

The Spirited Sister

Sisters In the Spirit of Houston, Inc.

Founded in 2001 "To Be Christ to Others"

www.sistersinthespiritofhouston.org



A Word from Our President

My Dear Sisters In Christ,

I place you prayerfully in the bosom of Jesus. May his love sustain you.

Please remember to wear your mask and be safe. We are still dealing with a rise in Coronavirus cases. This COVID-19 is such a challenge to us all. When you are dealing with a challenge, God's Word is an unfailing guide and consolation. If we allow ourselves to be guided by the Word of God, who always wants the best for us, this challenge or changes will be easier to handle.

God's Words tell us in I Thessalonians 5:8: "**Let us who live in the light be clearheaded, protected by the Armor of faith and love, and wearing as our helmet the confidence of our Salvation.**"

I would like to send my heartfelt thanks to the committees that have been working diligently to provide us with tips on remaining healthy, workshops on Community involvement, a wonderful Prayer Breakfast, beautiful newsletters, keeping us technologically informed, our upcoming Memorial Mass, Anniversary Mass, intake of new Members and the planning of a Retreat.

I sincerely am proud to be a part of such awesome Sisters.

Whatever you're facing in life, Your Savior walks into it with you.

Remember: Jesus never fails! Strength and courage are yours because you are His!

Forever I remain, his servant yours,

Eva Volter
SIS, President

Virtual Spiritual Experiences

Daily Prayer Service

Our Lady Star of the Sea Church
Monday thru Saturday 8:00-8:30 AM
Conference Call:

[636-707-2582](tel:636-707-2582)

ID code: 8 9 6 2 0 5 2 9 #

Nightly Rosary Call 8pm

St. Francis of Assisi Catholic Church
Conference Call

(425) 436-6368

ID:579460#

Virtual Masses

Sundays, 8 am

St. Francis Xavier Catholic Church,
[Facebook Live](#)

Sundays, 8:30 am

St. Mary of the Purification, [YouTube](#)

Saturdays 5 pm, Sundays 8 am & 11 am

St. Francis of Assisi Catholic Church,
[Facebook Live](#)

Television

Sundays & Daily Mass

7 a.m., 11 a.m., 6 p.m. - English - [EWTN](#),
Irondale, Alabama - [Find your TV channel](#)

Sundays - 2:30 p.m., Italian - [EWTN](#) -

Pope Francis's private Mass celebration
from Santa Marta, Vatican City - [Find your TV channel](#)

For [archdiocesan](#) health updates, listings for
liturgies, prayers, and other pertinent
information, go to:

www.archgh.org/healthupdates

Prayer Requests



Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.—*Psalm 23:4 (NIV)*

Let us pray continuously for all **SISTERS** and family members who are health care workers, first responders and other essential employees...

Dr. Brett Butler, Jennifer Gumbs, Renetta Sampson, O'Nari Guidry, Carolyne Mbong, Marian Landry, Linda Davis, Louise LaBove, Carlette Ledet, Malane Morris, Donna Pierson, Jamie Williams, Tige Hypolite, Patricia Hypolite, Jerniece Rodrigue, Ann Arceneaux, Chelsea Neille,

Lauren Taylor, Vincent Neille Sr., Danielle Jones, Frank Jones, Cortney Wright Morris, Medrick Morris, Christopher Bryant, Kimberly White, Winsolon Trahan, Ray Murphy, Matt Matthews, Rita Pradier, Darren Ford, Pauline Vickers, Raychelle Hearn, Anthony Paul, Keith Estorge Roy, Jerome Fernandez, Megan Simon, Claudy Thomas, Camancha Thomas, Taylor Herbert, Daryl Haywood, Sparkle Tucker, Lisa Thomas Dimerson, Christopher Cash, Dr. Camille Cash, Tajeve Wright-Young, Adolph Parker, Tara Wilson, Larry Brown, Dominique Charles, Jarrin Golden, Debra Charles, Fran Golden, Malcolm Charles, Easton Charles, Ellis Charles, Ray Charles, Justin Charles, Michel Foster, Darrel Foster Jr., Courtney Price, Aspen Texada, Corrie Texada, Paul Lyman, Trenise Hines, Charmaine Toliver, LaTasha Jefferson, Howard Dorsey, Gordon Lemond, Johnnie McGee, Yami Gladney, Crystal Laday, Shirley Foreman, Agnes Thompson, Artrica Yvette Dozier, Laquita Griffin, Rosalyn Reed, Bridgett Reed, Josie Wiltz, Kyndall Griffin, William Nowlin III, William Nowlin, Jr., Bryan V. Barriere, Ruben Morales, Dr. Jerome Gallien, Patricia Smith, Annie Robertson, Carla Davis, Vanessa Johnson, James Freeman, Regina Salandy, Denean Burroughs, and Kimberly Sonnier.

