

# 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 in Christ,*

We have once again been faced with the facts of Stay Home...Stay Safe.

I pray that all is well with you and your family. I miss seeing and gathering with my Sisters.

As I write this letter of love, I reflect on our recent celebration of the Divine Mercy Sunday.

Let us always open our hearts to God's unending Mercies.

We are standing on the promises of God and it is in these promises that we find our hope, our joy, and our strength.

God's Grace lifts us up to live in and implement His Gospel message.

I'm asking that we say the rosary of the Divine Mercy each day at 3:00 PM to ask for Mercy for us and the entire world.

Jesus, I Trust in you! **Amen**

Your Sister in Christ,

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, 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, and Denean Burroughs.

*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 Sisters*

*Mother's Day Wishes from SIS Angelica Francis Adams*



Mother's Day  
Prayer



THINKING OF YOU ON MOTHER'S DAY,  
AND SAYING A *special* PRAYER—

THAT GOD,

WHO KNOWS HOW DEAR YOU ARE,  
WILL KEEP YOU IN HIS CARE.

THAT HE WILL *bless* YOUR DAILY LIFE  
WITH JOYS OF EVERY KIND—

WITH PERFECT HEALTH AND HAPPINESS  
AND *peace* OF  
HEART AND MIND.



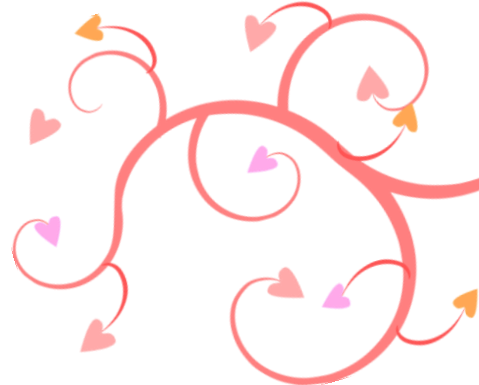
JESUS CALLING

*A Word from SIS Helen Gobert*

PEACE IS MY CONTINUAL GIFT TO YOU. It flows abundantly from My throne of grace. Just as the Israelites could not store up manna for the future but had to gather it daily, so it is with My Peace. The day-by-day collecting of manna kept My people aware of their dependence on Me. Similarly, I give you sufficient Peace for the present when you come to me *by prayer and petition with thanksgiving*. If I gave you permanent Peace, independent of My Presence, you might fall into the trap of self-sufficiency. May that never be!

I have designed you to need Me moment by moment. As your awareness of your neediness increases, so does your realization of My abundant sufficiency. *I can meet every one of your needs* without draining My resources at all. *Approach My throne of grace with bold confidence*, receiving My Peace with a thankful heart.

EXODUS 16:15-16; PHILIPPIANS 4:6-7, 19;  
HEBREWS 4:16



*The Rose*



It is only a tiny rosebud,  
A flower of God's design,  
But I cannot unfold the petals  
With these clumsy hands of mine.  
-The secret of unfolding flowers  
Is not known to such as I,

The flower God opens so sweetly,  
In my hands would fade and die.  
-I cannot unfold a rosebud,  
This flower of God's design,  
Then how can I have wisdom  
To unfold this life of mine?  
-So I'll trust Him for His leading  
Each moment of every day  
And I'll look to Him for His  
guidance  
Each step of the pilgrim way.  
-For the pathway that lies before  
me  
My heavenly Father knows  
I'll trust him to unfold the  
moments  
Just as He unfolds the rose.  
-Anonymous

*Contributed by SIS Eva Volter*

## STAYING MOTIVATED WHILE SHELTERING IN PLACE PART 2

Staying home during the COVID-19 pandemic you might have low energy and feel less than productive. You might be grieving the loss of your normal routine and experiencing a lack of direction and motivation. This can make it challenging to maintain healthy habits or adhere to a daily schedule. You might be working remotely, helping your children with schoolwork, or creating a long to-do list of household projects – yet you might find it particularly difficult to stay productive and proactive

**Here are some suggestions to increase your motivation during this pandemic:**

**Plan a “typical day.”** Remember to schedule breaks and include items from your to-do list, meals, and pleasurable activities. It might be helpful to use a planner app (Google Calendar, ZenDay, Awesome Calendar, or Any.do), whiteboard calendar, or other personal planner.

**WEEKLY SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 am							
9:00 am							
10:00 am							
11:00 am							
12:00 pm							
1:00 pm							
2:00 pm							
3:00 pm							
4:00 pm							
5:00 pm							
6:00 pm							
7:00 pm							
8:00 pm							

Next, use the following chart as a to-do list. Write down your goals, priorities, intentions, and targets. Track your progress, including how you feel after completing each item on your list.

