

Reflection for April 30, 2026

Introduction:

As you may know LCWR (Leadership Conference of Women Religious) has called us all to another 100 Days of Prayer, Fasting and Advocacy in response to these times in our country and world.

The USA Roman Union Ursulines have chosen April 30, the feast of Mere Marie of the Incarnation, as our special day for prayer, fasting and advocacy. This feast seems appropriate for us as our world suffers division and violence. Mere Marie left her homeland of France and came to Canada living among diverse people, and she embraced diversity by learning a variety of indigenous languages.

So today we followers of Angela, pay our respects to our foremothers like Mere Marie who gave us examples of inclusivity, respect and creativity. This is especially appropriate for us in the United States as we experience increasing disregard for diversity, equity and inclusion.

As we gather with one another across the country and with our foremothers who have gone before us and inspire us today, let us reflect on our own response to our own times.

Reading #1: Excerpt from LCWR's Response to These Times:

“In the time ahead, we will need to be women who stay informed, listen carefully to all voices and perspectives, and engage in serious and deep discernment to make wise choices so that we do not contribute hatred, fear, division, or violence to the world. Our decisions should lead us to become even more fully who we are called to be – bearers of love who refuse to relinquish our moral authority nor languish in despair. May we wholeheartedly embrace the call of the church to be people of hope and live this call with all our being for the sake of the world and its future.”

Reading #2: Excerpt from Sue Flood's opening remarks at the 2026 EGC in Brazil:

Some years ago I came across an article entitled ‘The Most Adventurous of Nuns’ by Mary Jo Weaver in which she studied the contribution of St Angela Merici, St Ursula and St Mary of the Incarnation. This writer described her understanding of the Ursuline charism as ‘confident innovation’. She concludes her article with the following words ‘Seeing what needs to be done and doing it with an embracing charity, while refusing to capitulate to fears about the future, is a rather astounding legacy...’. Courageous creativity is part of our charism. Let's not be afraid of it!

God is doing something new with us ... it is emerging can we perceive it?



Reflection:

In recent years we have been invited to a different form of fasting, identifying patterns and habits that keep us from fullness of life and then opening a space for embracing a newness of life, a transformation. So today we are invited to:

- Fast from distancing people by criticism and advocate for affirming their goodness
- Fast from judgement that divides and advocate for connections that unite
- Fast from “othering” individuals and groups and advocate for respect
- Fast from separation and advocate for community
- Fast from fear and advocate for creativity

Sharing: If you are using this prayer in a group, you are invited to share specific ways that you could practice this fasting and advocacy. If you are using this alone, you may want to journal.

Closing Prayer:

Angela, your gift to us is a living legacy of love and service.

We ask to be blessed with hearts like yours - attuned to the beating of God's own heart, and to the heartbeat and needs of our world:

pulsing with compassion,
beating for justice,
fostering relationships,
bringing hope,
and nurturing life wherever we are.

You are now more alive than when you were on this earth –
living, breathing, loving in us and through us.

May it ever be so.

Amen.

Closing Song Video: We Shall Be Known

<https://www.youtube.com/watch?v=aKhjaN72dRQ>

“Ah, yes, it is time now

And what a time it is to be alive

In this great turning

We shall learn to lead in love.”

