

2020
SISTERHOOD
SERIES

*an eight-part series about
how to live deeper in sisterhood*

blessed is *she*

WELCOME

Dear Sisters,

Welcome to the Sisterhood Series: an eight-part series about how to live deeper in sisterhood with our sisters in Christ, based on the wisdom of our Catholic faith.

Relationships and friendships are a source of life for us. But they can be tricky to navigate and root into our spiritual journey as well.

But the good news? The Catholic Church teaches us so much about *how* to live in relationships fruitful with God's love. From Scripture to the Catechism to quotes from Saints and a few real-life examples, this little compilation of encouragement is meant for you.

You can read through it to ponder the steps, you can work on it with your intimate friends, and/or you can use it as a resource for discussion for your small group.

Praying for you along this journey of sisterhood!

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WEEK ONE:

COMPETITION & SUPPORT

We're examining competition & support today—a profound struggle many of us encounter.

Even the humblest heart among us struggles with that greatest of all deadly sins: P R I D E! Pride!
The very root of so many of our sins.

The Catholic encyclopedia defines pride as “excessive love of one’s own excellence,” and jealousy is thinking that someone’s excellence takes away from our own excellence.

A friend announced a new project she was working on and before the words had even finished escaping her smiling mouth, I thought to myself, Well, I can see why she'd pursue that, but really I have a ton of ideas I'd like to do, too, and if she had all the extra stuff I've had going on, maybe she wouldn't be so on top of things. #pettymuch?

This happens with our friends! With our dearest loved ones! The promotion at work, the happy family photos at the holidays, the handsome boyfriend who happens to also want to go to Adoration with her, the workout program that “worked.”

When I stopped my own awful stream of thoughts, nodded, and said a few nice things to my friend, I gave myself a chance to breathe it all in.

She was pursuing HER gifts. Not stealing mine.

Sisterhood can only start when we are no longer in competition. The good news is that there's no finite amount of talent God's doled out already to the somehow deserving. We aren't going to suddenly realize that we got in the back of the wrong line, leaving empty-handed. His grace is enough for each of us!

Fight pride and jealousy, sisters. Fight them with me. Don't hide or stifle them. Draw them out into the light. Examine, question, probe, and then let the air out of the balloon.

God's magnificent and bewildering plan for our lives may not (most likely will not) unfold in our timing. He created us to be in close, loving, and supportive relationships with one another so that we may all give glory to Him with the unique gifts we have been given.

PRACTICE //

- + First step: remember you are living your one and only beautiful life. We only have today.
- + Second step: remember to praise God Who gave this life and these gifts to you. Sing a hymn, utter a short prayer, embrace Him in your heart.
- + Third step: show support (even if you have to fake it until you make it) of your sisters' successes. Set an example for others with your efforts.
- + Fourth step: continue to unearth who you are, which parts of God you were created to reflect. Be willing to do the hard work of self-discovery.
- + Fifth step: give thanksgiving for His mercies and take the sin of pride to the Sacrament of Confession. Invite His graces to transform you.
- + Sixth step: remember it's not a competition but a journey. We only want to be a better version of ourselves, not someone else.

PRAYER //

"When You fill my soul I have an ever-greater hunger, and I grow more famished for Your light. I desire above all to see You, the true light, as you really are. Amen." - Saint Catherine of Siena

DISCUSSION QUESTIONS //

1. Are you naturally competitive or more laid back? How does this help/hinder you in relationships with other women?
2. Who's been a support for you in your life? What has that support looked like, felt like, sounded like?
3. Do you believe your self worth comes from your identity as a beloved daughter of God? How does this play out in your life?

02.

**INSECURITY &
ENCOURAGEMENT**

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WEEK TWO:

INSECURITY & ENCOURAGEMENT

Let's talk about facing our insecurities as women and examine the incredible impediment they produce to sisterhood in Christ. The flip side of insecurity is encouragement—a choice we'd all like to make more and more often.

When she asks how I am, I hold back from sharing all that I'm really going through. I'll just sound like a whiner or negative or a black hole of need. It's better to just say things are fine, or say it's a little tough right now but getting better every day! Always end on an upswing, right? I want to sound more confident and important than I am. So I'll hide those parts of me that aren't appealing.

But what if we actually share when we're floundering? *We give our sisters a chance to encourage us.*

Encouragement comes from the virtue of courage or fortitude. Saint Thomas Aquinas dedicates a lot of words to fortitude.

