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## Some holy women from history

by Dennis Coday

NCR Today

After I posted the blog, **A few famous sisters**, about the Washington Post web feature on famous, significant women religious, a reader sent me a note about a blog by Mary Lou Kownacki, an Erie, Penn., Benedictine.

Writing on the **Monastery of the Heart** website, Mary Lou says that when she first heard of the Vatican ordered reform of the LCWR, she was "as enraged as Samson who tore down a building with his bare hands." The rage has lessened to a low simmer, she continues, as she prepares for the days to come. Then she describes her preparation:

Every morning I read about a "saint" in a monthly periodical I subscribe to, "Give Us This Day: Daily Prayer for Today's Catholic" (Liturgical Press). In April alone I met these six women. ...

I stay close to these women, this communion of saints, because they remind me that, "if this is of God, nothing can destroy it." They teach me all I have to know of courage, of compassion, of creativity, of tenacity, of faith, of vision.

**[Click here to read Mary Lou's list.](#)**

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