

# Heart ♥ to ♥ Heart



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*An offering of poetry and reflective pieces  
as we prepare to celebrate St. Angela's feast day on January 27.*



## Angela's Way

Wise beyond her years,  
How did she know?  
Wise beyond her years,  
'Twas deep within her soul.

God spoke to her,  
And showed her the way.  
God spoke to her,  
She knew what to say.

A new path emerged,  
Angela shared the word.  
A new path emerged,  
A shepherd to her herd.

Inspired by her courage,  
She speaks to my heart.  
Inspired by her courage,  
'Tis never too late to start!

—Rena Loveland,  
Hillsboro, MO

## The Feast of Saint Angela

To celebrate the feast of St. Angela  
Is to be brought together in admiration and thanksgiving.  
To reflect upon her life  
Is to be inspired by her example.

To come to her in prayer  
Is to experience union with God.  
To listen to her instructions  
Is to hear the heart of the Gospel, Love.

To share in her charism  
Is to be deeply involved in the mission of the Church.  
To capture her spirit  
Is to live in highest hope.

To love as she did love  
Is to share in an espousal relationship with the Trinity.  
To know her teachings  
Is to have wisdom.

To look into the creative love of God  
Is to see Angela:  
Humble before God.....The Virgin.  
Attentive to the Word.....The Woman.  
Devoted to Jesus.....The Disciple.  
Generous to the Church.....The Servant.  
Zealous for the Gospel..... The Teacher.  
Consecrated to God.....The Religious.  
Aflame with the vision.....The Foundress.  
Concerned with Followers.....The Mother.  
Living in God.....The Contemplative.  
Caught up in God.....The Mystic.  
Crowned by God.....The Saint.

To celebrate fully in this feast  
We join with God and say: "Angela!"

—Msgr Bernard Powers, RIP  
Owensboro, KY

### Song to Angela for a New Time

O Angela,  
Sister Mother friend  
What a heart you have!

And what a strong sturdy sense your  
farm earth gave you  
of seeds and roots and growing,  
of the ways of God in living things.

How your heart led you,  
to Francis and Communion and streets of Brescia,  
to Ursula and a Company of Women.

Held in God you were in your wholeness,  
Held as you traveled the streets and pathways,  
Gathering, nurturing, tending like sweet herbs and flowers  
the dear ones of God.  
Cherish every one, you said.  
You don't know what God has in store.

What God made of you, my Dear,  
What God makes of us, all these years later,  
of our hearts in these pestilential times,  
of our earth, too little loved and tended.

Gather us, tend us, re-root us in wholeness  
till our hearts burst open,  
in new blossom for a new time.

—Mary Dowd, OSU, RIP  
New Rochelle, NY

### Traveling with Angela as Pilgrim

Angela – pilgrim  
Wondering, wandering, still  
Waiting on God's word

Traveling, half-moon  
Verona, Venice, Brescia  
Starlit, God calls her

Listening, hearing  
Soft melody, now louder  
An alleluia

Crescent moon, north star  
Can I start a company  
Lights in our dark world

Centuries later  
Women journey globally  
In our wounded world

Now, All together  
Here at Ursuline we pray  
Journey with us!

—Lois Castillon, OSU,  
Dallas, TX



### Healing Prayer at Bedtime

Jesus, through the power of the Holy Spirit, go back into my memory as I sleep.  
Every hurt that has ever been done to me---heal that hurt.  
Every hurt that I have caused to another person---heal that hurt.  
All the relationships that have been damaged in my whole life of which I'm  
not aware---heal those relationships  
Through the intercession of St. Angela Merici, woman of reconciliation,  
fill me with wisdom and courage.  
If there is anything that I need to do---if I need to go to a person because they  
still suffer from my hand, bring them to my awareness and strengthen my  
resolve to seek peace.  
I choose to forgive and ask to be forgiven.  
Lover of us all, remove whatever bitterness may be in my heart,  
and fill the empty spaces with your loving peace. AMEN.

—Author Unknown

### THE URSULINE CROSS

Constant companion and outward sign:  
Christ risen no nails  
The living Christ with us.

#### SERVICE

Going forth with teaching to spark,  
To kindle the fire of learning.

#### CONSECRATION

Faith, Hope, Love,  
Acceptance brings us freedoms of spirit  
Purity of heart, compassion,  
Ever searching within fulfillment  
Ever witness to the Presence of God in the world.

—Zeoma Dvorak  
Moscow, ID



### BE-Attitudes of Angela

Be moved by love of God and love of others in need.

Be convinced that God will never fail to provide  
for all your needs, material and spiritual alike.

Be united together, acting in harmony.

Be consoled and keep your faith and hope alive.

Be gentle, not using force, for God does not want  
to force anyone, but God points out,  
invites and counsels.

—Joanne Abrams, OSU,  
Santa Rosa, CA



### Our First Verse

St. Angela,  
They are asking for a poem!  
How could they know how we converse?  
This is our first verse.  
We usually sit and talk.  
Once we even took a walk.  
I see we can converse  
through a different verse.  
Dialogue seemed easier with you.  
Through the years it was your calming and loving words,  
that saw me through the tough times.  
Now, we celebrate growth and wisdom born of pain.  
Here I am sitting with you again.  
How this gift has grown.  
A few friends asked me to share.  
It usually takes longer to prepare.  
St. Angela, we have a new form!  
Sharing with you has always been pure gift.  
Maybe sharing this will give someone a lift.

—Mary McDermott, OSU,  
Maplemount, KY

### Walk in the Light; Be Joyful

Whether you are young or old, rich or poor, righteous or sinner,

St. Angela is willing to love you.

She comes to you and takes you by the hand.

Your face is unique for her,

She engraves it deep in her heart.

Lovingly, she puts you at ease

And fills you with hope.

With her the road lights up

Everything becomes possible.

—Author Unknown