

# 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. I am sending all of you a big hug.

We recently celebrated Memorial Day and we must remember the courage, dedication, and sacrifice of those who have served our Country.

In honor of all Veterans, as well as active service members, thank you for all you are doing!

Women of God, it was a pleasure seeing all 86 of you (some phone numbers only) on the Business Call last Monday night. Thank you for taking the time to join in.

I would like to thank all the Committees that are actively working via ZOOM to bring their creativity into virtually connecting with us. Remember Sisters, stay united in prayer and do not lose heart.

Please consider joining a Committee if you haven't signed up for one. You may also join another Committee.

And, take the time to relax your mind by finding time during the day to just be still in be in commune with God.

United in Love, Faith and Hope,

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](http://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, 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 pray for the souls of our Faithful departed. Through the Mercy of God, rest in peace. Amen.

1. **Melber Margaret Frilot**, aunt of **SIS Marian Landry** and Godmother of **SIS Frances Rasberry**.

Condolences may be sent to:

Marian Landry	Frances Rasberry
9014 Plume Tree Drive	145 Maxey Rd, #4316
Humble, TX 77338	Houston, TX 77013

2. Lillie Mae James aunt **of SIS Jamie Williams**.

Condolences may be sent to Jamie Williams, 3211 Egret Meadow Lane, Houston 77084.

3. Rachel Taffe, **niece of SIS Janice Williams Taylor**. Arrangements are pending

Condolences may be sent to

Janice Williams Taylor  
7335 Athlone Drive  
Houston 77088

***Eternal rest grant to them, O Lord; and let light perpetual shine upon them. May their souls, and the souls of all the faithful departed, through the mercy of God, rest in peace.***

*A Word from Your Sister  
Barbara Brandyberg*

**John 16:5-11** Jesus said to his disciples: "Now I am going to the one who sent me,... it is better for you that I go.

For if I do not go, the **Advocate** will not come to you. But if I go, I will send him to you.

And when he comes he will convict the world in regard to sin and righteousness and condemnation."

Come to us this day O Holy Spirit, **Visit** us with **Your** grace and light in us the fire of your love; lead us from sin and put us on the path of righteousness and peace.

**Holy Spirit** we pray that you fill us with the **gift of Knowledge** so that we may know the things of God, be enlightened by Your holy teaching and may walk without straying from the path of eternal salvation; **the gift of Fortitude** , so that we may overcome courageously all the assaults of the devil, and all the dangers of this world which threaten the salvation of our souls; **the gift of Understanding** , so that we may fix our eyes and hearts on things from heaven and detach our thoughts from vain things of this troubled world and **the gift of Wisdom**, so that we seek God's direction in all our actions, and let **The Word of God be the final say**.

**May our service to Him in this life merit us a place in His heavenly kingdom where He lives and reigns.**

**Lord** let us not forget the sick, poor and needy especially in these trying times. Help us all to imitate you and surround them with prayer and compassion.

By your **Holy Spirit** lift up the ones who are fallen and depressed from losses of jobs, financial needs and loved ones. **Sustain** those who work to help care for and save the lives of the seriously ill and protect them from the COVID19 virus and other diseases they are treating.

**Lord** we pray for our Pope, Priests, Preachers, Religious and Deacons for Grace, Mercy and protection to stay steadfast in spirit and truth in their work to carry the gospel of Jesus Christ to all people, pray for the sick and troubled and comfort the dying.

We pray, 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

*Meet Your Sister In the Spirit  
SIS Michel Foster*



Hello My Sisters!

My name is SIS Michel Foster.

I was excited to become a Sister in the Spirit in 2009.

I've been a long standing member of St. Peter the Apostle Catholic Church from the age of 5.

I'm very involved in my parish; serving as an Eucharistic Minister, CCE teacher, and other Ministries.

I enjoy being on the SIS Prayer Breakfast Committee and organizing workshops promoting health.

I'm so **grateful** and **blessed** to have the spiritual and emotional support I get from my fellow Sisters In the Spirit.

My favorite scripture is" **I can do all things through Christ who strengthens me**".  
Philippians 4:13

Blessings to you and Be Safe.