I love this part from the *Summa Theologica*: “Wherefore, since confidence denotes a certain strength of hope arising from some observation which gives one a strong opinion that one will obtain a certain good”—relating confidence to magnanimity and, thereafter, to fortitude. (See second part of the second part, 129.6.)

Who gives us that strength of hope?

Our loving God, first and foremost. And then, by His grace, our kind sisters in Christ.

And when we reach out to encourage those around us? This doesn't come from an infinite well of confidence and fabulousness. It comes from knowing that she might share my same struggles with her role, her identity, her body's limitations.

PRACTICE //

- + First step: examine your insecurities in the cleansing light of an [examination](#) of conscience. Be kind to yourself but be honest.
- + Second step: identify who in your life could use some encouragement, some strength of hope. It might be someone who's bothering you or someone who seems to never need help.
- + Third step: don't wait to encourage her until you've overcome your insecurities; just shuffle into it. It's okay to learn through trying.
- + Fourth step: accept encouragement by being open to those in your life in a healthy way with good boundaries. Put your trust in the Holy Spirit in these instances.
- + Fifth step: take an opportunity to point out what your sister's doing well and give praise. Be generous with praise! Cultivate an observing heart.
- + Sixth step: love more freely, fling open your heart to your sisters around you. This practice helps us love the Lord more freely, too.

PRAYER //

“Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession was left unaided. Inspired with this confidence, I fly to thee, O Virgin of virgins, my Mother; to thee do I come; before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.” - The Memorare

DISCUSSION QUESTIONS //

1. When you think about your biggest insecurity, have you felt isolated by it? What does that feel like?
2. Name one time someone encouraged you. Name one time you encouraged someone else.
3. Have you asked God for encouragement, for more hope? What would you ask Him for, specifically? Share it with your sisters now.

03.

**GOSSIP &
COMMUNICATION**

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WEEK THREE:

GOSSIP & COMMUNICATION

Let's face gossip versus communication. This bad habit, this sin of gossip, threatens to tear apart our friendships and relationships but also erodes how we view the world and process our experiences.

The most logical way to stop a habit is to define it, ask for the grace to replace it, and practice, practice, practice.

So what really qualifies as gossip, anyway?

The Catechism of the Catholic Church slots gossip right there under the Eighth Commandment and lays it out pretty clearly in section 2477: "rash judgment, detraction, and calumny." All components of gossip, *amirite?*

But what about a deeper form of gossip?

The one where our issues with another person aren't simply judgments, criticisms, or lies. The form of gossip where we don't take our issue to the person we're having a problem with, but instead, to either confidants or everyone else who will listen and take our side.

In the Gospel according to Saint Matthew, we are told how to handle these disputes. In one word: communication! He says, "If your brother sins against you, go and tell him his fault, between you and him alone. If he listens to you, you have gained your brother" (Matthew 18:15).

Speak directly to the person.

Why don't we?

I complained about the entire situation to my sister, blurting it all out, and feeling pretty vindicated as I did. Clearly these people didn't deserve my help and why had I wasted it and my time on them! She began asking a series of questions: had I told them what happened from my side? Had I asked if they acted this way

intentionally? Had I been direct about my decisions moving forward? No, I hadn't done any of these because I was afraid of what would happen if I was direct.

Gossip is tied to a lot of deep hurts in us, but often mostly stems from fear.

In fear of communicating, in wanting to control the outcome of a dispute, and in being afraid to bring it to light in case it doesn't go our way.

And we find ourselves viewing every situation negatively, looking for that gossip sliver, looking for a way to criticize and tear someone down after we leave.

So what if we replace gossip with talking? Talking with an open heart means accepting that we may be wounded. Talking with a hopeful heart means to try to understand the other person.

When we communicate and hope for ourselves to be understood, we have little to lose and lots to gain.

PRACTICE //

- + First Step: practice stopping the habit of sharing information that isn't our story, even benign passing of news. Simply pause and take a breath when tempted.
- + Second Step: pay attention to what we do tend to share about others and ask, is it charitable? Is it necessary? Is it true?
- + Third Step: ask a close friend or family member to help us sort out when we are sharing and when it's gossip. This can help re-set the habit.
- + Fourth Step: re-frame how you view the person you gossip about by praying for them—prayer can truly move mountains, even the boulders in our hearts.
- + Fifth Step: bring a problem that's brewing, large or small, to the source and use "I" statements, do it when you're not mad, and try to stay talking even if the conversation gets sticky.
- + Sixth Step: invite the Holy Spirit into every conversation by simply praying silently or aloud, "Come, Holy Spirit" before you start—He will help guide you back to a good habit.

