

Of saints, friends, books, and what's going on in my crazy life.

Happy Independence Day!



Hi there! Sorry this month's newsletter is late. This mural is near my day job in Southeast DC. To me, it says summer... blue skies, warm weather, good music, and family and friends... all against the backdrop of our nation's Capitol and the Washington Monument. About two dozen of my ancestors fought on the Colonies' side in the Revolution. Maybe the rebellion in my DNA is why I find obedience to God to be so difficult at times. Here's to an Independence Day breaking away from "stuff," and embracing faith!

Women Saints of the Americas: Emilie Tavernier Gamelin

Blessed Emilie Tavernier Gamelin (1800-1851) is one of those women I think about when I feel overbooked and frazzled. This Canadian was primarily raised by relatives, as both her parents died by the time she was fourteen. She spent some time in Montreal society before she married an apple grower more than twice her age at twenty-three. They had an excellent marriage, but he and all three of their children died before Emilie was thirty. Rather than feel sorry for herself, Emilie started helping sick, elderly women, eventually opening a shelter. In her early forties, Emilie became the first superior general of the Sisters of Providence, a religious community she helped form. "Life is so short... and we are so afraid of self-sacrifice," she was known to say. Emilie's example reminds me to offer up what I can in the time I have. I'll be writing a bit more about her later this month at my blog.



[See the Wednesday's Woman entries in my blog.](#)

Friends in Faith

Katie Ryan has a high-powered job on Capitol Hill. People notice her for a lot of reasons, including her intelligence and her physical beauty.



What resonates for me is Katie's deep faith. She made a Cursillo Weekend a few years ago, and thereafter rededicated herself to prayer time and daily Mass attendance as often as possible. Katie's not shy about talking about her faith... it comes to her as naturally as breathing these days.

Katie reminds me that evangelization doesn't end when we enter the office. Christ calls us to live and share the Good News wherever we are.

Which of your friends inspires you?

On the Nightstand

So this is kind of fun. I'm not 100 percent sure what I'm reading this month. I AM sure it will be a book by [Debby Giusti](#), and I'm excited about that!

Debby is an award-winning author of inspirational romantic suspense (or, as she puts it on her web site, "Faith with an edge... cross my heart!"). She was kind enough to agree to write one of the reflections for my book *Blessed Are You: Finding Inspiration From Our Sisters in Faith* in the Women in the New Evangelization's [summer book club](#).

Debby and I exchanged some emails and found lots of interesting connections! So when I told her I'd been looking for a book for July and would buy one of hers, she offered to send me a couple instead.

And--she's graciously offered to give books to the first two newsletter readers who ask! Just [email me](#). Thanks, Debby!

What's on your nightstand?



What's Going On?

I'm happy to share that the [Future with Hope Women's Conference](#) web site is now live and accepting registrations. The conference for Catholic women forty and over will be October 21-22, 2016 (yep, this fall) in Fairfax, VA. The other organizers and I hope to help women grow closer to God and to each other at this stage of our lives. We're lining up some great speakers: Project Rachel founder [Vicki Thorn](#) and author and humorist [Patricia Lorenz](#) already have committed.

Our organizing group is particularly grateful for the support of [Joyful Spirit Gifts](#) and the [Arlington Diocese Council of Catholic Women](#).

I hope you'll check out the web site. If you have any questions about attending, exhibiting, or helping with this not-for-profit effort, please [email me](#).

May God bless you exceedingly! --Melanie

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Welcome to your Future with Hope!



A conference for Catholic women over 40
October 21-22, 2016 • Hyatt Regency, Fairfax, VA



Are you feeling...
- overwhelmed by caregiving responsibilities for your spouse, parents, or grandchildren?
- upset about how you look and feel despite all the time at the gym or the last cosmetic money you buy?
- confused about whether you'll ever be able to retire--and how you'll fill your time if you do?
- anxious about the future... because there doesn't seem to be a good playbook for this time in your life?

HERE IS ITS GIFT

Join us at Future with Hope. You'll come away...
- full of naturally known Catholic women mentors who've been where you

STAY CONNECTED:



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