God, as more people get sick, healthcare workers, first responders, and other essential employees are working longer hours with fewer supplies and with more risk of contracting COVID-19 themselves as they work to take care of us and respond to our needs. Renew their energy and sustain them on long shifts. Wrap Your hedge of protection around them as they commit to the work that they do. Multiply their supplies so they have the protective items needed to stay safe on the job. Protect their families when they return home from work.

*Bless all of us as we strive to cope with the coronavirus pandemic each and every day. May we all become closer to you and be a beacon of light to all whose lives we touch through our words and actions. In the Name of Jesus, we pray. **AMEN***

We also pray for the following sisters and their loved ones for healing:

SIS Esther Navy
Mr. Robert Jones, SIS Dzondria's father
Marie Sims, SIS Jamie Williams' aunt
Emerson Calderon, SIS Clarice Campbell's nephew
Sarah Soileau, SIS Clarice Campbell's sister
SIS Geneva Charles
SIS Barbara Mackie

Father God, we lift up our sisters and loved ones who are faced with an illness. We humbly ask that you bring healing, comfort, and peace to their bodies. Calm their fears, remedy their concerns, and allow them to experience the healing power of Your generous love. In Jesus' name. Amen!



12

12

The Twelve Promises of the Sacred Heart to St. Margaret Mary

1. I will give them all the graces necessary for their state of life.
2. I will give peace in their families.
3. I will console them in all their troubles.
4. They shall find in My Heart an assured refuge during life and especially at the hour of death.
5. I will pour abundant blessings on all their undertakings.
6. Sinners shall find in My Heart the source and infinite ocean of mercy.
7. Tepid souls shall become fervent.
8. Fervent souls shall speedily rise to great perfection.
9. I will bless the homes in which the image of My Sacred Heart shall be exposed and honored.
10. I will give to priests the power to touch the most hardened hearts.
11. Those who propagate this devotion shall have their name written in My Heart, and it shall never be effaced.
12. The all-powerful love of My Heart will grant to all those who shall receive Communion on the First Friday of nine consecutive months the grace of final repentance; they shall not die under My displeasure, nor without receiving their Sacraments; My Heart shall be their assured refuge at that last hour.

+ Imprimatur: E. Morrogh Bernard, Vic. Gen., Westmonasterii, 1954

"Jesus knew and loved us each and all during his life, his agony and his Passion, and gave himself up for each one of us. 'The Son of Godloved me and gave himself for me.' He has loved us all with a human heart. For this reason, the Sacred Heart of Jesus, pierced by our sins and for our salvation, 'is quite rightly considered the chief sign and symbol of that...love with which the divine Redeemer continually loves the eternal Father and all human beings' without exception."
(Catechism of the Catholic Church, #478)

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"Seek first the kingdom of God and his righteousness, all these things

will be given you besides."
(Matthew 6:33)



SIS Community Involvement Committee

NATIONAL IMMUNIZATION AWARENESS MONTH

AUGUST - 2020

Every August is dedicated to National Immunization Awareness Month (NIAM).

This observance provides the opportunity to remind the community of the importance of **immunization**.

Make sure that your family and friends are up-to-date on their immunizations.

Healthcare professionals play a key role in educating parents and patients about the importance of vaccination.

