

[Spirituality](#)



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Nancy Sylvester, a member of the Sisters, Servants of the Immaculate Heart of Mary of Monroe, Michigan, is a talented speaker and an expert in leading contemplative reflection. She talks about why this practice is more important now than ever, and she'll teach the setup for starting your own contemplative practice.

On the show today:

- Sr. Nancy Sylvester, former president of LCWR, founder and director of the [Institute for Communal Contemplation and Dialogue](#)

Background reading:

- Nancy leads readers through the practice of [using a mandala](#) to facilitate a new year contemplation.
- Sister leaders in the Leadership Conference of Women Religious [connect contemplation](#) with the real world at their annual meeting.
- Nancy Sylvester explains the [Welcoming Prayer](#), a powerful, transformative practice.

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