



SEVEN SISTERS APOSTOLATE COMMUNIQUE

JULY 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 JUNE to cover more priests in daily prayer: Additional groups in Canada (Toronto), Philippines, Spain, Archdiocese of Washington, DC, Archdiocese of Military Services and these USA states: Alabama, Arizona, California, Colorado, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New Mexico, New York, North Carolina, Ohio, Oklahoma, Oregon, Pennsylvania, South Dakota, Texas, Vermont, Virginia and Wisconsin. **No Shepherd left behind!** **Ninety-one volunteer Coordinators** for the Apostolate serve tirelessly for this marvelous Work of God as local resources in Dioceses in 5 countries!

Visit the

Apostolate website today...

www.sevensistersapostolate.org

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!



*"You never go away from us, yet we have difficulty in returning to You.
Come, Lord, stir us up and call us back. Kindle and seize us."
- St. Augustine of Hippo*

Greetings to dearest Sisters in Christ – It has been ten years since we lived the Jubilee Year of Mercy days. The whole Church was abuzz with reminders of the sure readiness and depth of God's merciful love. Some 1000 priests, dubbed Missionaries of Mercy, traversed the globe drawing special graces to special circumstances. All about us were thresholds of designated Holy Doors, reminding that Jesus declared (John 10:9), *"I am the door. If anyone enters by me, he will be saved and will go in and out and find pasture."* The echoes of that Jubilee necessarily remain. Merciful love marks the life of the Christian. Jesus is the Way.

Life is full. We each face a complex intertwine of works, joys and sufferings daily. At times, love pales and we stumble into sin. Sin affects too much. It separates us - from God, from others, from our true selves. In a word, we prefer ourselves and our ways, and reject God and His Ways. A familiar remedy exists, entrusting ourselves to the mercy of a loving and forgiving God: **the sacrament of Penance**. Longing for reconciliation ever-more than we desire it, Our Lord compassionately leans toward us in the person of the priest. **What a privilege as Seven Sisters to pray for our priests**, who serve as stewards of the immeasurable mercy of God. **What an imposing and humbling responsibility for the priests**, as they meet penitents in these courageous, often painful, yet liberating, crossroads.

Our Apostolate patron, St John Vianney, was passionate about confession, spending up to 16 hours daily in the confessional. *"The good God knows everything, even before you confess it to Him, He already knows that you*

will sin again and, nevertheless, He forgives you. How great is the love of our God that leads Him even to voluntarily forget the future in order to forgive us!" In his *Dignity and Duties of the Priest*, **St Alphonsus Ligouri**, patron of confessors, offers advice to brother priests: "He who wishes to be a good confessor must... consider that the office of confessor is very difficult and dangerous... It is certain that if a soul be lost through the fault of her confessor, God will demand of him an account of that soul." And more: "We must... be persuaded that to hear confessions great science and also great prudence are required; for with knowledge without prudence a confessor shall do but little good, and to some his ministry will be more injurious than beneficial."

The priest is entrusted to the serious duty "to forgive or to retain sins" (John 20:23). He carries within a holy tension as **both faithful servant and wise dispenser of Divine Mercy**. As minister of the sacrament of Reconciliation, the priest necessarily is also positioned to offer spiritual direction as the circumstances dictate. In his own personal times of prayer, study, confession and renewal, he himself is beneficiary of both, ministering out of this rich deposit. What an abundant fruitfulness that enhances all aspects of his pastoral life! Remarkably, it is evidenced that whenever a confessor silently waits at his post, sooner or later a penitent will come. If the confessor continues to make himself available, many penitents will arrive. Fidelity and trust are rewarded. The holy sway of our Trinitarian God prevails.

Released as a spiritual fruit of the Year for Priests (2009-10), the 2011 document *The Priest, Minister of Divine Mercy: An Aid for Confessors and Spiritual Directors*, from the Congregation for the Clergy, clearly unfolds the tremendous responsibilities of priests. It was released the same year as the first groups were launched for our Apostolate. A Seven Sister might consider **offering this prayer** (Appendix II of document) **within her Hour**, personalizing it to the recipient.

Priest's Prayer Before Hearing Confessions:

Grant to me, O Lord, that wisdom which stands beside Your throne, that I may know how to judge Your people with justice, and Your poor ones with equity. Let me so use the keys of the Kingdom of heaven that I may open to no one upon whom they should shut, nor close them to any for whom they should open. May my intention be pure, my zeal sincere, my charity patient, my labor fruitful. Let me be gentle without weakness, severe without harshness. Let me not disdain the poor; nor fawn the rich. Make me kind that I may attract sinners, prudent in questioning them, adroit in directing them.

Grant, I beseech You, skill to lead them back from sin, zeal in confirming them in good, diligence in elevating them to better things. Grant me good judgment in answering questions, correctness in counseling. Give me light when things are obscure, wisdom when they are entangled, victory when they are difficult. May I myself be not lost.

