

JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

August 2015

Dear Friends,

I'm often a little sad when August rolls around. For me, it signals the end of summer. Farmers' fields begin to look scorched and spent, children prepare to return to school, and the calendar year is more than half over. Time seems to pass so very quickly.

Perhaps a change in perspective would help. What might it mean to really focus on the present and not backward or forward? Is it possible to simply breathe in the gift of NOW? Sure, it's important to evaluate the past as well as plan for the future. But sometimes the present is lost in the process.

The Latin word *augustus* means *sacred*. That tidbit might help us learn to live more in the present this month---to see each moment as *sacred*, a *Kairos* time in which God breaks into our lives with love, light and grace. We only have to slow down and notice. Maybe we should try this during these August days.

Blessings for the rest of summer,

St. Elisa Ryan



For Reflection

Choose a day to try the following:

- Welcome the light that brings this new day.
- Breathe deeply, knowing that it is God who gives life and light.
- Consider the persons who are part of your life; notice their goodness.
 - Be grateful for who and where you are at each moment.
 - Take time to smell the roses.

Angela Merici

Scripture Helps

Jesus says in **Luke 6:20-22**, “*Blessed are you who are hungry **now**, for you will be filled. Blessed are you who weep **now**, for you will laugh.*” How sensitive he is to the present experience of those around him. Spend some time letting him speak to you just as you are now. What does he say? “Blessed are you who are _____ and _____ and _____.” Listen as he tells you what he promises.



Ponder **Matthew 7:23-29**-- “Everyone who listens to these words of mine and acts on them will be like a wise person who built his house on rock. . . . And everyone who listens to these words of mine but does not act on them will be like a fool who built his house on sand.”

Pray about the “foundations” of your life. What is solid, and what is built on shifting sand? What word of God are you listening to and acting on? Ask God to help you discern what is going on in your life and in your heart.

Other Resources

Listen to [*Live Like You Were Dying*](#) by Tim McGraw. Love deeper, live sweeter, and be willing to forgive!

Finding God in all things is the goal of learning to live more aware and awake to the present. Here’s [a treasure box of resources](#) to help explain that.

“The point of living in the moment is that the present moment is where reality is, where God is.” Read [this article](#) to learn about *What Works* to cultivate presence.

“Life is available only in the present moment.”

Thích Nhất Hạnh

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.

Ursuline Vocation Office • 353 S. Sappington Rd. • Kirkwood, MO. • www.usaosu.org

Angela Merici