



Sisters in the Spirit of Houston, Inc.
Founded in 2001 "To Be Christ to Others"

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The Spirited Sister

Servant of God Julia Greeley



Denver's Angel of Charity was born into slavery, at Hannibal, Missouri, between 1833 and 1848. As a young child, Julia's right eye was destroyed by a cruel slave master's whip.

Freed by the Emancipation Proclamation in 1863, Julia subsequently earned her keep by serving white families in Missouri, Colorado, Wyoming and New Mexico—though mostly in the Denver area. Whatever she could spare,

Julia spent assisting poor families in her neighborhood. When her resources were inadequate, she begged for food, fuel and clothing for the needy. To avoid embarrassing the people she helped, Julia did most of her charitable work under cover of night through dark alleys.

Julia entered the Catholic Church at Sacred Heart Parish in Denver in 1880. The Jesuits who ran the parish considered her the most enthusiastic promoter of devotion to the Sacred Heart of Jesus they had ever seen. Every month she visited on foot every fire station in Denver and delivered literature of the Sacred Heart League to the firemen, Catholics and non-Catholics alike.

A daily communicant, Julia had a rich devotion to the Blessed Sacrament and the Blessed Virgin and continued her prayers while working and moving about. She joined the Secular Franciscan Order in 1901 and was active in it till her death in 1918.

To the present day many people have been asking that her cause be considered for canonization, a request which was finally granted in the Fall of 2016. As part of the Cause for Canonization, Julia's mortal remain were transferred to Denver's Cathedral Basilica of the Immaculate Conception on June 7, 2017.

For more information: <http://juliagreeley.org>



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PEACE

**Dark Clouds &
Sunshine**

**Rain &
Rainbows**

Night & Day

**Winter &
Summer**

Old & New

**Babies &
Grandparents**

Sorrow & Love

**All changes
bring their own
kind of Peace.**

PRESIDENT - CAROLYNE MBONG

I would think that most of the SIS membership would know me, but for those that don't here, we go.

I have been a St Francis of Assisi Catholic Church member since 1964. I attended Our Mother of Mercy school in kindergarten, St Francis of Assisi School from grades 1-7, and Annunciation school in grade 8. I then completed grades 9-12 in 2 yrs. at Our Lady of Mt Carmel and finished the last 2 yrs. with an associate degree at the University of Houston. I completed the Columbia School of Broadcasting and did my internship at 104 KRBE. I did news and commercials for Magic 102 and KFRD back in the '70's. My last radio endeavor was working with KSHJ 1430 am Catholic radio. There I was on the board for the Fisher of men banquet and worked various telethons. You can still hear my voice on a few of the PSA for the station.

I have a wide variety of interests, but by far my greatest is traveling. I have traveled all my life with my family but really since 2015, I have visited 11 countries. My bucket list includes Tahiti and Lisbon. So far, my favorite place to travel is Honduras. The culture was interesting, and the people were very friendly. The beach was beautiful. The most beautiful beach that I have ever visited was in Turks and Caicos. The emerald green and royal blue water is crystal clear. Alaska was interesting but the long days had me confused.

I come from a small family. I have a sister, Gail Kelly (SIS 2004), 2 children and 4 grandkids. But within SIS I have found many relatives. If you are come from Louisiana and related to any Wiltz, Cormier, Kelly, or Vital, Louis, Ferdinand, Zenon more than likely you may be my relative. I know of 6 sis members that are related to me. I am a Charter member and my proudest moment was when my daughter Alex joined Sisters in the Spirit (SIS 2013). I have been active within SIS during my tenure as a member of the History Committee, Resource Committee, Anniversary Committee, Vice President, and now President. I look forward to many more years as a member and all that is to come.



VICE PRESIDENT - EVELYN WAGNER WRIGHT

Evelyn Wagner Wright, currently serving as Vice President of Sisters in the Spirit of Houston, Inc., has also served two terms as president of the organization.

Evelyn is spiritual, reliable, a visionary and loves to bring excellence to all of her involvements. She began serving as a volunteer in the Black Catholic Apostolate of the Archdiocese of Galveston-Houston in 1987 beginning with the Office of Black Ministry, Office of African American Ministry, Office of Ethnic Ministry, and currently the Office of the Vicar for Catholics of African Descent. She was one of the founding members of the Unity Explosion-Houston Conference in 1989 and has been an active member of the National Association of Black Catholic Administrators since 1995. She is also one of the founding members of Sisters in the Spirit of Houston, Inc., beginning foundational work in 2000.



In her professional life, among other achievements, she is a Life member of the National Alliance of Black School Educators, has served in leadership roles in Texas and National Learning Forward organization formerly known as the National Staff Development Council, and graduated from its Academy.

