strong symbol. I think what is more important is how we let the words "turn away from sin and be faithful to the Gospel" change our hearts.



Presidents' Day, Feb. 18: If you have not yet seen the movie *Lincoln*, I suggest you do. It can be very inspiring.

And yes, Happy Valentine's Day on February 14!

Sincerely,



For Reflection

"Lent" comes from a word meaning "spring." What signs of springtime do you desire in your own life at this time? Are there seeds of new life that you want to cultivate and help to grow?

What does "be faithful to the Gospel" mean to you?



Angela Merici

Scripture Helps

Slowly read the passage **Isaiah 58:6-7**. Ponder “*the kind of fasting*” God is asking of you. Is there something going on in your life that could stretch your spirit to greater holiness if you would allow it? Ask Jesus to help you see this.

Consider Jesus’ words in **Matthew 6:1-34**, “*when you pray, do not keep on babbling like pagans, for they think they will be heard because of their many words. Do not be like them, for your Father knows what you need before you ask him.*” How does your own prayer measure up to what Jesus says? Ask him to help you understand what real prayer is.

Other Resources

Learn more about the consecrated life at <http://kckvocations.com/three>

Enjoy a delightful two minute video on Ash Wednesday and Lent from *Busted Halo*:
<http://www.youtube.com/watch?v=m3L3c23MfC0>



Catholics on Call is a program for young adult men and women who are seeking insight into life and wondering what God has to say. The summer conference will be held Aug. 6-10, 2013 at Catholic Theological Union in Chicago, Ill. Go to www.catholicsoncall.org for more information. “One of the best experiences of my life” is how some have described it.

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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“In the end, it’s not the years in your life that count. It’s the life in your years.”

Abraham Lincoln