

Flowers and Fruits

Providing a path on the way of the heart to self-knowledge, attentive love and clear conscience is a prerogative of the Contemplative Sisters of St. Anne. Even though women's natural inclination is toward active service – as mothers, business people, founders of communities, healers, supporters of the poor – the Martha and Mary story points to the foundation of contemplation, of listening prayer, of study, of learning, as that which cannot be taken away. The maturing of the interior life (illustrated by Mary sitting at the feet of Jesus) forms a confident root for Jesus' desire for each woman to grow and blossom.

St. Teresa of Avila wrote in the *Interior Castle* that “Martha and Mary must work together when they offer the Lord lodging and must have Him ever with them.” This working together of contemplation and action for a member of the Contemplative Sisters of St. Anne is both individual and collective. A deepening interior life requires demonstration in the exterior, sacramental participation, liturgy and creative ways and means within community. All souls need a place to flower and share the fruits that come from contemplation. The gift of silence and love contributes to the soul of the Church as it does a bustling world. A pure heart transforms suffering into the peace that only Jesus brings.

*“Abide in me as I
abide in you.”*

(John 15:4)

The Contemplative Sisters of St. Anne is a Secular Institute of the Roman Catholic Church.

Formation takes approximately two years.

Vows of consecration are renewed every two years.

Semper Mecum Esto



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SILENCE & LOVE

THE CONTEMPLATIVE SISTERS OF ST. ANNE



*A New Lay Community
of
Consecrated Catholic Women.*

The Better Part

Are you a lay woman whose prime spiritual nourishment is quiet prayer and reflection?

Is your love of Jesus requiring more depth and expression?

Would you value studying and sharing the wisdom of our women Doctors of the Church?



The Contemplative Sisters of St. Anne is a parish-based community offering mutual support, guidance and stability for those called to experience the riches of interior life. In the past this call to dedicated contemplation was only available by entering the cloister or monastery and taking vows as a religious.

Desiring consecration to the heart of Jesus through contemplative prayer, silence and study today is answered in more solitary and hidden ways. Each woman's journey to unity with God is unique yet there are maps and measures, experiences and treasures that are common to all contemplative women, which have been largely untapped or explored.



A contemplative sister of St. Anne recognizes her walk to be one of profound intimacy with Jesus and complete surrender to God. Not able to enter traditional religious life, she is nonetheless a religious woman and welcomes a way to consecrate herself within her own living reality.

St. Anne's offers spiritual companionship, prayerful encounter and dedicated learning, while addressing the challenges of being contemplative in the modern world.