



SEVEN SISTERS APOSTOLATE COMMUNIQUE

AUGUST 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 JULY to cover more priests in daily prayer: Additional groups in Canada (Alberta & Ontario), Philippines, Spain, Archdiocese of Washington, DC, and these 33 USA states: Alabama, Alaska, Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Montana, Nebraska, New Hampshire, New Mexico, New York, North Carolina, North Dakota, Ohio, Oregon, Pennsylvania, Tennessee, Texas, Virginia, Washington, Wisconsin and Wyoming. **No Shepherd left behind!** One year of Holy Hours from only seven intercessors in one group adds up: 365 for one priest! Supplemental fasting from our Fasting Brothers adds a huge impact!

SPOTLIGHT in celebrating God's Work these past 15 years: Seven Sisters in the Archdiocese of St Paul-Mpls are encouraging participation in a day long time of Adoration and prayer for our priests to honor St John Vianney on his Feast Day, Tuesday, 4 August, at the Cathedral of St Paul, where the inspiration of our Apostolate was received 24 March 2011. Consider offering an Hour that day - here or in your city! We honor our patron together and seek his friendship and guidance.

ANCHORESSES:
Please pass this Communiqué on
to group members.



And I am sure that he who began a good work in you will bring it to completion... Philippians 1:6

Greetings to dearest Sisters in Christ – Secular writers in the earliest centuries have left a vivid description of the distinctive ways Christians acted and lived their lives. Among them, Pliny the Younger, Roman governor of Asia Minor, included this in a letter (112 AD): *“They (the Christians) were in the habit of meeting on a certain fixed day before it was light, when they sang in alternate verses a hymn to Christ, as to a god, and bound themselves by a solemn oath, not to any wicked deeds, but never to commit fraud, theft or adultery, never to falsify their word, nor deny a trust when they should be called upon to deliver it up; after which it was their custom to separate, and then reassemble to partake of food - but food of an ordinary and innocent kind.”*

All this can move one to w-o-n-d-e-r... What might be said when describing Seven Sisters? **Do our lives hold enough collective distinction to rouse any observations?** St Paul reminds: *For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them* (Ephesians 2:10). While **called individually** to the **good work of the Apostolate**, that call is one of a **united work of prayer for and with others**. We communally seek **Our Eucharistic Lord** in our beseeching. Here, hidden beneath the surface, beyond anything fully understood, His life is quietly, steadily at work in us. Every encounter with Christ has effect. His life within us is conferred to be shared. Being too much to contain, too much to hoard, Love Himself hopes to have His way through our lives: sharing His love here and there, for now and for later, for His glory. He initiates. Our fiat follows. How might that be recognized in Seven Sisters?

***Seven Sisters embrace a commitment to grow in humility**, for they consider another greater than

themselves. Their time and prayers and attention are unreservedly given to this. **One Hour for one.**

*When sour news comes, tough situations arise regarding the recipient of our prayer efforts or perhaps sisters within our groups, or uncharitable conversations bubble up regarding the priesthood, **Seven Sisters tend to react promptly, with conviction, turning to prayer.** They can be observed as those who carry a growing distaste for gossip, back-biting, negativity and worry, and instead choose **the refreshing and ready response** of hope and love through an **invitation to pray – right then, right there.**

***Seven Sisters keep fidelity**, knowing Our Lord grants sufficient graces to fulfill that for which He calls us. At times, they re-arrange schedules, desires and competing good plans to earnestly keep their commitment to the call to pray. They arrange for subs, or in unforeseen scenarios that crush the best-laid plans, make up an unintentionally missed Hour at the soonest possible moment.

***Seven Sisters are heralds of invitation to share God's Work** through the Apostolate. The fire within does not remain there, but expressed outwardly – and often! They eagerly echo the invitations of Christ: *“Could you not watch with Me one Hour?”* - *“Come and See.”* - *“Follow me.”* - *“Peace be with you.”*

*At times, Our Lord calls more intercessors to support a priest in prayer - for a season or more long-term. **Seven Sisters respect Our Lord's providential plans and welcome additional intercessors.**

***Seven Sisters bear a joy that is exemplary and a captivating force.** A trifecta of obedience to God's Will, gratitude for His plans, and the Hours upon Hours spent in the Presence of Our Eucharistic Lord serve to cultivate joy. Joy begets joy!

*It is observed and noteworthy that **Seven Sisters discover and nurture friendships of eternal value:** with our Lord, the priests and bishops for whom they pray, and among fellow Sisters in Christ.

