

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 pray for healing and good health for you and your families.

This past Sunday we celebrated the Feast of Corpus Christi. This feast calls us to focus our attention on the Eucharist, which also serves as a communion of faith and adoration.

We are also called to reflect upon Jesus' suffering and death in our worship of Him. St Francis of Assisi said, "The greatest thing we can do for Jesus is to spend time with Him in Prayer."

As Catholics, we take the time to focus on the Real presence of Christ and the Body of Christ present in the Church. It is through our sacred time with our Lord, Jesus Christ in his Body and Blood that calls us to offer a pledge of undivided love and an offering of ourselves to the service of others.

Furthermore, we must remain vigilant and keep focused on both the unity and the diversity of the Church. We will continue to pray for our Catholic church, its leaders, and the Catholic community.

Let us open wide the doors of our hearts and let the fruits of the Spirit take control.

Please be safe.

With Love and Peace,

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***

Please join us in praying for the following:

- ✦ **Germaine LaMothe**, daughter of our **SIS Gwen Reed-LaMothe** who recently had major surgery.
- ✦ **SIS Malane Morris** is recuperating from two procedures.
- ✦ **Mary Genevieve McDonald**, sister of **SIS Barbara Brandyberg** who was taken Lafayette General Hospital, following an acute stroke.

*Lord, you are a God who heals. You are a God who loves. You are a God who holds and carries your children through the hardest moments. Your heart of love is tender towards those who are yours. Carry Germaine LaMothe, SIS Malane Morris, Mary Genevieve McDonald, and SIS Barbara Brandyberg. Let them feel your presence. We ask that you would calm their hearts and minds and allow them to rest in your faithful love. You promise that whatever comes our way, you are there guiding us and will never let us go. Never once have we walked alone, our sisters are not alone now. Please watch over them and we pray for full restoration of health for both Germaine, Malane, and Mary Genevieve. In the name of Christ, your Son, we pray. **AMEN***



A Word from Your SIS Harriett Thomas

I Thank God for you!

"We give thanks to God always for all of you, remembering you in our prayers, unceasingly calling to mind your work of faith and labor of love and endurance in hope of our Lord Jesus Christ." **1 Thessalonians 1:2-3**



A Word from Your SIS Carol Tyson

On Wings Of Hope

HOPE IS
being able
to see
that there is
light despite
all of the
DARKNESS.

Desmond Tutu



In the Spotlight

Meet SIS Marie Ledet



SIS Marie Ledet has been a Girl Scout Leader for 30 years.

One of her GIRL SCOUTS, **Kennedy Wiltz**, who is a member of **OUR LADY STAR OF THE SEA**, is working on her Gold Award.

SIS Marie invites us, family, and friends, to go to the website below, view her video, and register for the 2 day workshop.

Please see Kennedy's letter. Kennedy is an upcoming Senior this year and once she receives the Gold Award, she will be eligible for the Girl Scouts Scholarships.

Good Afternoon,

This is Kennedy Wiltz, and I am hosting an anti-bullying workshop called standing Together Against Bullying through zoom. This workshop is for my Gold Award Project, Which is the highest award you can receive in Girl Scouts. It will be held on June 27 & July 11 from 10-12pm & 3pm to 5pm each day.

I wanted to ask if you would support & register for my event by posting my flyer and going to my website where you can register. Below is my flyer & Website for more information. Thank you and feel free to share this information with any other Girl Scouts, younger children, and adults you know!

Website: <https://www.allagainstbullying.com/>



STANDING TOGETHER
AGAINST BULLYING

This is My Gold Award project

Two Day Anti-Bullying Workshop

June 27
Morning session
10am to 12pm
Evening session
3pm to 5pm

July 11
10am to 12 pm

The cost is free

The event will be held through Zoom on both
days

United Way 

girl scouts 

June is Family Health and Fitness Month

Make Fitness and Healthy Living a Daily Goal

SIS Community Involvement Committee
FAMILY HEALTH AND FITNESS DAY
JUNE - 2020
This year's theme is "Parks Build Healthy Communities."

SIS Share your Family Health & Fitness Day ideas.



Family Health & Fitness Day Fact Sheet

- NRPA's Family Health & Fitness Day — celebrated the second Saturday in June each year — promotes the importance of parks and recreation in keeping communities healthy. Agencies everywhere are encouraged to participate by sharing ways families can get active while practicing safe physical distancing on June 13 — whether through participating in virtual programs at home or in their local parks where state and local ordinances allow. Members of the healthcare community are encouraged to participate, as well, even as sponsors.
- Various research studies are confirming that community parks and recreation, green space and time outdoors is critical for creating healthy, active and sustainable communities. You can experience the benefits by connecting with your community parks and recreation any time of the year, and especially on Family Health & Fitness Day — just be sure to be mindful of physical distancing guidelines and guidance from your state and local government and public health officials.

