

The greatest things in life take place in silence.

Without a sound, the sun lifts its luminous head each morning to give warmth and light to all creation. The seed noiselessly sprouts and buds into a fragrant flower whose beauty colors the world. The tiny baby quietly grows within the sanctuary of his mother's womb, to the rhythmic beating of her heart.

While gentle silence enveloped all things, and night in its swift course was now, Your all-powerful Word, leaped from heaven, from the royal throne.

Top: The doorway to the Church of the Nativity.
Bottom: The exact spot where Jesus was born, marked by a 14-pointed star on the marble floor.



he King of the Universe could certainly have entered the world with triumphant fanfare. But this was not the way of our God, whose favorite language is silence.

Jesus, the Eternal Word of the Father, tiptoed onto the human scene, so to speak, through the "back door." We can just imagine it: in the town of Bethlehem, a mother tenderly nursing that infant who is God, yet looks like her ... her husband hovering near, his gaze unswerving from the child who was placed within his car ... and several lowly shepherds falling on their knees in reverent wonder, seized by love too deep for words. Such was the marvel of that silent, holy night we remember each Christmas.

We are all called to remain, to receive, and to rest in the silent presence of Love Himself. Let us not be afraid to leave behind our fast-paced, noisy world and go to Bethlehem. Let us behold this little child and listen for the Word that God wishes to whisper to each one of us. Then, like Mary, let us carry that Word forever in our hearts.

Be assured of our prayers for you and your loved ones this joyous Christmas season.

In Christ, the Word Made Flesh,

Mostler Cares Mary, SV

Mother Agnes Mary, SV

In our culture, we usually find the idea of silence uncomfortable.

Silence might mean an awkward lull in conversation. We might experience silence in a packed subway car full of people who don't speak to each other. Silence could find us sitting alone, waiting for our phones to ring to assure us that someone is thinking of us. Today, silence often means isolation, loneliness, and lack.



By Sr. Zelie Maria Louis, SV

What's happening in the silence?



What if...

there is a different kind of silence?

What about the wordless awe of seeing a newborn baby for the first time? What of the natural silence of the hiker upon the mountain summit? What of that reverent hush that comes over the most intimate moments of our lives?

What if silence could lead us out of our restless noise and into the silent, active presence of God? For in silence, the love within the Trinity sets the cadence of every ocean tide, the blooms of spring, and the richness of autumn — all in soundless wonder.

Real silence is not an absence, but a presence. Silence is not simply a lack of speech or "playing the quiet game." Silence, in fact, is a language all its own. It is an invitation for Another to speak.

God's silence is not void, but active and creative. Jesus sits before us in the Eucharist in silence. He gives Himself to us in Communion in silence. The Father, Son, and Holy Spirit dwell within the baptized soul in silence. In His mysterious wisdom, God loves to be with us in silence.

As Saint Mother Teresa said, "God is the friend of silence. See how nature — trees, flowers, grass — grows in silence; see the stars, the moon and the sun, how they move in silence."





An interview with Fr. Chris Seith by Sr. Charity, SV

Fr. Chris Seith is a priest of the Archdiocese of Washington, D.C., and the Director of Spiritual Formation at the John Paul II Seminary. He is in the process of completing his Sacred Theology Doctorate at the Catholic University of America. His dissertation examines social media and its effects in our lives.

Social media promises something each of us longs for: connection. Whether it's sharing Instagram posts of our adorable new nephew, reading insightful Facebook comments from a friend, or tweeting the Gospel message, there are obvious benefits to these platforms in our day-to-day lives. But how does social media affect our self-image and relationships on a deep level? We sat down with Fr. Chris Seith to discuss how to find the true connection and meaningful relationships we all desire.

Father, what drew you to study social media?

I found that, in my own personal life, social media was affecting me negatively. I was living with spiritual amnesia. I was just getting caught up in things in this world — good things — but having constant access to those things made me forget who I was. I lost a spiritual longing for my heavenly home.

