

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 God's Amazing Grace in your lives. We must continue to be guided by the **Wisdom** and strength born of the virtues of faith, hope, and love. The uncertainty in our lives caused by COVID – 19 must not define who we are nor whose we are.

We must allow God to mold our lives.

You know, it is very interesting to watch a master potter at work making a bowl. First, he prepares the clay by wetting it, beating it, cutting it, and kneading it over and over again. Only after the clay is beaten, shaped, stretched, and fired can we see the beauty that was in the mind of the potter from the very beginning.

Sisters, we are that clay that our Lord and Savior has in His hands.

Therefore, remember that the Triune God is the **Master Potter** of our lives. He has great hopes and plans for us. Granted, we may not like the way He works on us but His shaping through life's circumstances is part of the process. He uses to make us into what He wishes. This is why He will, with the patience of a potter keep on working, forgiving, and training us throughout our entire lives. He may sometimes turn up the heat or give us times of rest and peace: all part of His grand design for us. He will do what is necessary for our greater good. The most important point to remember is this: **God loves us, and, in his hands, we are being shaped to his good purpose.**

Philippians 1:6 tells us; "and I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ."

Forever I remain, his servant and yours,

Eva Volter
SIS, President

Virtual & Face to Face 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#

UPDATE

Virtual Masses

St. Francis Xavier Catholic Church, 7:30 am.

[Facebook Live](#)

St. Mary of the Purification,
Daily mass is at 8am, Monday through
Friday. Sunday Masses 8:30am and 11:00
am [YouTube](#), [Facebook Live](#)

Virtual & Face to Face:

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, 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:

- ✦ **SIS Shirley Hall** who lost her brother **Joseph Rodney Citizen**. Condolences may be sent to:
Shirley Hall
3226 Tidewater Drive
Houston TX 77045
- ✦ **Deacon Steve and Jude Arceneaux** on the loss of their son, Jerome Arceneaux—an ICU Nurse. Condolences may be sent to:
Deacon Steve and Jude Arceneaux
505 Magnolia, Crosby, TX 77532
- ✦ **SIS Valerie Harrison** who lost her mother, Mrs. Barbara Taylor. In lieu of flowers, donations can be made to St. Vincent de Paul Outreach Program, stvincentchurchfamily.com
Valerie Harrison
6019 Hornwood Drive
Houston TX 77081

May souls of Mr. Citizen, Mr. Arceneaux, and Mrs. Taylor and all souls of the faithful departed through the mercy of God rest in peace.



We also pray for **Diana Carmon-Jones** (COVID-19), **Mary Jane Joseph**--medical challenges, **Clarice Campbell**--medical procedure, **Jamie Williams**--medical procedure, and **Esther Navy**. We ask that God blesses them with a favorable journey through each challenge faced.

We thank God for blessing us to have been spared the devastation of the two recent hurricanes, Laura and Marco; however, many of our family and friends east of us were not spared. We fervently pray for the health and safety of those families as they work to rebuild and restore their lives in addition to coping with the pandemic. May we be blessed to provide support in whatever \manner that we can. We pray for all impacted families and especially the families of our **Sisters that we are aware of--Carol Tyson, Clarice Campbell (her sister, Bertha Pappion lost everything), Winnie Malveaux** and for those that we are not aware of.

Together, let us pray for healing:

Most Sacred Heart of Jesus, like a watchful shepherd, you care for us and provide us with all that we need. You shower us with your love and send people into our lives to help care for us, especially in time of sickness or pain. We pray for healing for all who suffer because of illness or other challenges beyond personal control. In the midst of pain and weakness, strengthen our faith that we may be filled with hope in you. In the midst of our frustrations and discouragement, give us patience that we may accept our own limitations. In the midst of our loneliness and fears, help us to know that we are not alone, that you walk with us each moment of our lives. Be with us Lord in our time of need. Heal us in body, soul and spirit that we may rejoice in your grace and blessings in this world and come to enjoy the fullness of your presence in the life to come. We make this prayer in your name, for you are our Risen Lord, Jesus. Amen.



