

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



THE MUSIC OF CREATION
May 2026

Bulletin Cover - Yellow Warbler ~ Photo by Mark Olsen on Unsplash

Community Communication Contacts:

Prayer Requests and Thankgivings for the monthly Bulletin - email Erin Diericx, WSHS, emdeerx@gmail.com, or see green sheets for her mailing address.

Changes of address, phone numbers, email addresses - email Sr. Shirley Evangeline at sr.shirleyevangelinpace@gmail.com or Marilyn Propp at proppjones@gmail.com or see green sheets for mailing addresses.

Urgent Community Prayer Requests for email distribution – email or call Sr. Kathleen Rachel (srkathleenrachel@gmail.com) or Sr. Wendy Samuel (srwendysamuel@gmail.com)

Financial Contributions –

Members residing in the U.S., make checks payable to WSHS/WBHS and mail to: Worker Sisters and Brothers of the Holy Spirit, % Joe Guyton, Treasurer, 37943 S. Cypress Ct, Tucson, AZ 85739

If you pay any bills through your bank, you can easily send your contributions to WSHS the same way. Use the address above to send your check. You can make a one-time payment or a recurring payment. If you have questions, your bank will be happy to help you. And - you don't need any postage!

Members residing in Canada, make cheques payable to WSHS/WBHS and mail to Br. David, WBHS, Treasurer, Canada. 2170 Preston Road, Cavan Monaghan, Ontario, K9J 0G5 Canada

Contributions to Haiti Clean Water Project – This project has been discontinued until the situation in Haiti is resolved.

Problems Receiving your Bulletin - If you are not receiving the monthly Bulletin (by regular mail or by email), please email or call Sr. Christine, not Trina. Thank you.

If a friend expresses interest in WSHS/WBHS, remember to direct them to our website, www.workersisters.org, www.workerbrothers.org. At the bottom of the page, click on CONTACT US. That will take the person to a form to fill out, and then click Send. The email goes to our Admissions Coordinator, Sr. Anna Joshua, who will follow up with the person.

Web Addresses: workersisters.org workerbrothers.org

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT

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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
May 2026**

Below is a list of the monthly Regional Gatherings and Corporate Communion. Meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). If you are interested in attending an online Regional Gathering, please contact the Zoom Host and she/he will add you to the group's email list.

Regional Zoom Gatherings

May 23, 2026

Eastern/Southern WSHS Province, U.S. & Canada	Br. David, WBHS, brdavidwbhs1@gmail.com	1:00 PM ET
Central WSHS Province U.S. & Canada	Sr. Catherine Marie, WSHS, sr.catherine.marie@gmail.com	2:00 PM CT
Western WSHS Province U.S. & Canada	Sr. Wendy Martha, WSHS, wguyton17@gmail.com (<i>** May 30</i>)	10:00 AM Arizona Time
<u>In-person Corporate Communion</u>		
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

***** NOTE DATE CHANGE from 4th Saturday to 3rd Saturday in November and December 2026**

**May 23 • June 27 • July 25 • August 22
September 26 • October 24 • ***November 21 • ***December 19**

Chapter Online Meeting – May 13, 2026
Retreat 2026 at Mercy Center – September 3 - 6, 2026

Call to Prayer. Please remember our Community in prayer twice a day 8:00 AM and 5:00 PM in your time zone and pray for World Peace at Noon.



**8:00 AM - Prayer for our Community
12:00 Noon - Prayer for World Peace
5:00 PM - Prayer for our Community**



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Reminder to Sisters, Brothers and Workers

1. Please email your entire "Yellow" letter to your Cluster Leader including Prayer Requests, Recommendations and News Notes.
2. Email a copy of only your Prayer Requests, Thanksgivings and News Notes to:

Erin Diericx, WSHS: emdeerx@gmail.com

Her mailing address is: 1204 North Prospect Avenue
Lecanto, Florida 34461

Reminder to Companions and Friends

Send your responses to the Friends and Companions Corner to:
Marya Pohlmeier, Companion: maryalovestravel@gmail.com
1677 Mount Vernon Drive
St. Charles, MO 63303

You are encouraged to explore our **WSHS/WBHS** website. Check it out!
Go to www.workersisters.org

- Centered above the group photo are the words:
[HOME](#) [WHO WE ARE](#) [COMMUNITY LIFE](#) [MORE](#)
- Click on the word [MORE](#). That will show another list of options. Click on [MEMBER PAGES](#) (the last option.)

