

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**RUNG ONE — PUT GOD FIRST**  
**February 2018**

**Bulletin Cover: God In Nature**

**Photo by Sr. Deborah**

This photo was taken on a beautiful summer day in Kananaskis, Alberta. God shows us beauty every day and opens our eyes to God's love for us and our world.

**Please email Sr. Deborah (strdeborah@hotmail.com) your photographs of the beauty of our world for use in Our Bulletins this year. Kindly include the State or Province the photo was taken.**

**Community Communication Contacts:**

**Prayer Requests and News Notes for the monthly Bulletin** - email Br. Ephrem, andrews8484@hotmail.com or see green sheets for his mailing address.

**Changes of address, phone numbers, email addresses** - email Sr. Christine casturges@gmail.com or Sr. Deborah strdeborah@hotmail.com or see green sheets for mailing addresses.

**Urgent Community Prayer Requests for email distribution** – email or call Sr. LaVerne Peter Callaghan@aol.com, Sr. Christine casturges@gmail.com or Sr. Deborah strdeborah@hotmail.com

**Financial Contributions –**

Members residing in the U.S., make checks payable to WSHS/WBHS and mail to:

Sr. Nancy Teresa, WSHS, Treasurer, United States, 12900 Glenwood Street, Apt. 108, Overland Park, KS 66209

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 –**

Check contributions to the Haiti Clean Water Project may be mailed to Sr. Alexandra Francis, WSHS, 7711 E Waverly Street, Tucson, AZ 85715. Please make your check payable to **Alexandra Zarris**. Put "WSHS Haiti Clean Water" in the memo line.

**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](http://www.workersisters.org), [www.workerbrothers.org](http://www.workerbrothers.org)**

**THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT**

**Web Addresses: [workersisters.org](http://workersisters.org) [workerbrothers.org](http://workerbrothers.org)**

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Community Marketing Group, LLC, Publisher  
Port Huron, MI Copyright 2016

Illustrations by M. Lourdes Vinas, O.S.B. from Our Father St. Benedict  
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## CORPORATE COMMUNIONS FEBRUARY 2018

### CORPORATE COMMUNIONS

Corporate Communion and meetings are held monthly where members are within physical proximity of each other. Currently these gatherings are taking place in the following locations. For more information, please contact the Community member listed below.

Ontario, Canada  
Michigan USA  
Kansas City, MO USA  
Southern MO USA  
Pleasant Hill, TN USA  
Arizona USA

Br. David, WBHS  
Sr. Julie Margaret, WSHS  
Sr. Dorothy Cecilia, WSHS  
James Easter, WBHS  
Sr. Janeen Julian, WSHS  
Sr. Carol Matthew, WSHS

### CORPORATE COMMUNIONS FOR 2018

February 24 • March 24 • April 21 • May 5 • June 23 • July 28 • August 25  
September 22 • October 27 • November 17 • December 8

***Retreat 2018 – May 3-6, 2018  
Celebrating Our 45th Anniversary -  
Our Journey Walking with St. Benedict  
Mercy Center, St. Louis, Missouri***

**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**




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**COMMUNITY CHANGES**

*Please make the following alterations to your Green Sheets:*

**Sr. Christine no longer has a land line.**

Delete (H: 970-686-7135) from your Green Sheets.  
The cell phone says the same. C: 970-219-5855

**Sr. Charlotte Mary has a new email address:**

sistercharlottem@gmail.com

**Sr. Linda Thomas no longer has email.**

Delete SRLINDATHOMAS@aol.com from your Green Sheets.




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**HAITI**

Here is a note from Sr. Alison Constance about the Quilts for the Haiti project:

*I have been busy finishing off quilts to bring to Retreat. But, {gasp} I am running out of tops to quilt. I know that many packets of squares were taken at Retreat. Anyone who has finished their tops, please mail them to me to be finished.*

*My mailing address is: 109 Partridge Lane, St. Marys, GA 31558. I can't wait to see all the beautiful quilts that we will be sending to Haiti this year!*

*Blessings,  
Sr. Alison Constance*




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**FROM YOUR DIRECTORS**

**RETREAT REMINDERS**

By now you should have received the 2018 Retreat Brochure and forms. Remember that we invite all members of the Community to attend; Workers, Sisters, Brothers, Companions and Friends. Please plan now to attend. 2018 Retreat dates are May 3-6 (Thursday to Sunday).

