



# SEVEN SISTERS APOSTOLATE COMMUNIQUÉ

MAY 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 APRIL to cover more priests in daily prayer: Additional groups in Canada (Alberta and British Columbia), Spain (Valencia) and these USA states: California, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Kentucky, Louisiana, Maryland, Minnesota, Missouri, New Jersey, New York, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, Texas and Washington. **Let no shepherd be left behind!**

**Request of FR JOSEPH JOHNSON**, Chaplain of the Apostolate: “In these momentous days for the life of our Church, every Seven Sister is kindly asked to offer one Holy Hour for the Conclave.”

*Come, Holy Spirit, come! Mary, be with us!*

*St Charles Borromeo, patron of Cardinals, pray for us!*



### 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!



**Greetings to dearest Sisters in Christ** as our Paschal joys swell, fueling our alleluias all the month long. Eagerness mounts concerning both a new Pope and our special month of discernment regarding the Apostolate. All is held in the embrace of the Jubilee Year. God’s Will be done. Hope is sturdy and will not dishearten!

The Church has long dedicated the **month of May to Mary**. With the encyclical *Mense Maio* (29 April 1965) Pope St Paul VI shares: “For this is the month during which Christians, in their churches and their homes, offer the Virgin Mother more fervent and loving acts of homage and veneration. And it is the month in which a greater abundance of God’s merciful gifts comes down to us from our Mother’s throne”. We beseech Mary under more titles than fill a Litany! Each prompts a reminder of her generous love and attention. How precious the reality that she is truly but a breath away. Yet with all that is said of Mary, prudence helps us also to consider what Mary said! St John scribes her last words: “**Do whatever He tells you**” (John 2:5). How perfectly fitting for the Cardinals in the Conclave and for Seven Sisters seeking direction as we discern God’s Will for the upcoming year. **Let us each remain attentive** as to what and where Our good God is leading regarding the Apostolate. **Let us be open to generosity** toward an additional or different group or role of service (Elijah’s Helpers, Pro Pace, Quilt Project, subbing for Fasting Brothers, Anchoress or Coordinator position). May the

strength of Mary's words carry us to the vital words of Jesus Who will tell **us what to do**.

**St Josemaría Escriva** was known for his great love of Mary and fidelity to her guidance. A treasured way of honoring her and seeking her help was through a **May pilgrimage** carried out individually or with two or three others (seven?!). *"I respect and love public demonstrations of devotion, but I must admit I prefer to offer Mary the same affection, the same enthusiasm, in private visits or with very few people."* St Josemaría generally prayed three parts of the Rosary: one on the way to the Church or Shrine; another, before an image/statue of Mary there; and a third on the way back. This custom of the May pilgrimage held a distinctly apostolic spirit and beautiful interior reward. Regarding the pilgrimages he shared: *"Many conversions, many decisions to give oneself to the service of God have been preceded by an encounter with Mary. Our Lady has encouraged us to look for God, to desire to change, to lead a new life. And so, the 'Do whatever he tells you' has turned into real self-giving, into a Christian vocation, which from then on enlightens all our personal life."* What a delightful and do-able proposal to consider incorporating a pilgrimage in your time of discernment this year – where truly all around us - nature and the Church too - boasts of new life and renewal. Yes, it is the Jubilee!

**When you gain that clear sense of what Our Lord is asking of you** in the year ahead, **inform your Anchoress** (or your Diocesan Coordinator if you are an Anchoress). Kindly allow plenty of time if she needs to work toward securing a replacement or simply needs to rejoice with you in your plans of recommitment in June! During your discernment, deeper thoughts about your prayerful endeavors may surface. **Please write them down!** Likewise, the priest or bishop that is the recipient of your prayers may have a few comments or testimony to offer. Ask if they will write them down! **Consider sending them to me for an upcoming Communique – or for that “book in the making.”**

Mary's last recorded words are far-reaching in time and in heart. To **“do whatever he tells you”** can prove deeply challenging, requiring a readiness to abandon one's own plans and a relinquishing of one's

limited understanding. In Mary's unbridled *fiat*, she surrenders not just a thing but her very self. This surely then is the heart of her words, to ever desire His. May it be so – yes, for you and for me – yes, that it may be done to us according to His word.

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 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!

Visit the Apostolate website today...  
[www.sevensistersapostolate.org](http://www.sevensistersapostolate.org)

Please like our Facebook page!  
[www.facebook.com/sevensistersapostolate](https://www.facebook.com/sevensistersapostolate)

Spanish page: [www.facebook.com/Apostolado-Siete-Hermanas-112921710620881/](https://www.facebook.com/Apostolado-Siete-Hermanas-112921710620881/)