- Due to the COVID-19 pandemic, we realize many of your celebrations will be virtual or
- tailored to maintain physical distancing. Some creative program ideas for your celebration include:
 - Encouraging family bike rides/hikes on trails that are open
 - Host a sidewalk chalk art contest
 - Have "Bear hunts" – encourage people in your community place a stuffed animal in a easily-visible window of their home so that families can go for a walk and search for them and take photos of the things they find
 - Host a virtual race
 - Host a virtual morning yoga/meditation session
 - Stream a healthy cooking class or healthy cooking tips on your social media channels

1. Take a Walk
2. Cook a Healthy Meal
3. Enroll in a Virtual Fitness Program
4. Create Your Own Exercise Routine
5. Play Outside



National Family Health and Fitness Day



VIDEO, HANDOUTS, SLIDES AVAILABLE FROM "TALKING WITH KIDS AND TEENS ABOUT RACISM" WEBINAR

Coming Together: Talking with Kids and Teens about Racism

The [recorded video](#), [handouts](#), and [PowerPoint slides](#) are now available from Friday's webinar, "[Coming Together: Talking with Kids and Teens about Racism](#)."



You can access all of these at the Association of Catholic Publishers' (ACP) website by clicking on "[Webinars](#)." There are embedded links in the slides in the Resource section that will take you directly to the documents and websites mentioned.

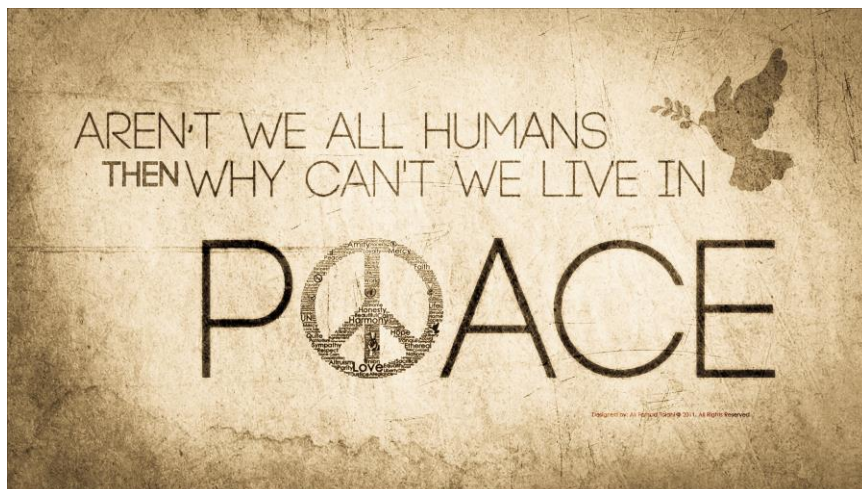
The video will also be available on YouTube and at the [ACP YouTube Channel](#) about 1 hour after the conclusion of the webinar.

If you have any questions, please contact us at tbrown@catholicpublishers.org.

Click on the link below to access additional information to address critical issues impacting our youth

<https://www.catholicpublishers.org/webinars##>

Contributed by SIS Evelyn Wagner-Wright





June Birthdays

Adrian Sloan	Jun 10
Carol Tyson	Jun 11
Shirley Hall	Jun 13
Daphine Sands	Jun 14
Geneva Charles	Jun 15
Patsy Guyton, SFCC	Jun 16
Shirley Foreman	Jun 23
Myron A. Washington	Jun 24
Libby A. Newman	Jun 30

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.

Upcoming Events

Sisters in the Spirit of Houston, Inc.

2020 Prayer Breakfast

“Wait on the Lord”



Saturday, July 11, 2020, 8 am

Novena begins July 2nd to July 10th

<https://www.praymorenovenas.com/pandemic-novena>

A Virtual Spiritual Experience

<https://us02web.zoom.us/j/3978515358?pwd=bWVGak5Eek9OalNSR00vOUNYM2I2Zz09#success>

Meeting ID: 397 851 5358 Password: 258758

RSVP by July 1st to sisprayerbreakfast@gmail.com

Pre-Event Novena

<https://www.praymorenovenas.com/pandemic-novena>

Invitation Link:

<https://us02web.zoom.us/j/3978515358?pwd=bWVGak5Eek9OalNSR00vOUNYM2I2Zz09#success>

SIS Virtual Walking With the Saints



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

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

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

The Communications Committee

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.**
