

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



RUNG TWO — IMITATE CHRIST
March 2018

Bulletin Cover: God In Nature

Photo by Sr. Deborah

This photo was taken on a beautiful winter day in Georgian Bay Ontario. 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, www.workerbrothers.org

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT

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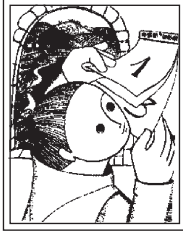
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Community Marketing Group, LLC, Publisher
Port Huron, MI Copyright 2016

Illustrations by M. Lourdes Vinas, O.S.B. from Our Father St. Benedict
Sr. M. Regina Goberna, O.S.B. (New City Press, NY, 1983)
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CORPORATE COMMUNIONS MARCH 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

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**



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Sister Beverly Priscilla

C/O Sandi Dixon
26 KELLEY CRES
WASAGA BEACH ON L9Z 1J3

Elizabeth (Liz) Foster, WSHS

203 East Eldon
St James, MO 65559
Her cell number remains the same: 417-388-5870

Sr. Paula Adelaide, WSHS

208 West Washington, #1707
Chicago IL 60606
Her cell number remains the same: 815-872-0946
Her email remains the same: paula@paulamorrow.com



HAITI

MISSION REPORT

As we continue on our Mission, let us keep the people of Haiti in our thoughts and prayers. Know that the water tablets we send them help protect them from cholera and other debilitating diseases.

Three cases of water tablets were sent to Sr. Betty-Lou in January, she forwarded them on to Haiti. As per my conversation with Andrew Moorey at Global Hydration in Canada, they will continue to send the lower level of tablets for several more months. The fact that we are able to send additional tablets, will make up the difference.

I thank all our Community for their continued support and donations along with additional people who contribute to our cause.

As usual, our dearest thanks to Sr. Betty-Lou for her giving heart in sending the water tablets to Haiti. Thank you very much!

*In His Name,
Sr. Alexandra Francis*



FROM YOUR DIRECTORS

RETREAT REMINDERS

The 2018 Retreat Brochure and forms have been sent out. Remember that we are inviting all members of the Community to attend; Workers, Sisters, Brothers, Companions and Friends. Retreat dates are May 3-6 (Thursday to Sunday).

REGISTRATION form with check due **no later than April 2!**

RETREAT ACCOMMODATIONS form with check due **no later than April 2!**

Canadians: Mail your completed Accommodation form and check (in Canadian funds) to:
Br. David, WBHS, 2170 Preston Road, Cavan Monaghan, Ontario K9J 0G5Canada

Americans: Mail your completed Registration form and check to:
Sr. Nancy Teresa, WSHS, 12900 Glenwood St, Building 19, #108, Overland Park, KS 66209

RETREAT SCHOLARSHIPS

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

WSHS/WBHS 45th Anniversary T-SHIRTS, GOLF SHIRT and SWEATSHIRTS
Order Deadline March 15

Send your completed order form and check to Sr. Barbara Rebecca **by March 15**. Checks should be made out to WSHS/WBHS. Put “Clothing” in the memo line. If you need another order form, please contact Sr. Christine.

ARRIVAL AND DEPARTURE INFORMATION NEEDED

Please email or mail your arrival date and time as well as your departure date and time to Howard McClendon, Companion. This will facilitate our making correct arrangements for lodging and for coordinating shared transportation. Thank you.

GREEN SHEET UPDATES

Our annual update of the Green Sheets has begun. If your address, email or phone has changed, send the updated information to Sr. Paula Adelaide, WSHS. Her mailing address is: Sr. Paula Adelaide, WSHS, 208 West Washington, #1707, Chicago, IL 60606 and her email address is paula@morrow.com.

Our deadline for completing this update is April 1. Changes throughout the year will continue to be printed in our Bulletin.

What is Chapter Emeritus?

In several conversations, newer members of the Community have asked me “Who and what is Chapter Emeritus”? They will note those words following behind some of our Community’s names.

When the Community was formed in 1972, our membership could go on about a half a page. We were very small but as time went on we began to grow and grow. Sr. Angela, our Founder, coming from a Traditional Order knew, that after a bit, it would be necessary for us to have a Chapter. Shortly after our founding, we formed what is now known as The Chapter.

These are members who take various responsibility of the Community and often various offices. When we began, our first Chapter was formed by a small group of women, and as years passed we grew to twelve. We have now almost doubled that.

After almost 45 years the Chapter has changed, but Sr. Angela wanted deeply to honor those members of the first Chapter and by doing so they became Chapter Emeritus.

