



SEVEN SISTERS APOSTOLATE COMMUNIQUE

NOVEMBER 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 **OCTOBER** to **cover more priests in daily prayer: Additional groups in Cameroon, Canada (Toronto), France, Philippines, Arch of Washington, DC** and these **28 USA states:** Alabama, Arizona, California, Colorado, Connecticut, Delaware, Florida, Idaho, Illinois, Indiana, Kansas, Louisiana, Maryland, Michigan, Minnesota, Missouri, Nebraska, Nevada, New Mexico, New York, Ohio, Oregon, Pennsylvania, South Dakota, Texas, Virginia, Washington, and Wisconsin. **No Shepherd left behind!**

FREEBIE:

NEW annual Holy Card now available!

Prayer: *Invocation of the Nine Choirs of Angels.*

Stunning original artwork
of a priest surrounded by nine angels

by **Seven Sister,**
Gianna Cunningham (Pennsylvania).

Size: 4 X 5

Send **SASE (Self-Addressed Stamped Envelope)** for
a blessed holy card to:

Janette M Howe
43 Nord Circle Road
St Paul, MN 55127

ANCHORESSES:

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



“Every moment the will of God is stretched out before us...” - Fr Jean-Pierre de Caussade

Greetings to dearest Sisters in Christ on this **Solemnity of All Saints** where a new liturgical year awaits in the misty horizon (29 November). For Catholics, the graces of November’s liturgies seem to tap on the brakes to help us slow down to consider, to examine, to sharpen our resolve **to live more generously in the love** to which we are called. This goes for the priest recipients of our prayers, as well as for us. We walk the Way together.

Highlighting the saints on the first of November reflects the brilliance of mother Church in this month also dedicated to the **Souls in Purgatory**. Oh, that we each dream of offering great things for God, perhaps partly in hopes of bypassing a layover in Purgatory. The gladsome news is that those grand things toward heroic love are within our very reach – held in the everyday moments. And if we read between the lines, we discover that **the lives and writings of the saints** consistently remind that **the greater things indeed lie in the ordinary moments**. The duties of a day, interruptions, obligations, rote tasks, conversations, Seven Sister Holy Hours - each presents **opportunities to choose love**.

The best scientific estimate (*Queen’s University, Canada, 2020*) puts the number of our daily thoughts at about 6200. Throughout the day we carry out thousands of small actions based on just as many decisions. This weighty notion may have us looking for the nearest sofa in which to collapse - or may challenge us to see **lots of opportunities to choose love!**

Passing moments are not detours from holiness, but gifts toward it. They can serve as the very places where holiness can sprout and even flourish. Fr Jean-Pierre De Caussade (*Abandonment to Divine Providence*) states that *"The divine activity permeates the whole universe. It pervades every creature. Wherever they are, it is there. It goes before them, with them, and it follows them. ... The duties of each moment are the shadows beneath which hides the divine operation."* He emphasizes that we have a simple yet solemn **"duty of the present moment,"** and he further challenges an innate tendency to understand what God is doing, *"Perfection consists in doing the Will of God, not in understanding His designs."* At the heart of our **Seven Sisters Hours of prayers** this proves valuable guidance. When we fret about our wandering thoughts or prayers that don't seem to reach even the Chapel's ceiling, de Caussade's counsel can bring about a peace that our offerings have merit, even when our senses tell us otherwise. *"The present moment holds infinite riches beyond your wildest dreams, but you will only enjoy them to the extent of your faith and love,"* reminds de Caussade. Let us take heed and fortify our hearts with an assurance of that truth. **Our Hours, compelled by faith and love, will be amply – and infinitely - rewarded!**

Within our weekly routine of Holy Hours is hidden the ever-present opportunities to seek God's Will and to love. Our every breath, our every thought, our every distraction can be offered for the good of the other. St Thomas Aquinas summarily and simply states, *"To love is to will the good of the other."* Whatever is offered to Jesus becomes an act of love. It behooves us to remember that love is eternal. St Therese of Lisieux reminds, *"You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them."* We are made capable of such heights as we align ourselves to the immense love of Our Eucharistic Lord, Love Himself. *"Love is difficult, but it is our essence. It's what lifts us up above all other creatures"*(St Rose of Lima). St Ignatius of Loyola concurs, *"Love must be put more into works than into words."* The love of Seven Sisters for their priestly Brothers is demonstrated through consistent actions and sacrifices, not merely the expression of feelings or sentiments.

As the new year approaches on the Liturgical calendar let us intend that we and the priests/bishops for whom we pray, will someday join the ranks celebrated on November first that together we may echo the heart of de Caussade: *"Let us live entirely for God."* so that we too might say, *"Let us love, for love will give us*

everything." As we consider the thousands of thoughts, actions and decisions that we are afforded each day, let it be so that we truly see them as **opportunities to love.** *"What are we waiting for? Let us start at once, let us lose ourselves in God, even in His heart, to become inebriated with the wine of His charity. We shall find in His heart the key of heavenly treasures"* (de Caussade).

