



SEVEN SISTERS APOSTOLATE COMMUNIQUÉ

MARCH 2026

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 Bolivia (NEW country!), Portugal and these USA states: Arizona, California, Colorado, Florida, Georgia, Idaho, Illinois, Indiana, Louisiana, Massachusetts, Michigan, Minnesota, Missouri, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia, and Wisconsin. Internationally there are now nearing 6000 groups (of at least 7 intercessors – many have more) in 6 continents, 37 countries, all 50 USA states and most Provinces in Canada. Currently there are 9 groups for Pope Leo registered. More welcomed!

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/

ANCHORESSES:

Please pass this Communiqué on to group members.



*"If we really understood the Mass, we would die of joy."
– St John Vianney*

Greetings to dearest Sisters in Christ as we persist in the Lenten journey through the full breadth of March. A Benedictine monk recently mused that in the Rule of St Benedict, the only places where the word 'joy' is explicitly mentioned are in the chapter on Lent! For Seven Sisters this resonates. We eagerly anticipate to honor within our Lenten days our **15th Anniversary of Inspiration Day (24 March 2011)**, the Feast of Apostolate patron, **St Margaret Clitherow** (26 March) and the **Solemnity of St Joseph** (19 March), patron of **Fasting Brothers**. What a trifecta of pure JOY! There is more ...

Worldwide in every Catholic church big and small, in every language, after the people sign themselves to begin holy Mass, the priest invites: *"Let us acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries."* St John Vianney urges, *"If we really understood the Mass, we would die of joy."* What a compelling invitation! The heart of every Mass is the representation of the abiding **Paschal mysteries** (passion, death and resurrection of Our Lord). The striking Holy Thursday icon above underscores this through its painted title, **"Mystical Supper"**. Thus, our Lenten hours and days expressly poise us to "prepare ourselves" to "celebrate" more profoundly **the sacred mysteries**. **How fitting that the priest, a deep mystery in his own right, bids this summons.** For who can understand the priest imbued with an ontological change at his Ordination? His vocation and mission are marked by an indelible spiritual character. Our Faith reminds that he is an *"alter Christus"* (another Christ), fit for conferring the sacraments (the eastern Church notably terms them **"the seven holy mysteries"**). A priest who says "I" (I

absolve) or “my” (This is My Body) is not doing this in his name, but rather in the name of Christ, in *persona Christi Capitis* (the person of Christ, the Head). Thus is the divine design of Christ, who instituted all of the sacraments, to initiate **both Holy Eucharist and Holy Orders** on Holy Thursday, that treasured day for **Seven Sisters who love both sacraments**. The priests are chosen, appointed to be **stewards of the divine mysteries**. *“The power of the priest, is the power of the divine person; for the transubstantiation of the bread requires as much power as the creation of the world”* (St Bernardine of Siena). St Leonard of Port Maurice poses earnest questions: *“What tongue, human or angelic, may ever describe a power so immeasurable as that exercised by the simplest priest in Mass? Who could ever have imagined that the voice of man, which by nature hath not the power even to raise a straw from the ground, should obtain through grace a power so stupendous as to bring from Heaven to earth the Son of God?”* Regarding the mysteries of Confession: *“It seemed likewise impossible for sins to be forgiven through penance; yet Christ granted even this to his Apostles, and by His Apostles it has been transmitted to the offices of priest”* (St Ambrose).

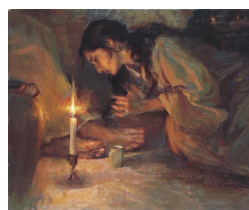
The consistent prayerful efforts of Seven Sisters bear a stubborn hope toward both the preservation and flourishing of the priestly life and its held mysteries. How relentless are the exterior and interior battles of the priests. Their patron (and ours), St John Vianney, reminds them (and us), *“I tell you that you have less to suffer in following the Cross than in serving the world and its pleasures.”* Clerics carry extra burdens, *“If priests sin, all the people are led to sin. Hence every one must render an account of his own sins; but the priests are also responsible for the sins of others”* (St John Chrysostom). Seven Sisters recognize and uphold these thoughts of St Peter Chanel regarding the priesthood, *“In such a difficult mission one has to be holy.”* And for such, we continue in our sacrifices of prayer. **Sanctity for our priests!**

While our Catholic Faith bears manifold and deep mysteries, and central, the highest form of our prayer, the Mass, these **mysteries are not secret, but gradually knowable through God’s timing and revelation**. The generous gift of the **mysteries of the rosary** to the Church assist us. *“The Rosary, though clearly Marian in character, is at heart a Christ-centered prayer. It has all the depth of the gospel message in its entirety”* (St John Paul II). Our prayerful endeavors sharpen our eyes to see and ears to hear, and soften our heart to receive. We learn and live, enveloped in splendid sacred mysteries, that little by little gain revelation in God’s Will and Way. And herein is an **abiding joy of our Faith** that, as St Ignatius intimates, those open to the mystery of Christ, desiring to live lives fully in Christ, truly live *“finding God in all things”*.

