

“I would only have needed to spread out my arms and I would have been like the Saviour on the Cross.”

Sister Ulrika

Sister Ulrika is a true Holy Cross sister. She longed for union with Christ and spoke of it again and again. She does not speak directly of the Resurrection but rather of the Kingdom of Heaven. For example, she encourages her fellow sisters with the words: “It will be lovely one day when we have ended our suffering and are together in heaven.”

And it was not only physical suffering that Sr Ulrika had to endure; from time to time her spirit was shrouded with an inner darkness and her anxiety and doubts about her faith were terrible. So she had a great deal to endure both physically and spiritually, but in this she also found herself joined with her Saviour on the Cross.

The way that she accepted suffering and trials, always remaining joyful and loving as she bore them, displays clearly how graced she was and what strength God had given her.

Cross and suffering are not a punishment from God. We must bid farewell to false images of God as a punishing, vengeful and angry God. God loves us unconditionally, without our doing anything to earn it; it is up to us to accept this love. We often find it difficult to accept gifts; we would rather do everything, achieve everything ourselves. It is for this reason that we often think that we have to offer sacrifices in order to receive something from God or to make him merciful. But God does not want sacrifices; he wants love, he wants compassion. Anyone who is called to a closer friendship and union with God must be refined in the fire of affliction. They must rid themselves of everything that is not of God. Suffering and trials free a person from an attachment to and dependence on created things, on the disordered self and its desires, inclinations and passions. We can see suffering not only as a catastrophe, but also as a chance. There is a meaning to suffering.

An anonymous author from the early 5th century said: “God is recognised more through suffering than through research.”

And St Paul writes in his Letter to the Romans: “I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us” (8,18).

In Matthew’s Gospel we read:

“Then they led him away to crucify him” (27,31b) and later: “But the angel said to the women, ‘Do not be afraid; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said.’” (28,5-6).

And a German Easter hymn rejoices: “For out of suffering, pain and bonds God’s glory issues forth. What seems in death forever lost is born anew in Christ. Alleluia, Jesus lives!”

We pray:

Sister Ulrika, you had a lot to endure both physically and spiritually; you suffered anxiety, temptation and doubts about your faith. You know the distress of the suffering who can no longer pray amid their troubles. So it is that you can be an intercessor before God for such people who confidently place their hope in your help:

- *We remember those who ask for our prayers. Sister Ulrika, pray for them.*

Sister Ulrika, you bore the cross laid upon you in the hope of the resurrection.

- *We remember those who have entrusted their cross to us. Sister Ulrika, pray for them.*

Sister Ulrika, you were unafraid of death. Many people do fear death.

- *We remember the dying and the deceased. Sister Ulrika, pray for them.*

Sister Ulrika, carry the needs of those we entrust to your intercession to God the Father through Jesus Christ, his Son, our Brother and Lord.
Amen

Testimony

“Since I have been visiting Sr Ulrika in the crypt, talking to her and confiding my troubles and fears in her, I have become calmer and my behaviour has changed. I now have the courage to approach other people differently. She is doing me infinite good.” (Mrs S.)

Dates

The Feast of the Blessed Ulrika 2010

Programme on **Saturday, 8 May** (the day of her death) and on **Pilgrimage Sunday, 9 May**:

10.00	Eucharist in the Convent Church (on 9 May with Auxiliary Bishop Dr. J. Kreidler, Rottenburg-Stuttgart)
13.30 to 14.30	Time of prayer before the Blessed Sacrament in the Convent Church
11.45 and 13.00 (then hourly)	Audio-visual presentation: The Life of the Blessed Sr. Ulrika in Haus Ulrika
15.30 Uhr	Vespers and Benediction in the Convent Church

The quotation from Sr Ulrika, “Remind me often, indeed always, in whom I dwell” inspired the sisters to creative work. The results are to be viewed from 8 May in Haus Ulrika.

Ulrika Family Day

on **Sunday, 20 June 2010** under the motto: “Twenty-five years of Ulrika Family Day”

Start: 9.30 with Morning Prayer and Praise. During the morning various interest groups; children of all ages will be looked after and kept busy with activities. A special programme for young people will be on offer in Haus Franziskus. After lunch a variety of games and handicraft activities will be available for all ages. The day concludes with a celebration of the Eucharist at 15.45. The programme will be available from Easter onwards and is also to be viewed on our website.

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.

Next date: 10 April 2010. Further information, including the autumn dates, can be requested from Haus Ulrika.

www.kloster hegne

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*.

16 – 18 April 2010

Practising being a Christian – Easter spirituality.

Br Anton Rotzetter OFMCap. Please register.

22 May 2010

“Dance as prayer” with Sr. Benedicta-Maria

Kramer. Please register by 15 May 2010.

07 – 10 June 2010

“Love and sensuality in flux” – a course for couples in long-term relationships. Peter Linzer, psychologist. Please register by 2 May 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

Please note

If you wish to receive the quarterly Newsletter free of charge by post, please send your name and address to the address below. The Newsletter can also be delivered via email or downloaded from our website, where the English version is also to be found. 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.

All rights reserved. Printed under Ecclesiastical Licence.

Responsible for the content:

Kloster Hegne, Haus Ulrika

Konradstraße 12, 78476 Allensbach, Germany
Tel. +49 7533/807-700, Fax +49 7533/807-729

haus.ulrika@kloster-hegne.de, www.kloster-hegne.de

Sparkasse Reichenau (Branch sort code 690 514 10), a/c no. 7 118 706

IBAN DE 10690514100007118706 BIC SOLADES1REN

Printed by: Beuron Kunstverlag, Abteistraße 2, 88631 Beuron, Germany

*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 venerationers 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. 89 April – June 2010

