



Note from founder... Kathy Groom

I know "overwhelmed." I have four kids who storm my fridge and drive my car and bend my ear. Add the strain of caring for elderly parents, managing a non-profit organization, freelance editing and writing, and tending the needs of a twenty-five year marriage. Well, I'm tired. It's a lot.

And tomorrow morning is my Prayer Sisters time. Do I feel like going? Yeah, kinda. Except I have so much to do. The camper is waiting for this weekend's hot dogs and marshmallows. Mail is piling up, projects need to be reviewed, and aphids are munching on my roses. And the garden weeds... I don't even want to talk about those.

But...will I still go to tomorrow's prayer time? Absolutely. And after praying for a couple of hours with my dear friends, I will have more strength, energy, confidence, hope, and peace than I've had all week. Oh, the beauty of Prayer Sisters!


As we pray, we release our worries and our to-do lists to the One who promises to help us with it all. We hang onto this promise:

*"My help comes from the Lord,
Who made heaven and earth"*
—Psalm 121:2.

Well, my goodness, if he can do all *that* imagine how he can help us!

I'll be honest with you. There is always something to do, tedious or urgent, and I don't often have the self-discipline to stop everything and pray by myself. But I do commit to join my friends in prayer. More than "just another thing," praying together makes the demands of life a tad bit easier to face.

May your sweet summer days be filled with bug-free flowers, friendly picnics, bright sunshine... and lots of prayer.

In sisterly prayer,




**Let us therefore
come boldly
unto the throne
of grace, that
we may obtain
mercy, and find
grace to help in
time of need.
—Hebrews 4:16
(KJV)**



"When my heart is weary with worry... my prayer sisters surround me with compassion and prayer" ~Peggy

For Ministry Leaders...

New materials available—

A colorful tri-fold brochure to help you introduce Prayer Sisters to your organization! We've reserved a space on this informative flyer for you to add your church or organization contact information. Contact us at resources@prayersisters.org to order a bundle. Together we can help women connect!

Now is the time to start planning a Fall Kickoff Event—

Let us know how we can help you and the women in your church make the connection as Prayer Sisters—through resource materials, a one-day kickoff event, a weekend retreat, or simply by answering your questions. Contact us at info@prayersisters.org for more information.

Quick Tips for Busy Groups:

When we are all super busy, try these ideas for 'less stress' prayer times.

- E-mail requests ahead of time.
- Establish a time frame (8:00 – 9:30, for example) and then stick to it.
- Don't waste time with snacks.
- Limit visiting until after prayer.
- Commit to praying together, even if only two or three can meet.

Sister Stories...

Tell Us Your Stories ...

Did you know? Your stories can help other Prayer Sisters! We all benefit from hearing what's happening in other Prayer Sisters groups... and we'd like to hear from you. There is no need to feel all alone...not when we have Prayer Sisters!

[write to us and share your stories.]

info@prayersisters.org



Everyone on vacation? One group told us they set aside a designated time at which they all prayed for one another wherever they were...from the beaches of California to the Big Cities of the East Coast, God heard the prayers of these united Prayer Sisters.

Sisterly Advice...

On Friendship:

Try to understand the challenges your friends are going through, and be careful of unrealistic expectations. Our friendships as Prayer Sisters are designed to be a support, not a burden.

On Prayer:

Prayers don't have to be long or flowery to be effective. Simply share what's on your heart. That's what God wants to hear anyway!

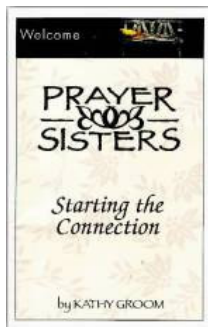
On Spiritual Growth:

Find a way to read your Bible often, even if you can only grab snippets of time every day. When your life and your prayers are filled with his truth, you will be stronger, both as individual Prayer Sisters and as friends.

Let us hear from you! We'd like your suggestions for improving our newsletter, resource books, special events. How can we better meet your needs? Let us know! Contact us at info@prayersisters.org with your ideas.

Prayer Sisters Resources...

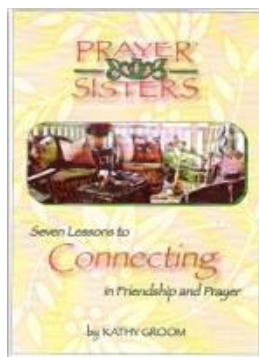
The Prayer Sisters books are valuable resources for each Prayer Sister. If you haven't had a chance to get your copies yet, order them today!



Starting the Connection

The Prayer Sisters handbook, **Starting the Connection**, is the perfect tool for each Prayer Sister. This small book gives valuable information on what it means to be a Prayer Sister, suggestions on how to successfully manage your get-togethers, helpful forms, tons of Sisterly Advice and more.

(only \$6.00 each plus shipping and handling)



Connecting

The guidebook, **Connecting: Seven Lessons to Connecting in Friendship and Prayer**, is comprised of powerful stories, personal challenges and group checkup questions as well as a place to journal prayer requests and answers.

(only \$7.00 each plus shipping and handling)

Our Online Store is almost ready!
In the meantime, contact us at resources@prayersisters.org to order your Prayer Sisters Resources.

New Group Profile...

Meet one of our newest groups from Hornell, NY!

When Tammy Zuch discovered Prayer Sisters online, she was "hooked right away." Tammy says, "I am a firm believer in prayer and know Satan shakes in his boots when us women connect and pray for our spiritual leaders and family." She quickly recruited her praying friends, a busy group of women actively involved in The Salvation Army. Recognizing "how important prayer is," they have committed to making prayer a priority and meet once a week for fellowship, training and prayer.

Tammy says, "We have had so many experiences and each time we meet it seems we always come away with more tender moments. We talk openly with each other about things we face as women that men can't always understand. It is a wonderful feeling to know you're connected." – Amen, Tammy! Couldn't have said it better ourselves!



Carol Miles, Captain Patricia Kurtz,
Tammy Zuch and Michelle Holbrook