SIS Community Outreach Committee

SEPTEMBER SICKLE AWARENESS MONTH

Sickle Cell Panelist Chat

SISTERS - Please view the youtube presentation at your leisure

https://www.youtube.com/watch?v=BCMYtiT7_yM

Facilitator's Bio:

'Nurse Alice' Benjamin is a nationally board certified and award winning Cardiac Clinical Nurse Specialist with nearly two decades of experience in cardiovascular health.

Nurse Alice is a community health activist and involved member of several professional organizations. Most notably she was the first African American nurse elected to the American Nurses Association/California Board of Directors, is a spokesperson and chairman for the American Heart Association's Western States Multicultural Health Equity Task Force, and is a media health expert and writer. Some of her television appearances include The Dr. Oz Show, Dr Drew, HLN News Now, FOX News, TruTV In Session, America Live with Megyn Kelly, The Doctors, Dr. Steve Show and DC Breakdown.

She's also appeared on a variety of radio shows across the nation as a health expert from Fox News affiliate radio stations, to the Tom Joyner Morning Show, Los Angeles stations KJLH, KDAY and KTLK.

She's also contributed to Fox News Magazine, EBONY, Essence, JET and Rolling Out.

In the Spotlight

St. Francis Xavier Catholic Church Sisters In the Spirit Food and School Supply Drive Distribution



parishioners) to families that came to the Drive.

Volunteers arrived as early as 7:30 am to assist in this great endeavor, including early riser, **SIS Sheila Hayes**. It was a powerful sight to see youth as young as eleven and adults as old as 70+ working together to make the Drive a success. **SFX-SIS** were nine in strength and took the lead with the school supplies. Present were **Gwendolyn Reed-Lamothe, Helen Gobert, Corlis Taylor Simmons, Theresa Savoy, Mary Densman, Sheila Hayes, Mandy Wheatfall, Janice Abram** and **Josephine Wiltz**. There were at least three additional Sisters not present who donated school supplies.

Before the volunteers started interacting with the public, they were given the pandemic safety guidelines. Each volunteer had to fill out a survey and get their temperature taken. If volunteers did not meet the safety guidelines, they were dismissed.

Booth/staging areas were setup for registration and distribution of the food and school supplies. SIS-SFX requested to work the School Supply booth/staging area. With the help of other volunteers, everything went smoothly. By 2pm, the Drive had serviced over 250 families with food and school supplies. It was a joy to have been able to participate in such a fantastic yet humbling experience to serve God and his children.

Rica Eaglin-Rellford of the Young Adult Christian Ministry offered appreciation for the donation of school supplies and volunteering to work with the Drive especially the School Supply portion. **We feel that** our **SFX-SIS** made her tasks a lot lighter and easier because of our participation and leadership with the school supplies.

Message from Gwen Reed-Lamothe to SFX-SIS: *"Give your heart an applause for not only volunteering for the Drive but also contributing school supplies to this educational, wonderful and much-needed event. It was a pleasure working with everyone. I know that although our seasoned bodies needed rest, our hearts jumped for joy!!!"*