For example, I would feel really uncomfortable just being in prayer. It was like I was constantly wanting to be somewhere else. I would go and sit with a Gospel passage and after five minutes think, "Oh, no — this is not the Gospel passage I should pray with. I'm going to go to a different one." And I'd spend half an hour of prayer just going from one place to another in Scripture because I wasn't able just to sit and listen. And so, because I had



gotten accustomed to just getting that dopamine hit of "the new," my use of social media really affected my ability to find joy in something outside of myself.

Look at websites ... what they say to us is, "You're always able to be somewhere else." I needed to be reminded of the importance of encountering God in the silence of worship, in the silence of a church, and how necessary that silent encounter is for us to live human lives in the midst of a world inundated with noise.

Why do you think social media is so appealing to the human heart?

We find joy when we're in love and when we have this experience of love because it's like, "I feel in my bones that it is good that I am; it is good that I exist." But often, we try to justify our existence. We say, "Why is it good for me to exist? Well, I can provide something. I can do something good for others; or at the very least I'll do something to be noticed by another." And so, the Instagram "like" button. We're constantly looking at our "likes" because we're constantly wanting to know that someone thinks it's good that we exist, that someone thinks that what we're doing is good. We're

constantly wanting to hear, "Well done, good and faithful servant" (*Mt* 25:23). We're constantly terrified of hearing, "Depart from me, I do not know you" (*Mt* 25:31).

We can experience a lot of affirmation on social media based on how we present ourselves online. How does that affect our self-understanding?

Social media allows us to be constantly aware of who is noticing us. But it also makes it really easy for us to manipulate things so we can be noticed. It's really dangerous. We can lose the ability to hear the truth that it's good for me to exist not because of what I've done, not because of what I've accomplished or how I've presented myself, but it's good for me to exist because I'm loved by God ... that life begins with a gift.

Despite the explosion of social media, more and more people are suffering from loneliness. Why do you think the relationships we experience through social media end up leaving us so unsatisfied?

We're made for communion. We're made for relationship. In normal, healthy, good relationships, I come to know about someone as I share in that person's life. What the Internet seems to provide is the knowledge about some-



body and the possibility of communion and relationship without any need to share in that person's life. And yet, if it just remains there, it will be empty and shallow because there's no knowledge that comes from a real sharing in life. That only comes about through love. And so the social media websites — useful and helpful as they are — provide us with a knowledge that doesn't need love. And that's not a satisfying way of knowing someone.

It's not a satisfying way of knowing someone, but it's safer, isn't it?

That's exactly it. I am in control. Ultimately, [the need for control comes] from this place of fear. I'm afraid of not being in control because I can be hurt. I have to be vulnerable as I share my life with someone, and that's scary. It involves trust. It involves that childlike dependence which is the prerequisite for being free. But with social media, I don't need to experience that vulnerability.

How do we open ourselves up to more meaningful relationships with God and others?

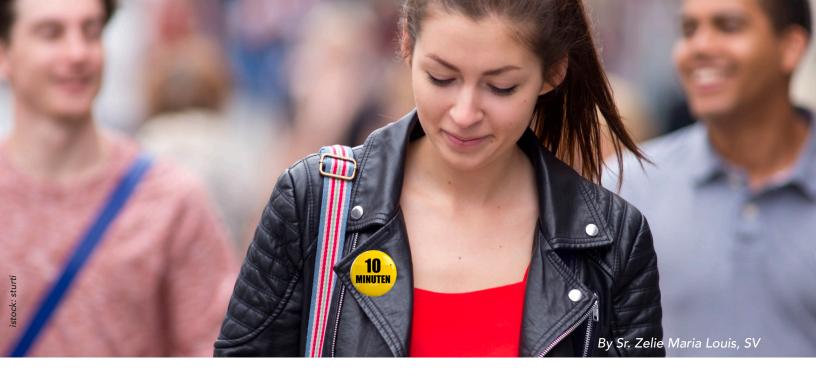
First of all, just really taking time out of our week, really orienting our week around Sunday worship, which helps us remember what the workaday world is for. It helps us remain capable of celebrating the goodness of what God is doing. Also, cultivating the ability to be lost in wonder. Discovering the freedom of doing non-practical activities, of doing something for its own sake. We also have to make sure that we're resting and that we're taking a moment to say, "I'm celebrating something that's good because it was made by God, not because it has utilitarian purpose. My life is not good because it's useful - my life is good because it's brought into existence by the love of God." Think of a first-time mother she could just stay there staring at her baby for hours. She doesn't need to do anything. We long for that experience of getting lost in wonder ... We're made for that experience.

