



SEVEN SISTERS APOSTOLATE COMMUNIQUE

MARCH 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 FEBRUARY to cover more priests in daily prayer: Additional groups in Canada (New Brunswick), Panama (NEW country!), Spain and Washington, DC and these USA states: Alabama, California, Colorado, Florida, Georgia, Indiana, Iowa, Kansas, Maryland, Massachusetts, Michigan, Minnesota, Missouri, New York, North Dakota, Ohio, Pennsylvania, Washington, and Wisconsin. **Let no shepherd be left behind!**

Impressive LOGO pendants available:



The elegant Eucharistic design and beauty on both sides speak perfectly of our Work! Go to 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. Pendants need not be the same. Sterling silver or 14 K gold; with or without a diamond. A portion of sales to the Apostolate.

ANCHORESSES:

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



Streams of Living Water (detail) –
Thomas Kinkadee

Greetings to dearest Sisters in Christ as we embrace Ash Wednesday on March 5th, opening the door to that treasured and effectual **Lenten trifacta: prayer, fasting and almsgiving.** We take these paths together!

My mother was one of seven biological sisters. Two made their home in California, the others nearby her in the Midwest. No matter which of her sisters welcomed our visit, the visit always, *always*, included an elbows-linked walk admiring that aunt's flourishing flower patches encircling her home and the coveted garden "out back". Most of the strolls were held in quiet appreciation of the fragrances, patterns, and colors, but sometimes the joy of the beauty came out through squeals and bending low to cherish each bloom and bud and bug. We women seem to innately carry that gift of tranquilly respecting another who is taking in the splendor of something. We are full-to-overflowing contented by another's joy. **This is evident in Seven Sisters Apostolate.** You display an apparent delight in simply responding to the invitation to what God is asking of you through your sacrifices of prayers, and content in abiding in Him. And further, you seem to also share a genuine delight in the response of others to it too. As Scripture assures, in that **mutual abiding much fruit is born.** Alone we cannot bear fruit.

In his "**Streams of Living Water**" **Thomas Kinkadee** offers a countryside brimming with life – from the heights of heavenly-blue skies to the far-off mountain to lush flatlands to a colossal tree firmly planted by clear, flowing streams to that which is central – the glowing church with spire and cross atop! Figuratively this seems to fittingly speak of our Apostolate work. Through fidelity to our regular Holy Hours, the heart of the Apostolate, there evolves a steady yield of fruit. Our endeavors remain firmly rooted by the living waters of our Eucharistic Lord, necessarily linked to the Church and brimming with new life. Considering this painting, let us take a stroll, elbows-linked, in the good garden that the Lord has planted and is cultivating through the Apostolate – and together take in the splendor of God's abounding work. *For it is all for your sake, so that as grace extends to more and more people it may increase thanksgiving, to the glory of God* (II Corinthians 4:15).

- **SEVEN SISTERS** groups continue to steadily spring forth, lavishing more prayer for more priests/bishops. Each Communicate gives a snapshot of where new groups began during that month. Each month a sampling of testimonies from Seven Sisters intercessors offers evidence to a rich bloom of individual, interior growth.
- The generous **LAMP-BEARERS** pray for the **Apostolate at large**. Each intercessor offers **prayers every day**, and prays for two distinct countries to begin or increase prayer efforts there for priests. The daily sacrifices of Lamp-Bearers keep the Apostolate gardens well-watered!
- **FASTING BROTHERS** are groups of men devotedly **offering diverse forms of fasting** for a particular priest or bishop, augmenting the prayer efforts of a Seven Sisters group. What fruit these efforts bear! *"My friend, the devil is not greatly afraid of the discipline and other instruments of penance. That which beats him is the curtailment of one's food, drink and sleep. There is nothing the devil fears more; consequently, nothing is more pleasing to God."* - Patron, St. John Vianney
- **APPRECIATED and LOVED QUILT PROJECT:** A double cloaking for **retired (or seriously ill) priests:** Seven Sisters prayer and a unique quilt! These efforts exercise and manifest the abundant fruit of both the spiritual and corporal works of mercy – luxuriant with love and color!
- **ELIJAH's HELPERS** intercessors are dedicated to offering weekly Holy Hours for all priests within a particular Diocese who are **experiencing various forms and measures of crisis** (no names known). These distinctive Hours irrefutably bear special graces and special fruit.
- **PRO PACE** (Latin, *for peace*) intercessors commit to attend holy Mass once a week and offer their personal Mass intention and Communion for the **souls of priests in Purgatory**. *"It is the Blood of Jesus Christ that is needed to extinguish the flames by which I am consumed; it is the August Sacrifice that will deliver me from these frightful torments"* (Soul in purgatory to Bl Henry Suso).

