



THE WALKING STICK

Ursuline Companions on the Journey

B.C. Ursuline Companions

2021 Annual Day of Reflection

The Brown County Ursuline Companions presented a prayer opportunity video on November 6th, 2021, as our annual Day of Reflection. The Franciscan Renewal center of Scottsdale, Arizona helped us put together a Taize Prayer chanting designed to bring more peace to our hearts.

On November 5th, 2022, we will plan to meet in person for Taize communal prayer and small group dialogue. Put this date on your calendar - we will be open to the Holy Spirit's promptings as to how to proceed, in person or via Zoom or Video.

Taizé Prayer Around the Cross

is held in the church on Wednesdays at 7 pm and live streamed on <https://www.youtube.com/thecasafrfc>. Taizé prayer consists of meditative singing, Scripture readings, and periods of silence in order to reach a contemplative state. This style of prayer emerged from an ecumenical community in Taizé, France. Short chants, repeated over and over, give a meditative character. Using just a few words, the chants express a basic reality of faith, quickly grasped by the mind. As the words are sung many times, this reality gradually penetrates the whole being. All are welcome to come and join in this contemplative prayer. This service lasts approximately 35 minutes.

Mission Statement

We are a group of women & men dedicated to fostering Christ's love in the world according to the spirit of St. Angela Merici. We gather for prayer & spiritual support. We open ourselves to the gentle voice of wisdom as we live our daily lives.

St. Angela Merici

Foundress of the Ursulines (1474-1540)

St. Angela Merici, Foundress of the Company of St. Ursula (1474-1540). Angela was born in Lombardy and orphaned at an early age. She became a Franciscan tertiary. She had a vision one day in which she beheld a company of angels and maidens descending from a ladder in the heavens. A voice revealed that she would found a community as large as the ones in her vision. To develop this new life, Angela drew upon her experiences intersecting with God's grace over many years. With other women who joined her they consecrated themselves to God's service in the world and chose as their patron St. Ursula, a legendary 4th century martyr venerated as protector of women. As consecrated virgins they continued to live with their families or together. By the time of her death on Jan. 27th, 1540, Angela was revered as a living saint in Brescia. She was canonized in 1807. Here is a quote:

"Strive to be faithful to that which God has called you."

Monthly gatherings at the Chatfield College
Raymond Kammerer Memorial Library, St. Martin Oh
(weather permitting we will meet outside)

Lectio Divina - Virtual Zoom

2ND Tuesday of the month

March 8	May 10
April 12	June 14

The BCU Core team begins their meetings with Lectio Divina which helps the group to focus and listen to the Holy Spirit's guidance.

Creative Writing 2022

3rd Friday of the Month 10:00-11:30 am

March 18	May 20
April 15	June 17



All are invited to
Celebrate Mass
Wednesdays
8:30 a.m.
Sacred Heart Chapel
On the campus of
Chatfield College

HOPE EMERGENCY PROGRAM

Hope Emergency volunteer opportunities are available every week. Contact Sr. Lucia luciac@tds.net, hopeemergency@hotmail.com or the Website: hopeemergency.org

Therapy for the Soul

Recently CNBC news reported a story about a writing program begun by a former prosecutor. Feeling he was on the wrong side of the court, he began a program called "Free Writing" at a Minnesota incarceration facility. Though he calls the program "Free Writing" (aka "writing without rules") there is one rule; they are required to keep writing until time is called. On the day this program was taped the subject was "If you ask me..." This one hour a week writing session has given inmates a vehicle to freely express themselves, therapeutic in many ways.

The BCU Companions **Creative Writing Group** that gathers on the 3rd Friday of the month at Chatfield College Father Karammer Library has similarities to the program in Minnesota. We have a leader who prayerfully presents a subject for us to ponder and write about, until time is called. We can then share our written thoughts with the group. It is an extremely therapeutic hour spent together. Please consider joining us at our next gathering. Pen, paper and a willingness to share is all that is required.

If you have questions contact us at UrsulineCompanions@gmail.com

* If you would like to hear the story mentioned above you can find it on this link <https://www.cnbc.com/video/2022/02/04/former-prosecutor-teaches-inmates-that-writing-is-freedom.html>

Hope Emergency Seeking to Fill Co-Director Position

The Hope Emergency Program (HEP) is seeking your prayers and divine guidance to fill a part time Co-Director's position. HEP is a nonprofit organization in northern Brown County that provides food, clothing and emergency services to the underserved. Last year HEP provided 7,740 distributions to those in need.

The Co-Director must reflect Christian values and maintain a close connection with the Catholic/Christian communities, reflect the heritage of Sr. Miriam Thompson, OSU, our Foundress, and have a heart for the needy with leadership and administrative skills.

If interested, or know of someone interested, please send your name and contact information with your resume to hopecodirector@gmail.com.

Save the Date:

**ANNUAL
DAY OF REFLECTION
November 5, 2022**