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

MATTERS of the HEART:

- ❖ "This is more than simply organizing a prayer group. It is a humble response to God's love, an expression of gratitude, and spiritual offering for a priest who has devoted his life to serving Christ." (Alejandra, Alabama)
- ❖ "There are no words to describe how this has changed and shaped my spiritual life. Before starting this Apostolate, I never did regular Adoration. Now I cannot imagine my life in Christ without it! To have this focus within the quiet, "hidden" prayers, helping our priests, is so meaningful and an enormous source of grace. I am so grateful for this Apostolate! I hope to be able to take part in this until I die!" (Leah, Louisiana)

- ❖ “Having served as Anchoress for just a few months, the positive evolution of my prayer life has been astounding, reaching way beyond my one hour every Wednesday. For me, it is the COMMUNITY. In my spiritual mind, I see myself “taking the baton” from my Tuesday sister as I begin my Hour, then I see myself “passing the baton on” to my Thursday sister as I finish my Hour. It’s this sense of connection with the sisters who are enjoined with me in prayer for our priest that makes this ministry so powerful and personally fulfilling.” (Kristen, *Georgia*)
- ❖ “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*)
- ❖ “I am a sophomore at St Mary’s University! I am a nursing major and Peer Minister for our Campus Ministry! I am in love with the Lord and love living life, even when it is hard, with Him. He is my rock and I want to bring His love and light to others. Last year, a friend asked if I wanted to be a part of the Seven Sisters group on campus. I honestly had no idea what it was, but ended up really enjoying it and feeling proud and happy to be able to pray for Fr B. Sweet J___ has graduated and asked if I wanted to be Anchoress. :) I said yes and am so excited! I think it’s truly a lovely and sweet thing that I’m excited to continue!” (Rachel, *Minnesota*)
- ❖ “I saw an interview with Fr Dan Reehil discussing different prayer groups with his mother. She mentioned Seven Sisters Apostolate. It immediately resonated. I felt well suited to it, as I have tried over the years to prioritize Adoration as a pillar of my spiritual life. I have a love for the Priesthood, see that it is under attack, and needs support. This is a powerful and practical way to do this.” (Amber, *Toronto, Canada*)
- ❖ “I’m amazed at the widespread “web Our Lord is weaving” of prayer through Seven Sisters Apostolate! I’m so grateful to be a part of it! That we are all journeying together towards our heavenly Home through uplifting our dear Priests in prayer! Our Spiritual Fathers as they lead us on our way! Thanks be to God!” (Cori, *Missouri*)
- ❖ “Priests need our blanket of prayer! I know my spiritual gifts to be faith and intercessory prayer so when I was asked to lead this group for our parish, I had no hesitation and said yes!” (Kerstin, *Ohio*)

RECENT...and AHEAD on the calendar:

- **Gratitude to Amanda** (Atlanta, GA), **Anna/Doris** (Duluth, MN), **Carmen** (Wichita, KS), **Judy** (Kansas City, MO), **Colleen** (Columbus, OH), **Doreen** (St Paul-Mpls, MN), **Andrea/Beth** (Arlington, VA), and their teams, for organizing grace-filled **Diocesan-wide Apostolate events in October.**
- **Mon, 19 Oct:** Interview of Janette. Radio Maria US. Kathy Duggan program, *Sacred Treasures*. 2 pm CST. <http://radiomaria.us/sacred-treasures/>
- **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.
Contact: Cori – sevensistersspringcape@gmail.com.
For active sisters and those interested!
- **Sat, 7 Nov: ANNUAL DAY of PRAYER** for deceased Seven Sisters and Fasting Brothers.
- **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
- Link to quality **Apostolate T-shirts** (short & long sleeved and hoodies) Eye-catching monstrosity design.
<https://www.bonfire.com/seven-sisters-apostolate> OR sevensistersseattle@gmail.com
- **SPOTLIGHT in celebrating God’s Work these past 15 years:** *Oremus Cum Stylo*, co-authored by Seven Sisters, **Virginia P** and **Janette H** (and lots of helpers along the way!) is a book brimming with encouragement toward deeper prayer for our priests. Utilizing a mini-version, a pilot group’s constructive feedback launches publication within our special year of celebration!
- **Facebook and Instagram: Gratitude to Lisa** (Anchoress, Diocese of Dallas) who last month launched and now maintains the sites. “We’re so very thrilled to receive photos, thoughts, insights and comments from our Sisters. We’d love to hear and learn from Sisters all around the world.”
<https://www.facebook.com/sevensistersapostolate>
https://www.instagram.com/seven_sisters_apostolate/

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)

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.

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 Communiqué 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