

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**RUNG FOUR**  
**PATIENTLY ENDURE**  
**May 2018**

**Bulletin Cover: The Beauty of Haiti**

**Photo by Sr. Arnitta Monica or Sr. LaVerne Peter**

This photo was taken on our Mission trip to Haiti in January of 2012. The people of Haiti have patiently endured a great deal over the past several years. Our prayers and support are with Br Frantz Benedict and our Brothers and Sisters in Haiti as they continue to rebuild their beautiful land.

**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)**

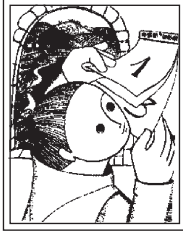
**THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT**  
**Web Addresses: [workersisters.org](http://workersisters.org) [workerbrothers.org](http://workerbrothers.org)**

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## CALENDAR

**CORPORATE COMMUNIONS  
MAY 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  
Sr. Barbara Veronica, WBHS  
Sr. Janeen Julian, WSHS  
Sr. Alexandra Francis, WSHS

**CORPORATE COMMUNIONS FOR 2018**

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:*

### NEW WORKER APPLICANT – Mary Humphrey



#### **Mary Humphrey, Worker Applicant, WSHS**

215 E. 6th Avenue  
Mount Dora, Florida 32757  
Cell Phone: 352-818-2864  
Email: mhump7392@aol.com

Birthday: February 27

Welcome to our new Lay Worker applicant, Mary Humphrey. Mary is from Mount Dora, Florida. She enjoys working with children. She is a Sunday School Teacher, volunteers at the Cancer Institute, and works with Mothers of Pre-Schoolers. She loves Art, Painting, reading, social media and Christian Music. She has a degree in Psychology. She is a member of St Edwards Episcopal Church. Mary is excited to join our Community.



## SPIRITUAL SHARING

My mother is on the fringes of Alzheimer's. I am trying to serve her as best as I can. I was able to get to part of the MARCH FOR OUR LIVES rally on March 24.

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I have begun a new ministry at our church. I am going to be a lector/liturgist — the person who reads the Bible out loud to the congregation at Sunday services. I like to do this, and I think I do it pretty well. It's a God given gift, and it would be a shame not to make use of it.

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I wore my habit to church on Sunday. Not wanting to draw attention to myself, I almost chickened out. But I had to set my prayer book up for Rite 1. I keep Sr. Margie's photo at the final prayers. As I moved it, I knew she'd say, "You are not drawing attention to you, but to this holy Community and to our Lord."

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I have been connected with the community for about 35 years. My first Retreat was where we came up with the mission statement. That was so awesome. It was hard to leave Retreat for I saw the spirit of God moving so clearly. That movement was just so evident. As Sr. Christine says in her article

LOVE was there and where there is LOVE there is GOD. With the formation I went through in the “early” days of the Community, bringing God’s presence closer was what we were studying and looking for. When we got our Bulletin, we were brought closer to each other, especially if we were separated from others by geography. Through the studies as you become a Lay Worker, Novice, then Sister, you learn more about yourself and your relationship with the community and with GOD. As we grew and developed, we had the monthly/yearly topics to enrich our prayer and spiritual lives. This is how the Community helped me recognize God and nourished my spiritual life. And when I withdrew within myself the Community was there, loving and not rejecting me. This love, reconciliation and prayers offered kept me whole and centered when I couldn’t do it myself.

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The Community has helped me to display more of my Christianity, even though people on the bus/train make me angry. I try to pray for them.

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Wish I could go to Retreat! My husband has Mayo Clinic appointments clear up to that Friday. No diagnosis yet. What I would like all my Brothers and Sisters of the Holy Spirit to know is they have given me strength through our *Bulletins* and reflections, calls, emails and their inspiration. The Holy Spirit brought me to you for He knew I would need you and you will always be there for me. Thank you!

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Prior to December 2013, I was much more dedicated to concentrating on WSHS and thought less of myself. I was much more engaged. When I got sick with multiple problems, it was a shock to my whole self and my ability to keep up with the responsibilities that I had taken on at home, with community and my ministry. I have improved since then but I remain limited energy wise. I don’t like thinking, much less being too pre-occupied with self and not my commitments. I am hoping that I will continue to stabilize so as to do the Lord’s work. The community gives me hope and reading the *Bulletin* consoles me that I am not alone in my struggles. I love the candidness of the contributors.

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The formation in this Community has exposed me to all kinds of tools for prayer and silence and I am thankful for all that I have been given and shown. The ongoing formation now seems to come from everywhere. I have learned that there is an opportunity to learn from every encounter in my life, and in the absence also, if I but take time to stop and rest and listen with the ear of my heart.

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Sr. Deborah’s article on the second step of humility was very meaningful to me. There is no doubt that each one of us has been formed by the spiritual life to which we have committed. In my case, I truly don’t know who I would have turned out to be without our Community life, the *Rule*, Sr. Angela and all the other role models with whom I have traveled this spiritual path. For me doing God’s will is an ongoing and sometimes mysterious process of saying yes to this and no to that – to big decisions and very small decisions daily. I remember Fr. Beachy making the point that the Fruit of the Spirit is none other than the nature and character of Christ. So with our charism of the Fruit of the Spirit – we have all definitely been able to focus more and more on those qualities that help us to “imitate Christ” in our daily life. And when we do “imitate” or say yes to the nudging of His Holy Spirit, we gradually become renewed – put on a new nature which happens so subtly that we often can’t remember a time before.

