

**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**RUNG SEVEN**  
**SELF ABASEMENT**  
**August 2018**

**Bulletin Cover: Retreat Photo 2018 - Mercy Center, St. Louis**

**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.**

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**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**

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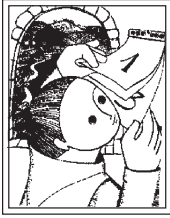
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**CALENDAR**
**CORPORATE COMMUNIONS  
AUGUST 2018**
**CORPORATE COMMUNIONS**

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**

August 25

September 22 • October 27 • November 17 • December 8

***CHAPTER 2018 – October 25 - 28, 2018***  
***Conception Abbey, Conception, 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:*

**Please update the address for Sr. Alice Stephen, WSHS:**

Westbrook Care Center  
401 South Platte Clay Way, Apt 604  
Kearney, MO 64060




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**HAITI**

Let us continue to pray for our Brothers and Sisters in Haiti that they have clean water, housing, nourishment, medical availability and many other needs. Also, we continue to pray for Br. Frantz Benedict and his team as they work to distribute the water tablets to their people.

In the month of June, three cases of water tablets were shipped to Haiti in the amount of two cases of 67mgs. each and one case of 334mgs each. We seem to be able to forward tablets on a monthly basis. This works when we have enough funds in our account with Global Hydration. Our Community's continued support and help from churches and individuals outside the Order are greatly appreciated.

We always appreciate Sr. Betty-Lou for her diligent and fast mailing of the water tablets to Haiti.

*Sr. Alexandra Francis*




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**FROM YOUR DIRECTORS**

**A Special Thank you from Sr. LaVerne Peter, WSHS**

*Beloved Community, our 45th Anniversary Retreat was indeed a most joyful event! As I sat in the Chapel before our Friday evening Eucharist and Admission Service, my mind drifted back to 45 years ago and it was a bittersweet time.*

*In my mind, I thought back to those early days, days when our membership could be put on one mimeograph page along with the simple line "Bulletin" and today - how we have grown. What a gift we have been given!!*

*Sr. Angela's vision is now not only alive and growing – the roads we have walked and are now walking, venturing into the future, 45 years later. We have been blessed beyond any measure. It is still amazing that our only “advertisement” is the Holy Spirit – again, true gift.*

*You honored me so much Friday evening at our Reception along with our newly Admitted. I am so full of thanksgiving for each of you!!*

*The flowers and Scroll were such a surprise!! Thank you!! The Scroll is now in a lovely frame and it is something I read each morning when I awake – it is like all of you saying “Good morning Sr. LaVerne”!!*

*As I said earlier, this was a bittersweet time – Sweet in our celebrating 45 years and a little Bitter as we think of those who have gone before and are still very much of the tapestry of our Community. Each one of us is part of that tapestry and we are woven into this precious Community together. Thanks be to God!!*

*Love and blessings to each one of you! Sr. LaVerne*



## COMMUNION OF SAINTS

### Remembering Tony Carter, Companion, WSHS By Barbara Everett, Companion, WSHS and Sr. Janeen Julian, WSHS



Tony was an exceptionally bright and complex person with a broad range of interests. He could hold forth a detailed explanation of a scientific concept on which he purported to be an expert (and sometimes did know more than his audience). Then, with a twinkle in his eye, change the subject to see if his listeners were really paying attention. He could be impatient and demanding, totally focused on his own thoughts. But, he could also be kind, playful and generous and interested in the other person.

Tony graduated with a B.A. from Hiram College, a B.D from the Oberlin Graduate School of Theology and an M.A. in Urban Planning from the University of Wisconsin, Milwaukee. While at Oberlin, he met Aiko, the Japanese woman who would become his wife. Tony became an ordained minister of the United Church of Christ and with Aiko went to Japan under the auspices of the United Church Board for World Ministry. In Japan, Tony became proficient in Japanese and traveled extensively. They spent 36 years in Japan and raised two children: Amy Carter who is an ordained minister in the United Church of Christ and Ken Carter who is the Vice President

of the Bank of Canada in Seattle, Washington. Tony and Aiko's ministry was focused on human rights and environmental issues and their tireless efforts yielded many impressive outcomes.