Send in your completed Registration form with check by or before **February 20 to get the early Registration discount rate.**

A completed Registration form and Accommodations form with check is due by or before **March 26.**

If Registration & Accommodations forms and monies received **after April 2, we cannot guarantee a room will be available for you.**

If you have not received some or all of the Retreat information, please email or call Sr. Christine and she will send you the forms you need.

### RETREAT SCHOLARSHIPS

There is some money available for scholarship help to attend Retreat. Send your request (include how much money you would need) to: Sr. LaVerne Peter, E-mail – callaghan@aol.com

### ORDERS FORMS ENCLOSED for WSHS/WBHS Golf Shirts, T-shirts & Sweatshirts.

**PLEASE NOTE:** Notice that there is a 45th Anniversary T-shirt listed on the sheet. For those on e-mail, please print this order form. This is the one time in the year you may purchase these items. Send your completed order form and check to Sr. Barbara Rebecca by **March 15th.** Checks should be made out to WSHS/WBHS and marked *“Clothing.”*

### ARRIVAL AND DEPARTURE INFORMATION NEEDED

Please e-mail or send to Howard McClendon, Companion the date and day of the week you will arrive, and the time you will depart, when you complete your accommodation and transportation information. This will facilitate making correct arrangements for lodging and for coordinating shared transportation. Thank you.

### GREEN SHEET UPDATES

Our annual update of the Green Sheets begins now. If your address, email or phone has changed, send the updated information to Sr. Paula Adelaide, WSHS. Our deadline for completing the update is March 15th. Changes throughout the year will continue to be printed in our *Bulletin.*



### NEWS NOTES

**Sr. Catherine Marie:** This last summer, Sr. Catherine stepped away from even part time work. This let her help parents at their summer home and with the transition from Ontario back to Kansas City in late summer/early fall. She continues to lead the chair yoga class inherited from her teacher, who moved two years ago, and is now taking a yoga certification training program. Both Sr. Catherine and Br. Peter celebrated paying off the house mortgage in September. The weekly men and women's Bible studies both studied the Gospel of John this fall and enjoyed good learning and fellowship.

**Sr. Paula Adelaide:** I've sold my house in Maryland and am moving back to Illinois at the end of January. My recent eye surgery was successful to a point, but I no longer feel confident about driving. I've found a small condo in the Chicago Loop, where I can walk to just about anything I need. I'm getting rid of my car and plan to use public transportation for longer errands. This move means downsizing even further, but I'm comfortable with that. And I'm only two blocks from my daughter and son-in-law's church!

**Joan Gittings:** Husband Joe and I traveled two thousand three hundred miles to New England for Christmas. Visited with five families! We had a white Christmas and beat the huge storm by a week.

**Sr. Dorothy Cecilia:** Here are some photos of the Kansas City Christmas Recommitment/Corporate Communion/Dinner that was held on Dec. 8th.



## SPIRITUAL SHARING

When I realize that I need to be “poor in spirit” or totally dependent on God (and that happens quite often now), I lift up my heart to Him and He does give me peace. Peace is something that happens when I am in touch with God, and know that He is there for us.

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When I first joined the community, I had trouble with discipline, and I have found that the Lord has given me grace in this. I have found that the Community has helped me to realize how much I need other people of like mind.

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Through my desert and mountain journey WSHS was always there. When I was so disgusted with myself and didn't open a Bulletin for 3 years, WSHS was there. Gently the Community reached out to me and always loved me and always forgave me. Without it I am empty and have no anchor and am tossed by the world. I need WSHS to help me in my journey. Would God's love be there if I didn't have the community? Most definitely but my compass wouldn't be there.