This means they are on Chapter for life. Today the following members of Chapter Emeritus are Sr. Alice Stephen, WSHS, Sr. Carol Matthew, WSHS, Sr. Jacquie Elizabeth, WSHS, Sr. LaVerne Peter, WSHS. Sr. Nancy Teresa, WSHS, and Sr. Wendy Martha, WSHS.

Most of these Sisters have been with us since our beginning and we are deeply grateful for their years of service and dedication. They are ones who have stood firm with their Commitment and weathered many years. When the last one of this remaining six pass on to be with Our Lord, Chapter Emeritus will end which was Sr. Angela's request.

As a member of Chapter Emeritus, myself, I know I speak for each one as we continue to fulfill our Commitment to Our Lord and this Community and "May those who come behind us, find us faithful"

- Sr. LaVerne Peter, WSHS



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 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.

Overall, I believe I'm doing well, although I need to pull myself up a bit on some parts. Morning and evening prayer are a must, also monthly yellow letter, and financial contribution. I have to catch up on the mid-week Eucharist. I have to hold on to the fruit in my daily life, especially the fruit of joy, peace and patience. If I can hang on to them, then I am better able to deal with others. Love gives me strength to move on. Joy, to me, is a deep rest and gladness of heart under all circumstances. Peace to me is a calm, quiet restful trust in God. Patience, to me, is to tolerate with love.

Henri Nouwen's in his book "Here and Now" described how he and Mother Teresa sat down and he endeavored to "explain all my problems and difficulties --trying to convince her how difficult it was". After ten minutes he finally became silent. She looked at him quietly and said "Well, when you spend one hour a day adoring your Lord and never do anything which you know is wrong..... you will be fine" He realized he had raised a question from below and she had given an answer from above.

I'm still trying to climb UP the ladder (Walking with Benedict), but I don't have much time to stay "humble." Biggest Regret - losing quality quiet time for meditation and contemplation and rest, with my being "on duty" caring for my Mom 24-hrs a day. I lose patience at times when I am trying to help my mother and sister. With all of the Fruit working together, I have chances to ignore the negative loss of Patience.

I don't think of specific words or events as "ministry." If someone needs a kind word, I'll give it. If someone needs help, I'll do it. If someone needs an ear, I'll listen. But it doesn't occur to me that this might be ministry unless someone points it out to me later.

I have been depressed to a point I have never experienced before. I have never felt so alone, depressed and lost. When I received the January Bulletin several days later I read the psalm of the Community and it really brought me up out of my despair. God has really blessed me in January even though I was so far down. He pulled me up and gave me a lot of help. So praise God for all his wonderful blessings – especially our wonderful Community.

The Bulletin for last October asks us to review the Beatitudes, so while I was reviewing and sorting my praise music I discovered that I have a copy of Dan Schutte's song "O How Blessed (The Beatitudes)". The first line is "O how blessed are the poor in spirit, the Kingdom of God is theirs". Discovering that I have a copy of this song is to me a blessing.

I believe I am poor in spirit and I believe my faith is in need of a lot at this point. Where is God taking me?

I feel that mourning is a celebrating of life rather than looking back and becoming depressed, we look forward to a time with Christ.

The meek, to me, are people who are strong in their faith and they don't become upset and angered over problems, they know God is in control and they accept that. These people are not afraid to stand up for what they believe as there is steel beneath the apparent meekness.

Peace is, for me, calm and tranquility, in all areas of life and something I really need at this time.

Pure in Heart is for me those people who have found peace with God and are totally in tune with their spirituality.

Righteousness is defined as just or justice. This term I think would apply to the pure in heart.

A good description of “the meek” - those who are steadfast in times of turmoil. No need to speak out, because God is in control; quiet strength. May we all have more of that!

Mercy includes “stopping to help people in need wherever they may be located”? Ouch. I’m in the midst of trying to decide whether to represent someone who lives in California and needs help.

I am doing very poorly with the Community Rule. Last June I confessed to a spiritual (and physical, mental, emotional!) weariness and set myself several steps to try to get better. I did subscribe to the daily devotion magazine Magnificat. I had used it for many years in the past and found it to be a blessing. But I’d forgotten how Marian it is. Right now I don’t need Mary; I need Jesus. I did reach out to a possible spiritual director, but she never returned my messages and I gave up - probably too easily. Meanwhile, I grew more and more discouraged, about my grandchildren, about my son and his wife, about my eyesight, about the fact that after all these years I’m still making the same old mistakes.