She is passionate about the mission of Sisters in the Spirit of Houston, “to be Christ to others.” In keeping with our mission, Saint Teresa of Avila says it best...“Christ has no body now but yours. No hands, no feet on earth but yours. Yours are the eyes through which he looks compassion on this world. Yours are the feet with which he walks to do good. Yours are the hands through which he blesses all the world. Yours are the hands, yours are the feet, yours are the eyes, you are his body. Christ has no body now on earth but yours.” Evelyn strives to meet the challenge of being the body, hands, feet and eyes of Christ to others.

Leading and supporting from behind the scenes in the lives of many, Evelyn works hard to be Christ to others in word and deed without her name being in the credits; she encourages others to do the same. She feels that we all have gifts and talents and should use them selflessly for the Glory of God, expecting nothing in return.

Personally, Evelyn is an avid reader and an international traveler. She has traveled the continents of Africa, Asia, Europe, North America and South America. Antarctica and Australia may be in her future travel plans.



She loves preserving history and genealogy and especially of her family. A native Texan, Evelyn is the mother of two daughters, Senakwé and Cortney and husband Medrick; one granddaughter Tajevé and husband Mark; two grandsons, Mason and Carson; and one three-month old great granddaughter, Aliyah. Her family brings her the greatest joy and she thanks God for them every day.

OUR GOALS

- **Serve**
- **Inspire**
- **Seek**
- **Teach**
- **Evangelize**
- **Renew**
- **Support**
- **Involve**
- **Nurture**
- **Thank**
- **Help**
- **Educate**
- **Sing**
- **Pray**
- **Invite**
- **Remember, rejoice, recognize**
- **Intercede**
- **Tolerate**

FYI

This story can fit 75-125 words.

Selecting pictures or graphics is an important part of adding content to your newsletter.

Think about your article and ask yourself if the picture supports or enhances the message you're trying to convey. Avoid selecting images that appear to be out of context.

Microsoft Publisher includes thousands of clip art images from which you can choose and import into your newsletter. There are also several tools you can use to draw shapes and symbols.

Once you have chosen an image, place it close to the article. Be sure to place the caption of the image near the image.

SECRETARY - BONITA TAYLOR

Bonita Taylor, Sisters in the Spirit of Houston, Inc., Secretary, 2022 thru 2024.

She is a proud member of St. Francis of Assisi Parish where she has been a member of the Pastoral Council, the Liturgy Committee, and the Audio-Visual Ministry. She has volunteered with the Parish youth group, the annual Parish Bazaar, CCE and the Confirmation candidates.

She says she became interested in the Sisters in the Spirit of Houston because of her desire to focus her prayer life on others. As a member of SIS, she is committed to work daily to be "Christ to others."

Bonita loves working with children and young people. She currently works in Education as the Career and Technical Education Director for Sheldon ISD. She believes that everyone's future is dependent upon children and we all must do everything within our power to encourage young people and teach them about God.

She is married to Leonard Marshall Taylor and has four daughters, Tracey, Megan, Cassandra, and Lauren; one son, Brian; two grandsons, Colby, and Allijah; five granddaughters, Lakeshia, Courtney, Ashley, Morgan, Aliyah, and one two-month old great granddaughter, Josefina.



ASST. SECRETARY FOR FINANCE - CAROL TYSON



WHO AM I?

I am a mother, a grandmother, a sister, an aunt, a niece, and a friend.

Daily I love to: teach, guide, listen, comfort and minister.

I give hope, joy, peace, compassion and share God's word.

Things that bring me joy are spending time with my family especially my granddaughters, baking, reading, playing board games, and **praying**.

"All that I am is God's gift to me; all that I do or give is my gifts to God."

*I am
Carol Tyson*

AT LARGE MEMBER - MICHEL FOSTER



My name is Michel Foster, I presently hold the position At-Large **Board Member**.

I was excited to become a Sister in the Spirit in 2009. My home parish is St. Peter the Apostle, I have been a member from the age of 5. I'm very involve in my parish serving as an Eucharistic Minister (pre-pandemic), CCE teacher and other ministries / organizations.

I'm an Occupational Therapist in Home Health, I enjoy working with people.

Some of my favorite things to do is travel with family, crafts and baking.

I'm so grateful and bless to have the spiritual and emotional support I get from my fellow SIS.

My favorite scripture is "I can do all things through Christ who strengthens me". Philippians 4:13

SIS Michel Foster

PARLIAMENTARIAN—THERESA SAVOY

Hello My Sisters

I am happy to serve as a board member to you my Sisters. I am learning a lot about the duties of the Parliamentary position and look forward to complete my term. I feel so bless to be a part of this organization of praying Sisters. I miss our gathering where we could see each other. Until we can gather in person again my thoughts and prayers are with you'll every day throughout the year.

