



Maria Carmel Richardson
Seven Sisters Apostolate, Archdiocese of Philadelphia, Coordinator
Office for the New Evangelization
267-664-2878~fax 215-721-4320 ~ mrichardson@archphila.org
www.sevensistersapostolate.org



The Seven Sisters Apostolate is a call to strengthen the Church by ensuring that a Holy Hour is prayed each day of the week for the sole intention of a specific priest or bishop

Seven Women

A Seven Sisters group begins when one anchoress and six women (seven total) respond to a call to the mission of the apostolate. Two substitutes are also highly recommended. Ideally, the women should be from the Archdiocese/Parish where the priest is serving, but exceptions may be made for women outside the Archdiocese/Parish to participate. If more than seven women desire to pray in this manner, a core group of seven should be designated while others may substitute or provide additional hours of prayer.

The coordinator of a group is known as the Anchoress. **The Anchoress should register their information and the priest's information on the national website at: www.sevensistersapostolate.org.**

Once a group is formed, the Anchoress should register complete group information (name, email, phone, day assigned) on the Philadelphia site at <https://form.jotform.com/260674302331044>.

The Anchoress will work with each group member to assign their specific day of prayer. Each group should begin as soon as possible after forming.

In its original inspiration, the Apostolate was specifically characterized by the word "sister." We seek to be a fellow disciple in the family of faith, a spiritual sister. **We emulate Mary's fidelity in "hidden" support of her Divine Son as the first and most perfect disciple. The Anchoress and members of the group will not contact the priest.** If the priest chooses to entrust the group with any intentions, they will do so through the Anchoress, and she will share them with the group confidentially.

One Priest

The initial recipient of a Seven Sisters group should be their parish pastor. After the pastor has a committed group, subsequent groups may be formed for others, such as the parochial vicar, a retired priest, a priest serving in a non-parish assignment, or a bishop.

The group's intention is directed towards the office of the shepherd more than the individual. In other words, the group prays for the priest until he is reassigned, at which time his successor becomes the recipient of those prayers. This helps us to guard against an undue attachment to a certain priest.

One Hour, One Day

Each member commits to a Holy Hour on a distinct day of the week, thus covering a complete week. The commitment is to that day; the Seven Sister may pray at any time on that day for one complete hour, all at once. If she is unable to offer her Holy Hour, she is to secure a substitute, explaining the Apostolate's mission. The substitute need not be a woman. If unable to arrange a substitute, the member should contact the anchoress for assistance.

Holy Eucharist

The Holy Hour is ideally prayed in the presence of the Blessed Sacrament – either in an Adoration Chapel or in front of a Tabernacle – but not restricted to the parish of which the Seven Sister is a member. Thus, one can remain faithful to the commitment when traveling, when a parish does not offer Perpetual Adoration, or when there is limited access to a particular church.

One Year

This generous commitment of one hour per week of prayer is asked for a period of at least one year, at which time each individual may discern her call to continue. It is fitting that this commitment happens as a group, but it may be made individually if members are not able to gather together.

Practical Aspects of the Prayer Commitment

If I am traveling, can I offer a Holy Hour elsewhere?

You are committed to a particular day of the week but not to a particular hour or place. If it isn't possible to be in the presence of the Blessed Sacrament, you should offer an hour of quiet prayer wherever you are.

What if I am unable to make my Holy Hour?

For various reasons (e.g. health, travel, weather, family affairs) it is sometimes challenging to make the Holy Hour as scheduled. If you are unable to make your committed Holy Hour, you are to seek a substitute using the contact information for your team. If you are unable to secure a substitute, contact your Anchoress and see if she can help. If a substitute is unavailable, try to offer the time of prayer as best you can even from home or a sickbed or on an airplane.

Can I read a devotional book during my Holy Hour?

If the purpose of reading is to enter into prayer for the priest, then it is most likely valuable. For instance, you may be reading a book about the Holy Eucharist with the idea of praying for a deeper Eucharistic life for the priest. During your reading, a reflection or segment may cause you to pause and pray for the priest in connection to what you have just read.

