



# SEVEN SISTERS APOSTOLATE COMMUNIQUE

FEBRUARY 2025

## A Seven Sister: One holy hour/one priest/each week/one heart of prayer

### SEVEN SISTERS – in and out and about:

**Heartfelt welcome:** NEW groups that registered in JANUARY to cover more priests in daily prayer: Additional groups in Canada (Alberta, British Columbia and Ontario), Gabon (Africa), France, Portugal, Washington, DC and these USA states: California, Colorado, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Montana, New Jersey, New Mexico, New York, Ohio, Oklahoma, Pennsylvania, Virginia and Washington. Currently: **over 4600 groups** in 6 continents, 35 countries, all 50 USA states. Our sure mission in every diocese of every country: **Let no shepherd be left behind!**



*So, we, though many,  
are one body in Christ,  
and individually members one of  
another. - Romans 12:5*

**Greetings to dearest Sisters in Christ** who in this **Jubilee Year** live as exemplary **Pilgrims of Hope**. Let us not grow weary in our witness of love and hope-filled anticipation. Graces in abundance are awaiting everyone!

Whether scurrying in serving others or quietly sitting, grandmothers are ever-observant. When they speak all ears (ought) listen. During our young family years, in a kind-yet-compelling way, my mother-in-law would sometimes **call to one of our children** and in the next breath simply add, “**...that is not very becoming of a young man/woman.**” Fully adopted into the family of God through baptismal waters, our lives attract kind and just observation too - of our heavenly Father for whom truly nothing escapes His sight. St Francis de Sales encourages a heightened awareness of God’s constant gaze: “*Consider what God does and what you are doing. You will see His eyes turned toward you and constantly fixed on you with incomparable love.*”

**Seven Sisters have unique opportunities** to not only acknowledge our blessed status as daughters of God, but also **as sisters to those baptized to be our brothers in Christ and then ordained as our priestly Fathers too!** Our Faith is a family affair wrought by the eternal desire of the Father, redemptive work of the Son and renewing work of the Holy Spirit. The Holy Trinity stirs and guides a yearning toward living in harmony with others. The Holy Family is held as perfect model of selfless serving of one another. **Co-existing as brothers and sisters in Christ** proposes a responsibility to and for one another. While a central Christian tenet is to love all others as ourselves, our spiritual family bears a special duty. “*So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith*” (Galatians 6:10).

The Apostolate’s **God-given invitation** arrived literally bearing a **title that included the word “sisters”**. The



### Impressive LOGO pendants available:

The elegant Eucharistic design and beauty on **both sides** speak perfectly of our Work!

Go to [www.fountofgrace.com](http://www.fountofgrace.com) and click onto *Apostolate* top right. **Fount of Grace** owner, Seven Sister, **Jean M**, offers a **seventh pendant free** (least expensive of the seven) if all pendants are purchased at the same time. Sterling silver or 14 K gold vermeil; with or without a diamond. A portion of sales to the Apostolate. They start conversations – and maybe even groups!

orientation of our prayer thus received its signet: to know, love and serve our **brothers in Christ**. We are called as sisters - not mothers nor neighbors nor bystanders, but family. We come alongside priests/bishops in prayer: special prayer for special brothers who hold a special sonship with God and union with Jesus. Following His baptism and announcement of Sonship, Jesus was led by the Spirit into the desert to affirm His divine Sonship against the attacks of satan. Our priestly brothers who are eternally grafted into the priesthood of Jesus Christ undergo varying degrees of this same recurrent trial of challenge from satan - in the deserts of their places of service, in the deserts of their hearts and minds. Fundamentally, we are poised to strengthen our brothers in Christ through quiet sacrifices, fasting and prayers. Scripture reminds that the desert places find a mingling with the heavens. Hope reigns. Our prayers can serve to mystically support our brothers in Christ who so often and so intensely undergo this central and fierce battle of their earthly journey: to remember they are children of God, sons of the Father. What a coup if a priest or bishop succumbs to the battle and forfeits or minimizes his heavenly sonship. Our sisterly prayers beseech sanctity for our brothers in Christ, which at the core serve to preserve that they maintain their identity as a child of God with full inheritance! The combat is also ours. As we quiet our hearts to listen to God Who forever whispers, *'You are My beloved child'*, and to embrace this truth, our souls are helped and our prayers set to be fortified for our brothers in Christ. We are co-heirs with the Son, royal siblings helping to fortify His kingdom on earth, draw others to it, and together anticipate sharing the reward in heaven.

**Scripture** carries the **beautiful, consistent story and language of family**, calling us often to **brotherly love**. We are recognized and marked by this love, which is Christ's love. *A new commandment I give to you, that you love one another even as I have loved you, that you also love one another. By this all men will know that you are my disciples, if you have love for one another* (John 13:34-35). Scripture passages are often prefaced and **addressed specifically to brothers and sisters**. Let us intentionally pay closer attention, perhaps gaining a bit of guidance regarding our prayers for our brothers in Christ. These truths of Christ are for both of us!

