



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.

"Obedience! Oh, precious word! " --St. Frances Cabrini

Wow. I don't know about you, but it's difficult for me to wrap my mind around "obedience" being a precious word. Something God desires, yes. Something that's a good idea, yes. But it's also something I find very difficult, that submitting of my will to the Lord.

As a result, I learn from and am challenged by the example of Saint Frances Cabrini, whose feast day we celebrate November 13 and who was the first U.S. citizen to be canonized. By God's grace, Frances knew when to bow to orders here on earth... and when to follow her internal spiritual compass. Frances, born in Italy in 1850, was sure she was called to be a missionary sister in China. However, both her bishop and the pope told her she was needed in the United States to help Italian immigrants. She obeyed, and there is no indication in her writings that she ever regretted that



obedience.

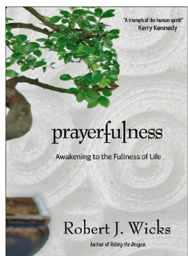
Conversely, when Frances and six of her Missionary Sisters arrived in New York City, the archbishop said they had come too soon and suggested they return to Italy. She respectfully refused. Eventually, the pair established a good working relationship.

May Frances serve as an inspiration to us all as we strive to say "Yes" rather than "Yes, but" or "No thanks" to the Lord's plans for us.

Being Christ in Our Lives: Hiatus

Friends, I met some wonderful, inspirational women in my October travels, some of them my age, some of them thirty years or more younger and some of them twenty years or more older. However, I flat ran out of time to gain permission to share one of their stories and a photo so you could meet them as well! I promise to get back on track this month. Thanks for your understanding.

On the Nightstand: Prayerfulness: Awakening to the Fullness of Life



A friend in Chicago gave me this book, which the jacket copy describes as a "creative combination of ancient wisdom and contemporary psychology." I was even more intrigued by this comment from the author, Robert J. Wicks, in an online interview: "When we are prayerful, we move away from judging and more to experiencing. We start to recognize that people don't get up in the morning thinking about us; we become less ego-centered. We have an increased desire to be transparent and be persons without guile rather than manipulating situations. Life does become more enriching...more fun, really." I'm definitely in favor of more fun, so I'm looking forward to reading [*Prayerfulness*](#) this month. [What's on your nightstand?](#)

Where to Find Me

Whoosh! What a month October was, meeting new sisters in Christ in Burke and Alexandria, VA, and Barrington, Aurora, and Chicago, IL. So many blessings.

On November 8, I'll be talking about the women saints at [St. Francis of Assisi](#) in Lenoir, NC. The rest of the month, I'll be working on *Rejoice and Be Glad: Living the*

Beatitudes with the Women Saints (my deadline is January 1) along with articles on social media for the Sisters of Mercy's *Viva! Mercy* magazine and on returning Catholics for *Catholic Update*.

In addition, I'm putting together a free ebook of saints quotes for newsletter subscribers. I'll let you know how to get it in the December newsletter.

Finally, I want to share my new "official" ministry name: Rejoice! Be Glad! I love the joy that the name carries... and I love the logo designed by the amazing [Tari Clidence](#). I hope you like it too. At some point down the road, the name of the newsletter may change to reflect this.



May God bless you exceedingly!
Melanie

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