A few years ago, as a group of us from Pleasant Hill drove along Route 64 in St. Louis, on the way to Retreat, Tony shared some history. The James McDonnell Planetarium building was in sight. Tony worked on the installation of the telescope and star projector there, living at the site for several months in the 1960's.

After retiring, Tony and Aiko moved to Uplands Village, a UCC related retirement community in Tennessee. After Aiko's death in 2007, Tony married Karen Charbonnet, who is now Karen Carter, WSHS. Tony became a Companion in 2012.

Tony was a singular human being and he will not soon be forgotten by those who knew him best.



## SPIRITUAL SHARING

Obedience/Patient Endurance — I find myself racing through life, as I cram down meals to get to the next thing at home, I get poor digestion, and I realize I am missing the good flavor of the food. I lose my patience at the Metrorail Stations and on buses when people curse and tell all their personal business. I pray for a change in my difficult circumstances, but if it doesn't happen, I will wait, because I want to see how it all ends.

\*\*\*\*\*

Confession changes me by removing a feeling of shame over things that happened to me in the past. Some good practices of confession can be done with a prayer partner, during healing services, and during group discussions at Retreat. This month has been hard. My dear neighbor was murdered in May and we had two funerals at my parish on the same day in June, but I have a little story that proves to me that God is watching — even in the small things. I lost my favorite hair brush at my church. I couldn't find a replacement in the stores. I checked back at the church but could not find it in the nave. I went to the sacristy to help prepare for Eucharist before I checked a bathroom near our dining hall for my brush. The brush wasn't anywhere to be found. When I decided to give up, the man who sees that we have breakfast after the morning weekday low mass came out of the bathroom. I asked him if he had seen my brush. Yes! He found it. What is important to me is that if I had checked that bathroom first, before I went to the sacristy, I would have missed the man who found my brush. I was directed to the sacristy first even though it wasn't my week to serve!

\*\*\*\*\*

I loved Father Harry's article on releasing guilt. Wonderful! Such a practical and ancient practice but is often underused in the church. Many of us don't think guilt is sin. Sometimes Christians even consider it a virtue. I often forget how fear and guilt rids us of our energy to do God's work today. This month I have struggled with some guilt. I am trying to release guilt about some of the ways that I believe I failed as a parent. It's a relief to remember that guilt needs to be released so we can live in freedom again.

\*\*\*\*\*

The practices in Community that encourage us to bear each other's burdens, and then rejoice in renewal by God's forgiveness, are the times spent in prayer and study at Retreat. Our time in social contact helps us realize we are all there for one reason — to grow in our relationship with God and because of the singleness of purpose of the other members of WSHS.

\*\*\*\*\*

In the Community, when I came back and confessed during the healing service with Sr. Angela, that I had neglected our community and turned my back on it by closing myself off, she just smiled and said all was forgiven and she loved me. Like the prodigal son I was loved and forgiven and the sin was let go! What a turning point in my journey! She reminded me that God loves all. Love is the center of forgiveness. Thanks be to God!

\*\*\*\*\*

I have a stepdaughter who has Obsessive Compulsive Disorder and one has to have patience and endurance to stay calm in certain situations with her. With the love of God through Christ we are able.

\*\*\*\*\*

Gandhi said, "There is more to life than racing through it." Those words speak to me. I used to race around like a lunatic for years and thought I needed to get everything done now! I learned to slow down tremendously and realize that many tasks will still be there and will wait on me. Especially with Community, I learned the importance of patience. When I read the stories of our Haitian loved ones, they have extreme patience with all the walking that they do to receive water tablets and many other tasks.

\*\*\*\*\*

My lesson in confession was more of a lesson in forgiveness. How I loved to tell about people who were so stupid to act in a such and such way! I enjoyed, I hate to confess, the poor choices someone ELSE had made. But over time, as I rehearsed other's wrong doings, I was convicted. I was putting a person in a box. A box that left them in the moment of their wrong doing, stuck in that moment, not allowing the image to change. But more than that, I had not forgiven them. I realized that in the retelling, I saw the proof that I had not forgiven them.