Praying the Holy Hour

Regardless of your spiritual background, the following characteristics set this hour apart as a gift offered in the spirit of the Seven Sisters Apostolate:

1) Offer this hour solely for the intentions of the priest.

If other personal intercessions weigh heavily, it is suggested that the Seven Sister prays through these other intentions either before or after the hour. This challenge can in itself be offered as additional sacrifice for the benefit of the priest. Be assured that eventually you will form the discipline required for this special work of prayer to joyfully offer this entire hour for the priest.

2) Pray for the priest's deepening devotion to Mary.

Pray for the priest's deepening devotion to Mary each time you offer this Holy Hour for him. With Our Lady's support, the Church and her priests will be strengthened.

3) Resolve to honor the commitment to a Holy Hour.

Resolve to honor the commitment to a Holy Hour on your designated day of the week or secure a sub if you are unable to offer the Hour yourself, keeping true to your group's prayer commitment of at least one Holy Hour every day for the pastor. As is true of most prayer effort, each week may present challenges. Let us make our 'yes' mean 'yes'. God's graces are sufficient.

Suggestions to Aid Prayer ~ Entering into Prayer

- Turn off your cell phone as you enter the chapel.
- Ask the Holy Spirit to guide your prayer for that particular hour. When we ask, seek, knock, the door is opened. Enter unhurried—there is a whole hour ahead!
- Invoke the help of our patrons, the Madonna of the Grapes, St. John Vianney and St. Margaret Clitherow.
- Be patient with yourself. Offering an entire hour for one person every week for one year will necessitate practice and steadfastness. Think of yourself as a student in the school of intercession; let the Holy Spirit be your teacher. If conflicting thoughts and concerns distract, thank God for the awareness of them and move right back into prayer for the priest. As St. Teresa of Avila advised in reference to distractions, “The ships will pass and one may watch the ships passing by, but do not invite them into the harbor to rest.”

Finding the Rhythm of Prayer

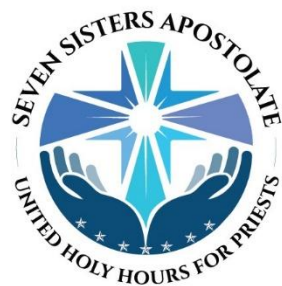
The actual structure of a Holy Hour will be unique to each Seven Sister. Some may organize the prayer time in a similar fashion each week. Others may tend toward variation as the hour proceeds. Both are proper ways to commit to the hour. Below are some suggestions of how the prayer time might be spent:

- Pray the Novena to the Sacred Heart of Jesus. This was a favorite prayer of St. Padre Pio, which he used to offer prayers for all of the daily intentions he was given. The physical, emotional/social, and spiritual needs of the priest can be held up at various points in the prayer.
- Pray with the Mass readings for the week. As you meditate on these readings, pray that the priest will live and preach the truths contained in them.
- Pray the Rosary. This time-honored devotion to Our Lady is upheld by the Church as one of our greatest treasures. It can be a powerful way to pray for the priest’s deepening devotion to Our Lady and place him under her protection.
- Consider the Pastor’s namesake and other particular intercessors. What is his baptismal/confirmation/religious name? Does he hold a special devotion to a particular saint? Who is the patron of your parish?

- Use other personal devotions such as litanies (Litany of Loreto), chaplets (Chaplet of Divine Mercy), novenas, or other written prayers, etc. as the Holy Spirit leads you.
- Follow liturgical themes for the day, month, season or year. Consider the day of the week and month of your Holy Hour; the Church designates special devotional themes for each weekday and month. The liturgical season (Advent, Lent, Easter, etc.) may also shape the themes and tenor of your prayers for the priest.
- Pray for specific graces each week or each month. Examples are: sanctity, fidelity, perseverance, mercy, or other virtues; the gifts of the Holy Spirit; living of the beatitudes; growth in the sacramental life.
- Embrace periods of silence if your prayer time leads you to this. Intercessory prayer does not mean we must constantly be speaking to God; we must also let him speak to us as he desires. As St. Teresa of Calcutta reminds us, “In the silence of the heart God speaks.”
- Always remain open to the Holy Spirit’s intervention in your prayer. If you are drawn to a particular way of prayer that differs from your normal routine, you should freely follow it. Never feel that you must “get through” certain prayers in order to be “successful” in your Holy Hour. Union with God is always the most powerful form of intercession, however He desires to give it.