Scripture reminds that God loves to walk with His creatures in the Garden. Continue this stroll with the Lord in **your particular patch** of the Apostolate garden – external and internal. Simply appreciate the beauty and goodness. All gratitude to Him. Learn what He desires. A little pruning here or there? Perhaps prayer will prompt to add a Fasting Brothers group, or join the Lamp-Bearers, Elijah's Helpers, ProPace or Quilt Project. **He plants, we abide, together we bear fruit...**

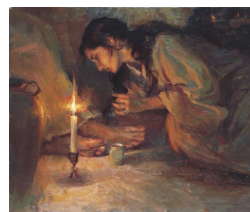
United in prayer, fasting and mission...*that our prayers may find the heart of every bishop and priest.* Eternal gratitude continues as **you each offer a daily wee Hail Mary for me.** **"One Ave Maria makes hell tremble"** (St John Vianney). Pray that I will not *'spoil the beautiful work that God 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

This month we celebrate the **FEAST DAY (March 26)** of one of our **patrons, St Margaret Clitherow**. Most exemplary in her life was her burning love of our Eucharistic Lord. A heart aflame with such a love moved her to risk her life by harboring and supporting priests during the penal times in England. For such crimes of the state, St Margaret was martyred at age 30 on the Feast of the Annunciation, also Good Friday that year. Learn her story in *The Pearl of York*. Her two sons became priests, her daughter a religious Sister. St Margaret Clitherow, **pray for us!** **FREEBIE:** If your first, middle, last or Confirmation namesake is **Margaret**, send your name and address to sevensistersapostolate@gmail.com to receive a FREE medal of St Margaret Clitherow.

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!

MATTERS of the HEART:

- “After a second reading, I found the February Communique even more beautiful! Regarding siblings, I found that my warmth and love grew over the years. Being part of Seven Sisters, there is also a warmth and love that is extended by our Holy Hours for our spiritual brothers of priests. Indeed, brotherly love!” (JoAnn, *Minnesota*)
- “My mother-in-law is a member of a group which prays for their archbishop. I'd like to get it started in my parish. I was inspired by my mother-in-law to become Catholic when I was pregnant with my first child, and her inspiration continues through her participation in this group.” (Carrie, *Florida*)
- “My regular confessor (outside my diocese) suggested in January 2025 that I start a group. Unbeknownst to him, I had had it on my heart for about 2 years, but not doing anything about it. I took his suggestion as Jesus speaking to me through him... telling me it was time! So here I am.” (Marianne, *Pennsylvania*)
- “Thank you for your inspirational monthly mailings. One of the recent testimonies was most interesting! Rose from Tennessee wrote that she prays to the Lord to place a song in her heart and the heart of her pastor. I was amazed since I have been praying that exact prayer for 3 months! The Holy Spirit is truly at work in us. My name is Rose too!” (Rose, *South Carolina*)
- “Thirteen years ago, I converted to the Faith. Through devotion to Mary, I have become radically in love with Jesus, truly present in the Blessed Sacrament! Our priests give so much for us. Through them, we receive the Eucharist. Through them, God forgives our sins. This Apostolate is a beautiful way to support them spiritually, and to give them a renewed energy and joy for their ministry.” (Laura, *Massachusetts*)
- “I had been wanting to start going to Adoration regularly again so when asked about joining a Seven Sisters group I was excited but nervous at first, wondering if I could keep the commitment. Now I find the Hour on Fridays goes by so fast. I want to stay longer every week! I love it!” (Mary Pat, *Pennsylvania*)
- “For at least six months, I felt a call to something deeper. Though very involved in our church community, I had not discerned what this call was for. Now, I believe it was the Holy Spirit leading me to this Apostolate. Since this call/whisper began, I now truly feel that I am answering His call.” (Jen, *Florida*)

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.

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.

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

Visit the **Apostolate website** today... www.sevensistersapostolate.org
Please like our **Facebook page!** www.facebook.com/sevensistersapostolate
Spanish page: www.facebook.com/Apostolado-Siete-Hermanas-112921710620881/

RECENT ... and AHEAD on the calendar:

- **Gratitude** to Holy Cross Rosary Guild/CCW (Minneapolis, MN) for an invitation to Janette to speak about the work of the Apostolate, and share a rosary and delicious meal on **Monday, 10 Feb.**
- **Thurs, 6 March.** Janette to join Divine Mercy for America for a first of the month Zoom Holy Hour novena. May connect thru link at: <https://divinemeracyforamerica.org/first-of-month-novenas/>
- **Sat, 15 March.** Spiritual Life Center (Wichita, KS). Day of Reflection and Renewal. Mass, lunch, 3 talks, fellowship, veneration of relics. *Getting to know our Patrons.* Talks: Fr Andrew Labenz, Diocesan Co-Coordinator, Carmen, and Janette. Contact: sevensisterswichitaks@gmail.com
- **Wed, 26 March.** Feast of St Margaret Clitherow. Annual “double” Holy Hour for YOU and your intentions. Gifts from Janette and her husband, Jeff, who love this Hour for you. Expect blessings!
- **Sat, 26 April (DM weekend).** *Day of Reflection.* St Anthony Abbott. Cumberland, WI (Superior Diocese) Mass, lunch, fellowship. Janette will offer talk: *Praying for priests: ambassadors of Divine Mercy.* Seven Sisters and guests welcome. Contact Liz: sevensisterssuperiorwi@gmail.com
- **Sat, 31 May.** *4th annual Seattle Retreat.* Archbp 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 Friday eve option: vespers, social hour, Sat breakfast if overnight.
- **Sat, 7 June.** *Morning of Reflection w/Rosary,* Mass, talks, fellowship and lunch. St Aloysius. Olivia, MN (New Ulm Diocese) 9-12. Wear blue & bring flowers to Mary if you so choose, on this First Saturday. Janette will offer Reflection. Contact Jen: sevensistersnewulm@gmail.com
- **Wed, 11 June.** *Commitment Day retreat* with Most Rev Brendan Cahill, St Mary’s (Victoria, TX). Begins 11 am. Adoration, Talks, Holy Mass, Potluck. Ask Conchita: sevensistersvictoria@gmail.com

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.

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.

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.

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 or cell: 612-756-1107. She will help!

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