

FROM THE DESK OF
Glady Ascah

Dear Friends,

My friend Catherine seemed to have it all. Just 32, she already had two beautiful children, a loving husband, a great job and a happy home. Then she found a lump. Her voice shook as she told me.

“My doctor wants me to have a biopsy,” Catherine said on the phone. “But I’m too scared. I just can’t.”

Have you ever wanted to do more than say, “I’ll pray for you”? You want to help, but just saying that – no matter how sincere – can sound almost hollow. You long to offer something more tangible. *The cards in this package represent bouquets of prayers you can send anytime.*

Cancer runs in Catherine’s family. Her mother and sister have been treated for breast cancer. Her uncle died of lung cancer. The last thing she wanted to do was worry anyone, so she kept the terrifying news to herself, and me.

Over the next few days, we talked and talked. Finally I said, “Talking is important. But I’d like to pray together.” She told me she didn’t pray, and wouldn’t be comfortable doing so. I had to do something. I needed backup. So when we hung up, I pulled a card from my desk that promised the prayers of 200 of the most prayerful women I know. The Sisters of Charity-Halifax.

I asked Catherine if she would mind if I shared her need anonymously with the Sisters. She gave her permission. As soon as the Sisters received the request, they started praying.

The Sisters’ prayer program uses cards like the ones you have in your hands. When you want them to pray for someone, you choose either the memorial card or the special intentions card and address it to your recipient. You send a matching card to the Sisters to request the prayers. If you are making a donation you can direct your gift to any of the Sisters’ ministries, and it can be as much or as little as you wish.

These cards allow you to ask for prayers for any reason. I've sent cards to friends facing surgery, cancer treatments, and dental work. I've sent cards to friends who are losing beloved pets. The cards can celebrate things like anniversaries and birthdays, too. If you believe in the power of prayer, then nothing is too small – or big – to pray about. God is listening.

Over the next few weeks, Catherine began to change her mind about the biopsy. She said receiving the card helped create a safe space for her decision-making. "It was like a blanket for me. A warm, loving blanket." She got the biopsy. Thankfully, she also got a clean bill of health.

When you send a card, it sets in motion your full, loving response to an urgent need. You simply address the cards and pop them in the mail. You never have to leave home.

You'll hear responses like: *I loved being prayed for. ... Imagine someone praying for me when I have a need. ... It was such a comfort. I really felt it.*

You can send these cards to everyone. I do! Prayer is prayer. No matter what your loved one's faith, they will welcome the comfort of knowing more than 200 women are adding their voices in loving support. You will welcome the joy of knowing you are doing something that makes a real difference.

Many Blessings to You,

Glady Ascah

Associate, Sisters of Charity-Halifax

P.S. Keep a stash of these cards in your desk, so that within half an hour of getting a call from someone who needs prayer, you can put your request in the mail. If you choose to make a donation, just check the box of the ministry you want to support. Contact Carrie Flemming, who serves as the Sisters' Donor Relations Coordinator, with your questions: cflemming@schalifax.ca or 844-406-8114.

