



# Sunday Q&A

Your Faith in Focus

## SERVICE OF TODAY'S SISTERS

### What is life like for nuns today?

**W**omen religious were once prevalent in shaping education, healthcare, and many other sectors of life. Today, unfortunately, many Catholics have little or no direct contact with professed sisters or nuns. Religious life is a bit of a mystery to most Catholics. Here are some of the most-asked questions about nuns and religious sisters—according to the internet—with answers from Sr. Mary Grace and Sr. Marie Veritas of the Sisters of Life.

### Do nuns or sisters have cell phones?

Nope! Some communities and orders might have personal cell phones, but Sr. Mary Grace and Sr. Marie Veritas do not. “We have a landline,” Sr. Mary Grace says. “We also have mission-shared cell phones, but not personal ones,” says Sr. Marie Veritas.

### Do sisters still exist?

Yes! Sr. Mary Grace says, “Growing up, I had no idea that sisters were still around. I thought they were an extinct species or something.” Clearly not!

### Why are nuns called sisters?

To clarify, nuns are different from religious sisters. Nuns refer only to cloistered women who stay in a convent

and spend their lives praying for the world. Women who are religious and help people in the world are called sisters. “You probably see more sisters in public,” Sr. Mary Grace says. “We live both lives. We have a contemplative life and an apostolic life. That means lots of prayer and lots of gifts of service.”

### Why are sisters only female?

This is an important question about nuns and sisters. “If you read all through Scripture,” Sr. Marie Veritas says, “God talks about how he is the Bridegroom to Israel. It is a love story between the Bridegroom and the Bride. The Church is the new Israel. As sisters, we are an image of the Church. We are brides of Christ! We are female.” Sr. Mary Grace adds, “Mary is the model for religious life. She is a woman in every single way. We imitate her role in letting God into the world as women, which is such a gift and privilege.”

### How do sisters get their names?

This is one of the most interesting questions about nuns and sisters. It is a mystery, but God does it! “We take new names when we enter, which is such a gift!” Sr. Mary Grace says. “I didn’t think about what name God was going to call me. When I entered the convent, God

literally put a new name on my heart. Simply and clearly, he put 'Mary Grace' on my heart." Sr. Mary Grace knows this name comes from the gift of her natural mother and the Blessed Mother. In God naming her this, she recognizes that God is calling her to imitate the Blessed Mother in a certain way. "It really comes through prayer and discernment," Sr. Marie Veritas adds. "It is pretty awesome."

## Can sisters drive?

Yup, sisters drive! "We drive a lot," Sr. Mary Grace says. "And depending on your mission, you might actually get around a lot." Sr. Marie Veritas adds, "I love to drive!"

## Ponder and Pray

- How have religious sisters shaped the life of the Church in my area, even if they aren't around so much anymore? What is my experience, if any, with religious sisters?
- How can we support the growth of religious orders today? What can we do to promote vocations?

## Make It Your Own

If you were sitting down with a religious sister and could ask her three questions, what would you ask? (Consider finding a sister and asking her these questions in real life!)

1.

2.

3.

## Tip of the Week

Learn about a current religious order and reach out by praying, financially supporting, and/or sending them a simple message of encouragement. Religious sisters and nuns are out there. Let's let them know that we are here to honor their unique gift to the Church.

## Dive Deeper

For more answers in the full article, scan the code  
or visit the URL: <https://media.ascensionpress.com/2024/08/21/the-internets-top-questions-about-nuns/>

