

Episode 3: Patient endurance | A conversation with Barbara Jean LaRochester

A contemplative Catholic nun touches the world through prayer.

March 24, 2021



Sister Barbara Jean LaRochester is a Carmelite nun in Baltimore, where she's been a Catholic sister since 1972. Previously, she spent 17 years in Philadelphia as an active nun working in a Catholic hospital and teaching on the weekends. She was also a board member of the National Black Sisters Conference and was active in the civil rights movement during the height of the race riots in 1968. She's been a spiritual director since 1982.

Sister Barbara told the *Washington Post*, “There comes a point when you have to get off the merry-go-round. I could only do so much with my two hands. Through prayer, I feel I can touch the world.”

In this interview I ask Sister Barbara about mysticism's role in activism, and we talk about Black Lives Matter, the insurrection of January 6th, and more. She defines a mystic as “someone that observes mysteries or experiences but their intuition is held by God. And so they’re able to understand beyond the human understanding, beyond it.”