

*“You have to close the shutters.”*

*Sister Ulrika*

This is how Sr Ulrika replied to a sister who had asked her how she could always be so focussed and collected.

“You should see Sr Ulrika pray,” was already said among the novices. There was no work that could disturb her serenity. Even the young women she taught to cook confirmed: “You always saw her at one with God.”

However, Sr Ulrika did not close her “shutters”, her eyes, so as not to see the need of others or in order to turn away from people. She was always open for the love she wanted to give to everyone she met.

Throughout her life she practised spoken prayer. In the convent she was introduced to contemplative prayer. She certainly led a deep inner prayer life; she was drawn to silence, solitude and spending time before the tabernacle or a picture of Our Lady, which shows that already in her early years she prayed in the manner of simple contemplative meditation.

Every type of prayer requires inner calm. But it is often very difficult even for deeply religious, pious Christians to be adequately collected. That is particularly the case for people in public life. Modern life has its effects on them, ones that even members of religious orders cannot escape, especially when they do not lead a purely contemplative life but are active in the spheres of education, care-giving, pastoral or other work.

Sr Ulrika, too, had to make an effort to be composed and collected. For this reason she consciously avoided any unnecessary distraction, any unnecessary word, any undisciplined inquisitiveness, so as to be completely with God. But let it be emphasised once more that she was not seeking to withdraw from other people but rather to avoid undisciplined distraction from what was essential.

“In the peace prayer,” writes St Therese of Lisieux, “even speaking, I mean praying and contemplating out loud, becomes arduous for the soul: it wishes to do nothing but love.”

**In Mark’s Gospel we read:**

“The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, ‘Come away to a deserted place all by yourselves and rest a while.’ For many were coming and going, and they had no leisure even to eat. And they went away in a boat to a deserted place by themselves.” (6,30-32)

Jesus, too, felt the need to withdraw in order to be alone, to be still and to gather new strength. For him it was first and foremost about being totally with the Father. This stillness, this rest, was what he wanted his disciples to have, too.

**We pray:**

Sister Ulrika, you were asked how you could always be so focussed and collected. “You have to close the shutters” was your apt reply. You did not turn away from others; you drew strength for them out of your own depths. You did not want to close the “shutters” in order to cut yourself off from others. You wanted to look inwards, to be with God, to be at home when he comes.

Pray for us so that we may always be focussed and collected, not always wanting to see and hear everything in order to satisfy our curiosity. Help us to be awake to the manifold needs of others. Let us do this by opening wide the shutters and windows so that the Spirit of God might show us where and how we can help.

Pray to God for people who need us because they are suffering from sickness, anxiety, loneliness and hopelessness.

O God, give us, too, the strength to get through periods of darkness ourselves; give us the right words to give fresh heart to others. This we ask through Jesus Christ, our Brother and Lord, with the intercession of the Blessed Sr Ulrika.

**Testimony**

*“Sr Ulrika is my great help when I can no longer cope with my problems. In gratitude.” (Mrs S.)*

**Dates**

**Monthly prayers**

On the 8<sup>th</sup> of every month prayers are offered from 4-5 p.m. in the crypt for the concerns of our Ulrika pilgrims. 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: 16 October, 13 November and 12 December 2010.

Further information can be requested from Haus Ulrika.

**Exhibition**

The quotation from Sr Ulrika: “Remind me often, indeed always, in whom I dwell” inspired the sisters to be creative. The results are on display in Haus Ulrika until the beginning of November.

**Open Days at Hegne Convent**

**A need of the times – discovering diversity**

Saturday, 18 September 2010, noon to 5 p.m., and Sunday, 19 September 2010, 10 a.m. to 4 p.m.

On these dates various facilities at the convent of the Holy Cross Sisters in Hegne will be open for viewing: among others, the Marianum school, the Maria Hilf geriatric care home, the Haus Elisabeth hotel, the Haus Franziskus social centre for young adults, and the Haus Ulrika pilgrim centre. In addition, various rooms will be open in the former palace and in the Provincial House of the sisters. Refreshments will be available on both days. The Holy Cross Sisters and the convent staff look forward to your visit.

Email: info@kloster-hegne.de  
Telephone: +49 (0)7533.807-0

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*.

09 – 11 July 2010

Practising being a Christian –

Mary's Song of Praise.

Brother Anton Rotzetter OFMCap.

Please register.

Sunday, 18 July 2010, 3.30 p.m.

Spiritual reading with Fulbert Steffensky

in Haus Elisabeth

06 – 10 September 2010

“Stepping out with growing strength”

Ecumenical spiritual exercises in the context of a walk. Led by Thomas Thiel (Protestant pastor) and Katrin Gergen-Woll (Catholic theologian).

Please register by 12 July 2010.

20 – 23 September 2010

“Age is not the decisive factor” – towards a creative approach to turning points in life.

For men over 50. Led by the psychologist Peter Linzer.

Please address any questions on the education programme to Frau Gergen-Woll or Sr Edith via the telephone number +49 (0)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 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.

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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 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. 90 July – September 2010

