



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.

Teresa of Calcutta: "I Belong Entirely to the Heart of Jesus"

"A call within a call within a call." That's what Blessed Teresa of Calcutta heard on her way to her annual retreat. It wasn't like she hadn't already sacrificed for God and his people; in her mid-thirties, Teresa had been with the Sisters of Loreto in India for seventeen years. But she was obedient and listened to that call. She founded the Missionaries of Charity and served the poorest of the poor in areas where others feared to go. Teresa continued to follow that call despite years in a spiritual drought. She was indifferent to both the praise and criticism that surrounded her in her years in the world spotlight. She lived simply (her room is pictured here) and just kept following.

And in this time of heightening tensions and mistrust among the peoples of the world, I am reminded of my favorite quote from Blessed Teresa: "By blood, I am Albanian. By citizenship, an Indian. By faith, I am a Catholic nun. As to my calling, I belong to the world. As to my heart, I belong entirely to the Heart of Jesus." May we all strive to live by those words.



Being Christ in Our Lives: Pam Spano

Pragmatic. Positive. Passionate. Those are the words that come to mind when I think of Pam Spano, who owns Being Catholic... Really. You'll find her in a number of online places, including her [blog page](#), [Facebook](#), and [Twitter](#).

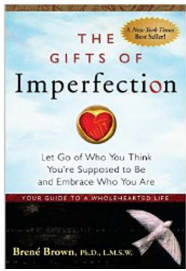
When Pam, who converted to Catholicism more than thirty years ago, and her husband weren't being fed at their parish, they didn't sit and whine and complain or stop going to Mass. Instead, they sought out the right fit... and found it at St. Therese Catholic Mission in Chicago's Chinatown area. When the St. Therese choir (in which Pam and her husband are both active) took a summer break, Pam took advantage of the opportunity to begin a blog series about their visits to other parishes in the area. It's been a great tour especially for Chicago expats like me.



It's not dissatisfaction that drives Pam's explorations... it's a sincere desire to dive even further into her relationship with Jesus by exposing herself to new opportunities. She inspires me to do the same (including a possible northern Virginia parish tour next year!). [Who reflects Christ to you?](#)

On the Nightstand: The Gifts of Imperfection

As you'll see below, I'm going to be traveling quite a bit in the coming weeks, so I



went looking for something I could read on my Kindle. I wanted something not too deep, but also not too "pop." [The Gifts of Imperfection](#) by Brené Brown with its ten guideposts for personal introspection seemed to fit the bill. While I've gotten past thinking (most of the time) that other people need to be perfect, I still struggle with God delighting in me as I am as I strive to grow closer to Him.

[What's on your nightstand?](#) Be one of the first three to comment at my Web site, and receive a \$10 Amazon gift card.

[Where to Find Me](#)

A busy month ahead! On Tuesday, September 2, I'll be talking about ministering to returning Catholics on Relevant Radio's [On Call with Wendy Wiese](#). Then on September 13, I'll be the spirituality workshop speaker at the [Atlanta Archdiocesan Council of Catholic Women](#) annual convention. The following weekend, I'll be talking about the female saints and blessed at the Pilgrim Center of Hope's [Catholic Women's Conference](#) in San Antonio. I look forward to meeting lots of beautiful sisters in Christ at these events, and am humbled by the opportunity.

Finally, a personal note. It will also be a busy month because my sister, who is also my roommate, and I will be moving into a condo we just purchased near the apartment where we've lived in Arlington for ten years. This is a positive change, but still a stressful one. Please pray that we both may be patient and accepting as we move and do some downsizing to fit our belongings in our new home.

May God bless you exceedingly!

Melanie

Copyright © 2014. All Rights Reserved.

[Forward this email](#)



This email was sent to melanie@melanierigney.com by melanie@melanierigney.com | [Update Profile/Email Address](#) | Rapid removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).



Melanie Rigney | 4201 Wilson Blvd. #110328 | Arlington | VA | 22203