

Welcome to *Sisters and Friends: Refresh Your Soul with Melanie Rigney*. Each month, I'll share something about a woman living today and a Catholic saint who will inspire you, spiritual resources, and a brief note of where I'll be in the coming month. In between newsletters, I hope you'll check out my [Web site](#) for my blog and other updates.

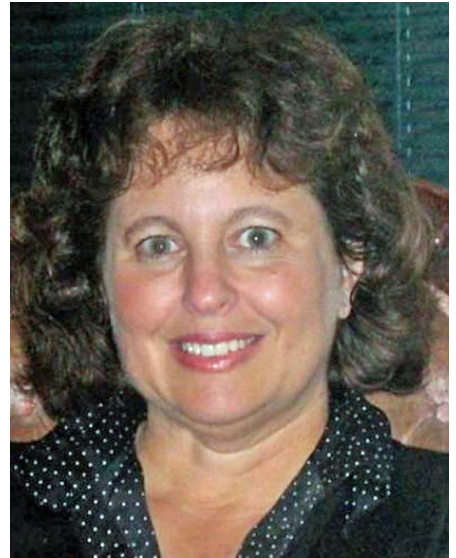
***"The joy of love is not in receiving it but in giving love without pretense..." --Maria Corsini Quattrocchi***

No stigmata, no visions, no martyrdom. Luigi Quattrocchi was an attorney who worked for the government and banks in Italy in the first half of the 20th century. His wife, Maria, was a writer, nurse, teacher, and speaker. They were married for more than forty years, and raised four children. For those heroic virtues and their intercession in the healing of a man's circulatory disorder, the Quattrocchis in 2001 became the first married couple to be beatified together. Their feast day is their anniversary, November 25. You can learn more about Maria and other female saints and blessed in my book, [\*Sisterhood of Saints: Daily Guidance and Inspiration\*](#), available for order at your favorite online or local bookstore.

***Being Christ in Our Lives: Anna LaNave***

Anna LaNave was wearing a green-and-white-striped shirt and a radiant smile when I met her in 2005. She was in charge of a ministry called Landings at the parish I'd tiptoed into as someone away from the Church for decades. Anna and Landings gave me a safe place to ask

questions about God... and to come back to faith. Anna, who has a master's degree in pastoral studies, is now the ministry coordinator of the Paulists' [Landings](#) International program. We coauthored a [book for parish leaders](#) who want to develop programs to welcome inactive Catholics. But her proudest moments and greatest joys come as a wife and mother of four. Anna shows me how to be vulnerable... how to ask for help... and how to trust God amid life's challenges. [Who has reflected Christ on your journey?](#)



## ***On the Nightstand***

Earlier this year, a work colleague gave me a signed copy of [Rebuilt: Awakening the Faithful, Reaching the Lost, and Making Church Matter](#), a how-to book of sorts co-authored by the Rev. Michael White, pastor of my friend's suburban Baltimore parish. I'm finally getting to the book now as my church's Pastoral Council is reading it and parishioners are being asked for feedback. So far, lots of food for thought, including: "Sure, lost people might be shallow and unsure in their faith. ... But, at some level, these people are seeking God. And if we don't help them find him, not only are *they* lost, *we* are too." [What's on your nightstand?](#) First two people to comment at my blog get a free copy of *Sisterhood of Saints*.

## ***Where to Find Me***

The Solemnity of Saints is today (Friday, November 1)! This morning, I talked about our beautiful saints and blessed on the [Son Rise Morning Show](#).

With help from my friends at [One More Page Books](#), I'll be selling and signing copies of *Sisterhood of Saints* after all Masses this weekend at [St. Charles Borromeo](#) parish in Arlington, VA.

I'll be spending the rest of the month preparing for three December events and finally finishing the editing of a TV show on the saints for Arlington Public Access TV. More on that when it airs.

And, I'm giving away ten copies of *Sisterhood* at [Goodreads](#). Enter by November 9.

God bless!

Melanie

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