## ARE YOU A WOMAN?

## DO YOU BLONG TO A PARISH IN THE DIOCESE OF THUNDER BAY?

## DO YOU FEEL CALLED TO PRAY FOR THE STRENGTHENING AND SANCTITY OF OUR PRIESTS?

IF YES, THEN PLEASE CONSIDER THIS ...

## SEVEN SISTERS APOSTOLATE One Holy Hour, One Priest, Each Week, One Heart of Prayer



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—a "holy wasting" (cf. Mt. 26:10) or lavishing of prayer for his deeper conformity to Christ.

A Seven Sisters group begins when at least seven women respond to a call to the mission of the apostolate.

The initial recipient of a Seven Sisters group should be their parish pastor. The group's intention is directed towards the office of the shepherd more than the individual.

Each member commits to a Holy Hour on a distinct day of the week, thus covering a complete week.

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

This generous commitment of one hour per week of prayer is asked for a period of one year. The normal commitment extends from June to June, the month of the Sacred Heart. Ideally, the commitment prayer itself would be made on the Solemnity of the Sacred Heart of Jesus. It is fitting that this commitment happens as a group, but it may be made individually if members are not able to gather together. A discernment period to continue or end a current commitment to the Apostolate precedes this during May, the month of the Immaculate Heart.

It would be life changing for our diocese, if every single parish had a group of 7 women committed to pray for their priest.

Spend May, the month of the Immaculate Heart of Mary, discerning if you are being called.

Please check out their website for details and, if you feel called, register your group of seven!

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Let's put Thunder Bay on their map!