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(Unsplash/Christine Isakzhanova)



by A Nun's Life Ministry

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Don't be deceived! There is great humor — and much joy — in the Rule of Benedict. Sr. Pat Crowley, a member of the Benedictine Sisters of Chicago, recalls how her father put that into practice. (But how much exactly is a hemina of wine?)

[Click here](#) to listen to the full "In Good Faith" podcast where this clip is from.

*GSR shares clips from our friends at A Nun's Life Ministry. Check out full episodes of [all their podcasts](#) (Ask Sister, In Good Faith, Random Nun Clips and more, like the archived Motherhouse Road Trips) on their website, [ANunsLife.org](http://ANunsLife.org).*

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