



SEVEN SISTERS APOSTOLATE COMMUNIQUE

JUNE 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 MAY to cover more priests in daily prayer: Additional groups in Canada (Calgary), Dominican Republic, Puerto Rico, Archdiocese of Washington, DC, and these USA states: Arizona, Connecticut, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Kentucky, Massachusetts, Michigan, Minnesota, Missouri, Montana, Nebraska, Nevada, New Jersey, New Mexico, North Carolina, Ohio, Oregon, Pennsylvania, South Carolina, Texas, Virginia and Washington. **No Shepherd left behind!**

REMEMBER our priests/Bishops
as they celebrate their
Anniversaries of Ordination

also **REMEMBER** our Spiritual Fathers
on **Father's Day (21 June, Sunday)!**

OF NOTE: Msgr George Welzbacher
(Archdiocese of St Paul-Mpls), 98 y/o,
will celebrate

his 75th Anniversary of Ordination in June. **Msgr
has had a Seven Sisters group since 2012!**

Prayers/greetings may be mailed to him at
330 Exchange Street South, St Paul, MN 55102

**Let this be inspiration to help start a group for
a senior/retired priest in your area!**

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

ANCHORESSES:

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



*In these three Hearts,
I place my trust...*

Greetings to dearest Sisters in Christ as we relish “our month” of the Most Sacred Heart of Jesus, which bears both our roots and our reason. This year, marking our **15th anniversary of God’s invitation to us** (beginning with 7 groups of 7 intercessors praying for 7 pastors in 7 parishes), gives cause to express deep gratitude for the **persistent guidance of the Sacred Heart in the Apostolate.** Love Himself is

our companion. His generous Love moves us to generously love in return. St Margaret-Mary Alacoque reminds, “*Choose the divine Heart for your sacred oratory...*” St John Henry Newman adds, “*Cor as cor loquitur*” (Heart speaks to heart).

While all of **June honors the Sacred Heart**, the Church readily acknowledges **more:** the **Immaculate Heart of Mary** and the **Chaste Heart of St Joseph**. The **Solemnity of the Most Sacred Heart of Jesus** is always celebrated 19 days after Pentecost, thus a movable feast, but always on Friday. The **following day**, the **Feast of the Immaculate Heart of Mary** is observed. The **Feast of the Chaste Heart of St Joseph** follows on the **first Wednesday after the Solemnity of the Sacred Heart**. My, my, my – how beautifully the three are closely allied in prayer and celebration at the very heart of this month. We recognize a hierarchy within **the Three Hearts:** Jesus, Mary, Joseph. Yet, when we honor one, we honor the others. The Holy Family appeared in the October 1917 apparition in Fatima, yet remains wholly present to us today. They are united in love, humility and the mission to bring God’s salvific grace into the world. Their intentions are inseparable. What an unwavering example for every domestic, nuclear family, as well as the Church family at large. As **Seven Sisters**, cultivating an understanding and perhaps even a home/personal consecration to **the Three Hearts**, helps us imitate the virtues therein, and may bring fresh direction to our prayers for the priests for whom we pray.

No matter when a Seven Sisters group begins (and groups have started on nearly every day of the year), the **renewal/recommitment** of any group is to strive to link **as close as possible** to the **Solemnity of the Sacred Heart**, the **universal, international time** of renewal. This strengthens our unity and honors the influence of the Sacred Heart to our foundation. In 2002 Pope St John Paul II designated the Solemnity to also be the **World Day of Prayer for the Sanctification of Priests** - to encourage priests to reflect on their vocation and to invite the faithful to pray for their holiness. (This is not to be mistaken as the World Day of Prayer, the first Friday of March, an ecumenical day of prayer.) How fitting is this papal designation toward our mission of prayers for sanctity! God's plan spares no detail! In the **Entrance Antiphon** on the Solemnity, we pray: *The designs of His Heart are from age to age, to rescue their souls from death, and to keep them alive in famine.*

The Triple Hearts have long been present in our Apostolate life. Aside from our divinely-appointed bond with the Sacred Heart, every Seven Sister Hour includes a plea for a deeper devotion of the priest/bishop to the heart of **Mary**. Through the earliest Fasting Brothers group (2018), **St Joseph** was prayerfully chosen as the special patron. How perfectly suitable, as priests consistently look to the Chaste Heart of St Joseph as model and mentor for growing in the disciplines of self-mastery and self-gift. Another connection for us fell in the **Year of St Joseph** (8 Dec 2020 to 8 Dec 2021 - note these Marian dates!), when Apostolate members were asked to offer daily the **Act of Confidence** beseeching more groups for more priests: *Heart of Jesus, I adore Thee. Heart of Mary, I implore thee. Heart of Joseph, meek and just...In these three Hearts I place my trust.*

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FREEBIE this month in celebration of God's Work through the Apostolate:

The Three Hearts design by Clare Counts featured in this Communiqué has been printed as high-quality, durable, 3-inch oval stickers. SASE (self-addressed, stamped envelope) to Janette M Howe, 43 Nord Circle Road, St Paul, MN 55127

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) +JMJJ+ 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 stating a group:** sevensistersapostolate@gmail.com

MATTERS of the HEART:

❖ “Praying is one of the most important things to do for a loved one, especially those serving around the altar, those consecrated to God, and those who said yes to the call of Christ. United we move and stand, divided we fall. I pray for God's strength and mercy to carry out this divine spiritual exercise peacefully.”

