

For the Feast of St. Ursula

October 21, 2025

Call to Prayer:

Leader: God of courage and strength,
you lead us on life's journey.
As we gather to celebrate
St. Ursula and her Companions,

All: Open our minds to know your voice.
Open our hands to do your work.
And open our hearts to hold your Spirit.
Amen.



Artist: Franz Seiber

Focusing Reflection:

St. Ursula was chosen by St. Angela to be the patroness of the Company of St. Ursula. Ursula lived in times similar to Angela's and to our own – times of war, corruption, broken relationships, turbulence, and uncertainties. Angela perceived in Ursula a woman facing life with courage, ready to take a stand, faithful to a relationship with Jesus Christ, and, in the end, ready to give her life. We face our own struggles and difficulties in both our world and our personal lives – adversities that require us to be brave, hopeful, and courageous. Opportunities that allow us to be models of bravery and courage for others.

Song Reflection:

"You Can Do This Hard Thing"

Carrie Newcomer

https://www.youtube.com/watch?v=PRGnftH_g4I

There at the table,
With my head in my hands,
A column of numbers
I just did not understand.
You said add these together,
Carry the two, now you,

**You can do this hard thing,
You can do this hard thing.
It's not easy I know, but
I believe that it's so.
You can do this hard thing.**

At a cold winter station,
Breathing into our gloves.
It would change me forever,
Leaving for God knows what.
You carried my bags,
You said I'll wait for you.

Late at night I called
And you answered the phone.
The worst it had happened
And I didn't want to be alone.
You quietly listened,
You said we'll see this through.

Here we stand breathless
And pressed in hard times,
Hearts hung like laundry
On backyard clothes lines.
Impossible just takes
A little more time.

From the muddy ground
Comes a green volunteer.
In a place we thought
Barren new life appears.
Morning will come whistling
Some comforting tune for you.

For Reflection and Sharing:

Where and how am I/are we being challenged to be witnesses and models of courage
in our lives and our world today?

Intercessions:

Ursula, you were a woman of courage in the face of great difficulties, hardship, and suffering...

May your spirit be a model of courage for us!

Ursula, show us the way to have courage in our world and in our nation...

May your spirit be a model of courage for us!

Ursula, show us the way to have courage among our family and friends...

May your spirit be a model of courage for us!

Ursula, show us the way to have courage amidst the unknown...

May your spirit be a model of courage for us!

Ursula, show us the way to have courage when we see injustice...

May your spirit be a model of courage for us!

Ursula, show us the way to have courage when we are disillusioned...

May your spirit be a model of courage for us!

For what else do we pray, asking for Ursula's courage?

(Response to each voiced intercession will be: *May your spirit be a model of courage for us!*)

Concluding Prayer:

God of Strength, as you filled your faithful daughters, Ursula and Angela, with courage and hope, fill us with their spirit. We know that being courageous does not mean we are never frightened. However, it means we do not let our fears stop us. You have told us in your Word to "be strong and of good courage" and to "fear not." You have said that we can do all things through Christ who strengthens us. Help us be strong and courageous, allowing us to walk in your strength. In the spirit of St. Ursula, we pray. Amen.



Artist: Simon Franck

Acknowledgement: Prayer has been adapted from one created by Karen Mortillaro, Director of the Office of Mission & Ministry, USA Roman Union Central Province.