What would you say to someone who wants to cut down on social media and spend more time in silence?

Well, it's helpful to assign our phones, computers, etc. to a certain time and space in our lives. ... And then when we're not using them, to turn them off and be able to be present in the moment that we're in.

And we have to start by suffering experiences of silence, first of all. When someone enters into silence after being immersed in the world, it's going to be difficult at first because there are all these things we're trying to run from in ourselves. It feels empty. We hear nothing. It's like going outside when it's pitch black and trying to see the stars, and you just have to sit there in the darkness for a little while before your eyes adjust.

C.S. Lewis says the two things that will not be in hell are music and silence. It's just this cacophonous noise in hell. The face of Christ only emerges in silence. We only gain that vision by living in silence, [because it is in silence] we can adjust to seeing the spiritual reality that is beneath the physical. And in the silence, we become capable of a joy that cannot be put into words.



de uitdaging van 10 minuten

Hans Snel's 10-Minute Challenge

Decades ago, one zealous Dutch seminarian named Hans Snel had a conviction: people need silence. So, he decided to make little pin buttons that read, "10 Minutes" (or in Dutch, "10 Minuten"), and he wore one of these buttons everywhere he went. People began asking him what the button meant. He would ask a question right back, "How much is 10 minutes?"

Hans would do some quick math and tell the intrigued listener that 10 minutes is only about 1/1,000th of a week (which, if you've ever wondered, is 10,080 minutes). The listener had to admit it really wasn't that much time. Then came the real zinger: he would challenge the person to spend 10 minutes in silence sometime that week. It could be at a park, in one's home, or even in a church. The only requirement was that no speaking was allowed. He gave out his phone number and invited each of them to follow up with him. And what he began to hear blew him away.

Some individuals said, "I did the silence, and ... I think God exists." Some encountered God in a new way. Some people came back to the Church. Some found vocations or calls to service they could never hear before.

If you think your life could use a little more silence, why not try the 10-minute challenge for yourself?

People more deeply noticed what was going on inside and began to discover another world where God is gently waiting.

When we take time to be silent, we step aside from the noise and anxieties of the world. Our hearts can gradually become calm, and, over time, we begin to catch the rhythm of God's steady presence that brings the peace only He can give.

Fr. Hans Snel was priest of the Diocese of Haarlem-Amsterdam, the Netherlands, and served as a priest in the city of Volendam. He passed away in 1996 from injuries sustained in an automobile accident.

7 Ways to cultivate a heart that hears His voice

By Sr. Maris Stella, SV

Here are some tips:

1. Give Him your ear:

Try turning off the radio in your car. Instead, tell Jesus about your day.

2. Visual rest:

Create "visual silence" by putting your phone in gray-scale mode.

3. Peaceful Sunday:

Try fasting from media on Sundays.

4. Cell break:

Go for a walk without your cell phone. Open your senses to the world around you.

5. Listening:

When you are talking with a friend, practice focusing and listening deeply. Notice what is spoken through gestures, tone, and pauses. Carry this practice into your relationship with God in prayer.

6. Come away and rest:

Go on a silent retreat!

7. Check in with God:

Instead of checking your phone next time you are waiting in line, try lifting your heart to God.

Silence is Possible.

Making ourselves available to hear Him speak words of consolation and peace

By Sr. Lucia Christi, SV

We all know that the world is noisy! And sometimes the thoughts, worries, plans, or to-do lists in our own minds and hearts can be even louder. But making time for silence in our day-to-day life is possible and can bring immense reward.

Silence in my day? When?

Here are the testimonies of some of our friends who are making heroic strides toward living silence in the midst of their often chaotic daily lives.