I do feel okay about the Fruits. I use Sr. Angela’s breath prayer as a touchstone, and I do feel a daily awareness of the Fruits. Sometimes I just repeat the names of the fruits in my mind, focusing on each one, and that’s my prayer. I’m so grateful to this Community for that! I had never paid any attention to the Fruits until I became an Applicant. Now they’re an integral part of my life.

It is interesting that St. Benedict lived over 1500 years ago and his words are still appropriate today. Truth endures. In the Bulletin, this was a statement, not a question, but it reminds me of another experience I had many years ago. For some reason, I had an old 1928 prayer book and was browsing through it. I came across the tables for finding the date of Easter every year. Our BCP has the stuff about the Golden Number and then shows the dates up through about 2089. But the 1928 had the dates printed out, column after column, up to about the year 6000! I had to stop reading and put the book down - it left me breathless to imagine the faith of those who had calculated all those dates in simple trust that Easter will always come through the ages and mil-lennia!

I find it best not to think too much about humility - about where I am at any one time - as it’s not I who can produce humility any more than I can produce fruit but I can try, as Benedict puts it, “to prefer nothing to Christ”. I am helped by a statement I read not too long ago, that the rungs of the ladder are not meant to be prescriptive but descriptive. This is the way the Beatitudes are also - they are descriptive of someone who is humble or who is living in the kingdom - not telling us that we have to do this and do that. It reminds me of the phrase “Love God and do what you please”. When discussing humility Father Harry came to mind. I see his humility which is gentle and genuine. So, if we tried to break down what those qualities are, we see in him a strong impression of humble and maybe we would be able to deconstruct it to the point where we could see each rung of the ladder in his life and his conversation and in his bearing, etc. Sometimes it’s easier to just see a role model than to try to understand the details from our head knowledge.

How am I currently doing with the Rule? I try to do some form of Morning Prayer and our Community Prayer in the morning. Sometimes it’s longer; sometimes shorter. I did finally go to confession after many years. It was a good session with my priest. This was a life changing process for me and prepared me for WSHS, knowing I needed accountability if I were to continue to grow.

Reviewing some uncomfortable situations in my past, I realized that my comments / statements / pronouncements sometimes lacked kindness. A gentler touch would have produced less tension and I would not be scratching my head, wondering why I didn't feel good about the encounter. So, in an effort to live more "intentionally", I will work on bringing more kindness into my conversations. Perhaps building or preserving a relationship is more important than my other agendas?

I have been reading Joan Chittister's "The Rule of Benedict" from the beginning. I am finding it to be very rewarding.

If I did not try to follow the Community Rule, life would be more hectic. If I did not have faith in knowing that God is here for me now, I would probably not handle well what life is now "handing" me. We get to Church weekly, and we study the Bible together daily. I do not forget to pray daily, and do send "arrow" prayers to God probably several times a day. I am blessed to have a husband with whom we are at one in our faith and spiritual commitment.

I struggle with the fruit of patience. I, quietly, and sometimes not quietly, find it hard to deal with my having to take so much of the responsibility in our daily living. Then God reminds me that I can do it, and I stop my complaining and praise God.

At this time I do not do as much for others as I used to. I just can't do it. We pray for others and we keep in touch with them. I help in the Sunday School. I play piano at Ultrea. We keep in touch and help our neighbor who has had serious heart problems since last year. That relationship has also been a blessing for us as well. We have become good friends.

Waking up at night is not unusual for me. I became aware of a pattern of waking up at 4:00 am each morning for about two weeks. I was beginning to feel like I was stuck in the movie Ground Hog Day! I would say to myself 'not again'; turn over and go back to sleep. While I was thinking this over and wondering what was going on, I heard a still small voice that said to me " I am calling you to spend time with me each morning at 4:00 am ." I was floored. I thought I was imagining this but sure enough 4:00 am the next morning I was wide awake. I may be a slow learner, but I scrambled out of bed, found my journal and a pen, sat in my comfortable chair, prayed and waited. The Holy Spirit showed up and I was blessed. This has been going on for the last few months and I cannot explain it. I accept it as a blessing and I know that God is full of surprises. I have learned once again the importance of listening to that small voice that speaks and I often have not paid attention to it. After so many years in Community I thank God every day for giving me this solid real family of Sisters and Brothers to love and be loved in a deep way.



FRUIT OF THE SPIRIT

Fruit of the Spirit: Joy
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 second Fruit of the Spirit, Joy. 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, Joy.

Joy has so many meanings. There are many ways to get there just as there are many ways to avoid it. I love going on Facebook to see all the funny things that are posted. It starts my day with my morning laugh. What joy I can find in the ridiculous.

