



SEVEN SISTERS APOSTOLATE COMMUNIQUÉ

APRIL 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 MARCH to cover more priests in daily prayer: Additional groups in Italy and these USA states: Alabama, Colorado, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Massachusetts, Michigan, Minnesota, New York, North Carolina, North Dakota, Ohio, Oklahoma, Oregon, Pennsylvania, Rhode Island and Texas. 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! **No Shepherd left behind!**

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/

ANCHORESES:

Please pass this Communiqué on
to group members.



"I no longer call you servants...but friends" (John 15:15).

Greetings to dearest Sisters in Christ as we have entered Passiontide, and now step-by-step continue toward Holy Week, Easter Sunday and Eastertide! May we travel unhurried to aptly absorb the wealth of sacred Scripture, services, holy Masses and fellowship with Our Lord and those that He surrounds us with. **Please continue to offer your Holy Hours throughout.** During times when the Blessed Sacrament is not available, **praying in your quieted Church or home is acceptable, but DO PRAY!** All priests/Bishops follow the Way of the Cross intensely and intimately and treasure our prayers. **Let us persevere alongside them!**

A defining aspect of the **weekly prayers of Seven Sisters** is **praying for the holiness** of a priest/bishop, for his **greater conformity to Christ.** Praying for sanctity might seem inaccessible, too lofty for our little prayers. Perhaps the idea of beseeching **authentic friendship (its essence, holiness)** will bring fresh insight and perhaps even ease into our prayers for our brothers in Christ. **Friendship with God is the goal and delight of every soul created by Him.** Communion. Scripture reminds and so does **Pope Benedict XVI** who was a consistent voice regarding friendship with Our Lord as the paramount path and goal of everyone. Let us open wide our hearts for a generous dollop of some *Vitamin B16* to fortify our prayers in this way!

In mid-October 2005, nascent in his Pontificate, Pope Benedict met with hundreds of First Communicants and their families. From all that is held and swells in the immense mind and heart of this notable theologian, the Pontiff's message was simple: friendship. He **implored the children to cultivate a lifelong friendship with Jesus** because *He would guide them, help them make the right decisions in life, and help them become better people.* A few months later, at the **first Chrism Mass** as Pope (April 2006), he echoed the heart of this message

to his brother priests. He said, *“the nucleus of the priesthood is to be a friend of Jesus.”* He invited the priests present to *“offer their hands to Christ and be guided by Him.”* He emphasized that *“to be a friend of Jesus, to be a priest, means to be a man of prayer. We can only be friends of Jesus,”* he continued, *“in the communion of Christ.”* He portrayed the priesthood as a movement back and forth in which God offers a gift to the priest, and in return, filled by this gift, he becomes more like Him. At its crux, there is a return to Trinitarian communion, from whence we all have come.

Natural, earthly friendships have varied foundations. Two people may hold mutual interests or endured common challenges that serve to bind or perhaps share age-old pleasant childhood experiences. For Saint Thomas Aquinas, **friendship in its purest form** is based on **just one thing: mutual charity** – selfless love. These relationships negate self-interests for **the good of the other**. Friendship with God is friendship with Love Himself. The reception of His love, compelling us to, in turn, act in generous love, establishes a bond of holy friendship that transforms, unites and brings about perfection. A **cherished prayer** of our Catholic faith is the **Anima Christi**, which beautifully affirms this efficacious **friendship with Christ that leads to holiness**, becoming like Him. What a perfectly fitting **prayer to offer our brother priests** who hold as *“their nucleus ...to be a friend of Jesus.”*

Anima Christi (Masculine pronouns inserted)

Soul of Christ, sanctify _____. Body of Christ, save him.

Blood of Christ, inebriate him.

Water from the side of Christ, wash him.

Passion of Christ, strengthen him. O good Jesus, hear him.

Within your wounds, hide him.

Let _____ never be separated from you.

From the malignant enemy, defend him.

In the hour of his death, call him.

And bid him come to you.

That with your saints he may praise you forever and ever.

Amen.

At a subsequent Chrism Mass (2008), Pope Benedict, challenged his priestly brothers to fully live this excellence of friendship and love through, with, and in the Church: *“Being friends with Jesus is par excellence always friendship with His followers. We can be friends of Jesus only in communion with the whole Christ, with the Head and with the Body; in the vigorous vine of the Church to which the Lord gives life.”* These holy days of Passiontide into Holy Week into Easter give us fruitful pause to pray for the priestly recipients of our prayers that they aspire to live a communion of Will, in an **ever-deepening friendship with Christ** – as men being guided by Christ, as men of prayer, as men who model

friendship with Christ by genuine friendship with the Body of Christ. **And in so doing and in it all, we are praying precisely for their holiness!**

The Apostolate serves as a rich seedbed and flourishing garden for **cultivating our own friendships with Christ**, as well as **with one another**. Along the way, at one time or another, one for the other, we have served as models of fidelity to prayer, loving shelters in times of need, pillars of patience and understanding, exemplars of generosity, beacons of hope. One for the other, we have served as that “faithful friend” who is an “elixir of life” (Sirach 6:16) - we too moving on our simple paths of holiness.