BILL

[product manager]

Adoration with Him

Although my first silent retreat was initially uncomfortable, it has fueled a hunger in me for more silence. Once I got used to it, I found more time to think and more time to reflect. I "heard" things in Scripture that I had previously missed.

Since that retreat, I have been able to make time for silence in my day-to-day life. I'm blessed by living only a 15-minute walk to an adoration chapel. (If I miss adoration for too long a stretch, my wife notices and suggests I pay Him a visit.) I'll also sometimes get up early for a long walk before most of the neighborhood is up. I've also found the importance of limiting my electronic distractions throughout the day. (I sometimes like to rephrase *Genesis* 1:28, to remind myself that I am to have dominion over the electronics in my life, not the other way around.)

These practices have made such a profound difference for me. I have discovered something that brings peace, that most others have missed. There is often dryness in these prayers for me, but I persist as He was kind enough to find me when I was lost. I know prayer in silence makes a difference.

AMY

[student at Colorado State University]

My media fast

I decided to do a social media fast because I began to notice how reliant I had become on the security and disguise social media provided me. From the time I woke up, it had become a habit to turn to my phone and see what I missed on the Internet for previous eight hours, and to turn towards my phone to "look busy" in public. ... In addition, I realized that I was starting and ending my day by subconsciously comparing my life to hundreds of others, and it's something I desired would no longer consume my thoughts.

I really believe it has been a cleanse for my mind; it has created a greater sense of who I am in the eyes of the Father, rather than in the eyes of the world. By calibrating myself in my identity as a daughter of God, it has freed up time and mental clutter and has resulted in a deeper sense of peace and fruitfulness of prayer.

After realizing what social media was doing to me, I knew I couldn't go back into my old habits. ... [The fast] has absolutely been fruitful.



PAM [mother of four]

Praying with my children
I have four children under the
age of thirteen, and we've been
homeschooling for three and a
half years now. Life is so busy and
loud most days that I can easily
lose sight of Him. But what is my
life about if I don't set aside time
to be alone with Him in silence?

I've learned to rise earlier than the children, and also to carve out a few minutes before bed in order to spend time in prayer and get that silence which I so deeply crave. During the day, I've found it's best for me to pray with my children ... the Angelus, the Rosary, the Sta-

tions, the Scriptures. I really hope it is sending a message to them about how important prayer is.

Of course, it's a journey — lots of ups and downs. But I won't give it up. It's the only way I can keep my wits about me in this tremendous adventure of parenting and homeschooling and loving my husband and doing my duties. Ultimately, I believe there is a depth to life that can only be known when one walks in close connection with Jesus. I want to be in complete step with Him. This is prayer for me.



Why is stillness scary?

 $S_{\rm ilence}$ brings us to face our hearts. This can be scary. Our initial experiences of silence might feel more like torture. Without God's presence, silence is like walking down a dark tunnel with no sense of where we are headed, stirring up interior noise, painful memories, and anxieties. Our survival instincts urge us to drown out the deep feelings by retreating to the more comfortable settings of noise around us. It's common to run from silence out of fear of what - and who - we will find there. Shame whispers lies, "If you really knew who you were, you'd be disgusted and ashamed. You are no good." But Jesus says, "Do not be afraid." At the core of who we are, in the vulnerability of silence, we will find the Father's voice singing out, "This is my beloved, in whom I am well pleased" (cf. Mt 3:17). Silence is the gateway that opens us to the Kingdom of God's love. In silence, the Spirit fills the darkness with a warm and gentle light, illuminating everything in Its radius, including the deepest truths of our hearts. He asks us to stop running so we can hear Him and believe: I am good. I am loved.



How do we practice silence as Sisters of Life?

Having dedicated times of exterior silence helps to foster interior silence, which creates a space for us to recognize God's Word being spoken to us at every moment. As Sisters of Life, we keep silence from the time we wake up until lunchtime, speaking only when necessary for our work. We eat breakfast together in silence, listening to spiritual reading. At lunchtime and throughout the afternoon we enjoy conversation together as we work, but then return to silence with our evening prayers. After our silent dinner, during which we listen to some more spiritual reading, we have a time of leisure together. After Night Prayer we enter into what's called "grand silence."