There is so much misery in our world we lose track of how to feel the joy our Lord has provided for us. We shout for joy at the thought of Him sending Jesus into our lives. We sometimes expect that this joy is supposed to overtake all of the negatives in life and turn them upside down. Unfortunately we get in our own way of this happening.

We take ourselves too seriously and look for perfection within ourselves. Sometimes it is hard to laugh at our mistakes but many times that is what we need to do. Take it and make it into the joy of a lesson learned instead of beating ourselves up about it.

To find joy we must first trust in God as He promises us this fruit as part of His love for us. Others may bring us joy but we can only enjoy it if we allow ourselves to do so. Look at the world with rose colored glasses and see the beauty He has given us. Take your spirit upwards and have that good laugh. Love yourself, others and the world, and joy will come.



FORMATION AND TRAINING

Rung Two: Imitate Christ

By

Sr. Deborah, WSHS



The second step on the ladder of humility is rejecting our own will and desires and, instead, doing God's will. The Lord Jesus said, "I came not to do my own will, but the will of the One who sent me." It is also said, "Self-will has its punishment, but the doing of God's will wins the crown."

In St Benedict's Tool Box author Jane Tomaine writes, "Our prime directive is to do God's will in our lives and not to interfere by letting our own wills take over. In this we follow Jesus who said, *I have come down from heaven, not to do my own will, but the will of him who sent me. John 6:38.*"

From Our Rule of Life, I found these words.

Paul recognized that each of us has been given our own measure of grace and, if we live by truth and love, we shall grow in all ways into Christ. Various gifts are given to each of us for the work of ministry. One of the important roles of our Community is to help members discern and claim their gifts. This is an integral part of the Training and Formation Program. Our training takes into account the background, age, life story, education and experience of each person, recognizing also the different needs of the individual. (Rule, page 13)

As we are transformed into the likeness of Christ, others will see Christ in us and so also, will desire to be transformed.

In our liturgy we say the words that follow; we believe them and agree to do the things Christ did in the world.

Holy God, source of all life and goodness, all creation rightly gives you praise. In the fullness of time, you sent your Son Jesus Christ, to share our human nature, to live and die as one of us, to reconcile us to you, the God and Creator of all. He healed the sick and ate and drank with outcasts and sinners, he opened the eyes of the blind and proclaimed the good news of your kingdom to the poor and to those in need. In all things he fulfilled your gracious will.

In order to imitate Christ we need to know him. I received a beautiful Christmas card from Sr. Lucia this year that said it all.

He came as a tiny baby
So he could share and understand our world

He was born not in a palace
But in a humble stable
He came to FORGIVE
Rather than condemn
To MOTIVATE
Rather than Dominate
To FREE us
Rather than oppress
To teach us the true meaning
Of unselfish love.

God sent his only son
To show his great love for us.
We have good reason to rejoice
Not only at Christmas
But every day of the year.

This card spoke to me in a very powerful way. If we are not compassionate, approachable, prayerful, unselfish, forgiving, humble and patient - how can we truly let others see Christ in us? This includes being kind and taking care of ourselves first.

If I am overtired, cranky and short with others, is that going to draw people to Christ? If I am judgmental and critical and lashing out – even under my breath, is that showing Christ to those around me? I have been working in the Insurance Industry for 46 years. I am drawing close to retirement and as I work with those new in the industry on a daily basis, I find I have no patience. My negativity is rubbing off on people around me in my office. We are all voicing our discontent and it is growing. I need to change this behavior and stop being the negative person in our office as I disrespect those with whom I come into contact through the telephone or emails. I was young once and I was learning. I need to help build up rather than tear down. If I am saying negative things after I hang up the phone, I am not blessing the new generation. It becomes a curse.

I remember one phone call I had with a client about 30 years ago. At the end of the conversation he said “God Bless you” and I FELT that blessing. At the time, I thought, if I can feel a blessing over the phone, others can also feel a negative remark – even after I hang up. So here it is 30 years later and I am learning the lesson again. I thank God that we daily, begin again.

Daily we draw close to Christ, as we imitate his life by drawing away, to come close to God, to be rejuvenated and feel the peace of Christ in us. Only then can we reach out in a Christ like way to the world around us.

Questions for Reflection

1. In your journey with the community have you been strengthened to imitate Christ in your daily life?

2. Can you see events in your life where the community helped you accept God's will for you in the circumstances of your life?

3. What practices in community nurture our ability to let go of our self-willed life and open up to our God-willed life?