Meet Our Religious Communities: The Order of Saint Helena

How have OSH sisters experienced their call to monastic life?
Some of us experienced a nudge in our prayers or a deep desire to put God first in our lives. Others were urged toward discernment by a spiritual director or parish clergy or a friend. Still others met a sister in person or visited a convent, and recognized our call to become an OSH sister.

What do sisters do all day?
Our lives together are structured around five daily chapel services. We share a meal together at mid-day. The remainder of our day includes work for our community, outside ministries, personal prayer and meditation, study, exercise, and recreation.

What are your ministries?
Our ministries include prayer, hospitality, and service to the world. Our prayer includes intercession and the development of inclusive/expansive language liturgy. Our retreat ministry offers quiet respite to day and overnight guests. Sisters serve...
the church and the world as chaplains, spiritual directors, retreat leaders, and priests. Some sisters participate in interfaith dialogue, peace and justice initiatives, and various parish ministries.

**Do you take vows?**
We take a three-fold vow to God of poverty, celibate chastity, and obedience.

**How can I get involved with the Order of St. Helena?**
We invite you to:

- Join our mailing list at [www.osh.org/news](http://www.osh.org/news)
- Follow us on Facebook at [www.facebook.com/OrderofSaintHelena](http://www.facebook.com/OrderofSaintHelena)
- Pray using our mobile app, *OSH Daily Office*, free from the App Store and Google Play
- Use our inclusive/expansive prayer resources: The Saint Helena Breviary and The Saint Helena Psalter at [www.osh.org/breviary](http://www.osh.org/breviary)
- Book a retreat in our guest house (when we reopen) at [www.osh.org/visit](http://www.osh.org/visit)
- Explore a vocation as an OSH sister: [www.osh.org/becoming-a-sister](http://www.osh.org/becoming-a-sister)
- Support our life and ministries at [www.osh.org/donate](http://www.osh.org/donate)

For more information, visit the Order of Saint Helena’s website: [www.osh.org](http://www.osh.org) or contact us at sisters@osh.org.