



# JOURNEYS

## URSULINE SISTERS

of the Roman Union † United States Provinces

August 2013

Dear Friends,

Have you ever really needed work but been repeatedly unsuccessful in finding a job? Have you experienced letdown in a school assignment or course? Have you worked hard at a relationship, only to end up feeling rejected and cut off from the one who meant so much to you? If so, you probably had to call on *resilience*.

**RESILIENCE**—*Merriam Webster* defines it as *an ability to recover from or adjust easily to misfortune or change*. Adjust easily . . . recover . . . we all know it's not so simple. How is it that some people are able to reclaim optimism about the future, while others spiral into depression and self-defeat?

This summer I heard a homily about St. Angela's resilience and its importance today. I had never thought about Angela being resilient, but I can see it's very true. At a young age, she lost both her parents, but was able to pick herself up and carry on. She longed for a pilgrimage to the Holy Land, and then became blind on the trip. Yet, she was able to "see wonderful things," relying on her inner vision as enlightened by God.

Mary, the mother of Jesus, was also resilient. In her responses to the Angel Gabriel, to her own child when he had been lost in the temple, and to the waiters at the wedding of Cana, we see a woman full of faith, ready to see God's presence in even puzzling or traumatic events.

I asked one of our Ursuline sisters in Taiwan what is the Chinese word for resilience. She said it is **復原力** and means "recover the original energy". Is not that original energy the life of God within us, helping us rise and begin again? It's what Mary and Angela relied on, I am sure. Let's ask these two very resilient women to help us do the same.

Sincerely,



### For Reflection

## 復原力

Take some quiet and solitude to name what might be stressful for you at this time. Ask Jesus to help you see it in new light. Can you choose, through his love, to be more peaceful and resilient about it?

Who are the people who support you when you face problems? Is there a "wisdom person" in your life whom you might benefit by seeing more often?

*Angela Merici*

## Scripture Helps

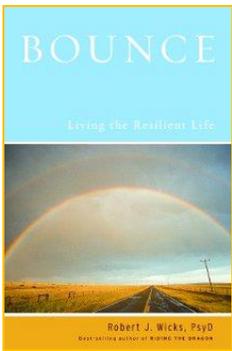
**Psalm 23** Pray this Good Shepherd psalm and see which verses touch you.

**Romans 8:28** “We know that God causes all things to work together for good to those who love God.” When in your life have you experienced this? Are there situations now in which you want to believe this? Ask Jesus to help you.

**Joshua 1:9** Let the words “do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go” resonate in your heart. Pray for those in our world who might need to hear this message.

## Other Resources

Here are some additional suggestions for deepening your spiritual life.



The book **Bounce: Living the Resilient Life** by Robert J. Wicks; 2010, Oxford University Press, has helped many.

Read *Make a Difference in the World by Being Resilient*, an interview with Robert Wicks, and pick up some great tips for dealing with life’s stresses:

<http://ncronline.org/news/spirituality/make-difference-world-being-resilient>

Enjoy this article about the inner strength of Mary and her ability to be resilient:

<http://bustedhalo.com/questionbox/is-there-any-indication-of-what-mary-was-like-as-a-person>

It is impossible to live without failing at something, unless you live so cautiously that you might as well not have lived at all—in which case you fail by default.

J.K Rowling

For more information, contact Sr. Elisa Ryan at [elisaosu@gmail.com](mailto:elisaosu@gmail.com) or Sr. Jean Hopman at [sjeanosu@gmail.com](mailto: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](http://www.usaosu.org)

Angela Merici