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The scripture from Luke 8:40-56 is so profound in light of our culture today and all the sexual harassment stories we are hearing. In this time in history women had absolutely no rights (and in many parts of the world still don't!) so to be labeled "unclean" made a woman's life even more difficult. The woman with the hemorrhage had heard of this great rabbi who was known for acts of healing and thought: "If I could just touch the hem of his garment." What faith she had! At the same time, the shame she felt when Jesus said, "Who touched me?" But he knew that something wonderful had happened. What a great reminder for us that we have only to reach out in our pain and shame and Jesus is there to acknowledge us and love us.

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I wanted to write about the book I recently read about St Benedict. I chose *Benedict: Hero of the Hills* by Mary Windeatt. His life is fascinating but the thing that stood out the most to me was that he wanted to be a hermit to find faith. I never considered that he sought to increase faith. I have always thought of Saints as always possessing faith. There have been times in my life when faith was stronger or weaker than other times, but that Benedict sought faith made me decide to read the book specifically to see how his faith grew. The first thing I noticed was his reliance on prayer. Even young Benedict spoke with God as a friend. As he matured in his faith, it allowed him to ask for miracles and expected them to happen. But even as his faith matured, he maintained simplicity of faith. This was profound to me. He simply sought faith and spoke his faith as easily as breathing. It seemed that as his faith and relationship grew, his works increased for those who came to him. I saw in the book someone who sought faith and fell in love with Christ. I believe this is the root of our rule. If we seek simplicity of faith, as it grows so does a passionate love for Christ which makes us want to serve Him within our rule. And as we fulfill our need to serve, we then increase our faith, love and relationship. It's less a discipline than an act of love.

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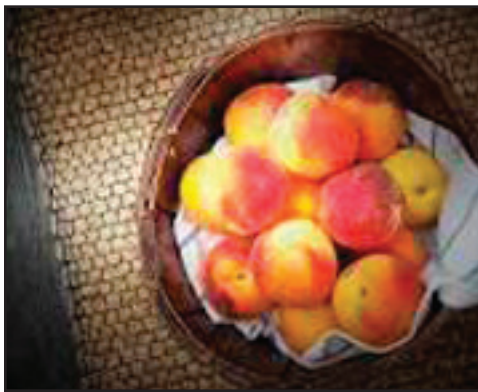
We associate Christmas with giving, and rightly so. Yet Christmas is also a season of receiving. For some of us, the context of receiving is more difficult than that of giving. For example: I take pride in the fact that I was able to provide the necessities of life for me and my family. Yet, this is false pride, and a reflective me most likely says "Yes". We are mutually dependent for food, clothing, employment, and yes, love. It is no wonder that biblically the greatest gift is love – the receiving and giving of love, a love that finds full expression in the Christmas narrative. May we continue to experience that love and be enriched by it!




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**FRUIT OF THE SPIRIT**

**Love**  
**By**  
**Sr. Alison Constance**



*The Fruit of the Spirit is one part of our fourfold commitment as Worker Sisters and Brothers of the Holy Spirit. This month Sr. Alison Constance reflects on the first Fruit of the Spirit, **Love**. At a Retreat several years ago, the Community decided on a fruit symbol to go with each Fruit of the Spirit. After reading this article, reflect on what fruit best symbolizes for you this Fruit of the Spirit, Love.*

What is love? This is an age old question asked for centuries. We know that many books are written each year about the everlasting fated love of a man to a woman. Romance novels sell big for a reason. But is that the love that Jesus told us about and showed us by his acts? No, it wasn't. Let us look at love from God's eyes and what it is.

In our Applicant packet it states: "love is an act of will, not emotions." In fact our emotions get in the way of love. Love means looking at each other, warts and all, and accepting them into our hearts. We do not have to agree with what they think or what they do. They may be different from us or the same but we are called to love them. This is the act of love this Community calls us forth into.

