Born to John R. Miller and Ruth I. Munson, Amata (then Alice Rose) was the eldest of four, with two sisters, Anne and Mary, and a brother, John Jr. Mary, Amata and three of Anne's daughters and their children are the remnants of the small family and surround one another with love.

Growing up in Gesu Parish, the family’s faith was nurtured by IHM Sisters and Jesuit priests. From the first time she knew sisters in the second grade, Amata knew she wanted to be one. Her teachers at Gesu and Immaculata, especially Sister Malachy (Margaret Sullivan), fostered her vocation over many years.

As a high schooler, she was Sunday organist at Our Lady of Victory parish and there she came to know the Oblate Sisters of Providence. In those years, her education, as well as her family experiences, fed her strong commitment to social justice. At age 17 she entered the IHM community in the class of 1950, one of the first to benefit from earning a college degree before beginning to teach.

Sister Mary Emil Penet and Sister Xaveria Barton inculcated the sense of global concerns and the social responsibility of Catholic educators. In the Novitiate, emphasis on the then flowering liturgical movement and the then pre-Vatican II theologies enriched her sense of a global Church and its biblical history.

Her first missions were as elementary school teacher at Christ the King, Detroit; Holy Name, Birmingham; and Our Lady of Good Counsel in Detroit. She was sent for graduate education in economics at St. Louis University and the University of California at Berkeley. Sister Amata then taught at Marygrove College and at St. Edward’s University (Austin, Texas) before being elected for 12 years as IHM coordinator of material resources. After six years in Washington, D.C., as education coordinator and economic analyst for the Catholic social justice lobby, NETWORK, she returned to Marygrove as chief financial officer.

Then she joined the faculty at St. Catherine University in St. Paul, functioning also in her final 10 years as director of the Myser Initiative on Catholic Identity. From there she retired as professor emerita in 2016.

She continued teaching in the Master's in Social Justice Program at Marygrove until the college closed in 2019.

She still writes articles for various groups on economic and social justice and volunteers at Alverno College in Milwaukee.