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 venerators 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.

"I become empty so that God can fill me with gifts" Ulrika Pilgrim’s Way

Become empty like a bowl ready to be filled. Become empty of all unnecessary baggage so as to receive God’s gifts.

In the prayer of the potters at Taizé it says:

“Lord, make me into a bowl,
open to receiving,
open to giving,
open to being gifted.
Lord, make me into a bowl for you.”
So the bowl can become a symbol for me: if I become empty and trust in what God can do, I will not be left empty-handed.

Sr Ulrika has her own way of putting this:
"I am poor, yet I have everything. O life, O riches."
Sr Ulrika experienced poverty from an early age but never complained about it. Later, above all in her life as a religious, she took a vow of poverty; and she lived it both gladly and consciously. Her intimate bond with Jesus made her so rich that she needed nothing more.

After watching her, one of her fellow sisters noted: "She moved in heaven. You could see that in her eyes, which always shone with joy, like the radiance you often see in the eyes of children, which makes you happy and brings joy to your own heart. That’s what an encounter with Sister Ulrika brought. You felt something of the proximity of God, something of his purity and goodness."

This being poor for God filled her with bliss and also made her blessed.
Sr Ulrika always thought herself the least among the sisters and was always particularly fearful of pride. She held herself out to God like an empty bowl completely and for ever. In this way, she who had received gifts herself became a giver.

“Blessed are the poor in spirit, for theirs is the kingdom of heaven”.
The Gospel according to Matthew 5:3.

Blessedness – or happiness – is understood as all-encompassing salvation and wholeness in the sense of the biblical shalom: it means allowing yourself to be given God’s gifts, holding out open, empty hands, gaining peace and eternal bliss.

With the Kingdom of Heaven all the values we know here on earth are turned upside down. Treasures stored up in heaven no longer vanish or fade; they can neither be stolen nor consumed by moths. The treasures Jesus is talking about here are those that you do not have to leave behind when you die, treasures you can take with you, treasures that last. The bible calls such riches “a treasure hidden in a field” or “a pearl of great value”. And for a lasting treasure like this it is worth becoming in this sense empty and poor.

We pray:

Sister Ulrika, your life was rich despite being both short and materially very poor. Your wealth lay in God, in your intimate life with Jesus and your sharing with others. The Kingdom of Heaven had truly started to take shape in you.

Help us when we are about to burden ourselves with too much baggage, with things that cannot ultimately lead us to freedom and contentment.

But also show us people who do not have even the bare necessities of life and show us situations of need so that we can share what we have with them.

Even in materially wealthy countries there are children living below the poverty line. Often they have no chance to develop at school or at work and end up in misery, sometimes on the streets. Children were particularly close to your heart.

Through your intercession with God, support every effort being made to help these little ones, “for it is to such as these that the kingdom of God belongs.” Amen.

Sr. M. Jacobe Wetzel

Dates
Monthly prayers

On the 8th of every month prayers are offered from 4-5 p.m. in the crypt for the concerns of our Ulrika pilgrims.

Holy Eucharist for Pilgrims

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

There will be no Pilgrim Mass on Ash Wednesday (6 March 2019) and in Holy Week (17 April 2019).

Nisch Day

A day of silence and prayer, relaxation and renewal on Saturdays from 10.00 to 15.00 in Haus Ulrika. The spring 2019 dates are: 12 and 19 January, 16 February, 16 and 30 March, and 27 April. For information and registration (by the Thursday before) telephone +49 7533-807 700 or email sr.margareta@kloster-hegne.de.

Sr. Margareta and Sr. Bonavita

Preview of the 2019 Feast of Sr Ulrika

Wednesday, 8 May, 10.00 Festival Mass in the convent church with Spiritual Director Fr Helmut Miltner

Sunday, 12 May, 10.00 Festival Mass in the convent church with Auxiliary Bishop Matthäus Karrer, Rottenburg

Further information and details of what else is on offer on these days will be found in the next Ulrika Newsletter.
**Book publication:**

"Flying Free to God. The Longing of Sr Ulrika of Hegne"
by Sr M. Jacobe Wetzel.

Sr Ulrika was more than the simple, humble kitchen sister; she yearned passionately for God. This book gives a more complete picture of her.

**The Pilgrimage Book:**

*It Happened along the Way.* Encountering Jesus with Sr Ulrika. Blessed Sr Ulrika – a pilgrim? We invite you to walk with us part of the way, either alone or with a group, on a pilgrimage to Emmaus. Text and design: sisters from Hegne. Layout: Sadifa Media. 56 pages, with space for personal notes. Available at Haus Ulrika for € 6; postage and packing extra if mailed. For English-speaking readers we can append a translation.

**Offers for children / communion groups:**

We offer:
Creative work on a theme, a presentation about the monastery, the duties of the sisters and sister Ulrika, a small tour with a visit to the crypt, eating together. Depending on the interest, the program may vary.
Please contact Claudia Graff, Tel. 07533.807-700 or graff@kloster-hegne.de
Visitors from all over the world 2018

Sisters from the Indian Provinces

A tour group from Uganda with Father Magembe and four of the approx. 80 "Ulrika sisters" who do not belong to the Order of the Hegner Sisters, but each bears Ulrika in her name
A group of pilgrims for peace, who walked around Lake Constance in May for 14 days and passed by at the end

lease note

If you wish to receive every four months the Newsletter by E-Mail, please send your E-Mail-address to the address below. You can unsubscribe from the Ulrika letter at any time and request the deletion of your data, which we save only for this purpose and never pass on.

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.

**Responsible for the content:**
Sabine Bergmann

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**We are open for you**
Monday through Friday: 9:00 - 17.00
Saturday: 9.00 - 11.45 and 14.00 - 17.00
Sundays and Holidays: 10.45 - 11.30 and 14.00 - 17.00
Closed on Mondays!

**The crypt** is open daily:

November to March: 7.30 - 17.30,
April-October: 7.30 - 19.00