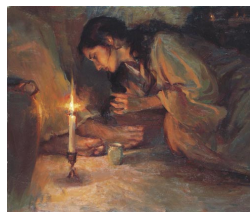
Annually on May 2<sup>nd</sup> in the USA, Sibling Day is assigned to celebrate the unique relationships of brothers and sisters. It was established by a woman who, after her brother's passing, sensed she did not adequately tell him while he was living, what he meant to her and how she loved him. As Christians, our sibling day can be every day. We hold rich opportunities through our prayers to frequently extend our love and appreciation for our brothers in Christ who are also our Fathers!

Grandma Howe was also generous with her praises of our children, but it was her wisdom in recognizing and confronting things that might harm our children that continues to impress. Love compelled her words. At the depth, she desired our children to "become" the man and woman they were destined to be. As sisters in Christ, let us continue to entrust our brothers in Christ to God's Will that they may "become" all that God desires. Our noble way is through the serenity and confidence of our Holy Hours. May our actions please God's constant gaze. Together, let us... *Love one another with brotherly affection. Outdo one another in showing honor* (Rom 12:10).

United in prayer, fasting and mission...*that our prayers may find the heart of every bishop and priest*. Eternal gratitude continues as **you each offer a daily wee Hail Mary for me**. **"One Ave Maria makes hell tremble"** (St John Vianney). Pray that I will not *'spoil the beautiful work that God has entrusted...'* (St Teresa of Calcutta). Your emails, notes and calls always arrive to my heart door at the just the right moment! Financial sacrifices are for 100% furtherance of the Apostolate. Your **letters of testimony** are beautiful and edifying! What glory is given to God through them! **Be assured** of my continued **daily prayers** for you at the altar.

- *Janette (Howe)* +JMJ+

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**Madonna of the Grapes,  
pray for us!**

**St John Vianney,  
pray for us!**

**St Margaret Clitherow,  
pray for us!**

*...in quietness and trust is your strength.* - Isaiah 30:15

**ANCHORESSES:**  
Please **pass this Communiqué** on  
to group members.

**SPANISH translation of Communique:** Posted (and archived) on the Website. The translation link is sent with every Communique.

**Commitment Prayer/Guidelines Booklet in Spanish** (on the Website - free download)

**REMEMBRANCE of those SEVEN SISTERS who have PASSED:** We want to remember those Seven Sisters **in name** and **in prayer**, who have gone before us to their eternal rest. Visit the Web site. Click on ABOUT folder and scroll to bottom, choose: IN REMEMBRANCE. Follow prompts... OR you may submit info via the Website email. **Please check site monthly for additions and to pray!**

**PRIEST who has PASSED to ETERNAL REST:** If the priest for whom you pray has entered eternal life, the group may be led to continue to pray for a length of time for the soul of that priest. Perhaps a novena of Holy Hours or the offering of holy Mass(es) for the priest. You will know. Some groups have/are offering Holy Hours for an entire year for their beloved deceased priest. Groups may be started following the death of a priest that did not have a group prior. This is commendable and welcomed. Please register these special groups through the Web site.

**FASTING BROTHERS is growing:** Groups of men offering various forms of fasting to augment the prayer efforts of a Seven Sisters group. Each man prayerfully discerns the type of fasting he will offer and commits to fast a designated day of the week (excepting Sunday/Solemnities). **Our Chaplain, strongly urges formation of these groups. Form on the Website for FB leader** to register.

**PRO PACE (Latin, for peace):** In Nov 2024 an opportunity opened to pray for the **souls of priests in Purgatory**. Groups of seven are to band together. The commitment for each intercessor will be to attend holy Mass on one's unique day every week and offer one's personal Mass intention and personal Communion for the **souls of priests in Purgatory**. Anchoress: registration forms on the Website.

**Anchoresses: Please inform of all NEW groups and Anchoress/ priest/ other changes (including updates in your contact info) thru Web site.** Know of my **special and steadfast prayers** for Anchoresses who serve such an indispensable and exemplary role in the Apostolate!

**SEVEN SISTERS Guideline BOOKLETS:** Available as **free** download from Web site. Hard copies passed on for printing cost of \$2 each + P/H. **Order thru Web email** with amount desired/address

**SEVEN SISTERS Tri-fold BROCHURE:** Effectively used in parish pamphlet stands (ask pastor's approval prior), Adoration Chapels, Retreat Centers, Bags/Packets for Women's Conferences/Retreats, Women's clubs, Serra clubs – or simply handing out! Available on Web as **free** download. Recommend **80# silk** for best printing results. May also **order through Web site**. Indicate address/quantity. 50 cents each or 25 for \$10 + P/H. Available in ENGLISH and SPANISH.

**SEVEN SISTERS Tri-fold LITANY for PRIESTS:** Beautifully printed on **100# silk** (a bit thicker than brochures). Original artwork (inspired by the Diary of St Faustina) by Seven Sister in Minnesota, Litany by Richard Cardinal Cushing. 50 cents each or 25 for \$10 + P/H.