If you are unable to complete a task on your list, carry it over to the next day's agenda. Remember to include each task in your daily planner.

### Reflections for this Exercise

1. Was it easier to complete the tasks/projects when you scheduled them and came up with a plan for completion?
2. Which strategies were most effective in increasing your motivation?
3. What changes did you notice in your energy and productivity?

Day	What I'd Like to Complete	Why is This Important?	COMPLETED? Yes/No	Carryover to Tomorrow? Yes/No	How I Felt Once the Task was Completed
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

*Contributed by SIS Eva Volter*

Reference: 2020 Between Sessions Resources



# In the Spotlight

## Meet Our Chartered Members

### *SIS Willie Mae Evans*



Hello Sisters! Let's meet one of our dedicated chartered members, SIS Willie Mae Evans.

SIS Willie Mae Evans feels extremely honored to be among the 55 members who chartered Sisters in the Spirit of Houston in 2001.

For over twenty (20) years, she and her family have been devoted members of Saint Francis Xavier Catholic Church.

SIS Willie Mae's favorite scripture is **Psalm 91: "Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. I will say of the LORD, "He is my refuge and my fortress, my God, in whom I trust..."** because it conveys to her how the Lord truly protects all of us.

This cheerful SIS meets no stranger; everywhere she goes she meets a new friend. And, she enjoys helping people.

As a former teacher and district superintendent of the Houston Independent School District (HISD), she helped to educate many students and supported teachers, principals and other staff members.

Sister Willie Mae also enjoys writing prayers and reading.

As a member of Sisters In the Spirit of Houston, she is on the nominating committee and assists with the polo shirts orders for members.



## SIS Louise Salandy

When asked when she became a member? SIS Louise proudly shares, "Be it known that I am a Charter Member of the Sisters in the Spirit, so my spirit has always been with the Sisters.

She is extremely blessed to serve at St. Martin de Porres Catholic Church in Barrett Station, Texas.

What's your favorite scripture, SIS Louise? **"There is no doubt in my mind that "I can do all things through Christ who strengthens me." Philippians 4:13.**



An interesting fact that she would like to share: "It is indeed a  **blessing** for me to share how God strengthens me in ways beyond my imagination. Jesus' strength touches me when I struggle with pain and turmoil in my life in such a way that I continue to do whatever I need to accomplish while I grow from strength to strength.  **He** allows me to overcome stress and frustration while He "provides all my needs (not my wants) according to His richness in glory." **(Philippians 4:19)**

This **Prayer Warrior** has much to offer our faith community and reflects upon a time when she saw herself as Peter with KEYS to open every door within the structure of her Faith Community; doing all she could to ensure that all classrooms were ready for Faith Formation, which involved adequate Lectors, Altar Servers, and Extraordinary Ministers of Communion were available for the Liturgical Celebration. Now, according to SIS Louise, "I am called to Prayer." So I pray "in season and out of season to catch the right season" (Mamie Rosie - my mother). During my Prayer Time, all my Sisters in the Spirit and my Faith Community are lifted up, especially those who are faced with challenges. When the need arise, some members of my Faith Community do not hesitate to call for prayer.

This woman of Faith embraces **Matthew 21:22** from the New American Standard Bible (NASB) "everything I ask in prayer, if I believe I will receive." So, she prays "without ceasing" (**1 Thessalonians 5:17**) just as mentioned above "in season and out of season to catch the right season."



## COMMITTEE WORK

Do you know which committee you're on? Here is a list of committees and its members. Don't see your name? It's not too late to sign up. Send your committee interest to [sisafa2017@gmail.com](mailto:sisafa2017@gmail.com) and SIS Angelica will forward it to the committee chair.