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

- **Gratitude** to **Liz** (Diocese Coord, Superior, WI) and **team** for hosting Day of Reflection (26 April)
- **First Saturday, 3 May.** Holy Hour for discernment of all Seven Sisters (Janette and Jeff)
- **Sat, 10 May.** Day of Reflection. *Renewing our Faith in the Father and the Son and the Holy Spirit.* Our Lady of Grace (Minot, ND). Fr Wayne Sattler, presenter. Mass, Confessions, Adoration, Lunch, Fellowship. \$25. 8:30-3. Contact Bev: [cushing.bev@gmail.com](mailto:cushing.bev@gmail.com)
- **Sat, 17 May.** *Reflection and Renewal.* Seven Sisters and Guests. *Hope in the Hidden.* Holy Spirit Church (St Cloud, MN). Incl Holy Mass, Rosary, talks (Fr Jeremy Ploof/Sr Amelia Hueller, O.P.), luncheon, Recommitment prayer. Fee: \$25. Inquiries to Carrie: 320.253.1692
- **Sat, 31 May.** *4<sup>th</sup> 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](mailto:sevensistersseattle@gmail.com) Friday eve option: vespers, social hour, Sat breakfast if overnight.
- **Sat, 31 May.** Seven Sisters Reflection. *Fiat!* St Patrick (Arcola, IN). Fr John Eze to offer Reflection. 10-2. Incl Adoration, Holy Mass, Confession, Fellowship, Renewal of Commitment, Lunch. \$40. Guests also welcome! Sign-up: <https://bit.ly/fiat25sevensisters>. Contact: [sevensistersFWSB@gmail.com](mailto:sevensistersFWSB@gmail.com)
- **Sat, 7 June.** *Morning of Reflection* w/Rosary, Mass, talks, fellowship, relics for veneration, lunch. St Aloysius. Olivia, MN (New Ulm Diocese) 9-12. Invited to wear blue and may bring flowers to honor Mary. Janette to offer Reflection. Donation supported event. Jen: [sevensistersnewulm@gmail.com](mailto: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](mailto:sevensistersvictoria@gmail.com)
- **Sat, 14 June.** *Seven Sisters Gathering/ Reflection.* Diocese of Birmingham, AL. St Theresa of the Child Jesus (Leeds, AL). 9 am – 1 pm. Holy Mass, talks, lunch, fellowship, Q&A. Janette will offer a Reflection. \$15. Contact Kathy: [sevensistersbirminghamal@gmail.com](mailto:sevensistersbirminghamal@gmail.com)
- **Sat, 21 June.** Galv-Houston 2025 Recommitment Retreat. Cathedral of Our Lady of Walsingham. Incl Mass, brkst, Adoration,

Confession, lunch, fellowship. Janette to offer reflection: *The Privilege of Praying for Priests.* \$33.

Contact: [galvezhoustonsevensisters@gmail.com](mailto:galvezhoustonsevensisters@gmail.com)

Sign up: <http://bit.ly/4cOoHte>

- **Sat, 21 June.** *Annual Seven Sisters Retreat.* Mount Angel Abbey (St Benedict, OR). 8-2:30. Talks: Abbot Jeremy Driscoll, Fr Michael Niemczak, Very Rev Jeff Eirvin. Incl Adoration, Confession, Rosary, Fellowship, Prayer with the monks. Contact Jennifer: [sevensistersportland@gmail.com](mailto:sevensistersportland@gmail.com)
- Link to quality **Apostolate T-shirts** (short & long sleeved and hoodies) Eye-catching monsternce design. <https://www.bonfire.com/seven-sisters-apostolate> OR [sevensistersseattle@gmail.com](mailto:sevensistersseattle@gmail.com)

### MATTERS of the HEART:

- “Last week our priests said that *“Everything we do that is good comes from the Breath of God”*. Well, this Apostolate comes from the “Breath of God”. It is a beautiful creation that came from the prompting of the Holy Spirit and put into action. ... Thank you for that.” (Rina, Texas)
- “I love the motivation and the purpose of the groups. Personally, I find that being part of a group motivates me to be consistent in prayer for a specific priest. I love the concept!” (Mica, Louisiana)
- “We often forget priests are human as we are and for what they need to accomplish everyday can be daunting. I have prayed every now and then for priests, but never formally and consistently. This commitment allowed me to do my small part.” (Marian, Alberta, Canada)
- “Speaking with a parish secretary in a different parish, she told me about Seven Sisters and gave me the pamphlet. I asked 6 other “daily Mass” ladies. We’re praying already.” Eileen, Pennsylvania)
- “When I let our pastor know that we were renewing for a fourth year, he thanked me and added that he was at the point of taking an early retirement from the priesthood because of various physical challenges when we began the Holy Hours in 2022. The Seven Sisters Apostolate fortified and saved our beloved pastor for our parish and diocese!” (Kathy, Georgia)
- “This is the second group for our parish. I am a prayer member of one group and Anchoress for the second. I believe strongly in prayer for our priest and so love our Catholic faith. I have received many graces and blessings by giving for this Apostolate.” (Kim, Ohio)
- “Everything started with a prayer about how to get together and pray for a priest. A friend told us about the apostolate in her parish. We decided to gather some ladies and ask. They all accepted. In 3 days, the group was formed. Wonderful things happen when we start with prayer!” (Iluminada, New York)



### **SEVEN SISTERS Guideline BOOKLETS:**

Available as **free** download from Web site in English and in Spanish. 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.

**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!

**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.

**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)

### **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.

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