PRAYER //

"As the wounded go to the doctor in search of aid, so do I come to You. O Lord, give Your peace to my heart. Amen."

// Saint Bridget of Sweden

DISCUSSION QUESTIONS //

1. Do you feel burdened by the weight of gossip? Or do you feel like you've been the victim of it?
2. Are you a fast processor or a more methodical one? How does communication usually go for you? If it takes you longer, what are some options to make space for the conversation to veer away from gossip? If your brain zips and your mouth goes before you can stop it, what would work to slow you down?
3. Have you ever gently asked someone to stop sharing something that feels like gossip? What are some ways you could do that?

04.

ENVY & INTIMACY

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WEEK FOUR:

ENVY & INTIMACY

Let's face envy versus intimacy. Why these two? How are they a counterpart to one another? Isn't envy just jealousy and isn't intimacy something for BFFs or the loves of our lives?

Envy isolates us.

Envy is when we put ourselves in a box, alone, and we swim around lonely and . . . get pruney fingers because we've been in the water too long.

Saint John Vianney says, "Envy is a sadness which we feel on account of the good that happens to our neighbour." It is a choice to step into envy after seeing what she has, what she does, who she is.

We choose to take a breath and put one foot in front of the other into that pool of loneliness.

Sometimes it washes over our heads, and sometimes it's just tickling our toes.

And in today's social media blitz of #bestlife and #humblebrag and #moderninteriors we can simply feel like we're drowning in it, without even realizing we were in the pool. It's okay to bless & release, unfollow & mute!

And what's the antidote to isolation? Intimacy.

I'm not talking about romantic love here or even best friendships. True intimacy is simply been seen and known.

Now no friend can completely do that for us, but . . . okay, you guys, you totally know where I'm going with this . . . GOD. God is the ultimate source of intimacy, and when we're in a relationship with Him, it flows out into all of our other relationships. He'll teach us how to both be seen and how to see others!

“Pray with great confidence, with confidence based upon the goodness and infinite generosity of God and upon the promises of Jesus Christ. God is a spring of living water which flows unceasingly into the hearts of those who pray.” - Saint Louis de Montfort

Let's ask Him to turn up the spigot.

He will never reject us. And He gives us the Sacrament of Penance to heal our souls every time we separate ourselves from Him and wound the Church, the Mystical Body of Christ, His Bride. (More on this at the Catechism in sections 1422-98.)

PRACTICE //

- + First Step: re-frame envy as a harm to ourselves, a self-imposed isolation, and say it aloud when you find yourself swimming in it.
- + Second Step: set healthy boundaries for creating a stop-gap for opportunities to feel envy is good! Don't follow & friend on social media, don't go to get together, and don't worry about explaining yourself.
- + Third Step: pray over intimacy with the Lord. Ask Him to teach you how to have an open heart for His love.
- + Fourth Step: go to Confession. Seek it out at your parish or any place local. Start fresh.
- + Fifth Step: acknowledge you don't have to be besties with everyone but that intimacy with God means you can be close with other women without comparison: their lives are not yours. He has something just for you in store.
- + Sixth Step: invest yourself in a new friend this week. Make the effort to reach out to her, contact her, follow up on a text, all with an open heart.

PRAYER //

“Jesus meek and humble of heart, make my heart like unto Thine.” - Saint Therese of Lisieux

DISCUSSION QUESTIONS //

1. Does someone in your life or online make you feel envious? Would limiting contact with her stop this or can you address it a different way?
2. What's your prayer routine? Are you regularly in conversation with God? Do you feel intimate with Him? What would help that?
3. Who is someone who doesn't appear to be affected by envy in your life? What is she doing that you can emulate?

05.

**REJECTION &
VULNERABILITY**

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WEEK FIVE:

REJECTION & VULNERABILITY

Let's look at how we have experienced rejection and what Catholic vulnerability has to teach us about healing it.

The Catechism of the Catholic Church in paragraph 30 teaches us:

“Although man can forget God or reject him, He never ceases to call every man to seek him, so as to find life and happiness. But this search for God demands of man every effort of intellect, a sound will, ‘an upright heart,’ as well as the witness of others who teach him to seek God.”