- When it says to sign into your account, *REMEMBER* to sign in as: wshs.wbhs@gmail.com
- If you don't remember the password, please contact Sr. Christine.



FROM YOUR prioress

Communion of Saints Sr. LaVerne Peter



*Dearest Community,
It is with deep sadness that we report the peaceful passing of Sr. LaVerne Peter on March 29, 2026. She was surrounded by love.*

Sr. LaVerne was admitted as a Lay Worker in May 1975 and then became a Lay Sister in September 1976. At our May 2012 Retreat, she was installed as Assistant Spiritual Director by Sr. Angela. When Sr. Angela died that October, Sr. LaVerne immediately assumed the responsibilities of Spiritual Director for WSHS/WBHS. In 2018, Chapter voted to change her title to Prioress.

Sr. LaVerne Peter led this Community with deep love, respect and countless hours, days, weeks, months and years of selfless devotion and loving service. Her legacy will live forever in our hearts and minds.

On Thursday evening (September 3) of our in-person 2026 WSHS/WBHS Retreat in St. Louis, after "Welcoming Our Saints," we will celebrate Holy Eucharist, followed by a Celebration of Life reception for Sr. LaVerne Peter.

We hope that you will join us as we gather together to honour our beloved Prioress and say our own personal goodbyes. ~ WSHS/WBHS Chapter

The following is Sr. LaVene Peter's obituary as provided by her beloved daughter Katherine Brown Sharpe, Friend, WSHS.

Sr. LaVerne Peter December 29, 1936 — March 29, 2026

LaVerne Karsten Brown, 89, died on Sunday, March 29, 2026, in Atlanta, Georgia.

Born in Washington, D.C., to Frank and Opal Karsten, LaVerne grew up in a family devoted to public service. Her father, Frank Karsten, was elected to the United States House of Representatives, where he served his constituents for more than 25 years. LaVerne attend-



ed George Washington University and worked in her father's congressional office, where she developed a deep appreciation for the workings of government and a lifelong commitment to service. It was during the Cherry Blossom Festival in 1956 that LaVerne met the love of her life, Lieutenant John William Brown - known to all as Bill. The two married and embarked on a life shaped by Bill's distinguished military career, with LaVerne embracing the demands and rewards of military life with grace and dedication.

In 1970, Bill answered a call to ordained ministry, and the family relocated to Alexandria, Virginia, where he attended Virginia Theological Seminary. During this chapter, LaVerne continued her own work in public service, serving as a member of the President's Commission on the Handicapped.

Inspired by Bill's vocation, LaVerne began her own deep exploration of faith and spirituality. She joined the Worker Sisters of the Holy Spirit, an international lay religious community dedicated to spiritual growth through prayer, worship, discovery, belonging, and mission. Over time,

she rose to lead the organization, guiding its community with wisdom and devotion for more than fifty years. Her commitment to the Worker Sisters and Brothers of the Holy Spirit became one of the defining expressions of her life.

An avid traveler, LaVerne explored cultures around the world, bringing with her the same spirit of service that had guided her entire life. Among her most meaningful work was her involvement in Haiti, where she supported water relief efforts for communities in need.

In 2008, LaVerne moved to Atlanta to be closer to her daughter Katherine, settling into an active life in Decatur, Georgia. In her later years she made her home at Park Springs, a residential community where she remained connected and engaged.

LaVerne was preceded in death by her husband, the Reverend John William Brown, who passed away in 2005, and by her infant daughter, Charlotte.

She is survived by her daughters, Katherine (Jeff), of Decatur, Georgia, and Elizabeth, of Angier, North Carolina.

A private memorial service will be held later this year. In lieu of flowers, the family requests donations to Episcopal Relief and Development agency.



