

*“Remind me often, indeed always, in whom I dwell.”*

*Sister Ulrika*

Sr Ulrika’s deepest longing was for union with God. But she, too, knew the human weakness of being distracted or even forgetful. That is why it is very important to her to be reminded in whom she dwells, in whom she lives.

“Where do you live?” two disciples once asked Jesus. They are asking a perfectly normal question, the sort of question you ask someone you want to know more about. “Where do you live? Give me your address. What’s your phone number?” “Where do you live?” That is actually about more than just knowing the street and house number. Doesn’t it also mean: “Where can I find you when I need you?”

Home is somewhere very private.

Where does Sr Ulrika live that she wishes constantly to be reminded of it? Where does she feel at home, loved, understood, accepted and appreciated? Where would she like to stay for ever, to have a right of abode? Jesus gives her this right of abode; of ourselves we have no such right.

Happy are they who have a right of abode with God, who are close to God and find their sustenance in him. Happy are they who have found a sanctuary in God and can recharge their spirits there; and happy are they who are at home with God. Sr Ulrika is numbered among these happy people.

She has found this home, it was a gift to her, there she wishes to stay for ever. She not only wants to “dwell” in Jesus; she wants to “remain” there, too – to remain in God’s presence, even in the kitchen, while she is working.

Sr Ulrika is familiar with Jesus’ words: “Remain in my love”. For that, after all, is dwelling in him, living in him, finding peace in him. So as never to forget that, she wants to be reminded of it over and over again.

### In the Gospel of John we read:

“Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also” (14,1–3).

Jesus prepares a dwelling place for us where we can be at home for ever. While living on earth, he already invites people who are groaning under heavy burdens to come and find a home with him, to find rest with him.

### We pray:

Sister Ulrika, it was so important to you always to be united with God, to dwell in him. You never wanted to forget it and lose this certainty. In all the hustle and bustle of a large kitchen, you remained united with God. We allow ourselves so often to be distracted by unimportant things and events.

Stand by us when we are about to lose our connection with God; when our trust in God dwindles because our burdens are so great. We are then in danger of getting entangled in all kinds of difficulties and worries.

Help us to seek first God and his kingdom, then everything else will be given to us. Help those who have no strength left and can no longer pray.

Pray for the physically and spiritually sick, the despairing, those in financial difficulties, for the dying and the departed. Pray for all of them to God, our merciful Father, through Jesus Christ, our Brother and Lord.  
Amen.

### Testimonies

*“We recommend everyone to turn to the Blessed Sr Ulrika with confidence and a firm faith. She is sure to take their requests to God.”  
M. and R.*

*“Sr Ulrika is always an important companion for me. I do not feel left alone.” Mrs D.*

*“Sr Ulrika gives us the strength over and over again to keep going.” Mrs W.*

*“I would like to thank Sr Ulrika. At her grave-side, which I visit frequently, I draw a great deal of inner peace and strength. This strength has helped me to solve my problems at work, where I was being badly bullied.”*

### Dates

#### Monthly prayers

On the 8<sup>th</sup> of every month prayers are offered from 4-5 p.m. in the crypt.

We remember the manifold sufferings that weigh people down and we ask God for his mercy and comfort. We also include the many concerns of our Ulrika pilgrims in our prayers. The 8<sup>th</sup> of the month was chosen in recognition of the date of the Blessed Sr Ulrika’s death on 8<sup>th</sup> May.

#### Holy Eucharist for Pilgrims

Throughout the year we celebrate the Holy Eucharist for pilgrims at 10.30 a.m. every Wednesday in the crypt.

#### Niche Days

Days of silence and prayer, time out and renewal from 10 a.m. to 3 p.m. in Haus Ulrika. Everyone is warmly invited to join us.

Upcoming dates: 9 January, 20 February, 13 March and 10 April 2010.

Further information can be requested from Haus Ulrika.

A selection of the courses offered in the education programme of Hegne Convent (in Haus Elisabeth)  
Please note that all these courses are conducted *in German*.

Saturday, 30 January, 9 a.m. – 5 p.m.

“I would like to be still, Lord ...” A Quiet Day for everyone longing for stillness. Led by Sr Edith Senn. Please register by 22 January 2010.

05 – 07 February 2010

**Longing for a successful life – help through speech therapy.** Human life – an oscillation between fate and freedom. Led by Sr Beathilde Brucker. Please register.

Saturday, 20 February 2010, 9.30 a.m. – 5 p.m.

“This is the fast that I love” (Isaiah 58). A day of reorientation and reflection for Lent. Led by Sr Edith Maria Senn. Please register by 12 February 2010.

26 – 28 February 2010

**Bereavement seminar:** “Going home alone ...” Led by Waltraud Reichle, Sabine König, André Böhning. Please register by 25 January 2010.

14 – 17 March 2010

“I have seen the Lord.” A retreat for the elderly with Sr Jacobe Wetzel. Please register by 8 February 2010.

Please address any questions on the education programme to Frau Gergen-Woll or Sr Edith via the telephone number +49 7533-807 260 or by email at [bildung@kloster-hegne.de](mailto:bildung@kloster-hegne.de)

### Please note

If you wish to receive the quarterly Newsletter, which is free of charge, please send your name and address to the address below. In order to ensure that you receive our mailings, please also always let us know of any changes of name, address, etc.  
When sending donations by electronic transfer, please always include your address.  
Haus Ulrika is open to all wishing to encounter the Blessed Ulrika of Hegne or to speak with the sisters. Prayers are offered daily in all the concerns at the shrine of Sr Ulrika in the crypt.

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*Pause, take a break  
for Pilgrims  
to meet to talk  
and Passers-by*



## The Blessed Sr. Ulrika of Hegne

- A person very close to God and very open to other people.
- A woman whose nearness brought comfort and inspired confidence.
- A Holy Cross sister graced with an inner life of prayer and a deep experience of God.
- A blessed intercessor in whose help people trust, to whose shrine many come as pilgrims and whose help and support countless venerated experience and attest.

## Biographical data

- 1882 18 September, birth in Mittelbiberach (Württemberg).
- 1904 Ulrika Nisch enters the convent in Hegne. Until her illness in 1912, kitchen sister in Bühl (Baden) and in Baden-Baden.
- 1913 8 May, death of Sr. Ulrika in Hegne.
- 1952 Beatification process opened.
- 1987 1 November, beatification of Sr. Ulrika by Pope John Paul II in Rome.
- 1991 Her bones are buried under the altar in the crypt in Hegne.

## Ulrika Newsletter

*Love knows no measure*

No. 88 January – March 2010

