

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.

These are turbulent times. It is through vigilant prayer and unrooted faith that we remain focused on God's promises.

I share this prayer with you... A prayer for Change.

We pray, O Lord, for change.

Jesus you revealed God through your wise words and loving deeds,

and we encounter you still today in the faces of those whom society has pushed to the margins.

Guide us, through the love you revealed,

to establish the justice you proclaimed,

that all peoples might dwell in harmony and peace,

united by that one love that binds us to each other, and to you.

And most of all, Lord, change our routine worship and work into genuine encounter with

you and our better selves so that our lives will be changed for the good of all.

Amen

Prayer adapted from Racial Healing and Liturgical Resources.

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: 89620529 #

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:

- ✦ Mr. Aaron Zenon, father of **SIS Elizabeth "Liz" Kindle** and **SIS Mary St.Julian**, peacefully entered into eternal rest.
- ✦ Mr. Elan "Bubba" Chenevert, father-in-law of **SIS Shikima Chenevert** peacefully entered into eternal rest.

Eternal rest grant unto Mr. Zenon and Mr. Chenevert, O Lord and let perpetual light shine upon them. May their soul and the souls of all the faithful departed, through the mercy of God, rest in peace Amen

- ✦
- ✦ **SIS Carlette Ledet**, who tested positive for COVID. SIS Carlette is the daughter of **SIS Ella Ledet**,
- ✦ **Taylor Charles**, the oldest child of **SIS Evelyn Wagner Wright's Goddaughter** Tamara Charles, who tested positive for COVID and is quarantined at home.
- ✦ **Nikki Johnson** eldest daughter of SIS Faye Marshall.

God of Mercy and Compassion

You have called us to be Your body in this world. Keep us connected through You even in our physical distance. We come to You trusting that You are our refuge and our strength, our very present help in trouble.

We pray for **SIS Carlette Ledet**; Carlette's mother **SIS Ella Ledet** and father, Antoine Ledet; Nikki Johnson, eldest daughter of **SIS Faye Marshall**; Tamara Charles, Marshall Charles and Tayler Charles, God children of **SIS Evelyn Wagner Wright**. **SIS Carlette Ledet**, Nikki, Tamara, Marshall, and Tayler have tested positive for COVID-19 and Tamara is remains very ill. We ask that you ease their pain, heal them and return them to good health in body, mind and spirit. Please bless the caretakers, family and medical staff who surround them with care.

We also pray for SIS Liz and SIS Mary, their mom, Mrs. Enola Zenon, and the rest of their family as they grieve the loss of Mr. Zenon. In the Name of Jesus, we pray. AMEN



Prayer to Overcome Racism

Mary, friend and mother to all, through your Son, God has found a way to unite himself to every human being, called to be one people, sisters and brothers to each other.

We ask for your help in calling on your Son, seeking forgiveness for the times when we have failed to love and respect one another.

We ask for your help in obtaining from your Son the grace we need to overcome the evil of racism and to build a just society.

We ask for your help in following your Son, so that prejudice and animosity will no longer infect our minds or hearts but will be replaced with a love that respects the dignity of each person.

Mother of the Church, the Spirit of your Son Jesus warms our hearts: pray for us. Amen.



open wide our hearts



A message from the Director of the Institute for Black Catholic Studies

Recent events in the world rudely disrupted the Church's traditional celebrations of Lent, Holy Week, Resurrection Sunday and the Easter Season. Perhaps Christian believers needed the shakeup in the routine of our faith lives that compelled us to search within for the spiritual power to deal with troubling events behind the 2020 headlines.

On this Feast of Pentecost, let us welcome with joy God's gift of the Holy Spirit who abides in us as we weep, vent and rage; who will embolden us to listen, learn, think, pray and act in righteousness! It is through the Holy Spirit that we will come to an understanding and consensus that the sin of racism, laid bare in recent episodes of police-involved shootings of Black brothers and sisters, is deeply entrenched in the politics and policies of all our U.S. institutions, including the Church.

The Spirit endows the faithful with wisdom to deal with COVID-19's impact on our families and guides us in helping young people cope with the pandemic's toll on the lives and livelihoods of God's beloved.

Let us seek courage in the Spirit to be people of action. To examine our own complicity in the social injustice that plagues our communities and resolve to change. To advocate for and stand in solidarity with those whose suffering is most acute. To work constructively every day and in every way to realize God's kingdom right here on earth. Be well!

Come, Holy Spirit!

Kathleen Dorsey Bellow, D.Min
Institute for Black Catholic Studies
31 May 2020

Contributed by SFS Angela Hollier



A Word from Your SIS Barbara Brandyberg

We come before your Throne of Grace Lord Jesus to pray for the young children of your flock, the innocent ones, those who have gone astray, those who are lost and in need of finding refuge and love in a safe place and those who are sick. We call on you Christ Jesus, Our Good Shepherd, to reach out with your rod and your staff to draw back your innocent young sheep into your fold, the ones who stray and the ones who are lost. We pray that you lead the sick and weakened ones beside still waters where they can find Peace.

We pray for the babies and youth separated from their parents at borders dividing countries; those babies left alone on doorsteps of homes or fire stations, the homeless youth, those unwanted and abandoned and those in homes where they are abused and unloved. Look kindly upon your little innocent ones Lord and send your angels to rescue them from harm. Let your Blessed and gentle Mother intercede and find the lost children as she did when she sought and found her child, Jesus in The Temple, and take them to a safe place as she did Him. We pray for the intercession of St. Monica, whose son had gone astray and her fervent prayers helped him to find his way to Jesus.

