

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.

Then Jesus Began to Speak, and Taught Them, Saying...

They come from seven countries and more than half a dozen centuries, the canonized and beatified women pictured here (top row, Elizabeth Ann Seton, Lucy of Narni, the Blessed Virgin Mary, Germaine Cousin; bottom row, Laura Montoya y Upegui, Bernadette Soubirous, Elizabeth of Portugal, and Maria Karlowska). They were daughters, stepdaughters, sisters, mothers, queens, social workers, mystics, women religious, even a shepherdess. And each, in her own way, lived out the challenges Jesus gave us in the Beatitudes. They're among the thirty-two featured women in *Blessed Are You: Finding Inspiration from Our Sisters in Faith*, my next book that will be available this summer. The back of the card shares a bit of the woman's story and a Beatitude to pray with her. If you've preordered a book [online](#) or at your favorite

local bookstore, [drop me a note](#) with your snail mail address, and I'll send off a set of the eight cards--free!



Being Christ in Our Lives: Letitia Suk

Letitia Suk and I are birthday twins--both first day of summer, June 21 girls--and we've known each other more than twenty years.

It took a while before I realized we shared more than our birthdays and a love for Maud Hart Lovelace's [Betsy-Tacy](#) books, though I think she always knew. When we met, I had no faith practice; Tish and her husband were among the founders of a congregation in the Chicago area that would become the [Vineyard Christian Church of Evanston](#). Back in the day, Tish invited me to church a few times and wasn't at all put off when I kept finding excuses not to go. Though I didn't want to go to church with her, I knew there was something peaceful and quietly joyful about Tish, something I liked being around. She rejoiced when I returned to Catholicism, and our friendship has



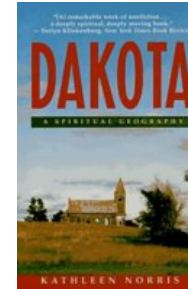
deepened since that time.

Tish is a patient and loving friend and guide, most recently helping me to begin to live at least a bit of a Sabbath practice that builds more quiet time with the Lord into my life. On the [web site](#) for her speaking and coaching activities and blog, Tish invites women to create an intentional life. Indeed, her own life, lived intentionally and with the Lord first, is a shining example of obedience and joy.

[Who reflects Christ to you?](#)

On the Nightstand: Dakota: A Spiritual Geography

I'm headed for central South Dakota later this month--Oacoma, to be exact, a town of about 450 people that's nineteen miles from where my great-grandparents homesteaded and twenty-five miles from where my father grew up. We're having a Rigney family reunion, the first I've ever attended. And so, it seemed like the perfect time to reread Kathleen Norris' *Dakota: A Spiritual Geography*. One of my proudest brushes with fame is having [met Norris](#) at a poetry reading in Buffalo, South Dakota a decade before *Dakota* was published.



I first read *Dakota* shortly after it came out in 1993, and then again when I moved to the DC area in 2004, my life in upheaval. I'm looking forward to lingering with it a bit this time with a better understanding of what's involved in a deepening of faith. And, I'll be thinking about the parallels between what Norris found in leaving New York for her grandmother's home in northwest South Dakota, and what my mother found in leaving DC after some glorious times in the mid 1940s for the starkness of central South Dakota, where her parents had moved from wooded Wisconsin.

[What's on your nightstand?](#)

Congrats to Judy Williams!

That new saints database is running a little behind prime time launch because we're going to add a quote for each woman and ramp up the search functionality. August, I promise.

In the meantime, thanks to everyone who submitted the names of must-have women for the database. The winner of the \$25 Amazon gift card is Judy Williams of Atlanta, who asked that I make sure Anna Catherine Emmerich, an Augustinian nun, prophetess, and woman religious is included. (She will be! Anna Catherine, who lived

from 1774 to 1824, was beatified in 2004.) Judy says she began praying with Anna Catherine because her own granddaughters are named Anna and Catherine.

May God bless you exceedingly! Melanie

Copyright © 2015. All Rights Reserved.

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

[SafeUnsubscribe™ {recipient's email}](#).

[Forward this email](#) | [Update Profile](#) | [About our service provider](#)

Sent by melanie@melanierigney.com in collaboration with



Try it free today