We must be persistent in raising awareness about immunizations and encouraging timely vaccination. Every August is dedicated to National Immunization Awareness Month (NIAM). NIAM is an annual observance designed to highlight the importance of immunizations. Each week of the month underscores the benefits of vaccination for people of all ages—including infants, children, teens, pregnant women and adults.

Family members and caregivers can strengthen that protection by getting up-to-date on the whooping cough vaccine, which helps prevent the spread of this life-threatening disease to infants and their mothers.

Whooping cough is just one of several vaccine-preventable diseases that threaten Americans.

Vaccines are safe, effective and the best protection against these diseases—from infancy to early adulthood and into old age.

By getting vaccinated, we not only protect ourselves, we help stop the spread of disease to our children, families and communities. But, for vaccines to be most effective, vaccination rates must remain high.



GET 
your
FLU SHOT



*A Special Birthday
Prayer for You*

I said a prayer for you today
And know God must have heard
I felt the answer in my heart although
He spoke no word
I didn't ask for wealth or fame
I know you wouldn't mind
I asked Him to send treasures
Of a far more lasting kind
I asked that He be near you
At the start of each new day
To grant you health and blessings
And friends to share your way
I asked for happiness for you
In all things great and small
But it was for His loving care
I prayed most of all.

*Happy Belated Birthday
Blessings
SIS Gail Kelly
July 13th*



Special Birthday



Acknowledgements

*To Our Golden
Sisters In The Spirit
SIS Mary Trahan & Helen Gobert
July 29th
Many Blessings to YOU!*





SIS Virtual Walking With the Saints



Delille Mass of Remembrance Saturday, August 22, 2020, 12:30 pm

MFA  *The Museum of Fine Arts, Houston*

Visit Collection Exhibitions Calendar Films Learn Membership Give Research About

Home / Exhibitions / Soul of a Nation: Art in the Age of Black Power

Soul of a Nation: Art in the Age of Black Power

Through August 30, 2020







view slideshow ...

- **Virtual Programs** Accompanying the exhibition is a dynamic lineup of virtual programming: artist talks, discussions, films, and more. *See the virtual programs and the streaming films.*
- **Audio Guide** Delve deeper into selected works of art, with commentary and insights from MFAH curators, exhibiting artists, and Houston community members. *Visit audio.mfah.org on your own device and choose English or Spanish.*

Soul of a Nation: Art in the Age of Black Power

The Museum of Fine Arts, Houston, is the final venue to present *Soul of a Nation: Art in the Age of Black Power*, featuring work by more than 60 Black artists that was created over two revolutionary decades in American history.

The exhibition, organized by Tate Modern in London, was slated to open at the MFAH in April, but it was delayed because of the pandemic lockdown at the previous venue in San Francisco, the de Young Museum. *Soul of a Nation* is on view in Houston from June 27 through August 30 as the final presentation of the three-year tour.

Soul of a Nation explores what it meant to be a Black artist in America during two revolutionary decades, from the 1960s and the Civil Rights movement to the early 1980s and the emergence of identity politics. The story unfolds in thematic sections, with a special emphasis on aligned groups in New York, Chicago, and Los Angeles, and another focus on the work of artist Betye Saar. Among the many other artists featured are Romare Bearden, Elizabeth Catlett, Roy DeCarava, David Hammons, Lorraine O'Grady, and Faith



Watch on YouTube

Location

Audrey Jones Beck Building
5601 Main Street
Houston, TX 77005
[Map & Directions](#)

Don't miss this Amazing Program. To learn more: https://www.mfah.org/exhibitions/soul-nation-art-in-age-of-black-power?utm_source=fb&utm_medium=23844850171860407&utm_campaign=soan



Bishop Joe S. Vásquez of Austin and F. DeKarlos Blackmon penned a letter to the faithful on the sin and evil of racism. We pray that the hearts of the faithful are opened to love, forgiveness and mercy. Please find the letter attached--page 19. The full issue of *Catholic Spirit* may be found here:

<https://issuu.com/dioceseofaustin/docs/csm0720-001-028>

Contributed by SIS Evelyn Wagner Wright

A Word from The National Black Catholic Congress

July 30, 2020

Good afternoon, Colleagues:

Our prayers are with you for your continued health and safety through these historic times of pandemic and unrest.

