

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,

Dear Sisters,

With the global pandemic and great uncertainty, we may not know what the future holds, but we know who holds the future. I pray that you and your family is blessed by God's Holy Word. His word instructs, inspire, encourage, and renew the mind, lift the spirit, change an attitude, and save a life.

St. Ignatius of Loyola states, "All the things in this world are gifts from God, created for us, to be the means by which we can come to know him better, love him more surely, and serve him more faithfully."

You can have faith or you can have control, but you cannot have both. If you want God to be the pilot, you have to let go of the wheel.

By faith in Jesus, in his sacrificial death and in his triumphant resurrection, we will live forever in Glory. So, as Christian Women; let's share the joy of our Lord and Savior. When you feel stressed: use the STOP method.

S – Stop

T – Turn your focus on God

O – Observe the beauty of the world

P – Put God before all else.

Your Sister in Christ,

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



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, Carolyn 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***

Please join us in praying for the following:

Mrs. Barbara Taylor of Nashville, TN, mother of our **SIS Valerie Harrison**, entered into eternal rest. We pray for traveling mercies for SIS Valerie as she travels to Nashville. Condolences may be sent to: **Valerie Harrison, 6019 Hornwood Drive, Houston, TX 77081.**

SIS Corlis Simmons' aunt Mrs. Rosalind Williams entered into eternal rest.

SIS Lucille Ford has requested prayer for **SIS Agnes Haywood** and her family. SIS Agnes' brother, Russel Joseph, entered into eternal rest.

SIS Diana Carmon-Jones's grandson Cory Hutchinson lost his father *Derek Hutchinson* in a motorcycle accident. Please keep young Cory and his family in your prayers.

May the soul of Mrs. Barbara Taylor, Mrs. Rosalind Williams, Mr. Russel Joseph, and Mr. Derek Hutchinson, and all souls of the faithful departed through the mercy of God rest in peace.

O Heavenly Father, all the elements of nature obey Your command. Calm the storms that threaten us and turn our fear into praise of Your goodness. Protect us from hurricanes and disasters of nature. Bless us to remember to give you thanks and praises for your goodness and mercy. We pray through Jesus Christ, Your Son, who lives and reigns with You through the power of the Holy Spirit. Amen



Prepare Now To **Vote**

Whether it's early voting, Election Day voting, or (for those who are eligible) using absentee ballot, **Texans can prepare now** for the 2020 General Election.

Because of the pandemic, many Texans are looking for safe ways to participate in the 2020 General Election. Now is the time to ensure that you have what you need to cast a ballot for your general election choices.

Here are important dates and deadlines to know so you can exercise your right to vote while minimizing risks to COVID-19 exposure.

- The last day to register to vote is **Oct. 5.**
- The last day to request an at-home ballot is **Oct. 23.**
- Early in-person voting occurs from **Oct. 13 to Oct. 30.**
- Election Day is Tuesday, **Nov. 3.**

Texas allows absentee voting for people 65 and older, the disabled, those who will be out of their home county during the voting period and those jailed but otherwise eligible to vote. To vote from home, voters need to request an application from either the Secretary of State or their county elections office. A witness signature is required on the application. Visit www.VoteTexas.gov for details.

Voting is a **POWERFUL** and important right. *You are urged to prepare now so that you can exercise your right to **VOTE** how you choose.*



Hurricane Season-Preparation tips



Hurricane Season is upon us. It began June 1 and will end November 30th. When a major storm is coming, stay informed by following NOAA Weather radio or your local news channels for updates. In addition, make sure to obey all orders if requested to evacuate by the authorities. Follow these 10 hurricane and storm preparation steps to keep your home and loved ones safe before disaster strikes.

Through the intercession of Our Lady of Prompt Succor may we be spared damage to life and property during the hurricane season!

Prayer for Protection during Hurricane Season

O God, Master of this passing world, hear the humble voices of your children.

The Sea of Galilee obeyed your order and returned to its former quietude; you are still the Master of land and sea. We live in the shadow of a danger over which we have no control. The Gulf, like a provoked and angry giant, can awake from its seeming lethargy, overstep its conventional boundaries, invade our land and spread chaos and disaster.

