

# The Spirited Sister

**Sisters In the Spirit of Houston, Inc.**

**Founded in 2001 "To Be Christ to Others"**

[www.sistersinthespiritofhouston.org](http://www.sistersinthespiritofhouston.org)



## A Word from Our President

*My Dear Sisters,*

I pray that all is well with you and your families. Please be ever mindful of the seriousness of COVID-19. Take precaution as you go about your day.

We will begin our meetings virtually beginning on Monday, May 18, 2020. Please make every effort to be in attendance virtually. Sisters, please know that you can call, text or email me with any of your concerns.

Let us remember our Mother Mary is the perfect symbol of the church's spiritual motherhood.

To know that Mary is the Mother of the church is to begin to understand the depths of God's love for us.

Let's ask the **Blessed Virgin Mary to be a Mother to us** and in turn, we all spend more time in prayer saying the Rosary to increase in us a newfound love for her and Jesus.

Forever I remain His servant,

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](http://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, Carlyne 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***

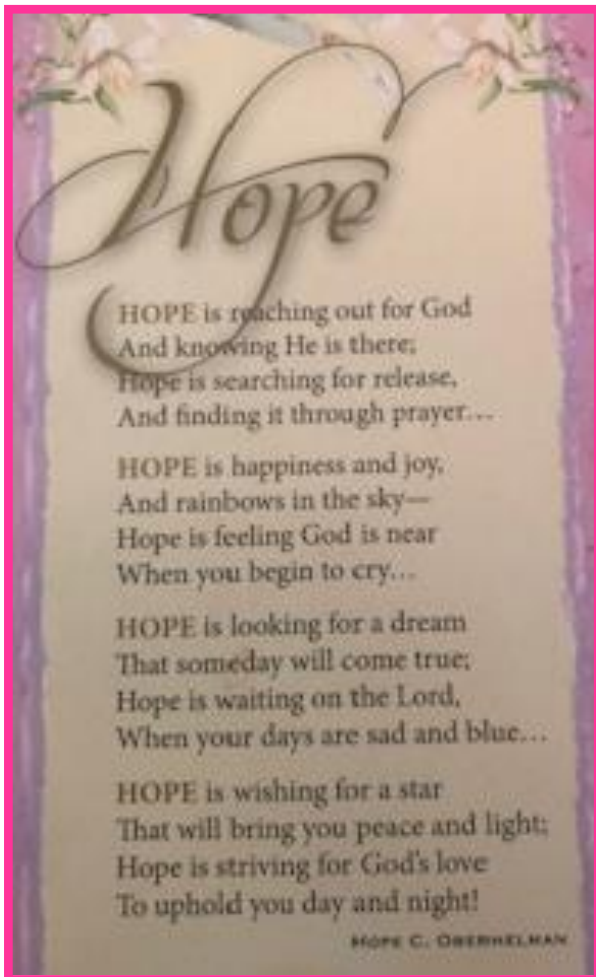


*A Word from Your Sister Lucille Ford*

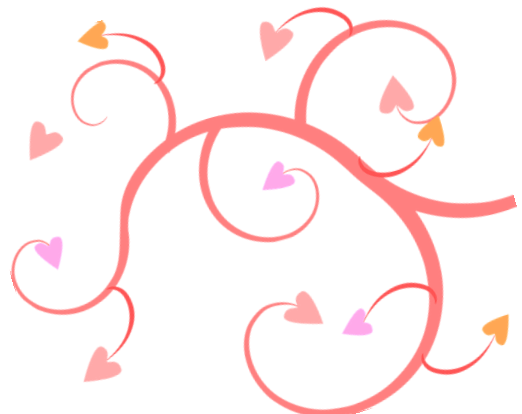
*Every Day is Mother's Day*

A Mother's Love is a window into God's heart." (Author Unknown)

*The love a Mother has for her children surpasses all understanding, it is everlasting from God.*



*A Word from Your Sister Rose Ellis*



# Bless the Lord

King David danced and sang for joy when the ark of the covenant came to Jerusalem. He loved God and wrote many psalms to show praise and thanksgiving. A psalm is a Hebrew poem or song found in the Book of Psalms in the Old Testament. Jesus prayed the psalms, and we continue to pray them. Psalm 103 is a song of praise for God's goodness and holiness. We show our love and praise for God and place our trust in him through prayers of praise.