Pope St Pius V frequently offered this heavenly plea: "Only give us good confessors, and reform of the Christian people is assured." **If reform is to materialize, penitents must freely avail themselves to the Sacrament. That includes us!** Let us together hope that intensified prayers for our priests in their holy duty as confessors will stir that desire in our own hearts to approach the confessional door, recognizing that Our Lord, as He Himself said, is the door. Let us firmly desire to **frequently bring our faults and failures** and *ask God for the good will to be holy* (St Philip Neri).

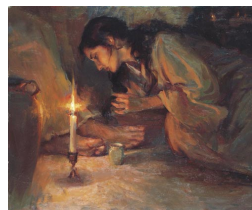
United in prayer, fasting and mission...*that our prayers may find the heart of every bishop and priest.* Eternal gratitude continues as **you each offer a daily wee Hail Mary for me.** "**One Ave Maria makes hell tremble**" (St John Vianney). Pray that I will not 'spoil the beautiful work that God has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

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

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

MATTERS of the HEART:

- ❖ “My mother has shared her experience of being part of a Seven Sisters group for years. What has been most influencing though is to see, what I believe, are the fruits of the Apostolate, in seeing the holy priests that have been sent to their parish since starting. I want to see the same blessings at my parish here.” (Grace, *Texas*)
- ❖ “Although a Catholic my whole life, I had never attended Adoration until someone asked me to join the Seven Sisters. It's been a blessing and I enjoy the time I dedicate to Jesus for Father.” (Nancy, *Alaska*)
- ❖ “I have been a Sister for the past 3 years for my previous pastor and was aware of it before moving from Minnesota. I find it just grounds me so much, especially in church work - to dedicate an hour of prayer for a priest. It keeps me from getting caught in the rut of complaining, and focusing on prayer it helps me steer away from frustration and cling to compassion.” (Nicky, *Arizona*)
- ❖ “I have been involved in the Seven Sisters Apostolate for 8 + years and continue to have a weekly Holy Hour for one of our parish priests. In addition, I was inspired to form a separate group of Seven Sisters to pray for a priest not with our Parish, but has a demanding ministry as Director of Spiritual Formation.” (Alice, *Maryland*)
- ❖ I'm a cradle Catholic and passionate about our Faith. When I was asked to join this Apostolate, I jumped in. I love being a part of a prayer ministry that supports our priests. After joining last October, our Anchoress discerned out of her role and asked me to serve. It is an honor.” (Lisa, *Texas*)
- ❖ “I looked up Seven Sisters, and I felt strongly called to pray for a priest in this way, and to help where needed. I know they are in great need of our prayers. I love going to Adoration, and pray that this spreads so that every single priest in the world will have Seven Sisters praying Holy Hours for him.” (Jean, *Pennsylvania*)
- ❖ “I will be an Anchoress now. The original Anchoress is starting a group for a visiting priest. I've struggled to find motivation for a Holy Hour for myself, but found that dedicating the Hour to someone else moved me in an entirely new way. Prayer for my parish priest brought a new level of JOY to Adoration.” (Adrienne, *Kansas*)
- ❖ “This Apostolate is such a blessing to the women involved as well as to the priests. God is working through these humble prayerful handmaids!” (Kathy, *Ohio*)

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.

RECENT ... and AHEAD on the calendar:

- **YOU love the Triple-Hearts!!!** June's **FREEBIE** offer drew requests of over 1000 of the 3-inch oval decal-stickers! In continued celebration, we are **extending the offer for July**. Send a SASE (self-addressed, stamped envelope) to Janette M Howe, 43 Nord Circle Rd, St Paul, MN 55127.
- **SPOTLIGHT in celebrating God's Work these past 15 years:** Seven Sisters in North Carolina collectively wrote 15 letters of gratitude to their Pastor, each mentioning something specifically said or done that specifically affected each. See Ascension Press video where this initial idea was affirmed: [What Priests Want You to Know, but Can't Really Say \(w/ Fr. Rob Mulderink\)](#)
- **Gratitude to all Anchoresses** for inviting and organizing times of re-commitment for your groups. Many shared holy Masses, special prayers, home-made meals, testimonies, goodie bags and fellowship.
- **Gratitude to Kate** (Cleveland, OH), **Julie** (Cincinnati, OH), **Carrie** (St Cloud, MN), **Carmen** (Wichita, KS) for organizing grace-filled **Diocesan-wide Apostolate events in June**.
- **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/>
- **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. Our Lady of Walsingham (Houston). 8-3:30. \$35. Holy Mass, Light brkft, Meditation/Benediction, Adoration/Confessions, Lunch, Recommitment, Vendors, Fellowship. Janette to offer Reflection. <https://www.signupgenius.com/go/8050844AEA723ABFA7-63879013-2026/88475329#/> Contact Heidi: galvezhoustonevensisters@gmail.com
- **Sat, 1 Aug: 15th Anniversary celebration** (10 years in New Mexico!) St Jude (ABQ, NM). 8-1:30. \$30. Begins with 8 am Mass, Light Brkft, Holy Hour, Priest Testimonies, Lunch, Q&A. Registration: <https://www.stjudenm.org/seven-sister-apostolate>. Contact Marian: sevensisterssantafe@gmail.com
- **Sat, 22 Aug: Day of Recollection.** (Lincoln, NE). Contact: Rhonda: sevensisterslincoln@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) 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

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