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by A Nun's Life Ministry

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Srs. Jill Underdahl and Cathy Steffens of the [Sisters of St. Joseph of Carondelet](#) in St. Paul, Minnesota. discuss what they consider the best part of religious life.

"For me, what's most exciting is the collective power that can be found in being part of a religious congregation," Underdahl said. Her community has congregations in 51 countries, she added, which creates opportunities for collaboration and even broader collective power.

Click here to listen to the [full episode](#) of "Ask Sister" where this clip is from.

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