<p><b><u>Courtesy</u></b>                      Barbara Brandyberg                      Geneva Charles                      Gween Reed Lamothe                      Laura Bass                      Mary Willis                      Melina Volaire                      Sandra Hayden                      Theresa Savoy                      Udavine Barne</p>	<p><b><u>Hospitality</u></b>                      Diana Carmon-Jones                      Diane Jackson                      Harriet Thomas                      Janice Abram                      Juanita Thierry                      Judy Goudeau                      Laura Boudreaux                      Mary Densman                      Morgan Garvey                      Ruth Celestine</p>	<p><b><u>Nominations</u></b>                      Agnes Thompson                      Donna Pierson                      Sandra Hayden                      Willie Mae Evans</p>	<p><b><u>Professional Development</u></b>                      Carol Tyson                      Cheryl Zimmerman                      Evelyn Wagner Wright                      Helen Gobert                      Jamie Williams                      Keema Jones                      Lauretta Abram                      Pamela Burroughs                      Rose Ellis</p>
<p><b><u>History</u></b>                      Alex Batiste-Anderson                      Angelica Adams                      Carlette Ledet                      Carolyn Mbong                      Cheryl Cash                      Donna Pierson                      Evelyn Wagner Wright                      Harriet Vital                      Jeanette Malveaux</p>	<p><b><u>Community Involvement</u></b>                      Bella Tennette                      Marie Ledet                      Francine Haig-Jones                      Anita Garvey</p>	<p><b><u>Membership/Communications</u></b>                      Angelica Francis-Adams                      Anita Garvey                      Carol Tyson                      Geneva Charles                      Harriett Thomas                      Helen Gobert                      Jennifer Gumbs                      Joyce Page                      Juanita Thierry                      Lucille Ford                      Mae Hypolite                      Mary Helen Rideaux                      Penelope Montgomery                      Sandra Hayden</p>	<p><b><u>Prayer Breakfast</u></b>                      Angela Mitchell                      Annetta Batiste                      Aspen Texada                      Audrey Roquemore                      Bennie Allen-Brooks                      Carol Dorsey                      Carol Tyson                      Cheri Hurts                      Harriet Vital                      Jane Plair                      Johnna Broussard                      Lucelle Barriere                      Marie White                      Nola Hines</p>
<p><b><u>Prayer Blanket</u></b>                      Dzondria Jones                      Mary Helen Rideaux                      Elizabeth "Liz" Kindle                      O'Nari Guidry                      Linda Davis</p>	<p><b><u>Pictorial Directory</u></b>                      Patricia Morgan                      Shelia Mouton Hayes                      Nola Hines                      Cheryl Zimmerman                      Helen Gobert                      Libby Newman                      Evelyn Wagner-Wright</p>	<p><b><u>Technology</u></b>                      Brenda James                      Corlis Taylor Simmons                      Dorothy Allen                      Helen Gobert                      Joyce Page                      Libby Newman                      Marie Ledet</p>	<p><b><u>Retreat</u></b>                      Agnes Haywood                      Angela Hollier                      Arnell Wells                      Cheryl Cash                      Clarice Campbell                      Donna Pierson                      Emma Joubert                      Eva Volter                      Gail Kelley                      Jeanette Malveaux                      Jennifer Gumbs                      Mary Ligons                      Odessa Stanford                      Rose Bullock                      Ruby Cleveland</p>
<p><b><u>Delille Project</u></b>                      Clarice Campbell                      Anita Garvey                      Libby Newman                      Bella Tenette                      Evelyn Wagner Wright</p>			



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

**6 PM**

**JOIN ZOOM MEETING CLICK LINK BELOW**

<https://us02web.zoom.us/j/83620641188?pwd=MkZuUGNVbGJiRFJ5bDNmVHdzdTJLQT09>

Meeting ID: 836 2064 1188

Password: 178268

OR

Dial by your location

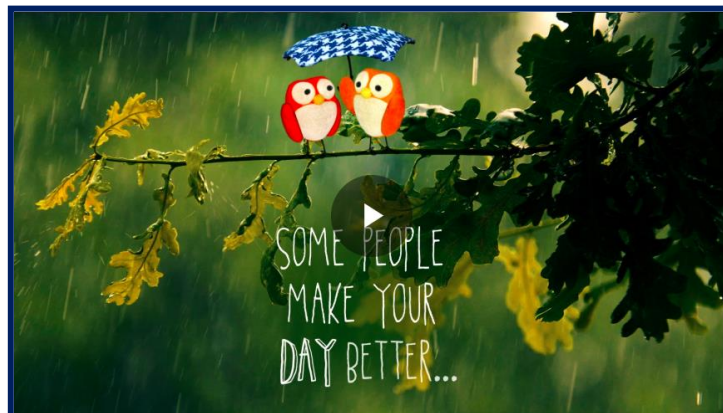
+1 346 248 7799 US (Houston)

Meeting ID: 836 2064 1188

Password: 178268



*From SIS Bella Tenette*



Thank you for the outpouring of love you shared with me in my time of need. The cards and notes I have received from you really helped me during this period of grieving the loss of my brother Audie.

I LOVE my Sisters in the Spirit!

Bella Tenette

[https://www.americangreetings.com/pickup?rr=y&m=&token=r98d4ee78-d727-4fdd-a57b-c9304598fcb8&utm\\_medium=pickup&utm\\_source=email&utm\\_campaign=receiver](https://www.americangreetings.com/pickup?rr=y&m=&token=r98d4ee78-d727-4fdd-a57b-c9304598fcb8&utm_medium=pickup&utm_source=email&utm_campaign=receiver)



## ANNOUNCEMENTS

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](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.**



Happy   
*Mother's*  
Day

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

*The Communications Committee*