*SIS Michel*



# Comedy Corner

## Is This How You Start Your Mornings?

**They are opening up the businesses that you support just in time for you to spend the stimulus check they gave you to stimulate their economy!**

**Wake up! Put that check up! Stay still & sheltered in!! The storm isn't over!!**



**Laughter is  
Good  
for the Soul**

*Contributed by SIS Eva Volter*



## Professional Development Nugget of Knowledge

May is Mental Health Awareness Month

### SUPPORT

#### When You Don't Know What to Say or Do



- ❖ Show empathy and do it simply. A hug and a simple "I'm so sorry," or "Praying for you" and "love you!"
- ❖ Offer specific help, and let them say yes or no. Instead of a general *let-me-know-if-I-can-help* offer.
- ❖ Support; don't fix. A phone call, text message, a simple note or card with a few encouraging words can mean so much.
- ❖ Be present and willing to listen. *Just be there.*

Scripture: 1 Thessalonians 5:11 NIV  
"Therefore encourage one another and build each other up."

Source: DaySpring

*We are pressed on every side by troubles, but we are not crushed. We are perplexed, but not driven to despair. We are hunted down, but never abandoned by God. We get knocked down, but we are not destroyed.*

2 Corinthians 4:8-9

## May is High Blood Pressure Education Month Preventing and Controlling High Blood Pressure



**SIS Community Involvement Committee**

### High Blood Pressure Chart

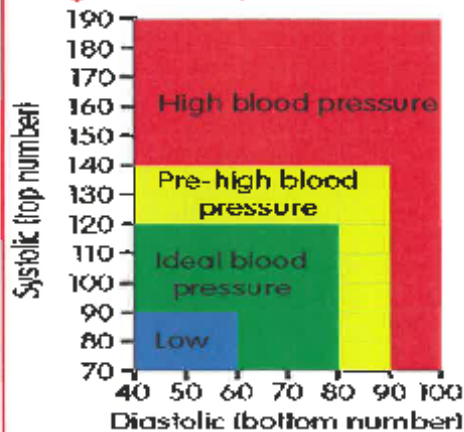
Use the blood pressure chart below to see what your blood pressure means. The blood pressure chart is suitable for adults of any age. (The level for high blood pressure does not change with age.)

**Blood pressure readings have two numbers, for example 140/90mmHg.**

**The top number is your systolic blood pressure. (The highest pressure when your heart beats and pushes the blood round your body.) The bottom one is your diastolic blood pressure. (The lowest pressure when your heart relaxes between beats.)**

**The blood pressure chart below shows ranges of high, low and healthy blood pressure readings.**

**Blood pressure chart for adults  
Using this blood pressure chart:**



**To work out what your blood pressure readings mean, just find your top number (systolic) on the left side of the blood pressure chart and read across, and your bottom number (diastolic) on the bottom of the blood pressure chart. Where the two meet is your blood pressure.**

#### **What blood pressure readings mean**

As you can see from the blood pressure chart, **only one of the numbers has to be higher or lower than it should be** to count as either high blood pressure or low blood pressure:

**90 over 60 (90/60) or less:** You may have low blood pressure. More on low blood pressure.

**More than 90 over 60 (90/60) and less than 120 over 80 (120/80):** Your blood pressure reading is ideal and healthy. Follow a healthy lifestyle to keep it at this level.

**More than 120 over 80 and less than 140 over 90 (120/80-140/90):** You have a normal blood pressure reading but it is a little higher than it should be, and you should try to lower it. Make healthy changes to your lifestyle.

**140 over 90 (140/90) or higher (over a number of weeks):** You may have high blood pressure (hypertension). Change your lifestyle - see your doctor or nurse and take any medicines they may give you. More on high blood pressure

#### **So:**

**if your top number is 140 or more** then you may have high blood pressure, regardless of your bottom number.

**if your bottom number is 90 or more** - then you may have high blood pressure, regardless your top number.

**if your top number is 90 or less** - then you may have low blood pressure, regardless of your bottom number.

**if your bottom number is 60 or less** - then you may have low blood pressure, regardless of your top number.

## 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





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.
- ✦ **COMMITTEE 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](mailto: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*