



Contemplatives for Life

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"Mary kept all these things, pondering them in her heart."

Letter to an Expectant Mother

Dear Friend,

Since the beginning of the Church devout women have held in their prayer the joys and sorrows, the needs and desires of others and of the world. Contemplative nuns have made this ceaseless prayer the essence of their lives.

Most people are not aware of our prayers, of our love and support of them in their struggles and in their victories. But those who are aware of us and of our call to pray, find solace and support in knowing that we are with them in spirit.

To you, our sister who carries a child under your heart, we assure you of our love and support. To each expectant Mother, whether you look forward in joy to holding your child in your arms or whether you are frightened and confused, uncertain what to do, we want you to know that you are not alone.

We are absent in one way, but we are close to you in spirit. We hold you and your child in our prayer, and we hope that this knowledge will show you your dignity and value as a woman and a child of God. Lift up your head, for you are precious and unique!

You are not alone! Help is available for you, whatever your needs or desires. May God lead you to those who can provide the practical support you seek, and may you know in your heart that we enfold you in our love and esteem.

Contemplative Nuns