## Psalm 103

**Leader:** Let's pray together and then take time to consider the Reflect question.

*We praise you, God, for the many blessings in our lives.*

**Group A:**

*We praise you for the wonder of a beautiful starry night.*

**All:**

*Bless the LORD, my soul;  
all my being, bless his holy name!  
Bless the LORD, my soul;  
and do not forget all his gifts.*

**Group B:**

*We praise you for showing us how to help others.*

**All:**

*Bless the LORD, my soul;  
all my being, bless his holy name!  
Bless the LORD, my soul;  
and do not forget all his gifts.*

**Group A:**

*We praise you for majestic snow-capped mountains.*

**All:**

*Bless the LORD, my soul;  
all my being, bless his holy name!  
Bless the LORD, my soul;  
and do not forget all his gifts.*

**Group B:**

*We praise you for the love of family and friends.*

**All:**

*Bless the LORD, my soul;  
all my being, bless his holy name!  
Bless the LORD, my soul;  
and do not forget all his gifts.*

Conclude by praying the Sign of the Cross.

## Reflect

*How can I show praise for God's presence in my life?*





# In the Spotlight

## May is Devoted to our Blessed Mother Mary

### Month of Mary – May Devotions

CNA – Catholic News Agency

*"God wills that all his gifts should come to us through Mary" – (St. Bernard)*

It was in Rome, towards the end of the eighteenth century, one fine evening in May. A child of the poor gathered his companions around him and led them to a statue of Mary, before which a lamp was burning, as is the custom in that holy city. There, these fresh young voices sang the Litany of our Lady. The next day, the little group, followed by other children, again gathered at the feet of the Mother of God. Next came their mothers, to join the little assembly. Soon, other groups were formed, and the devotion rapidly became popular. [Read more...](#)

**[Click to read daily devotions to Mary.](#)**

### Catholic Prayer: May Devotion:

#### Blessed Virgin Mary

CATHOLICCULTURE.ORG

Prayer:

#### INVOCATIONS

Thou who wast a virgin before thy delivery, pray for us.  
Hail Mary, etc. Thou who wast a virgin in thy delivery,  
pray for us. Hail Mary, etc. Thou who wast a virgin after  
thy delivery, pray for us. Hail Mary, etc.

My Mother, deliver me from mortal sin. Hail Mary (three times). [Read more...](#)



*Read more:*

<https://www.catholicculture.org/culture/liturgicalyear/prayers/view.cfm?id=758>



# May Birthdays

Johanna Broussard	St. Francis of Assisi	May 01
Jamie Williams	St. Francis of Assisi	May 02
Corey Morgan	St. Peter the Apostle	May 05
Mary L. McGowan	Our Lady Star of the Sea	May 07
Mae Ola Hypolite	St. Francis of Assisi	May 08
Aspen Texada	St. Peter the Apostle	May 12
Barbara Hebert	St. Francis of Assisi	May 16
Cheryl Cash	St. Mary of the Purification	May 25
Cathy Paul-Steward	St. Mary of the Purification	May 25

## 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.



## Resources



During this challenging time, **MAGNIFICAT** is honored to provide [complimentary access to our online version](#) to help people pray from home. Look for “Upcoming Sunday Liturgy of the Word” Section for each Sunday’s Celebration of the Word.



**VIRTUAL MEETING**  
**MONDAY, MAY 18, 2020**

**6 PM**

<https://us02web.zoom.us/j/3978515358?pwd=bWVGak5Eek9Oa1NSR00vOUNYMTI2Zz09>

Meeting ID: 397 851 5358 Password: 258758

Phone; 346 248 7799 US (Houston)

**2020-2022 SIS OFFICERS**

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**Vice President:** Angelica Francis Adams

**Secretary:** Evelyn Wagner-Wright

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**Assistant Secretary for Technology:** Corlis Taylor-Simmons

**Treasurer:** Cheryl Cash

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**BOD Member-at-Large:** Diane Jackson

**BOD Member-at-Large:** Harriett Thomas



**Don't forget to complete the 2020 Census. Click on the link to be counted [2020census.gov](https://2020census.gov)**

✦ ***New Timeline:*** Contributions to the newsletter are due each **Friday** by **8 pm** to SIS Angelica Francis-Adams at [sisafa2017@gmail.com](mailto:sisafa2017@gmail.com). Feel free to submit photos, memorable moments, articles, scriptures, and information that will inspire, enlighten, and uplift.

✦ **COMMITTEES CHAIRS:** *please connect with your committees.*

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.

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.**



*Thanks to all the Sisters who contributed to the Newsletter!*

*We hope you found it to be **spiritual, enlightening, and uplifting.***

*The Communications Committee*