God’s Work through the Seven Sisters Apostolate seems to rest in the folds of mystery too. For long before any of us or any priests existed, His providential impulse existed. The heaven-sent plan arrived in the humility of whispered words in the basement level Chapel of the Cathedral of St Paul. Seven groups of seven sisters for seven priests in seven parishes for one year. How generous are the hearts who have since been keen to subsequent whispers and nudges – and given full fiat to God’s plan and purposes alongside. He has multiplied all. **For 15 years our sacrifices and prayers have linked with those of centuries past**. Today the Apostolate Work is appealing to many and blessing many. God’s Hand and Heart will direct what is ahead. **To Him be the glory both now and forever**. St John Chrysostom aptly describes what brings Seven Sisters to our knees Hour after Hour, week after week: *“The potency of prayer hath subdued the strength of fire; it hath bridled the rage of lions, hushed anarchy to rest, extinguished wars, appeased the elements, expelled demons, burst the chains of death, expanded the gates of heaven, assuaged diseases, repelled frauds, rescued cities from destruction, stayed the sun in its course, and arrested the progress of the thunderbolt.”* **This is our call, let us live in its mystery! God’s brilliance and sovereignty, our collaboration.**

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 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) +JM+ 651-283-0929
43 Nord Circle Rd, St Paul, MN 55127;
sevensistersapostolate@gmail.com



**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

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

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) within a particular Diocese. These special Hours for special circumstances carry special supportive graces. **It is growing!** Please consider this vital, hope-filled offering for our priests! **Inquiries about starting a group:** sevensistersapostolate@gmail.com

MATTERS of the HEART:

- ❖ “Even as a little kid, I always liked to talk to our parish priest. As an adult, I have wanted to help our priests as they worked hard to help us. Now I serve as sacristan during the week. So, praying for them just seems natural. God bless you as you promote Seven Sisters.”
(Mary Ellen, *Ohio*, 90+ years old)
- ❖ “The first year I was a sub. I attended your day of reflection and inspired to be a regular Adorer. I saw wonderful fruit in the Parish, Pastor, the Seven Sisters and my own life from this wonderful Apostolate! I saw hardened hearts soften, ministries grow and witnessed the Parish, itself, beginning to grow. I am a firm believer in the power of prayer! Regular Prayer is needed for our priests and Bishops.”
(Kathy, *Georgia*)
- ❖ I am a stay-at-home wife/mom and enjoy spending time helping our parish. I offered to be an anchoress as I know it is difficult for some who work to have additional time for coordinating groups. I have watched priests battle struggles and hardships like many of us. There is a lot of weight on their shoulders and I want to be able to help hold up their arms when they are weak.”
(Johnnie, *Tennessee*)
- ❖ “Praying for priests has always been a priority in my life. I am truly humbled to start this apostolate at my church to make sure our priests are showered with prayer. There is no greater gift.” (Mary, *Texas*)
- ❖ “Through priests the Lord may be present in every Eucharist. They are the most valuable gift we have. We must pray for them so that they may be saints, grow stronger every day, and remain firm in their faith. In this way we may draw closer to the Blessed Sacrament that awaits us daily.” (Ruth, *Indiana*)
- ❖ “I have been a Seven Sister for a couple of years. I love this ministry specifically because we have a special opportunity to pray for our priests and ensure that each day someone is offering up an adoration hour just for them. They need our prayers. I feel so blessed to be in a diocese where vocations are growing and young men are embracing their call to the priesthood. By strengthening and building up our priests, they have the graces not only to fulfill their duties but also minister to those who will come after them.”
(Magen, *Kansas*)

- ❖ A decade ago, I was introduced to Eucharistic adoration. It has opened my eyes & heart to the love of Christ. I have grown in a desire to pray, lead others to prayer, and love of praying for priests.” (Mary, *Pennsylvania*)

RECENT...and AHEAD on the calendar:

- **How will YOU celebrate 15 years of God’s faithfulness through His Work in the Apostolate?** Special gathering of your group? Extra 15 minutes to Holy Hour? Arrange for Mass to be offered? Invite 15 others to pray for priests? Fast on your Holy Hour day? Eat chocolate for 15 days in a row (after Lent)? **LET US KNOW!** We will feature your creative ideas! **THINK FIFTEEN!!!**
- **Sat, 21 March.** Informational after 8 am Mass. All Saints Catholic Church (Lakeville, MN).
- **Tues, 24 March.** 7:30 am **Mass intention:** Cathedral of St Paul: Seven Sisters/Fasting Brothers
- **Thurs, 26 March. Annual Holy Hour for YOU,** honoring Feast Day of St Margaret Clitherow
- **Sat, 25 April.** Day of Reflection. 9a-2p. Cathedral of the Immaculate Conception (Crookston, MN). “*The Power of Praying for Priests*”. Incl Mass (Bsp Cozzens), Reflections (Fr Brunn, Bsp Cozzens, Janette), Adoration, Confession, Relics, Lunch, Q&A. Contact Faith: sevensisterscrookston@gmail.com



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. Sterling silver or 14 K gold vermeil; with or without a diamond. **Fount of Grace** owner, **Jean M**, is a dedicated Seven Sister. A portion of sales to the Apostolate. They start conversations – and maybe even groups!