Your Sister in the Spirit

Theresa G Savoy



SIS Community Outreach Committee

AUGUST AWARENESS MONTH 2022

CATARACT AWARENESS



CATARACT
SEE ALL OF YOUR WORLD!

The Eye
The eye is a complex organ that allows us to see. It consists of several parts, including the cornea, iris, pupil, lens, and retina. The lens is responsible for focusing light on the retina, which sends signals to the brain.

Cataracts
Cataracts are a common eye condition that causes clouding of the lens. This can lead to blurred vision, difficulty seeing at night, and sensitivity to light and glare. Cataracts can develop gradually over time or more suddenly due to injury or other factors.

Intraocular Lens Implanting Procedure
The procedure involves removing the cloudy lens and replacing it with a clear artificial lens. This is typically done through a small incision in the cornea.

**Take Back Your Vision!
Say Goodbye to cataract....!**

CEAP
COMMUNITY EDUCATION & ASSISTANCE PROGRAM

THE RISK OF CATARACT IS HIGHER FOR THOSE WHO HAVE FAMILY MEMBERS WITH THE DISEASE.

Prevent Blindness

Make sure to tell your eye doctor about your family's eye health history. Learn more about eye health and vision care at www.preventblindness.org.

A condition affecting the eye that causes clouding of the lens. A gradual progression of vision problem, eventually, if not treated, may result in vision loss.

Very common (More than 3 million cases per year in US)

Often requires lab test or imaging

Treatable by a medical professional

Can last several months or years

Cataract develops when proteins in the eye form clumps, preventing normal movement of light through the eye, to the retina. The lens becomes cloudy, and objects appear blurry, hazy, or faded in color. Cataracts can be removed completely through surgery.

Symptoms

Cataracts usually progresses gradually. Most age-related cataracts may progress over a period of two years. Other types of cataracts, especially in younger people and diabetics, may progress fast. The symptoms include:

- Clouded or blurred vision
- Difficulty in seeing during the night
- Sensitivity to light and glare
- Need for brighter than normal light to read or see objects
- Seeing halo around lights
- Seeing objects in faded or yellow color
- Headache due to changes in vision
- Eye pain

Cataracts can be removed completely through surgery.

Medical procedures: Cataract surgery

Causes

The majority of cataracts are related to ageing, cataracts are some times seen in babies. This type of cataract is called congenital cataract. Cataracts may also develop as a result of other diseases such as diabetes or trauma to the eye.

Risk factors associated with cataract development (after infancy) are:

- Ageing - people above 55 years of age are at higher risk
- Family history - more likely to develop if any member in the family had cataract.
- Diabetes, Obesity, High Blood Pressure
- Injury to the eye, Smoking
- Long-term use of steroid medications, especially eye drops
- Past surgery to the eye, MEDICATION



SIS Community Outreach Committee
AUGUST AWARENESS MONTH 2022
WORLD HUMANITARIAN AWARENESS

In 2009, the United Nations General Assembly formalized the day as **World Humanitarian Day (WHD)**. Each year, WHD focuses on a theme, bringing together partners from across the humanitarian system to advocate for the survival, well-being and dignity of people affected by crises, and for the safety and security of aid workers.

Every year World Humanitarian Day is observed across the globe to **promote human welfare**. The day is dedicated to the people who have sacrificed their lives for the welfare of others. ... Even the United Nations uplifted global citizens to be grateful for the aid workers who provided service to mankind.

World Humanitarian Day honors **humanitarian aid workers all over the world**. Established by the UN in 2009, this day commemorates the anniversary of the bombing of the United Nations headquarters in Iraq.

"Being a humanitarian means **helping people who are suffering and saving lives any time any place in the world**. And so humanitarian work requires being responsible, conscious of the circumstances of other people's lives, and helping them on the basis of need, without discrimination.

If a person or society has humanitarian ideas or behavior, they try to **avoid making people suffer** or they help people who are suffering.



What are the 4 humanitarian principles?
The principles of **humanity, neutrality, impartiality and independence** are fundamental to humanitarian action. Humanity means that human suffering must be addressed wherever it is found, with particular attention to the most vulnerable.

Humanitarian is **someone who is actively engaged in promoting human welfare and social reforms**, and who has no prejudice with human suffering on grounds of gender, sexual orientation, religious or national divisions.

What are the 7 humanitarian principles?
Humanity, impartiality, neutrality, independence, voluntary service, unity and universality; these seven Fundamental Principles sum up the Movement's ethics and are at the core of its approach to helping people in need during armed conflict, natural disasters and other emergencies.

What is humanity and humanitarian?
Is that **humanitarian is a person with such concerns**; a philanthropist or do-gooder while **humanity is mankind**; human beings as a group.