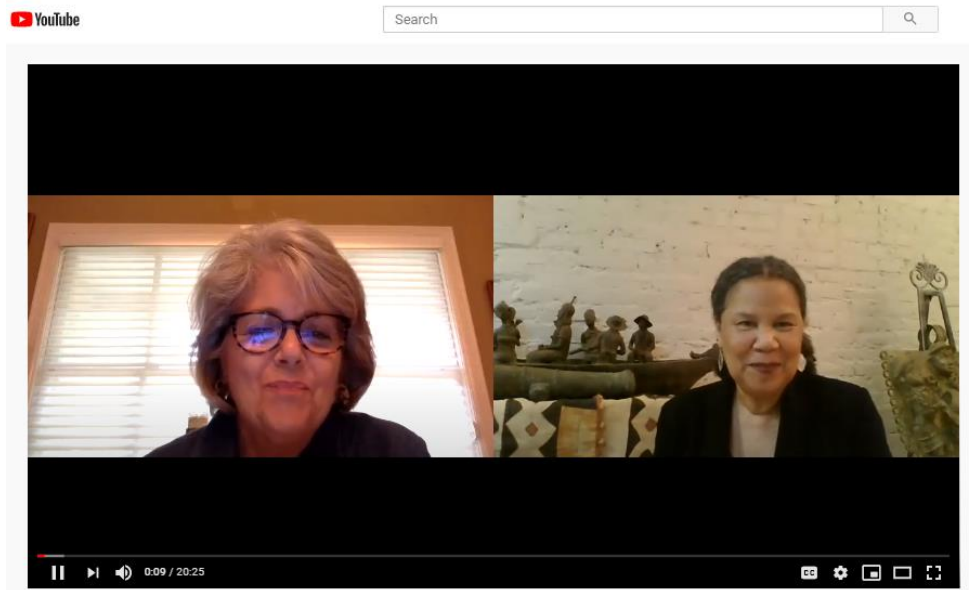
In the Spotlight

Part II

Meet Estella Majozo, author of "Freedom Clothes"

Estella Conwill Majozo is a professor of English at the University of Louisville. Her published books include [Come Out the Wilderness: Memoir of a Black Woman Artist](#), [Jiva Telling Rites](#), and [Libation: A Literary Pilgrimage Through the African American Soul](#).

Rachel Platt interviews this remarkable woman, artist, and storyteller. Please take a moment to learn more about this phenomenal woman who once lived in Houston.



<https://youtu.be/AEwsXyMtyBY?t=35>



Part III Prepare Now To **Vote**

Whether it's early voting, Election Day voting, or (for those who are eligible) using absentee ballot, **Texans can prepare now** for the 2020 General Election.

Because of the pandemic, many Texans are looking for safe ways to participate in the 2020 General Election. Now is the time to ensure that you have what you need to cast a ballot for your general election choices.

Here are important dates and deadlines to know so you can exercise your right to vote while minimizing risks to COVID-19 exposure.

- The last day to register to vote is **Oct. 5.**
- The last day to request an at-home ballot is **Oct. 23.**
- Early in-person voting occurs from **Oct. 13 to Oct. 30.**
- Election Day is Tuesday, **Nov. 3.**

Texas allows absentee voting for people 65 and older, the disabled, those who will be out of their home county during the voting period and those jailed but otherwise eligible to vote. To vote from home, voters need to request an application from either the Secretary of State or their county elections office. A witness signature is required on the application. Visit www.VoteTexas.gov for details.

Voting is a POWERFUL and important right. *You are urged to prepare now so that you can exercise your right to **VOTE** how you choose.*



Hurricane Season-Preparation tips



Hurricane Season is upon us. It began June 1 and will end November 30th. When a major storm is coming, stay informed by following NOAA Weather radio or your local news channels for updates. In addition, make sure to obey all orders if requested to evacuate by the authorities. Follow these 10 hurricane and storm preparation steps to keep your home and loved ones safe before disaster strikes.

Through the intercession of Our Lady of Prompt Succor may we be spared damage to life and property during the hurricane season!

Prayer for Protection during Hurricane Season

O God, Master of this passing world, hear the humble voices of your children.

The Sea of Galilee obeyed your order and returned to its former quietude; you are still the Master of land and sea. We live in the shadow of a danger over which we have no control. The Gulf, like a provoked and angry giant, can awake from its seeming lethargy, overstep its conventional boundaries, invade our land and spread chaos and disaster.

During this hurricane season, we turn to You, O loving Father. Spare us from past tragedies whose memories are still so vivid and whose wounds seem to refuse to heal with the passing of time.