\*\*\*\*\*

Practices in our community foster this affirmation for one another. There are too many benefits of community to name, but they are ever present. It's the mutual sharing that occurs in the monthly letters or phone calls, prayers for one another throughout the year, or it happens in an informal way as relationships deepen. Just to be in a community where one feels safe, accepted, and loved allows one to be more and more transparent to each another. This then frees us to be who we are.

\*\*\*\*\*

May was a great month, because we all enjoyed Retreat. We had another wonderful time of enjoying the Lord, singing, and learning about the Christian way.

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We are still at an in-between stage of trying to get settled at a new Church. I am playing the guitar once a month at the main Anglican Church, and we attend the small country Church on the other Sundays. At St. Barnabas, I was reading and administering the chalice every week, but now I lead a service and preach every 6 weeks. It has been quite a change. The May Bulletin topic about patiently enduring certainly applies to me at this point in my life. I will wait to see where God is leading me. Whatever it may be, I know it will be something special.

\*\*\*\*\*

I found the yearly Retreat a good opportunity and place for being able to share burdens and experience the relief and freedom of forgiveness.

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I'm making sure that I spend more time helping to fill food bags at my parish for the homeless. I had been running out after church to get home, not even staying for the coffee hour to speak to people; running to get a bus or train.

\*\*\*\*\*

My ministry has changed recently, as the death-row inmate and longtime friend and his wife have chosen to end their relationship with me (this may be temporary). I am working on accepting that my support for them has ended and open myself to some new project. I have returned to the State Association to Abolish the Death Penalty and work on a local Criminal Justice Task Force. I am grateful to be returning to some of these ministries, which I participated in 15 years ago.




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## FRUIT OF THE SPIRIT

### The fruit of the Spirit: Kindness

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 Fruit of the Spirit — Kindness. 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 — Kindness.

As I was rereading WSHS/WBHS applicant packet 5, I came upon a sentence that I believe states what kindness means. *“Meekness is humility born of trustful submission to God and results in gentle, forgiving unselfishness towards others”*.

Let's start with trusting submission to God. We must lay down our own will and trust in God's words which show us what true submission means. Our ego gets in the way of this. Through submission we learn wisdom according to Paul. True wisdom does not mean you are always right or your views are better than any others. These we must let go of in order to submit ourselves to God. Jesus showed us the way in which to do this, yet how many of us live up to his ways?

The second part of the sentence above talks about gentleness, forgiving and unselfishness. How many times do we put ourselves and our own welfare before others? It is hard for me to walk by someone who is begging in the streets. Then my mind starts to take over and I wonder, do they really need the money, are they going to use it for drugs? I am no longer seeing the person in front of me but am projecting what might or might not be. How do we show kindness when we are so unsure? There are food pantries and shelters that we can give to and assure that they get the right type of help. Is this true kindness to the person who stands before you? It is hard to know when you are really helping a person or making things worse. We must submit to God these questions and how unsure we are about them. Finding the middle ground can be difficult.

It takes a lot of humility to live in today's age when so much anger swirls around us. The News shows us the worse of humanity and not all the kindness that is out there. Many of us take the time to help friends and strangers alike. We do what we can to bring God's love to those around us and we do this without expecting anything in return. This is the true version of what it means to be kind and loving.



## FORMATION AND TRAINING

### RUNG SEVEN SELF ABASEMENT

By  
Sr. Carol Matthew, WSHS



When I was asked to write this article, my first thought was, this is the one for me. I have spent many years putting myself down. My therapist once gave me an exercise where I was to stop using negative self-talk. It was not until I read and learned more that I realized self-abasement is not the same thing as self-degradation.

In St. Benedict's twelve step guide "*Humility Rules*", it reads, "Every human being is infinitely loved and imminently precious." We have not earned that divine dignity; it is a gift. Nonetheless, we convince ourselves that we must somehow show ourselves worthy of God's love, so that if we are charming enough, brave enough or charitable, He will then feel obliged to reward us. Self-abasement is the antidote to this delusion, it is really reminding ourselves that we are nothing without God's grace and we can never earn it. Ironically this healthy sense of nothingness, understood correctly, brings with it a deeper sense of confidence and freedom. As Janis Joplin said, "Freedom is just another word for nothing left to lose."