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I think the Holy Spirit keeps me positive about the future. Ultimately a new heaven and new earth will triumph, but in God’s time, not ours. Meanwhile our job is to lay the foundation for its arrival by our efforts and example. Age prevents me from some helpful activities, but I must strive to be a positive example by the smallest courtesies and by caring for others.

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I am excited about St. Benedict and the fruits of the spirit. I framed the picture of him from the *Bulletin* and put it on my prayer wall.




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## FRUIT OF THE SPIRIT



### The Fruit of the Spirit: Patience

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 third Fruit of the Spirit – Patience. 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 – Patience.*

We live in a world today of instant gratification. How much harder is it when we ask God for something and we do not get an instant answer or not the answer we want. How many of us turn away feeling alone or ignored. I know I get frustrated when this happens. Why can't we get the answers we want in a fast and efficient manner?

Scott Peck, in his first book, *"The Road Less Traveled"* offered suggestions of qualities he felt necessary for our future wellbeing. Delayed gratification is the term he used for one such practice. Without this quality or action being learned by our young, we find ourselves with people who do not know how to wait, how to save money, how to budget or how, to say a possible "no" to themselves. (Applicant's Packet 4)

God wants us to learn patience because through patience we learn faith. We see in the Holy Writings again and again how God used this lesson on the Prophets. Sometimes we need that hard knock on the head in order to get ourselves back on the path.

Thankfully God continues His patience with us. He never gives up His faith that we can be all that we were born to be. The next time you want to give up or feel alone, remember those who came before. Through patience we will become a better person, a person who thinks of others and shows them patience and hopefully passes the fruit on to others.

**FORMATION AND TRAINING****Rung Four: Obedience / Patient Endurance**

By

Sr. Nancy Teresa, WSHS



In 1984 my husband and I went to Haiti on a medical mission trip. We thought we were going to Haiti to help the people and we did, but what we received in return was a far greater gift.

At that time in Haiti, there were very few clinics available year-round. Our work would be a temporary 'fix' until the next missionary group came. One day our doctors, dentists, nurses and helpers traveled to a building far from town to do as much medical care as possible in one short day. The people of Haiti had been told we were coming and many of them came for help, some walking all night to get there. The day was spent doing

what we could, but evening came and as darkness fell (there was no electricity) we prepared to leave. There were many people we had no time to help. These people had waited patiently all day and upon learning we could do no more, they quietly stood and began the long walk home. We had witnessed from the Haitian people the most incredible example of patient endurance. During our time in Haiti we also witnessed the people offering us examples of joy and love abounding even when they had nothing (literally very little or nothing in the way of food, shelter, or medical care).

To further illuminate the quality of patient endurance, I follow with writings from a 14th century saint, St. Benedict himself, and the Bible.

I begin with Julian of Norwich, a saint who spent most of her time meditating and listening to God. Julian writes: "We have countless opportunities in this life, and God cherishes them all. We bear illnesses inside our own bodies. We endure sorrow and shame inflicted from the outside. We accept the contempt and disdain of the world, with all the temptations and grievances it throws at us, both spiritual and physical. When it seems that He must have totally given up on us and cast us away – and we are convinced that it's our own fault – our Beloved protects us with the greatest care. The humility we gain through our troubles lifts us very high in God's sight. Also, through his mysterious grace, God himself fills us with contrition, compassion and true yearning for him. Our compensation will not be trivial. It will be exalted, glorious, filled with goodness." Julian clearly acknowledges that we are called to endure all that life throws at us with patient endurance.

St. Benedict's writings tell us: "If we wish to reach the highest peak of humility, we can view a ladder upon which angels are climbing up and down. And here is the crux of the matter as we focus on humility: we go up this ladder by humbling ourselves; we go down by praising ourselves. The fourth step of humility is that in this obedience under difficult, unfavorable, or even unjust conditions, our hearts quietly embrace suffering and endure it without weakening or seeking escape. It is more right to be able to deal with the difficult things of life and grow from them than it is to have things work out well all the time and learn nothing from them at all."

And scripture says: "Anyone who perseveres to the end will be saved" (Matt. 10:22) "Be brave of heart and rely on God" (Ps. 27:14) "But in all this we overcome because of Christ who so greatly loved us." (Romans 8:37)

Our patient endurance is tried in our most difficult times. However, there are many practical uses for this quality in the ordinary circumstances of our daily lives. We can choose to offer some of our time to write a note to someone who comes to mind; we can pray for the person who cuts us off in traffic; we can wait patiently in line; we can choose to be kind instead of critical. We can listen to others.

Practicing patient endurance leads to humility and, as St. Benedict writes: "The irony of humility is that, if we have it, we know we are made for greatness, we are made for God."

### **Questions for Reflection**

1. Sr. Nancy Teresa writes about her medical mission trip to Haiti and the patience endurance she saw in the Haitian people – walking all night, waiting all day for medical help; the joy and love they saw in them, "abounding everywhere". Think about how amazing it must have been to be part of the group, there to help and perhaps life changing as they observed it.
2. When we reflect more deeply on Sr. Nancy Teresa's story – how about our own patience? Today all of life seems to be racing past – Gandhi once said "there is more to life, than racing through it". Do those words speak to you?
3. "Patience" is part of our Community Prayer – do we pray for that gift for the day and then get angry in traffic because it is not moving enough, or having to wait in line at the store, a doctor's office, the hostess who serves someone before our table even though we were first.
4. As we look at the wonderful words of Scripture, Julian of Norwich and St. Benedict in his writings, where does "Patient Endurance" come into your life.
5. Sr. Nancy Teresa gives us a number of fine examples as to how to use patient endurance in "ordinary circumstances" in our daily lives. Can you discover and add more?