

Sister Rita Clare Yoches Biography

You have preserved my life from the pit of destruction” (Is 38:17). That is exactly what the Lord did for me. I went to a Catholic grade school and high school in Dearborn, Michigan. We went to Mass every Sunday as a family, and I thought that was all you had to do as a Catholic. I had Bernadine Franciscan Sisters teach me there, but I never thought about becoming a nun. I excelled in school and sports. I played volleyball, soccer, softball, golf, and basketball in high school. It’s no wonder there was not any time for God – except for a quick prayer here and there that I would get all my homework done and a Hail Mary every time one of my teammates was shooting a foul shot in basketball.

I received a full scholarship to play Division I basketball at the University of Detroit-Mercy. My faith still just consisted of Mass on Sundays. In college I was being exposed to the culture and becoming more and more desensitized to right and wrong. I did not know how to defend my faith and I did not search for anyone to explain it to me. I graduated with a degree in Sports Medicine.

After college I opened a private training facility for athletes and played women’s professional football for six years. At this point in my life, I lived to party. My life started steamrolling down the wrong path until one Sunday at Mass the Priest preached on 1 Corinthians 11:27-30. I realized I was sick and dying on the inside and needed to run to confession. I slowly started converting back to the Lord and He gently started calling me to religious life and 15 years later I am more fulfilled than I ever thought possible.