O Virgin, Star of the Sea, Our Beloved Mother, we ask you to plead with your Son in our behalf, so that spared from the calamities common to this area and animated with a true spirit of gratitude, we will walk in the footsteps of your Divine Son to reach the heavenly Jerusalem where a storm-less eternity awaits us. Amen.

Source: Archdiocese of New Orleans, Fr. Al Volpe, Cameron Parish, LA



Hurricane Prep tips

1. **Make a plan**

If evacuation is necessary, turn off all utilities and follow community disaster preparedness plans. Select a common meeting place or single point-of-contact for all family members. If you have pets, have a plan for their evacuation as well.

2. **Secure the exterior**

Trim large trees and shrubs and bring all outside patio furniture, potted plants, bikes and toys indoors. If necessary, secure outdoor sculptures with burlap or blankets tied with rope.

3. **Install storm shutters**

Protect windows, doors and skylights with appropriate shutters or impact-resistant glass. You can nail pieces of plywood to window frames as last-minute protection.

4. **Check wall hangings and art**

Make sure wall hangings are secure and take notes about your art collection and any existing damage. Make sure that art hung on outside walls are taken inside, and elevated off the floor.

5. **Move your cars**

Move cars to higher ground or park them in your garage against the garage doors. Do not park under trees, power lines or in low-lying areas.

6. **Power up**

Fill your car's gas tank, charge your cell phone, test your generator and have plenty of fuel ready in case of power outages.

7. **Unplug appliances**

Move appliances and household fixtures away from exterior doors and window openings. Store them in cabinets or interior closets.

8. **Store important documents**

Keep important documents, such as legal papers, birth certificates, marriage license, financial papers and insurance policy information, as well as valuables such as jewelry, in a safety deposit box or in a bolted safe in an interior closet in your home.

9. **Prep an emergency kit**

Gather flashlights, a portable radio, extra batteries, non-perishable food, MEDICINES, bottled water, cash, blankets, clothing and toiletries.

10. **Identify a shelter room**

This enclosed area should be on the first floor, in the central part of the house with no windows. Avoid all unprotected windows and doors until the storm passes.

Ready...or not?

We don't always have advanced warning for disasters – Get prepared now!

- 72-hour supply of food
- 1 gallon of water per person, per day
- Flashlight and batteries
- Battery-powered or hand-crank radio
- First aid kit and other medications
- Important identification and financial documents
- Out-of-state emergency contact numbers and an evacuation plan
- Extra cash

Friends, neighbors, relatives and pets may need special assistance preparing. Don't forget to lend a hand!

Happy Birthday Sisters



September Birthdays

Rose	Ellis	Sept 10
Diana	Carmon-Jones	Sept 12
Louise	Labove	Sep 13
Sandra	Oubre	Sep 18
Mary J.	Ligons	Sep 19
Shella	Hayes	Sep 21
Jacquelyne	Batiste	Sep 23
Nancy	Mitchell	Sep 27
Joyce Babineaux	Page	Sep 27
Sandra	Hayden	Sep 28
Cheryl	Hurts	Sept 29

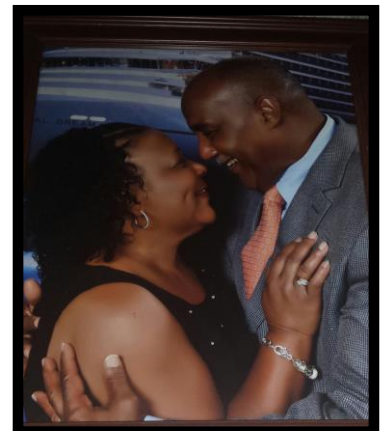
A Special Birthday Prayer for You

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.

Happy Anniversary



*Congratulations
 SIS Mae Ola Hypolite and Mr. T-Roy
 Hypolite
 Celebrated their 54th
 Wedding Anniversary
 September 3rd*



2020-2021 Meeting & Prayer Service 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 26, 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 Thomas



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

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.**

Thanks to all the Sisters who contributed to the Newsletter!

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

The Communications Committee