

Ways to Get Started with **Sisters Supporting Sisters**

Adopt Sisters in your Diocese. Get names of Religious Sisters in your Diocese and have your Institute support them. **Become pen pals**, find out their needs and help in whatever way you can. If you do not know, or do not have any religious communities of women serving in your area, your best guide will be your Diocesan Directory under the listing of Women Religious. This will give you names and contact information about Sisters in your Diocese or Archdiocese. **Contact the Religious Women Community** or Communities you would like to support for our Grand President's Program. Find out from them what their needs and wants are, and then make it happen. Use your talents and imagination to come up with the ways and means of accomplishing our goals of support and friendship.

There are two ways to support our Sisters: **1) Spiritual Works of Mercy, and 2) Corporal Works of Mercy.** It is your Institute's decision to decide what you want to do. You can choose to do either one or the other, or to do both. Choose what will work best for YOUR Institute and the Sisters you choose to support. Here are some suggestions.

Spiritual Works of Mercy

- Pray for them (*Grand President Jeannette would like all YLI sisters to pause for a moment and pray the Memorare at 12 Noon for all Religious Sisters on the Feast of the Annunciation March 25, 2022, as a sign of solidarity with our Sisters.*)
- Pray the rosary for our Sisters. Pray especially for our retired Sisters
- Arrange to have Masses said on their behalf; let them know they are in your prayers
- Celebrate anniversaries and birthdays with Sisters close to you
- Send comforting letters and cards throughout the year (Thinking of You, etc.)
- Invite them to join YLI
- Think of other ways you can spiritually support our Sisters

Corporal Works of Mercy

- Bring them food and give the cook a day off
- Bring them water; supply them with water for a week
- Clothe them; maybe they need hygiene supplies, or gloves, scarves, etc.
- Pay them a visit; have tea at their residence and spend time with them
- Pay a month's car insurance or rent or utilities, etc.
- Give them cash donations to use as they see fit
- Give them or their community a subscription to the Voice of YLI
- Think of other ways you can physically support our Sisters

Active and Retired Sisters need our YLI Unity, Sisterly Love, and Protection. They have given to us so much, and now we can give back to them.

Elaine Brady, Grand President's Program Chairman
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"We cannot all do great things. But we can do small things with great love"
Saint Mother Teresa of Calcutta