In quiet humility and serious dedication to everything set before him, **Pope Benedict XVI** embodied a life growing and glowing in the friendship of Jesus Christ. **He practiced what he preached**. For him, this friendship was the *sine qua non* of the Catholic life. Nurturing and advancing that friendship defined the full mission of the Church. Pope Benedict lived this conviction until his final breath. His last words, in Italian, were, *“Lord, I love you.”* As that time approaches for each, may it be so that the last breath for every priest we pray for and for ourselves, as well, sincerely be: **“Lord, I love you.”**

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;
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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:

- ❖ “I love the simple organizational structure you have and very clear vision. It lets the Holy Spirit come into things.” (Fr Michael Guthrie, *Westminster Cathedral, London*)
- ❖ “Thank you for the Seven Sisters Apostolate. Truly, our group – and beyond - has become "united in prayer." When we visit Southwest Florida for vacation, I love spending my Holy Hour in the Chapel at San Marco. In February I was praying my Hour there. A woman in the pew in front of me pulled out a Seven Sisters Apostolate Holy Card. Unity reaches beyond parishes! My heart felt so full to be praying alongside another Sister that I had never met. Before I left, I showed her one of my Seven Sisters Holy Cards and the Seven Sisters booklet. She smiled, nodded her head & whispered, "Me too!" (Sue, *Minnesota*)
- ❖ “I am a home school mom of 4 kiddos. And though I do not have much "extra" time I am confident that there will be fruits if we faithfully pray for our shepherds. When we lived in South Carolina I was an apostolate for a bit. We have since moved and I have felt a strong push that we need to pray for our priest.” (Amanda, *Idaho*)
- ❖ “All my life I have had a very strong love for the Lord, who eventually led me to the Catholic church. I had NO problem with any of the teachings. This led me to proudly proclaim: "I may not have been born Catholic, but I was born to BE CATHOLIC!!!" I heard about Seven Sisters at a retreat. I might know some Fasting Brothers who will join, and a quilters group in our parish I will be approaching!” (Linda, *North Dakota*)
- ❖ “I currently reside in a retirement community. Before this I was an active member of my parish. Praying for Father Joseph who also resides in a retirement community is one way I can contribute to the Church. To honor and cover him in prayers for his continued love and commitment to our Lord is a way to show he is not forgotten and his service is valued.” (Janet, *Florida*)
- ❖ “I worked in parish/diocesan ministry for many years. I’ve witnessed priests’ joys, blessings, heartaches, exhaustion, exhilarations, their sadness and loneliness, their unselfish giving and their need of prayer. I’m honored to share in this beautiful ministry for our priests.” (Kit, *Louisiana*)

- ❖ “You enter into the Will of God when you pray for us. You have no idea how much we need you and you need us. There is no way we priests can thank you enough!” (Fr James Schibi, *Kansas*)

RECENT...and AHEAD on the calendar:

- **FREEBIE this month:** Restored Vintage Holy Card of Anima Christi. **Send SASE** (Self-addressed stamped envelope to Janette M Howe, 43 Nord Circle Rd, St Paul, MN 55127. Card is 4.25 X 2.75 inch
- **How will YOU celebrate 15 years of God’s faithfulness through His Work in the Apostolate?** Several reported Masses offered in their parish. One Minnesota Sister has a goal of inviting 15 people to the Apostolate Work. Several groups had gatherings on the Inspiration Day and others have plans for near future events. (See below) **LET US KNOW how you will celebrate!**
- **Sat, 11 April:** Galv-Houston Seven Sisters Eastertide Prayer and Sacred Arts. 11 am-3 pm. Contact: galvezhoustonsevensisters@gmail.com
- **Thurs, 23 April.** Morning of Reflection. Our Lady of Champion Shrine. Green Bay, WI. Incl Mass w/Bsp Ricken, Reflection, Lunch. Contact Kathy: kdwwjd2000@dataguard.cc
- **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
- **Mon, 27 April:** Morning of Reflection. *Strengthening the Hands that Serve*. 8 am Mass, breakfast, reflection (Sr Hesus) Imm Concept. Sioux City, IA. Contact Mary: sevensisterssiouxcityvia@gmail.com
- **Fri, Sat, 8-9 May:** Overnight Retreat. *All or Nothing; Living every moment for Christ*. Janette as Retreat Master. Our Lady of Good Counsel, Waverly, NE. <https://www.goodcounselretreat.org>
- **Sat, 16 May:** *Commitment Day Retreat*. St Mary’s. Victoria, TX. 9:30 am-2 pm. Incl Mass w/Bsp Cahill, Adoration, Talks, Potluck Lunch. RSVP to Conchita: sevensistersvictoria@gmail.com by 05/11.