

St. Benedict's Monastery



Vocation committee
RNDM Canada



MARCH 2026

Together we joyfully learned and discovered the life of the Benedictine Sisters. During our visit to the monastery, we learned about the first sister who came to Manitoba and the beginnings of their inspiring journey. Sister Mary Coswin, OSB shared with us the beautiful charism and spirituality of the Benedictine congregation, which deepened our appreciation of their mission. We also learned about the difference between apostolic nuns and monastic nuns. Apostolic nuns usually serve outside the convent through ministries such as teaching, healthcare, and social work, while monastic nuns live a more contemplative life within the monastery, dedicating themselves primarily to prayer, community life, and hospitality.

We were also delighted to learn that the stained glass windows that once belonged to the Sisters of Our Lady of the Missions at Saint Edward Convent have now found a new home at Saint Benedict Monastery. What a wonderful story of faith, history, and continuity!