(Sr Stella, *Nigeria, nun*)

❖ “With delighted approval by the garden club leader, our Seven Sister's group is gifting the Seven Sisters climbing rose in honor of our priest who approved of the start of this ministry and who is now leaving. The parish garden club has a Rectory garden project and states this rose is the perfect addition.” (Rebecca, *Kansas*)

❖ “I can't tell you all the blessings poured forth from this Apostolate! Something I am eternally grateful for is that I have made the most wonderful friends - my dear sisters! We are truly a family!” (Shannon, *Washington*)

❖ “I'm a Catholic wife, mom of ten, and new Grandma. Our family has moved a bit. I have tried to get involved in each Parish. I am filled with appreciation for all priests sacrifice to bring us to Christ, and Christ to us. This past Fall my son was attending classes and I decided to start going into church and praying while waiting. One evening after briefly speaking to the priest there, I felt a strong pull to spend the hour praying for him. It was a wonderful hour, and I decided that I would start doing that each week. About 3-4 weeks into this I was told about this Apostolate! The Holy Spirit has taken over since then in so many ways and here I am!” (Jacinta, *Kentucky*)

❖ “I am looking forward to promoting this wonderful and much needed Apostolate.” (DeeDee, *Michigan*)

❖ “When on vacation, I noted no Seven Sisters group in Chincoteague VA. I had a booklet with me and prayed to the Holy Spirit to find the right woman to give it to. She found me and asked me and my husband to bring up the gifts! She was very interested. They are the only Catholic Church on the island, and quite a distance from any other Catholic Church and have a wonderful priest. I hope you hear from them.” (Julie, *Indiana*)

❖ “I was a Seven Sister at my previous parish. I want our priest at our new parish to have this same grace. Mama Mary has asked us to pray for priests. May all priests be under her protective mantle.” (Sylvia, *North Carolina*)

RECENT...and AHEAD on the calendar:

- There are **SCORES** of Seven Sisters gatherings in various parishes in June, particular to each parish and thus not listed here. If you are invited to one, plan to attend! These gatherings are full of graces!
- **Let's resume our FACEBOOK presence!** We need the help of one – or a team – to accomplish that. A few thoughts exist, but want to learn from the experts! sevensistersapostolate@gmail.com
- **May-October:** Champion Shrine's Shepherd Project. A season of prayer for each and every Bishop in the USA. One daily prayer provided. To sign up: <https://championshrine.org/shepherd-project/>
- **Gratitude to Conchita** (Victoria, TX), **Mary** (Carver, MA), **Molly** (South Louisiana), **Sonja** (Tucson, AZ), **Faith** (Crookston, MN) and their **teams** for organizing well attended, grace-filled Apostolate events in **April**.
- **Sat, 20 June:** *Lord, teach us to Pray!* Retreat & Recommitment Day. St Maximilian Kolbe; Liberty Twp, OH. All welcome! 8:30-3. \$35. Mass, talks, testimonies, light brft, lunch, fellowship. Talks: Fr M. Montag, Janette, Julie (Coordinator of Cincinnati). Contact: sevensisterscincinnati@gmail.com
- **Sat, 20 June:** *...into the deep.* Reflection & Renewal Gathering. Sacred Heart, Sauk Rapids, MN. 7:45-2. \$25. Mass, Holy Hour w/rosary, Talks (Debbie Koop, Deacon Tobias Ellis), luncheon. Seven Sisters and interested guests welcome. Contact Carrie: sevensistersstcloud@gmail.com
- **Fri/Sat, 17-18 July:** *Women at Prayer.* Archbsp Brunett Retreat Center (Federal Way). Friday \$10: Sung Vespers, Pizza, Q&A w/Janette. Overnight option. Saturday \$40: Mass, Adoration, Talks, Priest panel, Lunch. Talks: Sr. Kathleen Pruitt, CSJP, Sr. Gabriella Yi, OP, and Janette. Registration and more details: <https://tinyurl.com/SeattleRetreat2026> Contact Holly: sevensistersseattle@gmail.com
- **Sat, 25 July:** *Curbing Distractions in Prayer: Seven Strategies.* Annual Galv-Houston Retreat. Cathedral of Our Lady of Walsingham (Houston). 8-3:30. \$35. Holy Mass, Light brft, Adoration/Confessions, Meditation & Benediction, Lunch, Recommitment, Vendors, Fellowship. Janette will offer the Reflection. Contact Heidi: galvezhoustonsevensisters@gmail.com