SISTERS OF LIFE POSTULANTS 2019

Catherine, Age: 26 Hometown: Norman, OK **Studies:** Human Development and Family Sciences

Interests: Going for coffee with friends, lettering, rollerblading, listening to good music, and

swing dancing.

Thoughts on silence: In silence, the Holy Spirit has been teaching me how to joyfully surrender to God's will for my life. He shows me who I am.

Karalyn, Age: 26 Hometown: Edmond, OK **Studies:** Contemporary **Vocal Performance**

Interests: Beatboxing, songwriting, surrendering to God's will, Frisbee. Thoughts on silence: I love to talk, but I realized He is speaking to us all

the time, throughout our day. We just have to be willing to listen.

Mary Jo, Age: 26 Hometown: Seminole, FL **Studies:** Costal Biology

Interests: Laughing at corny jokes, outdoor activities, and reading

about the saints.

Thoughts on silence: The radiance of the love of Jesus in the Eucharist the Heart of hearts — poured out, no matter the circumstances!

Krista, Age: 25

Hometown: LaPlata, MD **Studies:** Public Relations Interests: Hiking, music, painting, and the beauty of the sky (especially sunsets).

Thoughts on silence: Silence has invited me to hear the voice of God and the voice of my own heart. It has taught me to simply abide.











Rachel, Age: 23

Hometown: Mississauga,

ON, Canada

Studies: Kinesiology Interests: Painting, sports, and exploring nature.

Thoughts on silence: Silence

frees me from the need to grasp — at happiness, the future, at peace — and teaches me to receive everything through the love of Jesus.

Isabel, Age: 23

Hometown: Kensington, MD **Studies:** Elementary Education and Applied Psychology and **Human Development**

Interests: Teaching, cooking, running, and watercolor skies.

Thoughts on silence:

Silence, especially with the Eucharist, is the place where I am completely known and loved. It is where I'm learning to let that Love guide my life.

Alicia, Age: 22 Hometown: Brea, CA **Studies:** Integral Liberal Arts (Great Books/Classics Program) Interests: Reading, dance, and

hiking.

Thoughts on silence:

Silence allows me to unload

everything that is on my mind and heart so I can simply rest and be restored in the Father's love.

Rachel Marie, Age: 22 Hometown: Hebron. NE **Studies:** Environmental Studies and Spanish Interests: Thunderstorms,

basketball, beautiful music, and dancing.

Thoughts on silence:

Silence lets me give everything to God whatever is happening in my heart and mind, I can give it to Him in the silence.











A Closer Look

From mindfulness to yoga, everyone these days seems to be seeking a way to achieve inner peace ... or at least lower blood pressure. "Meditation" is certainly in vogue — perhaps a response to the spiritual restlessness and disorientation of our times. But Eastern spirituality and Christian prayer are quite different. While Eastern spirituality techniques may offer an experience of silence as well as physical benefits, what our hearts deeply need and desire more than anything is the presence of Love Himself. We find Him in Christian prayer.

THE SE

for inner peace

Eastern Meditation

Religious Origins: Buddhism, Hinduism, and Taoism



GOAL: Seeking harmony with the self or the impersonal "spirit of the universe."

SELF-FOCUSED:

Quest for mental balance or well-being.



EMPTY TO BE EMPTY:

Emptiness and detachment for its own sake.

WORLD AS IMPERSONAL:

Views the world as an illusion, with no ultimate personal existence.



TO LEARN MORE:

- Jesus Christ, The Bearer of the Water of Life: A Christian Reflection on the New Age, www.vatican.va
- A Catholic Guide to Mindfulness, by Susan Brinkmann
- Catholics and the New Age, by Fr. Mitch Pacwa
- New Age Counterfeit, by Johnette Benkovic

OPENING UP TO THE DARKNESS:

Hinges on mastering techniques such as repetitive phrases (mantras) to focus the mind or achieve a particular mental state. As part of this, practitioners may — knowingly or unknowingly — invoke actual spirits through these religiously-charged mantras and postures.



