



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

June, 2016

Dear Friends,

It's June and summer is in the air! June is also a time of transition—from college to internships and summer jobs; from full-time student to a member of the “working world;” from teaching to summer vacation; from living independently to life back home. We probably all can identify some transition in our lives right now. Some are familiar and relatively easy while others are new and might cause some anxiety. Moving through transition is part of life. It helps us grow, mature, gain experience and self-confidence. And frequently it opens us to a whole new world.

This issue of *Journeys* will focus on transition and the opportunity it presents for growth. Transition also is an opportunity to trust—that God wants only our good and will provide us with what we need to move successfully through any transition we may be facing. Best wishes for a wonderful summer! Please pray for the volunteers joining Sr. Elisa and I for the summer service trip to New Orleans June 5-11. You can follow our activities at our blog [Backlit with Joy](#).

United in prayer,

Sr. Jean Hopman, OSU



The first step
towards
getting somewhere
is to
decide
that you are
not going
to stay
where you are.

~ Unknown

For Reflection

1. What is a transition I am facing now? Career? Home? Relationship? Focus?
2. How do I feel about it? Excited? Scared? Confused?
3. What inner qualities will help me? Resilience? Patience?

Angela Merici

Scripture Helps

Find a quiet place—indoors or out—where you can see plants or flowers. Take some long, deep breaths. Wait for your mind to slow down, then slowly read [Luke 12:22-29](#). Bring to mind anything that worries you—large or small—and tell Jesus about it. Let your focus return to nature and listen as Jesus tells you how important you are in God's eyes.

Sometimes transitions can temporarily paralyze us. Maybe we don't feel prepared, or we're afraid we'll fail, or we don't feel ready to let go of something. Spend some time with St. Paul as he transitioned from persecutor to apostle—[Acts 9: 1-9](#). Imagine yourself with St. Paul as he reflects on his experience. Share with him about the transition you are in and ask him for advice.



Other Resources

Read about the experience of a young woman transitioning from college to life as a volunteer in another part of the country. In her article [Weaving a network of those who can make a change](#) you'll see how her leap of faith opened her to a new way of life and meaning. And she also made new friends!

In the article [The three keys to successful vocation decisions](#) you'll learn how using the three keys—believe, listen, trust—can help you through important life transitions.

For more information, contact Sr. Elisa Ryan at elisaosu@gmail.com or Sr. Jean Hopman at hopmanj@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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