

[Blog](#)

[Spirituality](#)



Detail from "La Visitation" (1875) by Jules-Louis Machard (Artvee)



by A Nun's Life Ministry

[View Author Profile](#)

[**Join the Conversation**](#)

January 19, 2024

[Share on Bluesky](#)[Share on Facebook](#)[Share on Twitter](#)[Email to a friend](#)[Print](#)

Visitation is at the heart of the spirituality of the Congregation de Notre Dame, Sr. Violaine Paradis tells Charity Sr. Rejane Cytacki.

"The visitation is to be with, go forward, and be with," Paradis said. "It's mutuality, it's learning from different generations, it's being visited by God, but being visitation ourselves for others, of his visitation for our world. And it's about life. Visitation is about life, because it's the life in Mary, the life of Jesus in Mary, the life of John the Baptist in Elizabeth."

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

Advertisement

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.