What called me into our Community almost 40+years ago? It was the true vision of our Community to become the person that God, The Holy Spirit, is calling us to be by growing in the fruit of the Holy

Spirit. Our vocations, no matter how large or small will come out of that fruit. I had it all wrong, I worked and worked and will not bore you with the long list of works that I did in my parish in Missouri. It just was not working. I started my self-degradation again. Something was very wrong.

The vision of who we are as a Community, and to the world, we must hold very close to our hearts and never forget. The world tells us we have worth if we do a lot, make a lot of money, live in the right neighborhood, etc., etc. Now more than ever we need to be as Mother Teresa said, "only a pencil in God's hands." My self-degradation started early. I always used to put myself down. In high school, I convinced myself that I could not keep up with my Latin class. I made an appointment with my counselor and told him that I needed to drop Latin. He then told me that I had scored a 99% on my recent exam. I left his office totally convinced that he thought I was Carol Williams and not Carol Willans. With the support of our Community along with the growth and love over the years and a lot of healing I can now accept that he did read Willans. However, I still do not want to study Latin ever again.

Self Abasement is not to be confused with self-hate or loathing. Real self-abasement is a sign of a stage of spiritual development. It is only in our weakness that Christ can be strong. I have had to learn to be gentle with myself when the noise of the world is very loud. The cry of the poor is beyond painful and screams at our souls. We are each called to a different ministry. I am trying to relax and concentrate on the one task I am doing and pray as I am doing it. We cannot do it all. I want to share with you a writing that is profound. We can change the way we see the world and ourselves. I pray for God's help and to grow in the wisdom of self-abasement as St. Benedict teaches us.

**I'm very ugly  
So don't try to convince me that  
I am a very beautiful person  
Because at the end of the day  
I hate myself in every single way  
And I am not going to lie by saying  
There is beauty inside of me that matter  
So rest assured I will remind myself  
That I am a worthless terrible person  
And nothing you say will make me believe  
I still deserve love  
Because no matter what  
I am not good enough to be loved  
And I am in no position to believe that  
Beauty does exist within me  
Because whenever I look in the mirror I always think  
Am I as ugly as people say?**

**By Abdullah Shoaib**

*Now read from the bottom up.*

Thank you my dear Community for showing me to read from the bottom up. Remember that self-abasement is not self-degradation. It is a step on the ladder given to us by St. Benedict for our spiritual growth and a closer union with God.

*You are so loved,  
Sr. Carol Matthew*

**Questions for Reflection**

1. Sr. Carol Matthew mentioned self-abasement is a stage of spiritual development. How can you relate to that?
2. We are often our worst enemies – does that ever happen to you? Maybe you could share a time when you recall that.
3. While we want to seek humility in our lives, is it easy for you to let someone be “first” and stand behind?
4. How do you see the difference between self-abasement and self-degradation?
5. As you read the poem Sr. Carol Matthew shares with us – how do you feel when you read it from top to bottom and then bottom up?



**RETREAT REFLECTIONS 2018**

**THURSDAY**

***Right now I feel –***

Relieved I am here and confirmation I am at home.

Sleepy, worn out

Renewed and strengthened

Embraced by the loving arms of the Lord and in the affection of my Sisters and Brother

The excitement of Retreat makes me tired.

Relaxed and Blessed

I feel I am in the right place at the right time.

There is nowhere else I get this feeling of pure love.

***The event of the day that was special –***

Seeing the community helping me

Finding a card in the gift shop that I feel was for me. It said, Smile, Breathe, Go Slowly.

Chapter Communion and Rev. Jaci's homily in that service

Seeing those who have completed packets receive their certificates

Seeing my Brothers and Sisters; it is as if we were only away for a day. The family is together again.

Being reunited with Bishop Howe as prayer partner

Connecting with others

The Memorial – Being able to think of Our Saints with a warm heart, knowing each one is with us in Community

Greeting Community

Meeting the “Sisters of Mercy” in full habits was priceless.