Pliny wrote the previously referenced letter to the Roman Emperor, Trajan, **not out of admiration**, but in an attempt to bring about cause **to entrap those that were following the Way**, to generate pressure and persecution to these outliers toward acquiescing to the societal and political norms of the day. The observations set forth regarding Seven Sisters here contrarily **boast and delight in authentic admiration of God's work** through these generous hearts that **whole-heartedly accept God's Way**. Our sisterhood extends across the oceans. We necessarily carry unique influences from our settings, upbringings and life's experiences. Outward appearances certainly bear differences. Individual preferences toward things like politics, food and art

bring variance. Yet, like the early Christians, **Love fundamentally binds Seven Sisters**, distinctly and arguably marking us, even after only 15 years of existence. In this month where we celebrate our dear patron, **St John Vianney**, let his words come close: *“My little children, your hearts are small, but prayer stretches them and makes them capable of loving God.... When we immerse ourselves in true, authentic, and honest conversation with God we are transformed into His likeness. Prayer becomes the mode by which we encounter Christ and the practice by which we learn to love as He loves us.”* Dearest sisters in Christ, **we indeed are God's workmanship**, created for His assigned good works. **We walk together** in some of those, fully assured that He that began this good work will **bring it to completion.**

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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Visit the Apostolate website today...
www.sevensistersapostolate.org



**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

MATTERS of the HEART:

- ❖ “Oh, my goodness. What a beautiful gift this is. Have so enjoyed my first weeks as a Seven Sister. Those prayers are wonderful guides. Learning so much and seeing things from a priest’s perspective!!!” (Christine, *Virginia*)
- ❖ “I became a sister 2 years ago and absolutely love praying for my priest on Fridays. At first, I thought it might become a burden, but as the weeks went by, it turned into a privilege to be praying for this wonderful priest. Should I ever move to another state, I would rush to find a position as a Seven Sister.” (Dianne, *Texas*)
- ❖ “I am a relatively recent convert (over covid) and have fallen in love with Adoration. I work on the website and social media for our parish. Two women contacted me about starting this and to add a blurb to the Bulletin, then explained what it was, and asked if I would like to participate. Just flowed from there!” (Skye, *Wisconsin*)
- ❖ “It came to me at Mass that doing Ascension Press' *Bible in a Year* has been so valuable for me and maybe would be for those holding their priests up in prayer. Understanding salvation history better and the critical role our priests play, acting in the person of Christ, has made me a more committed Seven Sister.” (Kathy, *Georgia*)
- ❖ “My charism is intercessory prayer so being a Seven Sister and now Anchoress fits perfect into the gifts God has given me.” (Jenny, *Kansas*)
- ❖ “I love the Apostolate because its mission is so simple and so needed. In the midst of busy schedules, work, family life, and countless demands, it invites us to simply sit with Our Lord and pray for our priest. That quiet hour of prayer reminds that some of the most important things we do are often the simplest.” (Sara, *Michigan*)
- ❖ “Our priests and bishops need our daily prayers in so many ways. Jesus knows better than any of us how much these men need prayers to get through their daily life and He loves that we spend at least one hour each week with Him in Adoration praying for those needs.” (Mary, *Minnesota*)
- ❖ “This ministry is truly special. It is a real light in my life. One of the many things I love about the Catholic Church is that sacraments are real and prayer is real. We are changed by them. It is such an honor for me to do my part to lift Father up in prayer. And if I might be so bold, it reminds me of Exodus when Moses has his hands lifted in battle by Aaron and Hur. I can do my tiny little part to lift up this wonderful priest that leads our parish, that has devoted his life to the Lord.” (Mary, *Georgia*)

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

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.

RECENT...and AHEAD on the calendar:

- **Facebook and Instagram presence ahead:** More prayers for more priests. We are preparing to increase awareness of the Apostolate on an additional forum. Launch: October 1st. The Lord has sent us Anchoress, Lisa (Diocese of Dallas) to get this going!
- **Gratitude to Holly** (Seattle, WA) and **Heidi** (Galv-Houston, Texas) for organizing grace-filled **Diocesan-wide Apostolate events in July**.
- **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/>
- **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 Bkft, 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 Renewal. Mass. Priest panel. Lunch. *A Priest's Devotion to Mary: The Seven Sister's Support* (Fr R Barnhill). Rhonda/Janette to offer remarks. St Gregory Seminary (Seward, NE). 9 -3. \$20 to Kathie Rynearson, 911 N 68 St, Lincoln, NE 68505. Questions: text Rhonda 402.525.6396
- **Sat, 12 Sept:** Day of Reflection. *"The Father's Blessing"* St Theodore (Albert Lea, MN). 8-1:30. Mass at 8:30 am. Talks: Fr Kurt Farrell, Lola B (Diocesan Coordinator), Janette. Lunch included. Free will offering accepted. RSVP by August 30th to sevensisterswinonarocheater@gmail.com
- **Sat, 19 Sept:** 2nd annual Retreat-Recollection Day. St Bridget (Richmond, VA) *"Thanksgiving & Reparation"* 9-3. Incl: Mass, Meditations with a priest, Reconciliation, Talk by Janette, Lunch, Holy Hour, Rosary. RSVP to your Anchoress or to sevensistersrichmond@gmail.com

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!