

PRAYER™ SISTERS



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Note from founder... Kathy Groom

Welcome to Prayer Sisters! What an exciting journey we have ahead of us.

Let us begin with a story...

One day I sat with my sister-in-law, Julie, in a historic café along the river boardwalk in Sacramento, California. As we chatted and nibbled on chips and salsa, I shared stories about my own personal Prayer Sisters, five friends that I've been praying with for several years.

She sighed and said, "I wish I had a group of friends like that."

"Well... what would you need?" I replied. "Let's make it happen!"

With girlish enthusiasm, we began to kick around ideas. The dreaming began.

Within a few short months, God led me to establish Prayer Sisters International. It is now fully operational with a dedicated ministry team, a beautiful website, a Prayer Sisters Handbook, and more ideas and plans than I can include in this letter! Individual Prayer Sisters groups are forming all over and several churches have caught the vision of adding Prayer Sisters into their women's ministries. So... how does all this affect you? It means God has brought you to Prayer Sisters at just the right time. He desires for *your* needs to be met—in friendship, in prayer, and in your own spiritual growth. I pray for each Prayer Sister that your heart will be

opened, nourished, exhilarated, and that you will find yourself connecting to God and your friends, old and new, in a totally healthy, life-enriching way!

This is our first newsletter. We plan to send one every quarter to keep you informed of all the new happenings as well as encourage you with faith-building ideas, stories and scriptures. Let us know how we can best assist you and your Prayer Sisters group. Call, write, email! We'd love to hear from you. We are on this journey together!

In sisterly prayer,
Kathy



Upcoming Events:

Sister Time-
April 23 & 30,
May 7, 4:00 p.m.

**Crossroads
Community Church**
10816 S. Parker Rd
Parker, Colorado

**Prayer Sisters
-Brunch-
Fashion Show
Door Prizes**
June 3, 2006
From 9-12 at

**Southeast Christian
Church**
9650 Jordan Road
Parker, Colorado

**"Then those who
feared the Lord
talked with each
other, and the
Lord listened and
heard."**

-Malachi 3:16

Ministry Leader Perspective...

Prayer Sisters is meeting a large need in the lives of women at Crossroads. It connects women heart to heart; the very place that is so often neglected. New friendships are forming, and hope is coming to those who have felt alone. I've seen an excitement as groups commit not only in prayer, but in life.

- Dawn Henry
Director of Women's Ministry,
Crossroads Community Church

Introduction of Handbook

All new! The Prayer Sisters Handbook, *Starting the Connection*, is now available! The perfect tool for each Prayer Sister, this booklet gives valuable information on how to start your own group, ideas for your first meeting together, suggestions on how to successfully manage your get-togethers, helpful forms, and more fun stuff! Watch our website www.prayersisters.org for the Prayer Sisters Online Store coming soon. In the meantime, contact us at admin@prayersisters.org. We'll let you know how you can order your own handbooks right away.



Profile of a Prayer Sisters Group...

We thought you might like to meet the original group of Prayer Sisters. They are the ones that started it all!

It all began in 1997 when a concerned mom suggested to a few of her close friends at church that they get together to pray for their kids. With several of their children getting ready to start middle school, she knew they could all use one another's support through the teenage years ahead. So they began to meet regularly in each other's homes, praying together, sometimes desperately, as their kids faced the challenges of adolescence. As their friendship grew, these women began to share deeper and more personal prayer requests.

Then, in November of 2003, the threat of cancer in one of their friends drew

this group together even closer. As Kathy Groom faced emergency surgery to remove a rapidly growing mysterious tumor in her ovary, she insisted her prayer buddies be included in the intimate group of family members waiting at the hospital. "These are my sisters—my prayer sisters!" she said, because that is how important their relationship had become.

They had actually begun calling each other "prayer sisters" just a few weeks prior to Kathy's medical crisis. Deciding their little prayer group needed a name, these friends chose "Prayer Sisters" because they shared their hearts and prayers like real sisters.

Today, this group continues to meet regularly. They still pray fervently for one another and for the remaining teens in their homes, but as the season of life is changing, they are now also praying for their newlywed offspring and grandbabies.



L to R Back Row: Karen McDaniel, Kathy Groom, Libby Hellinger - Front Row: Linda Elbert, Pat Mason, Von Jeanjaquet

Together they thank God every time they recognize His answer to something they've been praying for... including Kathy's "no cancer" diagnosis. They are committed to praying one another through the inevitable challenges of life ahead. As one member put it, "We're in for the long haul!"

Sisterly Advice...

On Friendship

There are several levels of friendship. It takes effort, commitment and time to reach the heart level. Be intentional, be open... and be patient.

On Prayer

We help one another carry our burdens when we pray together. No longer are we shouldering the load alone. What a relief that is!

On Spiritual Growth

Good friends refuse to let one another grow weary. The best way to encourage a discouraged prayer buddy is by praying for her. Let her be the recipient of warm, gracious, nurturing prayers. They will be like balm to her tired soul.



"The closeness we have as Prayer Sisters didn't happen overnight. It took time and vulnerability."

-Karen M.



"This (Prayer Sisters) is what my life has needed."

-Susan A.



"I treasure having 'sisters' I can be completely honest and vulnerable with and still be completely loved."

-Libby H.

Sister Story... from a group in Parker, Colorado

Our Prayer Sisters group started up last Fall. Some in our group were long-time friends and some of us were new friends. It was an instant connection as we shared our stories and asked prayer for ourselves, our husbands, and our children (We all have grown children - some in college and some married).

It didn't take long for us to see how God was answering prayer, as we met every two weeks and anxiously shared what had been happening... how God was moving and working to protect our families - and it encouraged us so

much. We quickly bonded as we laughed together and cried together and lifted each other up in prayer as we met, and throughout the next two weeks until we met again for coffee and prayer.

I look forward to our bi-weekly meetings to see what God is doing and to share my prayer sisters' lives and... their prayers!

What a blessing this is. Oh, how we ladies *NEED* this time with other women in prayer.

-Peggy Z