**APPRECIATED and LOVED quilt project:** A double cloaking for **RETIRED PRIESTS:** Seven Sisters prayer and a quilt! The priests love both! **To learn more** regarding a single quilt for a retired priest or on how to get this started in your Diocese, contact [QuiltsBySevenSisters@gmail.com](mailto:QuiltsBySevenSisters@gmail.com)

**LAMP-BEARERS: Lamp-Bearers**, so-named for their action of continually '*filling of their lamps with the oil of prayer*', pray for the **Apostolate at large**. Each intercessor **offers prayers of her choice every day**, and prays for two unique countries to increase prayer efforts for priests. Intentions are gleaned from topics and calendar points in the Communique and sent to members on the second or third Sunday of the month. **Additional intercessors ever-welcomed.** Inquire through Website.

**ELIJAH's HELPERS:** Intercessors in this group are dedicated to offering Holy Hours for priests in various forms of crisis (no names known). These are special Hours for special circumstances and carry special supportive graces. **It is growing!** Please consider this vital, hope-filled offering for our priests! **All inquiries to Nancy** at [ElijahsHelpers@gmail.com](mailto:ElijahsHelpers@gmail.com) or cell: 612-756-1107. She will help!

## MATTERS of the HEART:

- “I love the newest Holy Card – both the beautiful picture and the prayer! I also want to thank you for the December newsletter. I always enjoy them, but this one touched my heart and changed the way I pray. I was very regimented in praying my Hour. I took Fr de Caussade’s advice and yours. I used the Psalm from the Mass that day and prayed this for Father. I really sensed the Lord leading me in my prayer! I am encouraged to now expectantly listen to how God leads me in the Hour.” (Jenny, *Ohio*)
- “I have grown in my appreciation of other priests and dearly love my Hour of prayer. It extends to frequent thoughts and prayer for my priest and for Seven Sisters.” (Joan, *Indiana*)
- “I truly love praying for Father each week and look forward to the Hour. I’m so much closer to God than I could have imagined. It’s granted so many graces in my life. I’ve also gotten to know my “seven sisters”. We go to lunch in the summer!” (Shari, *North Dakota*)
- “Through Seven Sisters, I now have a title for something I have been doing for decades - that is, praying for our priests and nurturing them when needed. I just love our priests.” (Gail, *New Jersey*)
- “I am so thankful for the graces received while praying. I pray for the Lord to place a song in my heart and in the heart of my pastor, so in our way we could bring His joy to others.” (Rose, *Tennessee*)
- “Even after just two of my Saturday sessions, I am seeing how many graces have begun flowing from my Holy Hours. I found the best time to go to our Chapel is while the 5 pm Vigil Mass is going on in the Church across from the Pastoral Center where the Chapel is located. I have never found such peace and silence. When I got ready to leave, I saw that I’d actually been there almost two hours! I practically had to tear myself away! When I got home, I found I had all Saturday evening to prepare for one of the Sunday morning Masses.” (Julie, *Maryland*)
- “I love this ministry. It’s helped me so much with intentional prayer.” (Lilly, *South Dakota*)

- “I have some exciting news. My son (19 y/o) subbed for a Seven Sister who was ill last week. He is now extremely interested in this Apostolate and has discerned a call to start the Fasting Brothers. He has already recruited two other young men, so three days are covered! He plans to talk to more men this Sunday at coffee hour. He himself has already begun his fasting day!” (Edel, *Pennsylvania*)

## RECENT...and AHEAD on the calendar:

- **Sat, 15 March.** Spiritual Life Center (Wichita, KS). Day of Reflection & Renewal. Mass, lunch, confessions, relics. *Getting to Know the Tri-patrons.* Carmen: [sevensisterswichitaks@gmail.com](mailto:sevensisterswichitaks@gmail.com)
- **Sat, 31 May.** 4<sup>th</sup> annual Spring retreat. Archbsp Brunett Retreat Center (Federal Way, WA) Begins w/9 am Mass. Incl Talks, fellowship, confessions, adoration, lunch. Ends 3 pm. Contact: Holly: [sevensistersseattle@gmail.com](mailto:sevensistersseattle@gmail.com) Friday eve: vespers, social hour, Sat breakfast if staying overnight.
- **Wed, 11 June.** Commitment Day retreat with Most Rev Bendan Cahill, St Mary’s (Victoria, TX) Begins 11 am. Adoration, Talks, Holy Mass, Potluck. Conchita: [sevensistersvictoria@gmail.com](mailto:sevensistersvictoria@gmail.com)

Link to quality **Apostolate T-shirts** (short & long sleeved and hoodies) Eye-catching monsternance design.

<https://www.bonfire.com/seven-sisters-apostolate> OR [sevensistersseattle@gmail.com](mailto:sevensistersseattle@gmail.com)

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