During this hurricane season, we turn to You, O loving Father. Spare us from past tragedies whose memories are still so vivid and whose wounds seem to refuse to heal with the passing of time.

O Virgin, Star of the Sea, Our Beloved Mother, we ask you to plead with your Son in our behalf, so that spared from the calamities common to this area and animated with a true spirit of gratitude, we will walk in the footsteps of your Divine Son to reach the heavenly Jerusalem where a storm-less eternity awaits us. Amen.

Source: Archdiocese of New Orleans, Fr. Al Volpe, Cameron Parish, LA



Hurricane Prep tips

1. **Make a plan**

If evacuation is necessary, turn off all utilities and follow community disaster preparedness plans. Select a common meeting place or single point-of-contact for all family members. If you have pets, have a plan for their evacuation as well.

2. **Secure the exterior**

Trim large trees and shrubs and bring all outside patio furniture, potted plants, bikes and toys indoors. If necessary, secure outdoor sculptures with burlap or blankets tied with rope.

3. **Install storm shutters**

Protect windows, doors and skylights with appropriate shutters or impact-resistant glass. You can nail pieces of plywood to window frames as last-minute protection.

4. **Check wall hangings and art**

Make sure wall hangings are secure and take notes about your art collection and any existing damage. Make sure that art hung on outside walls are taken inside, and elevated off the floor.

5. **Move your cars**

Move cars to higher ground or park them in your garage against the garage doors. Do not park under trees, power lines or in low-lying areas.

6. **Power up**

Fill your car's gas tank, charge your cell phone, test your generator and have plenty of fuel ready in case of power outages.

7. **Unplug appliances**

Move appliances and household fixtures away from exterior doors and window openings. Store them in cabinets or interior closets.

8. **Store important documents**

Keep important documents, such as legal papers, birth certificates, marriage license, financial papers and insurance policy information, as well as valuables such as jewelry, in a safety deposit box or in a bolted safe in an interior closet in your home.

9. **Prep an emergency kit**

Gather flashlights, a portable radio, extra batteries, non-perishable food, MEDICINES, bottled water, cash, blankets, clothing and toiletries.

10. **Identify a shelter room**

This enclosed area should be on the first floor, in the central part of the house with no windows. Avoid all unprotected windows and doors until the storm passes.



August & September Birthdays

Nola	Hines	Aug 01
Ella	Ledet	Aug 03
Penelope	Montgomery	Aug 03
Audrey	Roquemoire	Aug 05
Mary	Hill	Aug 08
Winnie	Malveaux	Aug 12
Louise	Salandy	Aug 16
Mary Jane	Joseph	Aug 17
Agnes	Haywood	Aug 18
Anita	Hebert	Aug 19
O'nari	Guidry	Aug 21
Ruth	Celestine	Aug 21
Clarice	Campbell	Aug 22
Lois	Epps	Aug 22
Arnell	Wells	Aug 22
Diane	Jackson	Aug 23
Anna	Joseph	Aug 27

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.



*Very Special 86th Happy Birthday
 To Our Golden Sister In The Spirit
 SIS Anna Joseph
 August 27th*

Barbara	Brandyberg	Sep 01
Vernice	White	Sep 01
Odessa	Stanford	Sep 02
Linda	Arceneaux	Sep 03
Udavine	Barnes	Sep 05
Shikima	Chenevert	Sept 05
Katie	Reed- Roberson	Sep 07





UPCOMING WEBINARS

10-MONTH WEBINAR SERIES

Next Episode: Sunday, Sept. 6th
6:00-7:30 PM EDT

What's Our Story? Chptr 2:
"Prayer for Our Soil"

With Guest Panelist Rev. Mario Powell, S.J.
This session will be a discussion of what prayer
is and finding the time to use different prayer
methods to strengthen your roots.

Presenters: Lauren Morton
and Justin T. White



REGISTER NOW!

REGISTER NOW:

https://us02web.zoom.us/webinar/register/WN_00IUB6KGSr2S29gczDfmHQ

2020-2021 Meeting & Prayer Service 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 26, 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 Thomas



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