



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

November 2013

Dear Friends,

When I turn the page on my wall calendar and see “November” I immediately think of Thanksgiving. I love everything about Thanksgiving—gathering with family, friends, and community; reflecting intentionally on all of my many blessings; even watching a football game, which I rarely do! But to be honest, I think that most of all I love the food. In my community we usually have a combination of traditional Thanksgiving foods like turkey and pumpkin pie, together with non-traditional delicacies made by friends who grew up in other countries. Sharing food is a way to share our lives. As we sit around the table we tell stories, laugh, share recipes, and catch-up on what’s happened in our lives since we were last together. We leave feeling grateful for all the different ways that God nourishes us.



In this month’s *Journeys* we’ll reflect on food—for the body and the spirit—and ponder a variety of ways in which God offers us nourishment. As we live these weeks of November, let’s hold one another in prayer and offer thanks to God for the gift of life.

Happy Thanksgiving!

Fr. Jan Hopman, OSU

For Reflection

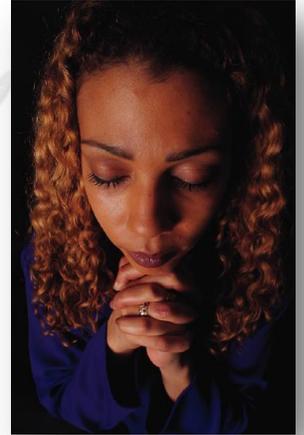
- How well do I nourish myself spiritually?
- What are my spiritual cravings?
- In what ways has God offered me nourishment today?
- When has sharing food with someone nourished my spirit as well as my body?

Angela Merici

Scripture Helps

Revelation 3:20 “If you hear me call and open the door, I’ll come right in and sit down to supper with you.” Sit quietly and allow your mind to be still. Try to imagine the setting where you and Jesus have dinner. What’s to eat? What do you talk about? How are you nourished?

Psalms 23 “You prepare a table before me . . . my cup brims over.” As you pray this psalm, call to mind the ways that God cares for you. What has God prepared for you on the table of your life? With what blessings has God filled your cup? End with a prayer of gratitude.



Other Resources

Consider making **an online retreat** to nourish your spiritual life. The folks at Creighton University offer these retreats in a variety of formats and languages.

Do you like to bake? Or maybe would like to learn? Check out **In the Kitchen with Fr. Dominic** to learn how a passion for baking bread and for the theater led one man to religious life.

One way to prepare for Thanksgiving—besides making a shopping list and inviting guests—is to spend time reflecting on the **scripture readings for Mass on Thanksgiving Day**.



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 • 6651 N. Rockwell Street • Chicago, IL 60645 • www.usaosu.org

Angela Merici