We can forget or reject God, sisters. And I do. I forget He is calling me to seek Him. I'm too busy worrying about who *might* be leaving me out, rejecting me, or driving in my feelings of self-rejection.

In focusing on my victimhood of rejection, I fail to notice that when I sin, when I separate myself from God, I'm actually the one doing the rejecting.

And then how does this tie in with vulnerability, that highly discussed term? For Catholics, we get to view our vulnerabilities, our weaknesses, not just as a way to be more authentic in relationships, but as a recognition that we need God's grace.

Saint Paul tells us that when he brought the struggle of temptations to Our Lord, asking to be free of them, Jesus said to him, “My grace is sufficient for you, for my power is made perfect in weakness” (2 Corinthians 12:9). Paul goes on to say that the power of Jesus will rest in him when he is weak, and goes on to welcome it!

Vulnerability is a gift. It's recognizing the reality of needing and desiring Jesus' power in our lives, the power to fix, heal, redeem, and flood us with grace.

So if you're experiencing rejection, perhaps Our Lord is inviting you to recognize when you've also rejected Him. The Catechism invites us to search out “the witness of others” who will draw us back to His heart.

God will never, ever reject you, sister. He wants you and me to find life and happiness in Him. And to be vulnerable means rightly ordering our failures and moments of weakness: to turn them all back to God instead of hiding them or trying to fix them ourselves.

PRACTICE //

- + First Step: His grace is sufficient for us. Can you believe that today?
- + Second Step: if you're experiencing rejection in a relationship, take it to God. See if you're connected to Him first and foremost and pray about if you want to be connected to the person rejecting you. Habits are hard, but we deserve to be loved and cherished!
- + Third Step: ask Our Lord in prayer what happens when you bring your vulnerability to His feet. Carry it on over there and lay it down. Let Him use it for His greater glory.
- + Fourth Step: be vulnerable, meaning be authentic and real about your temptations and weaknesses, in your friendships. If it's a God-centric friendship, ask your friend to pray with you over what's going on. If it's not, don't be timid to say you're asking God for help with what's going on.
- + Fifth Step: take rejecting God seriously. Ask the Holy Spirit to show you when and where you're turning away from His call to seek Him. Turn back! Listen.
- + Sixth Step: reach out to someone who is feeling rejected, maybe because they were vulnerable, or because they're in a disconnected place. Venmo them for a coffee pick-me-up, send a text, give a hug. Be God's hands and feet.

PRAYER //

"O my God, fill my soul with holy joy, courage and strength to serve You. Enkindle Your love in me and then walk with me along the next stretch of road before me" – Saint Teresa Benedicta of the Cross

DISCUSSION QUESTIONS //

1. Which relationships in your life leave you experiencing rejection? Are there healthy boundaries you can set in place for those?
2. Be vulnerable with yourself right now. Are you regularly rejecting God's love and grace? Sometimes? What will it take for you to receive it?
3. Is there someone you can reach out to who is wounded and not feeling connected in her vulnerability? What would that look like?

06.

**DISAPPOINTMENT &
EXPECTATIONS**

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WEEK SIX:

DISAPPOINTMENT & EXPECTATIONS

Let's examine disappointment and expectations, experiences that shape us profoundly.

As Catholic women, we know that when we are in sisterhood with each other, we help one another pursue virtue, support each other in our hard times, and celebrate the small victories. Navigating how to have expectations with our friends, family, and relationships in general is tricky and often ends in disappointment or a sizzling out of the friendship.

Who has felt sisterhood sabotaged by expectations that went unmet? Me! Me!

Years ago, I had a friend who I immediately clicked with. It was a relationship I thought would go deeper and deeper. I thought we'd grow with deep roots in each other's lives, follow along the same path and trajectory set out before us. Looking back, I put a ton of expectations on the friendship—all my eggs were in this basket. You can guess what happened. Yes, over time she pulled away and I didn't understand why. But now I do.

My expectation, my hope was to cling to her. And I was devastated and needed to talk . . . ahem . . . “process” . . . a lot with those closest to me about what could have happened.

The Catechism of the Catholic Church has this to say about hope (section 2090):

“Hope is the confident expectation of divine blessing and the beatific vision of God.”

My hope wasn't in God. My expectations weren't that God would meet my needs, send me friends, help me see how I needed to grow so I could be a good friend and keep them. Nope. I thought it was all in my control. I fell into the trap of thinking my expectations would be my reality. Maybe you have, too.

