



JOURNEYS

URSULINE SISTERS

of the Roman Union † United States Provinces

December 2016

Dear Friends,

As winter beauty envelopes this hemisphere, it seems more and more difficult to be silent and *just breathe*. It's a crazy time of year. We're bombarded by the frenzy of holiday preparations and activity. Where is the quiet and prayerful expectation of Advent? How is it possible to reverently enter into this season when everything around us is filled with so much noise?



Breathe . . . just breathe. Those words from the Jonny Diaz song, *Breathe*, are good advice. You'll find the link to the song on the next page. *Breathe, just breathe. Come and rest at my feet and be, just be. Chaos calls, but all you really need is to just breathe.* The lyrics offer excellent advice. We would not even be able to breathe were it not for the God who gives us lungs and air. Breathe deeply and slow down to listen to God's Spirit. Listen like Mary did. Believe that all things are possible to God.

May Advent provide for you some quiet moments of peace and prayer and may your Christmas be filled with the joy of God with us!

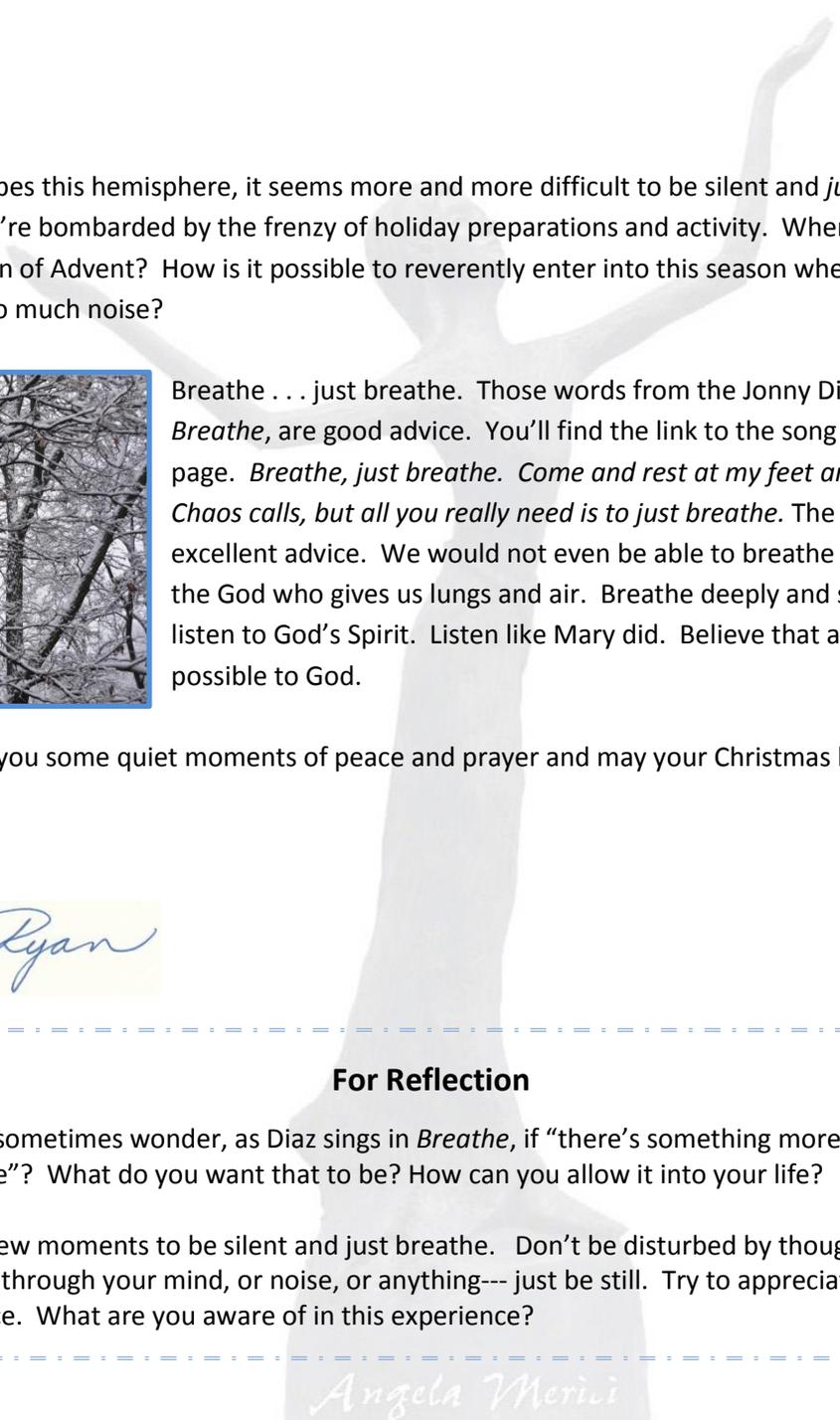
Sincerely,



For Reflection

Do you sometimes wonder, as Diaz sings in *Breathe*, if "there's something more to this crazy life"? What do you want that to be? How can you allow it into your life?

Take a few moments to be silent and just breathe. Don't be disturbed by thoughts running through your mind, or noise, or anything--- just be still. Try to appreciate the gift of silence. What are you aware of in this experience?



Angela Merici

Scripture Helps

In **Isaiah 30:15**, God says, "In quiet and in trust shall be your strength." Recall the times in your life when you have experienced this. Pray to understand how God might be calling you to quiet and trust now.

Read **Luke 10: 38-42**, and consider the "Mary" and the "Martha" within you. Insert your own name into this sentence from Jesus, "_____, _____, you are anxious and worried about many things." Tell Jesus what those things are, and ask how to better integrate "sitting at his feet and listening" within your busy life.

Other Resources

Sign up for the [Sacred Advent Retreat](#), a daily e-mail prayer break during a busy season. Each day invites you to a step-by-step prayer with a Scripture reading and related points of reflection.

Listen to the song, [Breathe, by Jonny Diaz](#), and "let your weary spirit rest."

Read the article, [The Gift of Silence in the Morning](#), and learn the satisfaction of welcoming peace and quiet into your life.

Click on this [Advent Calendar for Adults](#) for inspiration for every day of the season.



Accept what comes from silence.
Make the best you can of it.
Of the little words that come
out of the silence, like prayers
prayed back to the one who prays,
make a poem that does not disturb
the silence from which it came.

Excerpt from *How to be a Poet*
by Wendell Berry



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