



SEVEN SISTERS APOSTOLATE COMMUNIQUE

OCTOBER 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 **SEPTEMBER** to **cover more priests in daily prayer:** Additional groups in **Canada** (Calgary, Toronto & Vancouver), **Kenya, Uganda** and these **25 USA states:** Arizona, Colorado, Florida, Georgia, Illinois, Indiana, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Jersey, New Mexico, North Dakota, Ohio, Oregon, Pennsylvania, Tennessee, Texas, Virginia, and Wisconsin. **No Shepherd left behind! Globally we offer more than 2.2 million Holy Hours annually!**

Annual day of prayer

for deceased Seven Sisters
and Fasting Brothers.

Saturday, November 7

Facebook and Instagram are live!

We will increase awareness of the Apostolate through this resurrection of our Facebook forum, and newly added Instagram. More prayers for more priests.

Gratitude to Lisa (Anchoress, Diocese of Dallas) who launched and will maintain the sites.

ANCHORESSES:

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



"Mary, Mother of Jesus, throw your mantle of purity over our priests"
- St Teresa of Calcutta

Painting (detail): Our Lady sheltering the Marian Fathers under her mantle.
(Stockbridge, Massachusetts)

Greetings to dearest Sisters in Christ – Celebrating a milestone, as we are doing all this year noting our founding inspiration 15 years ago, rightly orients us to consider our who, what, where, when and why. Are our toes pointed in the right direction, and our hearts growing along the way? Reviewing God's **founding directives for the Apostolate work** can serve to keep us on track. Prayers for the **well-being and sanctity** of our priest recipients, toward a **greater conformity to Christ**, rest at the heart. Every Hour also carries a petition for a **deepening devotion of a priest/bishop to Mary**. The wealth of our prayers is shaped in this simplicity. Our Eucharistic Lord beckons us and is our sure Guide throughout our Holy Hours.

We can all claim Mary as Mother (and a litany-full of other titles!), yet **Mary holds a distinctive bond with priests** which theologians and popes alike describe as **inseparable**. Our **January 2024 Communiqué** explored thought-provoking insights of Mariologist, **Fr Emile Neubert** (1878-1967), from his book, *Mary and the Priestly Ministry*. While Mary loves all the faithful with an incomparable love, Fr Neubert notes that she loves priests "*with an altogether unique love*". He infers that Mary and each priest are fated toward a distinct and innermost union that will only grow closer and stronger. Over the arc of time, other priests echo this.

Newly Beatified Fulton Sheen had an abiding devotion to Our Lady, *The World's First Love*. Some of the initial seed sown in the Master's Vineyard for **Seven Sisters** was to recommend that every Anchoress read one of his books, *The Priest is Not His Own*. Its themes are drawn from retreats he offered to priests, and thus written

in a style of addressing them. The laity can listen in and benefit too. The final words in the final chapter reveal the significance of the title: *“Is it any wonder, then, that she is the Woman in every priest’s life? No priest is his own. He belongs to the Mother of Jesus, once and always the Priest-Victim.”* Frenchman **St Alphonsus Liguori**, affirms a confidence gained as a priest from Mary, *“I do not tremble when I see my weakness, for the treasures of a mother belong also to her child, and I am thy child, O dear Mother Mary.”* Italian-born **St Padre Pio**, boldly and humbly asserts as a true shepherd, *“Is there a shortcut to heaven? Yes, it is the Virgin Mary. She is the sea through which you reach the shore of eternal splendor. I wish I had a voice so loud to invite sinners all over the world to love the Virgin Mary. Love your Madonna and let her be loved. Always recite the rosary. This prayer is our faith, the support of our hope, the explosion of our charity. Mary is the reason of my hope.”*

The **painting chosen for this Communique**, and despite only a detail of it, presents a striking visual display of Mary’s tender personal touch and nearness to priests. Under the influence of the Holy Spirit coupled with angelic help, her mantle shelters, comforts and seems ready to enfold these priests and carry to the Lord as a living gift. Specifically depicting Marian Fathers priests, the painting fittingly hangs in their residence in Stockbridge, Massachusetts. What a living icon of truth, goodness and beauty for the priests there who frequently pass by. As Seven Sisters we might gain a similar sense of Mary’s cloaking of our priests as we consider the amply draped veil of our **Madonna of the Grapes**. Finally, the quote of St Teresa of Calcutta below the painting here regarding Mary’s mantle of purity is from a prayer on the inside cover of our Apostolate Guidelines.

