

[Spirituality](#)



(Unsplash/Vincent van Zalinge)

by NCR Staff

[View Author Profile](#)

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

Send your thoughts to *Letters to the Editor*. [Learn more](#)

February 13, 2018

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

[Soundcloud](#)

Nancy Sylvester, a member of the Sisters, Servants of the Immaculate Heart of Mary of Monroe, Michigan, is a talented speaker and an expert in leading contemplative

reflection. She talks about why this practice is more important now than ever, and she'll teach the setup for starting your own contemplative practice.

On the show today:

- Sr. Nancy Sylvester, former president of LCWR, founder and director of the [Institute for Communal Contemplation and Dialogue](#)

Background reading:

- Nancy leads readers through the practice of [using a mandala](#) to facilitate a new year contemplation.
- Sister leaders in the Leadership Conference of Women Religious [connect contemplation](#) with the real world at their annual meeting.
- Nancy Sylvester explains the [Welcoming Prayer](#), a powerful, transformative practice.

How do I listen?

We can let you know when new podcast episodes are published. [Sign up for emails here.](#)

From your iPhone or iPad: Open the preloaded app called "Podcasts." It has a purple icon. If you're reading this from your phone, [tap this link](#), which will take you straight there. (You can also use the magnifying glass icon to search; type "NCR in Conversation.") Once you're on the series page, you can tap on an episode title to play it. Tap on the "subscribe" button to have new episodes sent to your phone. If you prefer another podcast player, you can find "NCR in Conversation" there. (Here's the [RSS feed](#).)

From your Android phone or tablet: You can listen and subscribe using the preloaded Google Play app. If you're reading this from your phone, [tap this link](#) to play the latest episode and learn more about the app.

From your desktop or laptop: You can also simply press the play button above to listen on this page. Make sure to keep this window open on your browser, or the audio will stop. You can always find the latest episode of NCR in Conversation at [NCRonline.org/podcast](#).

Advertisement