Disappointment is painful when someone doesn't text you back, include you in their get-together that's well-documented on social media, or put the effort in to maintain a friendship. That pain is real, and it can affect our interest in putting ourselves out there again (and again and again).

God wants us to accept the gift of hope He's infused in us at Baptism. Loosen your grip and hope alongside me? (While being realistic with our expectations.)

PRACTICE //

- + First Step: repeat after me: our hope is in the Lord, not our relationships, for ultimate satisfaction.
- + Second Step: examine your expectations of your sister in Christ. Are they realistic? Do you find yourself regularly disappointed? What adjustments can you make?
- + Third Step: take your disappointments to God in prayer. Pour out your heart before Him in Adoration or at Mass or just in the shower. He's listening.
- + Fourth Step: if someone in your life makes a good effort regularly in your relationship, take some mental notes. What do you have to learn about how they moderate their expectations?
- + Fifth Step: give yourself permission to pause friendships that are regularly disappointing. God may be trying to help you figure out something that's not healthy there.
- + Sixth Step: tune into some deep meditation time with silence or Gregorian Chant to try to loosen your grip on your expectations and place your hoping heart in God's trustful hands.

PRAYER //

"Let nothing disturb you, let nothing frighten you, all things will pass away. God never changes; patience obtains all things, whoever has God lacks nothing. God alone suffices. Amen." - Saint Teresa of Avila

DISCUSSION QUESTIONS //

1. Imagine what the ideal friend looks like, how she behaves, what she says and does. Now share how you can pursue virtues (or characteristics) like these.
2. How has disappointment felt when you knew your expectations were too high? How has it felt when you felt justified?
3. We've been given the gift of the theological virtue of hope at Baptism. Make one resolution to be more hopeful about relationships and friendships today.

07.

**COMPARISON &
VALIDATION**

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WEEK SEVEN:

COMPARISON & VALIDATION

Let's look at a big topic, a big impediment to closeness as Catholic women: comparison and validation.

Comparison is the habit of continually assessing and taking stock in what our sisters have and then holding it up and measuring it to what we have.

Comparing our hair, our body shape, our praise at work, our relationship status, our vacation plans, our work choices can become so normal for us we don't even notice it anymore.

But what we do notice is that how we feel about ourselves, our lives, our choices stems from whether or not we are validated by the choices of those around us.

Graduate school was constant scramble to not compare. Law school is notorious for being fiercely competitive, and some of my friends were so wildly smart and had amazing study habits. I loved school, but I also loved socializing and building relationships. So while my grades were good, every time I left the Law Review area to grab a coffee for/with a friend or organized a soup & stations night during Lent, I felt like I was falling behind. I wanted so much to have someone validate that how I was allocating my time was ok. But ultimately I had to be ok with it myself.

Discerning your vocation, your work situation, your relationship on the verge of break-up can't be driven by what's happening in your sister's life. Influenced? Possibly, but steered? We hope not.

In Galatians 6:4-5, Saint Paul writes, "But let each one test his own work, and then his reason to boast will be in himself alone and not in his neighbor. For each man will have to bear his own load."

Test our own work, boast in our own selves, bear our own load. Also in the Catechism, we know we are made in God's image and likeness. He is the One we want to be like.

The lens through which we want to evaluate our life and choices is how they draw us closer to God and how we live out His will for us.

PRACTICE //

- + First Step: recognize the sources of external validation in your life. Make sure they aren't more important than your spiritual connection with God and your internal assessment of things on your own terms.
- + Second Step: when we're honest about our challenges, we can seek help, ask for more graces in prayer, and laugh at ourselves a little bit. Be honest.
- + Third Step: if you're comparing yourself to others, make it the Saints and Mary, the Mother of God, instead of a friend or family member.
- + Fourth Step: set aside time to jot down goals you want to pursue in your life. Be honest, be brave, think big. Now take this list to prayer and ask the Lord what He wants from you. Focus on your God-appointed goals, not your sister's achievements.
- + Fifth Step: if you see a friend struggling with comparison and seeking validation for her choices based on what everyone else is doing, consider gently addressing it and encouraging her to look at it in a different light.
- + Sixth Step: prepare yourself for the next liturgical season not based on what others are doing, but on what you feel peace at pursuing—be that a reflection book, a Holy Hour in Adoration of the Blessed Sacrament, a commitment to a daily Rosary.