At a recent Seven Sister gathering in Nebraska, **Fr Robert Barnhill**, addressed the topic of the priest’s devotion to Mary and the Seven Sisters support. One aspect of his reflection beautifully unfolded thoughts from **Fr Joseph Kentenich** (Germany, 1920s) who challenged priests and seminarians in his retreats toward **living as a Marian person versus simply holding a Marian devotion**. He emphasized that deeply loving Mary is not merely a devotional act but assenting to a spiritual formation that forms the way one lives the Christian life. He encouraged the priests and seminarians to let Mary shape their lives – to come to know her in Scripture, dogma and tradition. Her consistent model of **pondering, receptivity and humility** would be found and could affect and shape one’s heart. **What a fruitful way to pray for our priests as Seven Sisters!** **Bl Fulton Sheen** exemplified a life as such. Next to Rome, Lourdes was his favorite place. He returned some 30 times to where he pondered, received and grew in humility. *“When I go to Lourdes, I become a*

pilgrim and forget for a while that I am a bishop.” Most of Sheen’s sixty-one books were **dedicated to Mary**. The dedication for *The Priest is Not His Own* is this: *To Mary who mothered Christ – both priest and victim and who mothers all priests both offerers and offered with her divine Son this book is dedicated that she may, through these pages whisper to us at Cana: “Whatsoever He shall say to you, do ye”.* May Seven Sisters hold fast to praying that our priests will fully welcome and embrace a deepening love of Mary.

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) +**JMJ**+
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**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

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.

SPANISH translation of Communiqué:

Posted (and archived) on the Website. The translation link is sent with every Communiqué. **Commitment Prayer/Guidelines Booklet in Spanish** (on the Website - free download)

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.

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.

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.

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

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!**

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.

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

RECENT...and AHEAD on the calendar:

- **SPOTLIGHT in celebrating God's Work these past 15 years**: Apostolate Coordinator in Galv-Houston (Heidi) responded to an interest shared at their July 2026 Retreat: for Seven Sisters to host events in parishes to **pray a rosary** for priests/priestly vocations throughout **October**. It bore an enthusiastic response. What a beautiful witness and opportunity to bear fruit of every sort!
- **Gratitude to Lola** (Winona-Rochester, MN), and **Maureen** (Richmond, VA) for organizing grace-filled **Diocesan-wide Apostolate events in September**.
- **Crowned with Grace** (A Collection of Marian Titles and Devotions). 2025. Chapter XX is written by Seven Sister, **Shauna Occhipinti** (Georgia) entitled **Madonna of the Grapes, Loving our Priests with a Heart like Mary's**. It is beautifully written and beautifully references Seven Sisters!

