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The eighth panel for Global Sisters Report's feature The Life (GSR graphic)

by GSR Staff

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Welcome to our eighth year of The Life, featuring a panel of 20 sisters who will reflect on issues that impact the lives of Catholic women religious around the globe.

We chose a panel from more than 65 applicants from around the world who reflect a diversity of ages, nationalities, religious congregations, ministries and charisms. They'll take turns writing responses to a prompt or a question about spirituality, religious life and other topics.

Our panelists this year have ties to or have worked in Ireland, Nigeria, Australia, Kenya, India, Tanzania, Singapore, Ecuador, Philippines, Botswana and the United States.

The panelists serve in various roles across educational, pastoral, administrative and community-focused ministries. We will hear from a contemplative nun, a university lecturer, a resource mobilization expert, a social activist and a counselor, among others.

Read their responses to our request to write a reflection on Advent.

A panel as diverse as this will surely enrich our understanding of "the life" God has called them to.

Welcome to our eighth year!



Angela Cameron is a contemplative nun of the Order of the Most Holy Redeemer (Redemptoristines), based in Dublin. Originally from Scotland, she holds a master's degree in theology with a focus on spirituality. As a Redemptoristine, her charism is to embody the living memorial of God's redemptive work through Christ. She is dedicated to a life of union with Christ, expressing her vocation through love, service and deep contemplative prayer. Engaging in silent prayer and praise, she lives out the Redemptoristines' mission of reflecting Christ's paschal mystery in everyday life.



Anne Arabome is a member of the Sisters of Social Service in Los Angeles with Nigerian origins and naturalized U.S. citizenship. She previously served as associate director of the Faber Center for Ignatian Spirituality at Marquette University. In 2024, she relocated to Windhoek, Namibia, where she founded and directs the Sophia Institute for Theological Studies and Spiritual Formation. She is also directing the project of theological studies and intercongregational living in Scotland under the auspices of CORLIN. A faith-filled Catholic woman religious, she is deeply committed to ministry, social justice and scholarship, focusing on the spiritual lives of African women and Ignatian spirituality. She holds a doctorate in systematic theology and a Doctor of Ministry in Spirituality.



Anne Henson has been a Presentation Sister in the Lismore Congregation in Australia for 74 years. During this time, she has served as a secondary school teacher, adult faith educator, and spiritual carer in a residential aged care facility. Now living in a retirement community, she contributes a monthly column to the community newsletter and remains committed to being an attentive listener to family, friends and neighbors.



Anthonia O. Uche, a Nigerian, is a member of the Congregation of the Handmaids of the Holy Child Jesus. With a strong academic background in education, languages, refugee studies and psycho-spiritual counseling, she lives and works in Nigeria. Her diverse ministry experience includes roles as a French teacher, school administrator at both primary and secondary levels, and university lecturer. Currently, she serves as a counselor at Veritas University in Abuja. She is also involved in parish ministry and women's rights advocacy, and has served on a provincial leadership team within her congregation.



Betty A. Harbison is a newly professed member of the Sisters of Social Service of Los Angeles, a convert to Catholicism, and a retired 38-year veteran English teacher, writer, singer and artist. She holds a bachelor's degree in English and a Master of Science in Education from the University of Southern California. She now serves as an education specialist at a shelter for battered and homeless women and their families. She fully embraces the challenge and blessing of working with children and adults in an ever-changing environment. She listens attentively to both parents and children, helping them pursue academic goals and personal excellence, while offering guidance for a fresh start and support in their educational journeys.



With a rich background in theology and psychology, Carrie Miller holds a master's in Christian spirituality from Creighton University and a master's in counseling psychology from Angelo State University. Initially formed with the Franciscan Sisters of Mary Immaculate, she transferred to the Sisters of the Living Word in 1980, where her passion for reflective writing and creative prayer began. Over the years, her ministries have spanned family ministry, trauma healing, ecumenical collaboration, and co-founding Families Forward, an outreach program for homeless families. After serving in community leadership from 2018 to 2023, she remains active in "extended leadership," immigrant support, environmental advocacy and spiritual direction.



Damaris Muthusi is a member of the Sisters for Christian Community, a trainer and a resource mobilization expert, consulting with faith-based organizations,

nongovernmental organizations and community-based organizations on organization sustainability and strategic management. She lectures at Tangaza University in Kenya, teaching organizational management, child safeguarding and protection, social entrepreneurship, development studies and spirituality for social transformation. She holds a master's degree in social ministry with a focus on organizational management, among other certifications. She is pursuing a doctorate in social transformation, researching community engagement and food security. She also mentors youth and children and is a member of several professional and religious bodies dedicated to societal transformation.



Deepa Moonjely is a member of the Dominican Sisters of the Presentation, currently residing in Kerala, India. She is preparing to embark on an exciting new mission to Indonesia, where her congregation is establishing new communities. With a strong background in education, she has dedicated much of her life to teaching and nurturing young minds. She has also served in various administrative roles, including as a school principal, provincial councilor, and provincial, gaining valuable leadership and organizational experience in service to God. Her journey has taken her across India and several other countries, broadening her perspective on faith, education and service. Deeply passionate about her vocation, she is eager to serve those in need as she embarks on this new chapter in Indonesia.



Editruda Mbegu is a member of the Congregation of Our Lady Queen of Africa in Tanzania. Born and raised in Zimba, a small village near Lake Rukwa, she completed

her primary education there. During secondary school, she won an essay competition and received recognition from the U.K. Embassy for her writing. She later earned a diploma and a bachelor's degree in education science from the University of Dar es Salaam and a master's degree in biology of conservation from the University of Nairobi, Kenya. A dedicated teacher and natural conservationist, she works as a teacher, counselor and caretaker.