SPIRITUAL SHARING

This month's article about caretaking, caregiving, and burn-out spoke deeply to me. Avoiding burnout is so important and so difficult, particularly for those of us who have been "the strong one" for our family and loved ones for many years.

God does speak through Creation. And I am reminded of the bird call about six years ago that became an audible reminder for me to stop and listen to God. It is the “call note” of the chickadee. Not the full song which says its name, but a simple two note call. I’ll be listening again, and pausing to notice where God is drawing my attention.

I am reminded that caregiving is not only about what we do, but how we love. Caretaking, in its own way, becomes an extension of that love—expressed through small, faithful acts that often go unseen.

There is something very beneficial in not having too much to do with too little time. I no longer enjoy having six things to do in a day – or more. I am more content at slowing my pace. I actually relish having time to enjoy the small encounters and moments that make up my day. I have time to slow down and enjoy them and reflect upon them after.

Learning that it is NOT selfish to care for oneself, to take a break, or to lean on others when rest is needed is a lesson that goes against so many messages drilled into us from childhood throughout our lives; especially for girls.

I am grateful to be part of a community where reflections like this are shared, where we are reminded that even our smallest acts of care matter, and where we walk alongside one another in this journey. The support that is truly felt from the community is very apparent in sustaining strength through challenging times.

For me there is a quiet grace in being able to care for those we love. To be present in their daily lives, to support them, and to tend not only to their needs but also to the spaces that hold them, this is sacred work. God’s calling.

I have been trying to see my caregiving as an opportunity to serve rather than a burden to accomplish. You put it into words very well. You called it sacred work and I am trying to see it that way. Interestingly, as a hospice volunteer, I always looked at that as sacred work but I didn't see it in the same light when it was family.

With all of these up and down temperatures, I am noticing the bird song coming to life on these warm, sunny days and how I appreciate that sound. Perhaps soon is a time to plan a revisit to the botanical gardens close by.

In my own life, I recognize the ways I am called to be both caregiver and caretaker each day. At times, I too have felt the weight of giving when I am running low, and I am reminded how important it is to receive care as well. There is humility in allowing others to support us, and wisdom in recognizing that we are not meant to do it all alone.

It is good to realize that even when one is 85 years old, there is opportunity for growth.

Found on the tree in the middle of the Mercy Center Labyrinth---

Tree says:

My strength is Trust;
I trust that God is in me
I trust that my work is Holy
Out of this Trust I live

-Hesse

When I read of policies that create damage to our home, I pray and cry. Damaging eco-systems hurt. I have been spending more money to buy things that are compostable, not plastic. I purchase things for church; I do the same and absorb the cost. When I hear of younger people getting cancer, I wonder if our damage to the environment and our food supply is a cause. Dear God, what are we doing to Your creation?

The "Wood Wild Web" shows that the trees support one another. How can our church/community better mirror this hidden, supportive connection in our care for the environment.

The way that we protect our environment and nature is by protecting it with all our hearts and souls. I, for one, help my daughter with her on-line business by giving her items that she can use for packing supplies. I save egg cartons, packaging paper, paper bags, bubble wrap, boxes and many other items she can use for packaging. She refuses to buy them new when we have so many reserve used items available. The new ones cost more and saving the environment is very important. Also, her customers are thankful because she charges much less for shipping.



FORMATION AND TRAINING

Music, Silence, and Listening **By Sr. Anna Joshua**



Sr. Anna Joshua lives in Willow Grove, PA. She was admitted as a Lay Worker in 1995. She currently serves as our Admissions Coordinator.

Sitting in a quiet hotel room on a Saturday morning in the middle of a musically saturated weekend, I am contemplating the peace of the silence. Silence is rare for me. It probably is for many of us; and if I stop and really listen, it's actually not silent at all. I hear the hum of the HVAC system, I can hear water running through the pipes, the occasional click of a door down the hall or a muscle car revving its engine in the hope of impressing passersby. When Sr. Wendy Sameul asked me

to write this article on the Creation of Music, I was overwhelmed and thought, “where can I even start?” And now as I am sitting here (with the deadline looming!), I realize the best place to start is with silence.

“Silence?” you might think. “This is an article about music – isn’t that all about NOT silence?” Well, yes in some ways, and no in others. Hear me out.