ancient mantras on stone

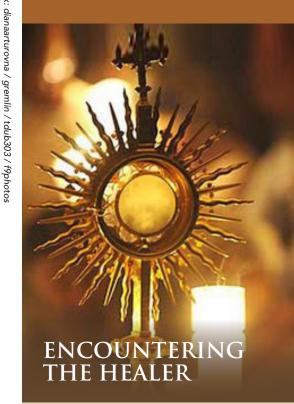




OPENING UP TO THE GIFTS OF THE HOLY SPIRIT:

It's about an active, real relationship with the God of Love — receiving Jesus at the level of the heart. It may use techniques such as repetitive phrases (i.e. the name of Jesus, the Rosary) to focus and dispose the mind to prayer and to open the soul to the gifts of the Holy Spirit — wisdom, understanding, counsel, fortitude, knowledge, piety, and awe of the Lord.

and an intentional gift.



Do not be afraid to draw near in the silence. He heals our anxious hearts.

"I was once afraid of silence. I accepted the cauldron of chaos and crisis as normal. The clutter of noise and deliberate busyness kept painful thoughts and memories away; I feared the silence would catch me and hold me captive. Finally, I found the strength, and I opened the door to silent Eucharistic Adoration and discovered a different world. Sitting on the shores of silence with Jesus, drinking in the silence of God, I found peace. I was drenched in calmness and have been renewed by it."

- Elizabeth* Retreatant / Hope & Healing After Abortion *name changed for anonymity

TO LEARN MORE:

- Time for God, by Fr. Jacques Phillipe
- Fire Within: St. Teresa of Avila, St. John of the Cross, and the Gospel on on Prayer, by Fr. Thomas Dubay



PROPHETS of silence

Cardinal Robert Sarah brings an authentic witness of a contemplative living in the world. As a priest and later as a young bishop resisting threats against the Church from the Marxist dictatorship in Guinea, Africa, he developed the practice of making monthly retreats of prayer and fasting, uncovering the strength that lies hidden in silence. From his rich experiences in Carthusian monasteries, he wrote the book, *The Power of Silence:* Against the Dictatorship of Noise.

Silence may appear weak before the strong and powerful forces of the world. But Cardinal Sarah writes that, "a man on his knees is more powerful than the world. ... All you who, to the eyes of men, are without power and influence ... your mission is great. It is to prevent the world from destroying itself." Those who engage silence conquer darkness with a love that is stronger than death.

Cardinal Sarah describes the meek and humble of the earth — such as the unborn, the sick, and the elderly — as "magnificent prophets of silence" who point us to the interior world and to the God who speaks in silence. These hidden souls have been entrusted with a mission to proclaim to the world that the meaning of life is not about what we can do or produce, but about love. The vulnerable among us are prophets of love, and they make clear the words of St. John of the Cross who said, "In the evening of life, we will be judged on love alone."

"Silence is not reduced to the absence of words, but [is] the availability to listen to other voices: that of our heart and, above all, the voice of the Holy Spirit. ... As we prepare for Christmas, we should listen to [Him]. It will do us great, great good. Normally Christmas is a loud feast, so it will do us good to be silent a little, in order to listen to these words of love, of great closeness, these words of tenderness."

- Pope Francis

Here are three beautiful souls among our friends, family, and missions who are true prophets of silence in our world:

ALICIA*

As a single mother, Alicia was terrified by the lack of support and instability she felt. During her pregnancy and premature delivery, Alicia learned to rely on God. Alicia said, "At first, I was very resentful and I felt like I was in the dark. It was so painful to watch my daughter suffer in the NICU for 78 days. I had many sleepless nights. But each day, as she continued to grow and fight for her life, I experienced God working miracles. She is a living testimony of God's grace. She teaches me about God's faithfulness. She is indeed my prophet; she was a silent miracle even when she was in my womb. Every time I used to be sad or gloomy she would kick me and make her presence felt. She taught me the truth of God's goodness and the beauty in His wonderful care! Love is personified in my baby's smile every morning. Through her, I have learned that God is my ever-present help."