We pray that she ask God to save our children who have gone astray and let His Powerful Grace flow into their spirits, soften their hearts, prepare a path for them and activate the Holy Spirit in their lives. Influenced by St. Monica's life and God's love for children, we pray parents will remain close to their children and pray for them, even the prodigal sons and daughters who have sadly gone astray. We ask you to snatch the mistreated ones from the hands of evil people and place them gently into dwelling places you choose for them, places of safety and love. For where the Lord is there is freedom (2 Corinthians 3:17) and there is hope. Heal the sick children Lord, comfort them in their suffering, especially those battling with the Coronavirus.

Please grant eternal rest to those you chose to take unto yourself in your heavenly kingdom O Lord, and let your Perpetual Light shine upon them. May their souls Rest In Peace.

We praise and thank you Lord Jesus for your love for children.

Scripture tells us in Mark 20:13-15 ...And they were bringing children to Him so that He might touch them; but the disciples rebuked them. But when Jesus saw this, He was indignant and said to them, "Permit the children to come to Me; do not hinder them; for the kingdom of God belongs to such as these. Truly I say to you, whoever does not receive the kingdom of God like a child will not enter it *at all*."

Blessed Mother Mary and St. Joseph intercede with your prayers and love and care for our young children as you did for your Son Jesus while He was on earth. **In the Name of the Father and of The Son and of The Holy Spirit. Amen.**

Empowered by The Holy Spirit and God's Holy Word.

In the Spotlight

Do you know what your guardian angel can do for you?



We should remember to call on this heavenly help, which is always with us on earth.

See, I am sending an angel ahead of you to guard you along the way and to bring you to the place I have prepared. Pay attention to him and listen to what he says. Do not rebel against him; he will not forgive your rebellion, since my Name is in him" (Exodus 23:20-21).

Guardian angels bring the people entrusted to them closer to God and are charged with their physical and spiritual well-being. Each guardian angel is a protector, a teacher, a friend, and a guide all in one. So, what role do they play in our daily lives?

The protector and adviser in our everyday life

Specifically, the mission of our guardian angels consists in helping us resist temptations. In particular, we can call on them to preserve our minds from terrible and obsessive thoughts. Both angels of light and darkness can impact our mood, sparking ideas or arousing passions. But they have no access to our souls, which are the temple of God.

Our guardian angels advise and encourage us as we accomplish our daily work. The French philosopher Jacques Maritain wrote: "When a sudden (and good) inspiration comes to us, it might be of a purely natural origin. But more often than not, it has been whispered into our ear by a guardian angel."

When a guardian angel plays the role of a communication facilitator

Finally, our guardian angels can accomplish missions involving other people. Pope Pius XI once said that, "When it happens that we must talk to someone particularly hard to convince, and that our language needs to be more persuasive, we call on our guardian angel. We charge him with the task and ask him to intervene with the guardian angel of the person we are to meet. The understanding thus established between the two angels makes the conversation much easier."

July is Independence Awareness Focusing on our great United States

 **SIS Community Involvement Committee**

2020 HISTORICAL AWARENESS

 **JULY 4, 2020** 
Independence Day

Is an important federal holiday in the United States that commemorates the adoption of the Declaration of Independence. The day marks the historical event when the United States of America declared its independence from the rule of Great Britain.

The declaration was adopted on July 4, 1776 therefore the holiday is commonly referred to as the Fourth of July or July Fourth.

On July 2, 1776 the Second Continental Congress approved the Lee Resolution, also known as the resolution of independence.

The text of the document formally announcing separation of the Thirteen Colonies from Great Britain and explaining this decision, the Declaration of Independence, was approved on July 4.

The text of the Declaration had been prepared by the Committee of Five, Thomas Jefferson being the principal author. The anniversary of the Declaration would come to be celebrated as Independence Day in the United States.



The first celebration of July 4 occurred in 1777. However, Independence Day had not become an official holiday until 1870 when Congress made it an unpaid holiday for federal employees. In 1938, it was changed to a paid federal holiday.

Independence Day celebrations include patriotic displays, political ceremonies and speeches, parades, concerts, carnivals, fairs. Family reunions often occur on this day; many families host or attend picnics or barbecues. In the evening, firework displays traditionally occur. Fireworks may be accompanied by patriotic songs. Major firework displays are in New York City, Chicago, San Diego, Boston, St. Louis, San Francisco, Detroit, and Washington, D.C.

Independence Day also is a public holiday in some of the United States unincorporated territories, namely Guam, Northern Mariana Islands, Puerto Rico, United States Virgin Islands, and American Samoa.

However you plan to celebrate Independence Day, enjoy yourselves and ensure you make the most of the extra days holiday!

SIS Let us know what you did.





July Birthdays

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.

Bertha	Kirkland	Jul 01
Gloria	Lemond	Jul 01
Nan	Arceneaux	Jul 02
Helen	Griffin	Jul 02
Kortney	Texada-Clark	Jul 03
Mary Lemon	Terrell	Jul 04
Renetta	Sampson	Jul 07
Angela	Mitchell	July 7
Jeannette	Malveaux	Jul 11
Jane E.	Spivey	Jul 12
Gail	Kelly	Jul 13
Carol	Dorsey	Jul 15
Bevely	Flannel	Jul 17
Marie	Ledet	Jul 18
Malane	Morris	Jul 21
Francis	Baldwin	Jul 22
Judy	Edwards	Jul 25
Dorothy	Webb	July 25
Earline	Lewis	Jul 28
Mary	Trahan	Jul 29
Helen	Gobert	Jul 29
Frances	Raspberry	Jul 30
Comeka	Anderson-Diaz	July 31

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>

You can still RSVP!!!

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.**
