

The Spirited Sister

Weekly newsletter for the Sisters In the Spirit of Houston, Inc.

Founded in 2001 "To Be Christ to Others"

www.sistersinthespiritofhouston.org



My Dear Sisters,

Greetings in the name of our Lord and Savior, Jesus Christ!

I pray that through this time of social distancing you are not socially isolated. Sisters In the Spirit of Houston is committed to supporting our sisters. We will never leave you untouched and uncared for; physically or spiritually.

Most importantly, remember God is with us always!

Let us reflect on Joshua 1:9 "Have I not commanded you? Be Strong and Courageous. Do not be afraid; do not be Discouraged, for the LORD your GOD will be with you wherever you go."

And, today's Sunday of Divine Mercy is an Easter gift that the Church receives from the risen Christ and offers to us. It is an opportunity for us to receive Christ's mercy "anew." We are encouraged by Archdiocesan leaders to make acts of "perfect contrition" as suggested by Pope Francis. "Perfect" because we can go directly to God, confess our sins, seek forgiveness, which arises from a love by which God is loved above all else."

Be Blessed and Be Safe,

Angelica Francis Adams, Vice President

Virtual Spiritual Experiences

Nightly Rosary Call 8pm

St. Francis of Assisi Catholic Church
Conference Call
(425) 436-6368
ID:579460#

Virtual Masses

Sunday, 8:30 am

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

Saturday 5 pm, Sunday 8 am & 11 am

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

Television

Sunday & Daily Mass

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

Sunday - 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



While we face the COVID-19 pandemic, let us turn to the face of God in prayer and ask for His **HEALING**, His **HELP** and His **PROTECTION**. Let us continue to prayer for those listed blow and for one another, especially those who are affected, sick and suffering, for all those who work in the medical profession, and for those who have died as well as for their grieving family members.

1. **Brett Butler**, who is SIS Barbara Mackie's son, an ER physician, who is on the frontlines caring for those in crisis.
2. **The Arceneaux Family**, for strength in the loss of our beloved, Doris.
3. **For the family of Fr. Chester P. Smith, S.V.D. †**
4. **All Members of the Sisters In the Spirit of Houston, Inc.**
5. **First responders** and essential employees who are family members of Sisters: Tige Hypolite, Chelsea Neille, Lauren Taylor, Vincent Neille Sr., Danielle Jones, Frank Jones, Cortney Wright Morris, Christopher Bryant, Donna Pierson, Marian Landry

Spiritual Awareness

Sunday of Divine Mercy

St. Faustina was a 20th-century Polish nun to whom Jesus appeared and asked for a special feast devoted to Divine Mercy to be celebrated on the Sunday after

Easter. The psalm and Gospel reading for the liturgy on that day focused on mercy, on the forgiveness offered by God for those who are truly sorry for their sins.



In her diary, St. Faustina recounted Jesus' request: "My daughter, tell the whole world about my inconceivable mercy. I desire that the feast of Mercy be a refuge and a shelter for all souls, and especially for poor sinners. On that day the very depths of my tender mercy are open. I pour out a whole ocean of graces upon those souls who approach the fount of my mercy."

St. John Paul II established the first Sunday after Easter as the feast of Divine Mercy April 30, 2000, the same day he canonized St. Faustina.

THE UNITY PRAYER

My Adorable Jesus,
May our feet journey **together**.
May our hands gather in **unity**.
May our hands beat in **unison**.
May our souls be in **harmony**.
May our thoughts be as **one**.
May our ears listen to the silence **together**.
May our glances profoundly penetrate each **other**.
May our lips pray together to gain mercy from the Eternal Father.
Amen.

Contributed by our SIS Laura Bass

*A Word From Your Sister
Laura Bass*



WORLD QUARANTINE

Author Unknown

"And we know that in all things God works for the good of those who love him, who have been called according to his purpose."

Romans 8:28 NIV

The Latin root of the word "quarantine" is "forty".

So what does the Bible say about 40?

- ✓ The flood lasted 40 days.
- ✓ 40 years Moses fled Egypt.
- ✓ 40 days Moses stayed on Mount Sinai to receive the Commandments.
- ✓ Exodus lasted 40 years.
- ✓ Jesus fasted for 40 days.
- ✓ Lent is 40 days.
- ✓ 40 days for a woman to rest after giving birth.

A group of theologians thinks the number **40 represents "change"**. It is the time of preparing a person, or people, to make a fundamental change.

Something will happen after these 40 days. Just believe and pray. Remember, whenever the number 40 appears in the Bible, there is a "change".

Please know that during this "quarantine" rivers are cleaning up, vegetation is growing, the air is becoming cleaner because of less pollution, there is less theft and murder, healing is happening, and most importantly, people are turning to Christ. The Earth is at rest for the first time in many years and hearts are truly transforming.

So, during this time, enjoy it with your loved ones and return to the family altar together. Family prayer is a great blessing. Through prayer you will see the changes God can work in you and in your

home. Christ promises us that everything works together for the good for those who love God: Romans 8:28!

Remember we are in the year 2020, and $20 + 20 = 40$.

Also, 2020 is the year of the United States Census. Jesus Christ, the savior of the world, was born during a census.

Lastly, 2020 is perfect vision. May our sight focus on the Lord and living according to His perfect vision for us knowing He holds us in the palm of His hand.

May these days of "quarantine" bring spiritual liberation to our souls, our nation, and our world.

The best is yet to come!

Contributed by SIS Evelyn Wagner Wright



In the Spotlight

Meet YOUR SISTERS

SIS Dzondria Jones



Meet our new Sister, SIS Dzondria Jones.

She joined our sisterhood in 2019.

She is a dedicated member of St. Francis of Assisi Catholic Church, where she serves as a lector, youth minister leader, and chairs events like the Mother/Daughter Tea.

A fun fact about our new sister-She was a water aerobics instructor for three years.

Her favorite scripture: *Colossians 3:23-24* "And whatever you do, do it heartily, as to the Lord and not to men, knowing that from the Lord you will receive the reward of the inheritance; for you serve the Lord Christ."

SIS Members of St. Mary of the Purification



Our SIS members at St. Mary of the Purification organized an intimate, social distanced Stations of the Cross on Good Friday.

It was a beautiful, spiritual remembrance.

Thank you Sisters!

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.

O 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.**



Thank You to All Sisters who contributed to the Newsletter

Sisterly Connections: [Parish contacts](#): Please take a look at the membership directory and reach out to your assigned sister. Many Thanks!

Submissions are due each Sunday by 8 pm to Angelica Francis-Adams at sisafa2017@gmail.com.