Please visit the Web site: www.sevensistersapostolate.org for more information.

SEVEN SISTERS APOSTOLATE



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Seven Sisters Commitment Prayer

O Jesus,

You perfectly revealed the Merciful Love of Your Sacred Heart on the Cross.

At the Last Supper You gave us the sacraments of the Holy Eucharist
and of Holy Orders to perpetuate Your Loving Presence in our midst.

Help us to keep a sense of awe and gratitude at Your hidden presence in the Host
and respect for how You come to us
through the human instruments of priests and bishops.

On this the Feast of your Sacred Heart

and the World Day of Prayer for the Sanctification of Priests,

I, _____ (your name), commit myself

to making an hour in Your Eucharistic Presence each week for the coming year
to intercede for and raise up before Your throne

_____ (name of priest/bishop), begging for him:

Strength when he is tired or weak,

Perseverance when the spirit of prayer or apostolic zeal wanes,

Guidance when he is discerning or lost,

Consolation when he is suffering,

Hope when the sacrifices seem too heavy,

And manifold blessings upon him and his ministry.

Give me the grace to be like Our Lady and Saint Mary Magdalene,
faithful at the foot of the Cross.

May I be selfless and humble in this work of adoration
and in all the ways you lead me as Your disciple.

Most Sacred Heart of Jesus,

Have mercy on our Holy Father Pope Leo XIV,

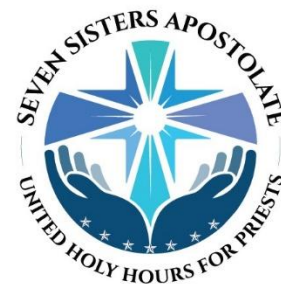
Have mercy on _____ (name of priest/bishop),

Have mercy on all bishops and priests,

Have mercy on me and all Seven Sisters,

Have mercy on the whole world!

Oración de compromiso de las Siete Hermanas



Oh Jesús,
Revelaste perfectamente el Amor Misericordioso de Tu Sagrado Corazón en la
En la Última Cena Tú nos diste los sacramentos de la Sagrada Eucaristía
y de las Órdenes Sagradas para perpetuar Tu Presencia Amorosa en medio de
Ayúdanos a mantener un sentido de asombro y gratitud en Tu presencia oculta
y respeto por cómo vienes a nosotros
a través de los instrumentos humanos de sacerdotes y obispos.

En esta, la fiesta de tu Sagrado Corazón
y el Día Mundial de Oración por la Santificación de los Sacerdotes,
Yo, _____(tu nombre), me comprometo
a hacer una hora en Tu Presencia Eucarística cada semana para el próximo año
para interceder y levantar ante Tu trono
_____ (Nombre del Sacerdote/ Obispo), suplicando para él:

Fuerza cuando esté cansado o débil,
Perseverancia cuando el espíritu de oración o el celo apostólico mengua,
Orientación cuando esté discerniendo o perdido,
Consuelo cuando esté sufriendo,
Esperanza cuando los sacrificios parecen demasiado pesados,
Y múltiples bendiciones sobre él y su ministerio.
Dame la gracia de ser como Nuestra Señora y Santa María Magdalena,
fieles al pie de la Cruz.

Que pueda ser desinteresada y humilde en este trabajo de adoración
y de todas las formas en que me conduces como tu discípulo.
Sagrado Corazón de Jesús,
Ten piedad de nuestro Santo Padre Papa Leo XIV,
Ten piedad de _____(Nombre del Sacerdote/ Obispo),
Ten piedad de todos los obispos y sacerdotes
Ten piedad de mí y de todas las Siete Hermanas,
Ten piedad de