- **Pray, Hope and Keep Climbing Podcast:** Interview with Janette for debut of **Episode 1** of this new podcast. Released 24 Sept. *Shield for the Shepherd*. <https://prayhopekeepclimbing.riverside.com>
- **Fri (optional)/Sat, 2/3 Oct:** Heritage Retreat Center. Bsp Ned Shlesinger (Mass/talk). \$75. Begins 9 am. Incl lunch.
Contact: fernanda@heritagega.org
or (706) 417-8305.
- **Sat, 10 Oct:** Day of Reflection. *Trust in the Power of Prayer*. Immaculate Heart (Cross Lake, MN). 8-2:30. \$20 at door. Incl Mass, talks, lunch, prayer, vendors. Text/call Doris: 218-310-2122.
- **Sat, 10 Oct:** Day of Reflection. *How to keep Christ present throughout your day* (Fr Isaac Colter). Spiritual Life Center (Belaire, KS). Check in: 9 am. \$35. SLCWichita.org
OR Call SLC 316-744-0167
- **Sat, 17 Oct:** Annual Seven Sisters Retreat in Kansas City. St. Andrew the Apostle (Gladstone, MO) *The Triple Hearts*. 8-3. Holy Mass, lt brft, lunch, three talks. \$25.
Judy sevensisterskcsj@gmail.com
- **Sat, 17 Oct:** Diocese of Columbus, OH. *Gathered in His Eucharistic Presence*. St Joan of Arc (Powell, OH) 8-12. Incl Mass (Bsp Fernandes), breakfast, talks. \$35. Contact: sevensisterscolumbus@gmail.com
- **Mon, 19 Oct:** Interview of Janette. Radio Maria US. Kathy Duggan program, *Sacred Treasures*. 2pm CST. <http://radiomaria.us/sacred-treasures/>
- **Sat, 24 Oct:** 13th annual Reflection/Renewal. Archdiocese St P-Mpls. "Lord it is good to be here." Holy Mass: Bsp Izen (Presider). Original 7 priests/Anchoresses. Highlighting fruits of Apostolate. Talks, Adoration, Testimonies, Vendors, Relics.
Contact Doreen: sevensistersstpaul@gmail.com.
- **Sat, 24 Oct:** Diocese of Arlington Day of Recollection. Christ the Redeemer (Sterling, VA). 9-3. Begins w/Mass (9 am) Talks: Rev. M Kelly & Rev. J O'Farrell. Holy Hour and Confessions available. \$25.
Info: Sevensistersarlington13@gmail.com
Register: <https://forms.gle/v4MShMHb2YCXUCZA>
- **Sat, 7 Nov:** Springfield/Cape Girardeau Diocese Retreat Day. St Leo the Great (Ava, MO). Incl Mass, Adoration, Confessions, 3 spiritual conferences. Lunch provided. Retreat Master: Fr Charles Peirano. 8:30-2:30. For active sisters and those interested!
Contact: Cori – sevensistersspringcape@gmail.com
- **Sat, 21 Nov:** First annual Day of Reflection for Seven Sisters/Fasting Brothers. San Juan del Rio. 8:30 Mass (Bsp Pohlmeier) Incl talks by Bishop, Fr Aiken-Otiko, Tony Z (Fasting Brothers) Janette, lunch, Holy Hour, Q&A, fellowship.
Contact: sevensistersstaug@gmail.com

MATTERS of the HEART:

- ❖ "As a friend explained how seven women each offer one Holy Hour on a different day of the week for the intentions of a priest, something touched my heart. What a beautiful gift to surround our priests with prayer every single day. They give so much of themselves to care for us spiritually, and I felt the Lord inviting me to give something back—not simply through words of gratitude, but through faithful prayer before the Blessed Sacrament. My hope is that through our commitment, our priest will always know that he is being lifted up in prayer and entrusted to the loving care of Jesus and Mary." (Flor, Texas)
- ❖ "Elaine (+RIP+) and her husband prayed their Seven Sister Hour together until his death a year ago. They were both very passionate about praying for our priests." (*Eternal rest grant unto Elaine, O Lord..., Nebraska*)
- ❖ "My sister, a Seven Sister, came to visit and shared about the Apostolate. I am smitten!" (Andrea, New York)
- ❖ "Tuesdays I offer a Holy Hour for all in our Diocese, asking Our Lord to stir the hearts of women (and men), just as He stirred the heart of Daniel to protect Susanna from evil, so they may come forward to pray for priests and for their protection from the evil that seeks to attack them." (Jeanette, Diocesan Coordinator, Florida)
- ❖ "I am a college student serious about my faith, and was moved to volunteer as Anchoress." (Shelby, Texas)
- ❖ "I am a widow who has spent the past several years walking through grief, personal healing and a deepening relationship with God. I have come to understand the power of prayer as an anchor in suffering and the importance of supporting our priests who carry so much on behalf of their flocks. Fr. M has been a source of light and inspiration in my own suffering. I feel called to support him through dedicated prayer." (Melissa, Georgia)

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!