



**CONGREGATION OF BENEDICTINE SISTERS OF PERPETUAL ADORATION**

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**FOR IMMEDIATE RELEASE**

**May 25, 2010**

**Benedictine Sister Lynn Marie earns formation accreditation**

**CLYDE, Mo.**— Benedictine Sister of Perpetual Adoration Lynn Marie D’Souza, OSB recently completed a formation preparation program sponsored by the Institute of Religious Formation at the Catholic Theological Union in Chicago.

The 9-month course helps men and women religious prepare as formation leaders for their respective communities. Classes include those on human development and psychology as they pertain to formation, weekly practicum sessions to experience group facilitation and discussion and conflict mediation, and input on cultural awareness, behavioral assessment, the different types of prayer, Scripture, sacraments, canon law, interreligious dialogue, forgiveness and eco-spirituality.

Prioress General Sister Pat Nyquist, OSB chose Sister Lynn for the course to prepare her to take the reigns of the Benedictine Sisters’ formation program.

“Sister Lynn has such love and enthusiasm for and commitment to our way of life,” Sister Pat said. “She conveys that enthusiasm to others along with the academic and spiritual training that is so crucial for anyone preparing to make a lifelong commitment to religious life.”

Moving from tiny Clyde, Mo., with a population of 74 to the urban center of Chicago took some adjustment for Sister Lynn.

“I was very intimidated by the big city at first,” she said. “However, I eventually became familiar with the area. I love the cultural opportunities that are available. I was a regular at the Museum of Science & Industry and made many trips to the Art Institute. I attended my first opera and loved it.”

Upon completion of the course, Sister Lynn earned certification and 12 hours of graduate credit. She will be appointed as novice director for women in formation, organizing their work schedules and classes, meeting weekly to assess how they are doing as they



**Benedictine Sister Lynn Marie D’Souza (back row, second from right) joins her fellow classmates at the close of a formation preparation program sponsored by the Catholic Theological Union in Chicago.**

**<MORE>**

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learn to live the monastic life and help them to develop and nurture their spiritual life. Although the course and time in Chicago were memorable, Sister Lynn is happy to be back home in Clyde. At least for the time being. She will soon move to the Benedictine Sisters' monastery in Tucson, Ariz., to begin her new duties. In any case, she is elated to be back amongst her Sisters.

“Praying together was the thing I missed the most,” she said. “I was the only Benedictine in the group and the only one who came from a large community that prayed together several times a day. I also missed the regular schedule and structure, the home-cooked food and, of course, my beloved Sisters.”

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