



SEVEN SISTERS APOSTOLATE COMMUNIQUE

SEPTEMBER 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 AUGUST to cover more priests in daily prayer: Additional groups in Zambia (**NEW COUNTRY**), Archdiocese of Washington, DC, and these 33 USA states: Alabama, Alaska, Arizona, California, Colorado, Delaware, Florida, Georgia, Illinois, Indiana, Iowa, Kansas, Louisiana, Maryland, Massachusetts, Michigan, Minnesota, Mississippi, Missouri, Nebraska, New Jersey, New Mexico, New York, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, Texas, Virginia, Washington, and Wisconsin. **No Shepherd left behind! Globally we offer more than 2.2 million Holy Hours annually!**

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/

ANCHORESSES:

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



I love those who love me, and those who seek me diligently find me.
- Proverbs 8:17

Greetings to dearest Sisters in Christ – Our lives are full. We jest about searching for the 27-hour day. St Teresa Benedicta of the Cross (Edith Stein) comes to our rescue, **advising this practice often during one's day**, *"Each woman must for a moment seal herself inwardly against all other things and take refuge in the Lord."* **How valuable is "the pause."** These moments, intentionally given over to the Lord, can remind us who we are and where we are going. Pausing, to some, may seem a waste of time, but for the Catholic it began as our colostrum. It behooves us to remember its precious value. In the sacramental life, most especially in Reconciliation and the Holy Eucharist, **pausing is necessary and paramount.** The priest leads, and in a real sense, teaches us. The photo above reminds of the recurring times in sacred Liturgy where the priest, with an eye ever on the Crucifix, invites us to pray. An expected, beautiful pause ensues before we begin dialogue with Our Lord. In that space of time, we honor Him and ready ourselves *to listen and attend with the ears of our hearts* (Rule of St Benedict). Pauses also appear in the holy Mass when the Lord Himself speaks to us – through sacred Scriptures, the homily, the words of consecration, antiphons and the like. The roster is lengthy. Our opportunities are many. We learn this discipline not just for the good in our Masses, but for use in our lives outside of the sacred Liturgy and other forms of prayer. All can fortify our life's mission of **knowing, loving and serving Our Lord.**

Catholics are continually encouraged to pause, to reflect, to welcome moments of silence. St Teresa of Calcutta reminded the Missionary of Charity Sisters and all those Catholics who would listen, *"We are contemplatives in the marketplace."* It might seem natural, then, for **Seven Sisters to utilize this great gift and grace of momentary pausing within the**

Apostolate Holy Hour offered. Sometimes, the pause might even be essential to move forward in prayer, for the Psalmist's complaint stirs within us all too often, "*With my cares, I cannot rest*" (55:3). A momentary resting in the Lord in silence or to actively seek His guidance on how to proceed in prayer may prove supportive. This ordinary moment can heighten one's inner sensitivity to unexpected glimpses and experiences of truth and love. Likewise, a pause might be fruitful to assure we are truly being directed by Our Lord regarding the priest for whom we pray: *A man's heart plans his way, but the Lord directs his steps* (Proverbs 16:9). In that simple pause we may be redirected in our prayer or gain assurance that we are on the right track "for that hour, for that day, for that specific priest/bishop." St Teresa Benedicta helps again, "*When we entrust all the troubles of our earthly existence confidently to the divine heart, we are relieved of them. Then our soul is free to participate in the divine life*" (Edith Stein, "The Ethos of Women's Professions, Essays on Woman"). In these pauses our hearts can be **reoriented**, **renewed** in the divine life, and **readied to receive** an infilling of that peace *that passes our understanding*. Our intercessory prayer offerings for the priest/bishop recipients stand to be deeper and more fitting.

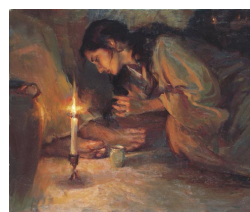
Silence that seeps into Holy Hours that are usually brimming with prayers is most certainly not a shortcoming. Rather it is perhaps an invitation to cultivate something already familiar, akin to the ever-sweet silences of holy Mass. Initiating or allowing a pause and asking for the graces to simply receive the graces held therein, or to ask for sharper listening if direction is needed, are encouraged. There are a certain intimacy and wisdom that seem only possible in pausing, in silence. Embracing the course and its mystery can beget a liberty for clearer dialogue with Our Lord. "*Silence is a great mystery,*" writes Fr Romano Guardini in his heart-moving book on *The Virtues*, "*which does not mean only that no word is spoken and no sound is uttered. This alone does not signify silence; the animal is capable of this, and the rock even more so. Rather, silence is that which takes place when man, after speaking, returns to himself and grows still; or when he who could speak remains still.*" **By pausing in our prayer times, we extend an open invitation** for Our Lord to guide or generously impart greater love to us for the priest/bishop for whom we commit our prayers. It is a shift, however brief, to an attitude of receptivity which promises considerable reward.