Let’s talk about what music is to us. Fundamentally, it’s a gift to our ears and for many of us, by extension, our souls. Music can reach depths in us we hadn’t considered. Music can be found in abstract or direct ways. You might consider the chirping of the birds in the stillness of the morning and the breeze in the trees or across the water a sort of music. Then there’s the obvious symphony orchestra, praise music, or rock band that are more concrete examples of music. But what all of these have in common (well, except maybe the rock band, but that’s a conversation for another time!) is actually silence. Music erupts from the silence, and without the silence I don’t think we would engage with music in the same ways.

Silence in music can be so emphatic. Think about the end of a symphony and the punctuation of all the chords – this excites us. The way music gets louder and softer affects us because of its relativity to silence. If your cell phone goes off in a library vs. in a crowded stadium, that same ringtone hits the space differently. In the library, it’s incredibly loud and everyone turns to look at you, but in the stadium, you might not even hear it.

Think about what silence forces us to do: listen. We hear things in the “silence” that we might miss in a noise-crowded space. And now we are getting closer to what I think our main connection to music is and how that grounds us in our spirituality.

I listen for a living. I am always listening. I am listening so often, so hard, that I tire of listening some days. I listen when I am teaching flute lessons; I listen when I am practicing my instrument; I listen when I am performing on stage; I even listen as I am preparing for any of those previous things. Listening is the only way I can assess and make the necessary changes I need in order to grow in my craft. As a result, I seek silence. Silence is where my ears can breathe.

One day as I was driving home from an orchestra concert, my older brother called me (don't worry, it was a hands-free call!). The first thing he said after greeting me was, "what are you listening to?" I was struck by that question. It kind of threw me off. What did he mean "what are you listening to?" and why was that the first thing he asked? "Nothing," I said, "just enjoying the silence." Now it was his turn to be taken aback. "Nothing? Wow. I could never do that. There are too many things in my head I don't have the capacity to deal with right now for me to listen to nothing."

I share this story, because the times when God speaks to me, where I can truly feel a presence, where I feel like I am at my most authentic and can pray are those times of silence. I listen better for God's guidance. I am more open to hearing what he might be saying to me. I feel like I have the space to finally let go of things and turn them over. So much of my day is filled with noise, and often it's beautiful noise. The music I get to play is inspiring; crafting the sound with precision and care, attention to every detail of each note is something that really fills me. But being in a space where I can just listen with my heart is truly a gift.

I recognize that all of us have different entries to music. Some of us like heavy metal (I know you're out there!), some of us like classic rock, or praise music, or hymns. But when was the last time you just listened? When did you sit in the music that speaks to you and allow yourself the space for uninterrupted listening? The one kind of music I can listen to like this is Taize, and I have to admit, I have become somewhat of a Taize

snob, and it's purely selfish. I LOVE the repetition of the music, probably because there's no pressure to have to move forward in my mind. One CAN just sit in that space. I love that it is slow and meditative. I could listen to the same Taize refrain for 10 minutes and not feel the need to move on! There have been a few times where I experienced Taize in a worship service, but it was a regular Sunday, and they just did the refrain like three or four times, kind of peppy and jaunty. Unfortunately, for me, this was not worshipful, and in fact had the opposite effect. Taize allows for listening, but not listening in the academic way. It allows for a settling of the mind so that the spirit can listen. Knowing we are beloved children of God and that all God wants for us is to know and live that, I can't think of a better place to be than to be surrounded by music – or maybe sometimes surrounded by silence.

Questions for Reflection

Please remember it is not necessary to answer all of the questions

Choose one or two that speak to you and perhaps you would like to share.

1. How do you engage spiritually with music? What kind of music speaks to you in a spiritual way?
2. What kind of music, or what particular piece or song can you listen to and allow space to hear God's voice?
3. How often do you allow yourself the gift of silence?
4. How often do you allow yourself the gift of intentional listening?
5. Consider the ways God speaks to you through music – whether that's through listening to how nature composes or through a live concert, a church service, or a recording. Give yourself time this month to hear God's voice in the music you hear.