The question still remains as to what is love. Love is seeing the beauty in the world around us. Looking at it and saying "that is good". Seeing the poor and holding out a hand. Seeing the rich and not feeling bitter. Watching the selfishness around us and still giving of our heart. Love is doing what we can to make this world better in whatever way we can. Love, my friend, is accepting a person where they stand, as God accepts us. Love is looking at ourselves and seeing love look back. Without love there can be no other Fruits of the Spirit for love is the stepping stone to all others.



## FORMATION AND TRAINING

### Rung One: Put God First

By  
Sr. Christine



The first step of humility, then, is that we keep “the reverence of God always before our eyes” (Ps. 36:2) and never forget it. We must constantly remember everything God has commanded .... While we guard ourselves at every moment from sins and vices of thought or tongue, of hand or foot, of self-will or bodily desire, let us recall that we are always seen by God in the heavens; that our actions everywhere are in God’s sight and are reported by angels at every hour. (*The Rule of Benedict: A Spirituality For The 21st Century* by Joan Chittister, page 79.)

The first step of humility asks us — invites us — to focus on God, not on ourselves. God is here and wants to be in relationship with us right now, today and every day. Remembering that is easier said than done. Our culture teaches us to look out for ourselves; be self-reliant; be independent. As I was growing up, I was frequently thinking about how I could improve myself, what I could learn intellectually to advance myself. There was (and sometimes still is) an urgency to do things as perfectly as possible. My focus was on what I needed to do to accomplish this or that. It took quite a while before I understood that this was not the only way to approach life. I believed in God but it was through my fellowship with other Christ followers that I realized God wanted to be in relationship with me. However, for that to happen, I needed to want to be in relationship with him; to respond to his invitation to draw closer to him.

As I began to seek God’s guidance through prayer, I saw how important it is to listen and wait on the Lord. I realized that discernment does not always come quickly, but it does come if we persevere in our faith journey and remember God is working in our lives whether we see it or not at the moment. Just as my initial response to God was supported and encouraged by friends and family, so my ongoing efforts to honor God and draw close to him are strengthened or weakened by the company I keep.

As I reflect on the questions at the bottom of this article, I realize how important this Community is to me. It has been an ongoing source of strength and encouragement for me. I remember in May 2016, a dear friend of many years died the day before I was to leave for our annual Retreat. Should I stay home or go to Retreat? For me, the answer was simple. I wanted to be with my WSHS/WBHS friends who would walk with me through this part of the journey. I felt their prayers as I began to process my grief. I came home renewed and strengthened, ready to reach out with love and compassion to my friend’s family and friends.

The first rung of the ladder invites us to union with God. Harmony in life is to let God be God. What does that mean? When I forget God, I feel compelled to take on his role, somehow thinking I can control circumstances, fix situations. How foolish of me! My response to God must be to stop forgetting or ignoring him and instead to always be mindful of his presence and his commands. When I remember that God is present, I can relax and focus on learning the responsibilities he gives me as a valued child in His kingdom.

How do I learn the new behaviors that will help me remember God and stay focused on Him? One way is through our participation in our Community. When we come together, we encourage each other to stay faithful in our walk with the Lord. As we pray together, we remind each other that God is present in all that we do and say. When we share our struggles and our joys, we remind each other of how God is working in our lives, healing us and drawing us closer to Him.

I pray that many of you will be able to attend Retreat 2018, May 3-6, at Mercy Center in St. Louis, Missouri. It will be a joyful celebration of our Community's 45th anniversary; a time to remember how God has guided us in the past, a time to renew our commitment to our Community and our *Rule of Life* so that we continue to:

“...respond to God's call through the power of the Holy Spirit, participate in Jesus Christ's vision of unity, become his holy people, show forth Fruit, and in obedience to his command, go forth into the world...” (*From The Mission Statement of The Rule of the Worker Sisters and Brothers of the Holy Spirit, page 7.*)

### Questions

1. The first step of humility invites us to take our eyes off of ourselves and on to God. How have you experienced this invitation in our Community over the years?
2. How has being in community helped you recognize God's presence in your life and in the world – how has your view changed?
3. What Community practices invite and nourish our reverence of God?