PRAYER //

"My Saviour, I cheerfully accept all the painful dispositions, in which it is Thy pleasure to place me. My wish is in all things to conform myself to Thy holy will. Whenever I kiss Thy cross, it is to show that I submit perfectly to mine. Amen."

- Saint Margaret Mary Alacoque

DISCUSSION QUESTIONS //

1. How often do you size up your friends and acquaintances? Do you catch yourself commenting to them or others about things in their life that aren't really your business?
2. What hidden wound do you need to address to find the ultimate validation and comfort in your relationship with God? What's holding you back?
3. When is a time you felt deeply validated? Can you share that with your sisters?

08.

BETRAYAL & TRUST

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WEEK EIGHT:

BETRAYAL & TRUST

Let's look at a topic that most of us have encountered: betrayal, and conversely, trust.

Betrayal can be infidelity in a relationship, a friend exposing secrets and confidences, or a family member failing to meet emotional needs time and time again. It can be life shattering or a moment for growth. There's no measuring stick for how big it has to be to "count." Betrayal both stings and burns.

And how do we learn to trust again when we've felt this? How do we open our hearts up, again, to the possibility of betrayal?

Jesus Himself experienced betrayal by Judas and knew it was coming, as He shares in Luke 22:21: "But behold the hand of him who betrays me is with me on the table." He knows how we experience it because He did, too.

And on the flip side, Saint Peter betrayed Jesus three times! Three times, my friend! Jesus forgave him and still entrusted His Church to him.

A friend is going through a terrible time in her relationship. They're on the brink of breaking up and she asks me if she is supposed to fake it until she makes it and pretend their problems don't exist so she can continue to be a good Catholic. But she can't heal until she's said it out loud—had her hurts and wounds acknowledged or at least stated. The path to trust after betrayal starts with honesty.

I think about my friend and all of us who have been through heartache, and I think how we need healing and acknowledgment before trust happens again. And maybe those things won't come from our betrayer. Maybe we can only really receive those from the Lord.

The Lord can and will, in His time, help us be able to heal from betrayal and trust again. He is the source of all healing, the source of why and how we trust. We trust anyone because we trust Him.

PRACTICE //

- + First Step: face your betrayals. Journal about them, talk to a close friend, find a good Catholic counselor. Until we are open, we can't heal.
- + Second Step: have you betrayed someone? Maybe they don't even know it. Maybe it was a small gossip moment or a big social media share. Apologize and own up to it—even if it changes your relationship. Truly repent and take it to Confession, asking God for help to heal.
- + Third Step: if you have relationships filled with trust, rejoice in them and thank those people in your life. Offer a prayer of thanksgiving for them today.
- + Fourth Step: have you turned to God as the source of trust and healing or are you jaded because the person who betrayed you is withholding acknowledgement and apologies? Bring your heart close to the Sacred Heart and rest in Him.
- + Fifth Step: if you find yourself repeatedly pulling away from people to pre-empt their hurting you, be patient with yourself and them. Approach the relationship rooted in trust of your identity in God as made in His image and let that guide you.
- + Sixth Step: each day pray, "Jesus, I trust in You" a handful of times. Maybe at the stoplight, before checking your texts or social, after washing your hands. Find the rhythm of the prayer in your day-to-day.

PRAYER //

"Dear Savior, leave us not, forsake us not. We thirst for You, Fountain of Living Water. Our days pass quickly along, soon all will be consummated for us. To Your hands we commend our spirits, now and forever. Amen." – Saint Elizabeth Ann Seton

DISCUSSION QUESTIONS //

1. Do you have your own Saint Peter story? One about betraying someone and then returning to a place of trust?
2. How have you returned to trusting in God when something's happened that you had hoped He would save you from?
3. If you're waiting for someone to affirm your damaged trust and apologize, can you set that aside and find healing in the Lord instead? What would that look like?

THANK YOU.

Thank you for walking through these steps of sisterhood, sister. We are all in this together. We need these life-giving relationships with other women. We are better able to experience God's love and His presence through them.

It's our prayer that you feel better prepared to work through your own woundedness and strengthened in your resolve to seek healthy friendships.

Holding you in prayer, sister! Grateful we have each other.

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To continue to grow in sisterhood with each other, we encourage you to break bread together, pray together, hop in for a quick moment or a whole hour of adoration of the Blessed Sacrament, offer to do a Rosary together, keep a text thread of gratitude going, and/or use one of the [Blessed Conversations](#) small group studies to continue to deepen your authentic sisterhood.

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