*named changed for anonymity









CHARLES

When Charles was diagnosed with Alzheimer's disease, he quickly declined and became very vulnerable. But his weakness created the space for his family — which had been torn apart by divorce, misunderstandings, and unreconciled hurts — to re-unite and to heal. His vulnerability softened hearts, and for the first time family members who had not spoken in decades were able to be in the same room together and tell each other of their love and forgiveness. His daughter, Mary, related, "It's very mysterious; it was only in his suffering and weakness that he was able to communicate his real love for us. It was hidden before. It came to the surface because somehow he was more free — there were no more walls. It was his silence and fragility that ultimately taught us to love one another and come together as a family."

RACHEL

Rachel was born with a genetic defect which left her blind, confined to a wheelchair, developmentally delayed, and requiring constant care. Although she speaks a few words, she communicates her love and joy through gestures, touch, and presence. Her older sister said of her, "Over the years, I have come to know her deeply, to learn to communicate with her in silence, and to love her from the depths of my being. I have experienced a purity of love that came out of her emptiness, her utter vulnerability. No one has taught me more about what God's love is like than my sister Rachel."

THE SISTERS OF LIFE Annunciation Motherhouse 38 Montebello Road Suffern, NY 10901

A Christmas gift for someone special!

NEW! **EPIPHANIES** Written by the Sisters of Life



A soft-cover book of short meditations with full color images in the imaginative style of St. Ignatius of Loyola, Epiphanies is an invitation to enter into the Gospel scenes as a bystander, an apostle, or one that Jesus healed. Experience the hurts and pains, thoughts and longings as each Gospel character is moved and changed by a word, a glance, or a gesture from the humble Carpenter of Nazareth. Place yourself in the

scene and allow yourself to receive His personal, healing love as He calls you by name.

Questions and prayers following each meditation Blank pages at the back of the book for journaling

Great for both individual use and prayer groups.

To order visit: sistersoflife.org

[Other books available online]

IMPRINT

- Sr. Marie Veritas, Editor
- Sr. Mercy Marie, Copy Editor
- Sr. Maris Stella, Writer
- Sr. Mary Margaret Hope, Writer
- Sr. Lucia Christi, Writer
- Sr. Fidelity Grace, Writer
- Sr. Zelie Maria Louis, Writer
- Sr. Charity, Writer
- Sr. Elizabeth Ann, Design/layout

How To Reach Us

publications@sistersoflife.org

Printed through the generosity of the Knights of Columbus. Written and designed by the Sisters of Life.

Annunciation Motherhouse

(Generalate, Novitiate) 38 Montebello Road, Suffern, NY 10901 845/357-3547

Vocations call: 845/357-0258

Heart of Jesus Convent

125 Lafayette Avenue, Suffern, NY 10901

St. Frances de Chantal Convent

(Postulant House, Evangelization) 198 Hollywood Avenue, Bronx, NY 10465 718/863-2264

New York Mission to Pregnant Women

20 Cardinal Hayes Place, New York, NY 10007 Pregnancy help call: 212/737-0221 Toll free: 877/777-1277 Co-workers of Life call: 646/882-1087 **Visitation Convent** 320 East 66th Street, New York, NY 10065

Philadelphia Mission to Pregnant Women

St. Malachy's Convent 1413 North 11th Street, Philadelphia, PA 19122 267/831-3100

Toronto Mission

659 Markham Street, Toronto, ON M6G 2M1 Canada Pregnancy help call: 416/463-2722 St. Joseph's Convent 172 Leslie Street, Toronto, ON M4M 3C7 Canada

St. Paul the Apostle Convent (Hope & Healing After Abortion) 914/968-8094 Toll free: 866/575-0075 hopeandhealing@sistersoflife.org

Villa Maria Guadalupe

(Retreat House) 159 Sky Meadow Drive, Stamford, CT 06903 203/329-1492

Sacred Heart of Jesus Convent 212/397-1396

St. Clare's Convent and Eucharistic Chapel 3900 13th Street NE, Washington, D.C. 20017 202/635-0931

St. Mary Magdalene Convent

2771 Zenobia Street, Denver, CO 80212 303/658-0409 denver@sistersoflife.org

Website: sistersoflife.org