We received very good news that we wanted to share with you. **Xavier University in Louisiana very recently received a \$20 million donation.** The link below will take you to the article posted on the XULA website. Congratulations to our IBCS/XULA Board Members!

https://www.xula.edu/singleArticle?articleId=article_news_xavier_university_of_louisiana_receiv

The NBCC 2020 Webinar Series is going strong!

This Sunday, August 2, 2020 from 6:00-7:30 PM EDT, and continuing for 10 consecutive months on the first Sunday of each month, begins a teen/young adult webinar series. It will end on Sunday, May 2, 2021 and is co-hosted by Lauren Morton and Justin T. White (Click on registration link or webinar e-blast below to view biographies).

The title of the webinar series is, **"What's Our Story: NBCC Young Adult and Teen Webinar Series."** This series will "utilize elements of: social justice, inter-generational exploration, and pop culture to explore where their faith has formed and informed their journey to encounter God, self, and one another."

If you would like to register to attend (for one or all of the webinars), you can do so by clicking this link: https://uso2web.zoom.us/webinar/register/WN_OoIUB6KGSr2S29gczDfmHQ

If you would like to share the Webinar E-Blast with others, you can forward this link: <https://mailchi.mp/54f49422c2e4/whats-our-story-young-adult-and-teen-webinar-series-840842>

Thank you for your continued support and hard work.

Valerie Washington

Executive Director

The National Black Catholic Congress



2020-2021 Meeting Schedule

September 21, 2020—SIS Business Meeting

October 19, 2020—Prayer Service

November 16, 2020—SIS Business Meeting

December ____, 2020—Christmas Party

January 24, 2021—SIS Business Meeting

February 15, 2021—Prayer Service

March 15, 2021—SIS Business Meeting

April 19, 2021—Prayer Service

May 17, 2021—SIS Business Meeting

**June 21, 2021 – 20th Anniversary Mass
(Communication and Technology
Committees)**

June 21, 2021 – Installation of new Sisters

June 21, 2021 – Reception

2020-2022 SIS OFFICERS

President: Eva Volter
Vice President: Angelica Francis Adams
Secretary: Evelyn Wagner-Wright
Assistant Secretary for Finance: Carol Tyson
Assistant Secretary for Technology: Corlis Taylor-Simmons
Treasurer: Cheryl Cash
Parliamentarian: Theresa Savoy
BOD Member-at-Large: Diane Jackson
BOD Member-at-Large: Harriett Thom

- ✦ ***CONTRIBUTE TO THE SPIRITED SISTER:*** Contributions to the newsletter are due each **Friday** by **8 pm** to SIS Angelica Francis-Adams at sisafa2017@gmail.com. Feel free to submit photos, memorable moments, articles, scriptures, and information that will inspire, enlighten, and uplift.

2020 DUES REMAIN AT \$25 per calendar year, and there is a **new** email address for dues. The name of our account is Sisters In the Spirit of Houston. Place in your Contacts before using your online banking. You are encouraged to electronically send dues by **ZELLE** to SISOHFINANCE@gmail.com **THIS IS A NEW email address.**
If you have questions, please call SIS Carol Tyson: 713-443-6370

Prayer for the Beatification of Henriette Delille

The Sisters In the Spirit of Houston supports the sainthood of the Venerable Henriette Delille, who for the love of Jesus Christ made herself a humble devout servant of slaves. We confidently recite this prayer with unshakeable FAITH that she will be elevated to sainthood.



○ Good and gracious God, you called Henriette Delille to give herself in service and in love to the slaves and the sick, to the orphan and the aged, to the forgotten and the despised. Grant that inspired by her life, we might be renewed in heart and mind. If it is your will may she one day be raised to the honor of sainthood. By her prayers, may we live in harmony and peace, through Jesus Christ, Our Lord. **Amen.**

Thanks to all the Sisters who contributed to the Newsletter!
*We hope you found it to be **spiritual, enlightening, and uplifting.***

The Communications Committee