

Perpetual Professions are the culmination of a long journey. Thank you for making this journey possible with your prayers and financial support!

Ever Wondered What a Sister's Vows *Really* Mean? Here's a Closer Look!

Even close friends of our community sometimes seem uncertain what a Sister's vows of poverty, chastity, and obedience really mean. Do we deny the good of material possessions, of married life, or of free will?

Not at all! These vows that seem so *restrictive* to most of the world actually *liberate* us from the things that could keep us from God. As Sister Albert Marie, O.P., writes in our new book *And Mary's 'Yes' Continues*:

“No one who looks at today's world with any degree of honesty can deny that it is all too easy to become enslaved by material things, pleasures, and power.... When a Religious says ‘no’ through the three vows, she is really saying ‘yes’ to the highest good: God!”

According to Sr. Albert Marie, the **vow of poverty** helps a Sister break free from the created things that can distract her from God:

“By setting aside personal possessions, the Sister's life is made simpler so she can focus on God more intensely. She testifies that God is her greatest treasure.”

The **vow of chastity** ensures that a Sister's heart will be free to love God in an undivided way. Rather than being a mother to her own children, she'll be a spiritual mother to hundreds or even thousands of people! As one of our high school teachers, Sr. Maria Veritas, O.P., explains in *And Mary's 'Yes' Continues*:

“Consecrated celibacy is not just availability for God's will ... I am not so much ‘giving up’ marriage as choosing, in a positive sense, a fruitful spiritual maternity of a higher order, cooperating with God, in my own prayer and sacrifice and daily union with Him, to bring to birth His children in grace.”

The **vow of obedience** doesn't obliterate a Sister's will—rather, it helps her give that will to Christ by obeying her religious superiors. As Dominicans, one example of this is being totally open to teaching and preaching wherever our community may send us! Sr. Mary John writes in *And Mary's 'Yes' Continues*:

“Assignment time is always full of grace. Underneath the roller coaster of emotions, I have a peaceful sense that really, this is God's will, and I would not have it any other way. He knows what He is doing, and all I have to do is to be obedient to His graces.”