Ellen Dauwer is a Sister of Charity of St. Elizabeth of Convent Station, New Jersey, currently living in Chicago. She spent 20 years in higher education, teaching educational technology and serving in administration. She has served in congregational leadership and most recently served as executive director of the Religious Formation Conference for two terms. She is currently engaged in governance in several ministries and teaching, speaking and writing.



Jean Fernandez, a member of the Sisters of Our Lady of Charity of the Good Shepherd, served as a missionary in the United States for more than 30 years with the Province of Mid-North America. In 2021, she returned to Singapore, where she now ministers within the Singapore-Malaysia province. With a degree in counseling psychology, she focuses on spiritual mentorship and counseling, accompanying individuals on their faith journeys and offering services in mental health. She also serves as a supervisor and educator at Marymount Convent School in Singapore, dedicated to guiding both youth and adults.



Joel Urumpil is a dedicated member of the Sisters of Charity of Nazareth, Patna Province, whose motherhouse is in Nazareth, Kentucky, in the United States. At 81, she remains a full-time social activist, committed to systemic change and grassroots development. In 1988, she left formal convent life to immerse herself in a people's movement in remote Jharkhand, where she has lived for 35 years. Together with local communities, she founded Chetna Bharati, an organization focused on rights-based issues and educational empowerment. As chief functionary and patron of a women's organization, she oversees remedial coaching, residential camps for marginalized youth, and support for aboriginal tribes and Mahadalits in vulnerable circumstances.



Karen Englebretsen of the Sisters of the Cross and Passion was born in Aotearoa, New Zealand, where her oma's secret baptism sparked her faith. At 16, she became Catholic, inspired by the sense of community. After completing teaching qualifications and traveling, she felt called to join the Sisters of the Cross and Passion, moving to Australia nearly 10 years ago. Now based in Melbourne, she serves as a spiritual care worker in the homeless sector, opening the mission house doors to each person she meets. Inspired by her foundress, Elizabeth Prout, she responds with courage and compassion to the needs of the day.



Nuala Doherty, a member of the Franciscan Missionaries of St. Joseph from the U.K., has spent the past 17 years serving as a parish sister in Ecuador, South America. Her ministry includes preparing catechists, leading eucharistic services and prayer groups, visiting the sick, and offering informal English lessons. Prior to her work in Ecuador, she served as a parish sister in the U.K. for two years and taught primary and secondary education in Kenya for three years. Through her diverse roles, she is dedicated to fostering faith and community wherever she is called.



Pat Farrell, a native of Iowa and Franciscan Sister of Dubuque, holds a bachelor's degree in English and a master's in social work. Her early ministry included religious education and teaching in rural Iowa, followed by pastoral work and community organizing with the Hispanic community in San Antonio, Texas. Twenty-eight years in Latin America — first in Chile during the dictatorship, then in El Salvador's civil war, and later in Honduras — ignited her lifelong commitment to peacemaking, human rights, and trauma healing. She also provided psychotherapy to immigrant and refugee groups in Chicago and in Omaha, Nebraska. She served as president of the Leadership Conference of Women Religious from 2011 to 2013, a critical period during its Vatican assessment. Currently, she lives in Okolona, Mississippi, where she serves as spiritual director and does volunteer work.



Patricia Lourdes (Petite) Navarra Lao, from the Philippines, holds a Doctor of Ministry degree from Regis College, Toronto School of Theology. She serves as the mission promoter and safeguarding lead for the Religious of Notre Dame of the Missions Philippine Region. With years of dedicated work among the Menubu Dulangan people on their ancestral land, she focuses on Indigenous rights, ecology, interfaith dialogue, and advancing digital educational technology to support her ministry. Her commitment reflects a profound dedication to fostering understanding and well-being in marginalized communities.



Pulane Makepe, a Sister of the Cross and Passion, made her perpetual profession of vows in June 2024. She is currently appointed to steward community affairs while living in an intergenerational community in Botswana. In addition to her community responsibilities, she is actively involved in ministry at the local parish and collaborates with other women religious and laypeople to address climate change issues. She also serves as the Botswana facilitator for a continent-wide project focused on the renewal of religious life for African women religious.



Rebecca Conlon, from Ireland, is a member of the Missionary Sisters of St. Columban. She began her mission in Korea as an occupational therapist before transitioning to congregational services including formation. After spending 33 years in Pakistan, where she worked pastorally with the Christian community and engaged in a dialogue of life and work with Muslims, she is now adjusting to life in Ireland. Dialogue was central to her mission approach. Additionally, she served on the Congregation Central Team for the past six years while residing in Pakistan.



Born in Myanmar, Stella Mary is a member of the Servite Congregation, which is committed to prayer and service. She was missioned to Australia to focus on supporting her home country financially and spiritually. Currently, she teaches science, math and religious education at a secondary school, shaping both the academic and spiritual lives of her students. Additionally, she serves as a support worker at a refuge for women affected by domestic violence, providing guidance and a safe space for rebuilding their lives. She also offers counseling services in prison ministry and the wider community, helping individuals navigate personal challenges and find healing through her diverse ministry.



Theresa Keller has been a Franciscan Sister of Perpetual Adoration for 45 years. She holds a Doctor of Nursing degree from Rush University and a Master of Public Affairs degree from the University of Minnesota's Humphrey School. A dedicated U.S. Public Health Service provider, she has served in federally qualified community health clinics across rural Missouri, Iowa and Minnesota. Her career spans nursing

education, administration and primary care, with a passion for mentoring. Currently, she works in community organizing for justice and peace and is a core member of Gamaliel's Nun Caucus.

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