Our Lord is a Master at using the small and commonplace to bring about the profound and eternal. **The pause is not empty time**, but invites trust and reflection allowing truth and love to have their way before they are crowded out. If we could but turn up the volume of our hearts, what might we discover! **May we surrender multiple times a day to a pause now and then, today and tomorrow.** Our lives

are necessarily a constant rhythm of emptying and filling, giving and receiving. St Teresa Benedicta offers the last word at what can be ahead for each of us, "*For those blessed souls who have entered into the unity of life with God, everything is one: rest and activity, looking and acting, silence and speaking, listening and communicating, surrender in loving acceptance and an outpouring of love in grateful songs of praise.*" (Edith Stein, *The Hidden Life – The Prayer of the Church*). *Until then...*

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+ 651-283-0929
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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

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!

MATTERS of the HEART:

- ❖ “I love being a part of this Apostolate. I LOVE my holy hours. Working for the Church I have gotten to know many priests. I have watched many struggle, suffer and fall away from the Priesthood. I realized that this is a true battle for them and I want to be one of their prayer warriors. I feel very called to pray for our Bishop in particular because he has so many burdens on his shoulders. I feel for the rest of my life God would like me to keep our priests at the forefront of my prayers.” (Diane, *Kansas*)
- ❖ “Words simply cannot express the JOY your gift of the Seven Sisters brings every time I offer my prayers for all of our priests and bishops and more . . . and of course the Beautiful Hour in the presence of Our Lord for the special intentions for Fr. Anthony. Thank You a million times over.” (Nancy, *Texas*)
- ❖ “Recently I began to more fully understand just how human our priests are and how grateful we should be for their service. I was praying for a way to become a greater light in the world. A friend in New York was very enthusiastic about 7 sisters. She and the Holy Spirit convinced me to begin.” (Jean, *Maryland*)
- ❖ “This Seven Sisters Group is in its 10th year, and I am the second Anchoress. Even though we have small parishes, and sometimes it is hard to find ladies who are not involved in too many other things with family, we have always had faithful members who love their time with Jesus praying for our priest. (Pat, *Nebraska*)
- ❖ “Through the Apostolate my prayer intentions changed. I realized I was praying what I want my priest to be instead of God’s will be done to our priests. Thank you!” (Jin, *Texas*)
- ❖ ❖ “This ministry of concentrated prayer for our priests and bishops is so necessary as they face new challenges each and every day. I feel privileged to be called to assist in gathering a group of committed prayerful women in our parish to lift up our pastor. Thank you for introducing this beautiful ministry.” (Kathleen, *Michigan*)
- ❖ ❖ “An hour of intercessory prayer every week fit into my life. I spoke to others who know me and encouraged me. I’d attended Bishop Bui’s installation and heard amazing stories about him. I had a sense I would be “tithing” my prayer time--praying for the Church in a specific way by praying for the Bishop, leaving my personal prayers in the Lord’s hands once a week.” (Catherine, *Arizona*)
- ❖ “What a warm welcome! I love this Apostolate. Our priests are such a precious and sacred gift.” (Julie, *Iowa*)

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:

- **SPOTLIGHT in celebrating God's Work these past 15 years:** Every Seven Sister attending the August Diocesan event in Lincoln, Nebraska, received the gift of the Apostolate recommended book "*The Priest is Not His Own*" (Sheen), along with the Syllabus (found on the Website). WOW!
- **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 Marian** (Santa Fe, NM), **Rhonda** (Lincoln, NE) and **Doris** (Portland, ME) for organizing grace-filled **Diocesan-wide Apostolate events in August**.
- **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, 12 Sept:** Day of Reflection. "*The Father's Blessing*" St Theodore (Albert Lee, MN). 8-1:30. Mass at 8:30 am. Bishop Barron. Talks: Fr Kurt Farrell, Lola B (Diocesan Coordinator), Janette. Lunch included. Free will offering accepted. RSVP by August 30th to sevensisterswinonaroche@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
- **Fri (optional)/Sat, 2/3 Oct:** Heritage Retreat Center. Bsp Ned Shlesinger (Mass/talk). Janette to offer 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 to reserve spot: 218-310-2122. QR Code: Apostolate Website.
- **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 sevensistersksj@gmail.com
- **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.