



Will you be an anchoress?



The Seven Sisters Apostolate supports individual priests through the offering of Holy Hours for each day of the week. There are seven women on a Seven Sisters team who each commit to a different day of the week on which she will offer a Holy Hour for a specific priest, offering a seamless week of Holy Hours for him. The commitment is for one year and can be renewed. For more information about this national apostolate, visit sevensistersapostolate.org.

One of the Seven Sisters is designated as the coordinator and guide for the group and is referred to as the Anchoress.

DUTIES OF THE ANCHORESS

The Anchoress will be responsible for:

- (1) communicating with the priest and relaying to the group any particular intentions he might request
- (2) ensuring that the endeavors of the Seven Sisters group remain proper to the mission
- (3) fielding questions from group members
- (4) helping secure substitutes for the Holy Hour when a member cannot obtain her own
- (5) forwarding monthly communications from the Seven Sisters General Coordinator

COMMUNICATIONS WITH THE PRIEST

The Anchoress should allow the priest to initiate most contact and be content even if such communication is rare. If the need arises to inform the group about confidential prayer requests from the priest, the Anchoress should refrain from email or text messages. Instead, she should convey these intentions in person or by telephone but not by voice mail. The members should be trusted to keep these intentions strictly confidential.

TO GET STARTED

1. Visit the Archdiocesan Seven Sisters webpage for information and materials that can assist you in recruiting women for your team, phillyevang.org/sevensisters.
2. Gather a group of six women and perhaps two substitutes who are willing to pray one Holy Hour each week and register your group with the Archdiocese of Philadelphia on the webpage, phillyevang.org/sevensisters.
3. **If you need help at any point during the process, please contact:**

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