Time spent traveling with my cluster member

Spontaneous spiritual sharing with one person in particular

*Taize –*

During Taize I felt the desire to let God in more and to stop worrying about my family.

I loved the music and our whistling songbird.

I could sense a crowd behind me and around me. I felt it was all Our Saints joining us in worship.

Wished the music could go on longer.

Our voices were beautiful.

God's presence in the songs

A wonderful time of connection with God

It was a very meaningful worship experience. All of the readers spoke clearly and with great conviction.

I related to the Psalm.

The harmonies of the singing were especially beautiful. I felt so loved, so at peace; I felt God speaking directly to my heart.

I loved being present to scripture.

The harmony was like the Spirit singing – a real gift to us.

*My thoughts during this silence drifted to –*

The need to pray

Holding a special meeting in Toronto in the fall

How much God has done for me the past three months.

How much this Community means to me.

How far I have come

God is so close. He is right here.

What is God asking me to do and how do I go about fulfilling His/my expectations.

The fragility of life following the sudden death of a friend

The Communion of Saints and what they mean to me.

Praying that each person at Retreat has their needs met.

#### **FRIDAY**

*This morning I feel –*

Blessed to be here

Loved, refreshed

*During the morning Reflection time –*

I had Jesus' love for all of us and for me affirmed and reaffirmed.

I enjoyed Morning Prayer led by Br. Ephrem. He did an awesome job putting it together.

Enjoyed the language and flow of Morning Prayer

Found myself wondering where the liturgical material came from. It was special.

I enjoyed "Like the Wind".

#### **Comments about Session I**

I enjoyed the rewritten Community prayers – I and me.

I loved how much meat was served up in our sessions and that it did not feel overwhelming.

Chaplain Jaci was right on the mark. Her presentation was just what we needed.

I visualized Our Rule as the roots of a growing tree.

Discovering the Rule as an anchor and that it is a living thing.

I am finding most of us appreciate the discipline aspect we have signed up for and it does keep us anchored. Each of us shares commonality in Our Community.

Chaplain Jaci put wheels on our Rule.

Listening to my prayer partners during the time in between sessions caused me to think deeply about the discipline they developed over time. It was like looking into the years of wisdom.

Spirit-filled

***Comments about Session II***

Our group entered with love for each of us.

Writing our prayers was powerful and helped us to own the embrace the rule more fully.

The exercise of writing a prayer was very meaningful.

Writing a prayer was hard work but fun!

I enjoyed putting together the prayer.

I appreciated Chaplain Jaci's knowledge of Our Community history.

How the spirit moved in Chaplain Jaci's presentations.

I liked reviewing our four-fold commitment, understanding that they are training exercises and that they help us channel our life for inner freedom and holiness.

I liked learning about different aspects of the picture with St. Benedict and the raven.

Enjoyed the exercise of why/what

Loved the use of artwork, good depth of reflection, very insightful

The prayers were amazing and an expression of the maturity and depth present among us.

***In my small group meeting I enjoyed –***

Receiving a revised Rule; Sr. Christine and Sr. Paula Adelaide did a great job of giving Our Rule a facelift.

We had good input into the Rule in the morning. The small group meeting seemed anti-climatic. Loved the prayers we wrote.

I loved the work of the small groups and hearing others stories of what WSHS has meant in their lives.

***My meeting with my Cluster leader or member was –***

I was surprised with information about one of my members who is experiencing a come-back in her journey. She may become active again.

***Free time –***

Nap

Walking the labyrinth

Visiting with nature, watching squirrels and birds and wondering through the dandelions

***Two things I liked about the Friday Evening Service –***

I noticed we are all ages and backgrounds.

Rev Jaci's recovery from preparing for a wrong reading and her professional delivery of the sermon.

Seeing all the Deacons and Clergy together celebrating in love

It was a time to remember my own admission service.

Rev Jaci's sermon was powerful.

Sr. Catherine Marie and the dove

Feeling like we were all one during the service.

I could hear the voices of Sr. Angela and Fr. Beachy

***What I liked most about today –***

Everything, I needed to be here.

Seeing Jesus in every face

Feeling very much part of everything

Being drawn back in

Seeing the positive abound in everyone

Spending time with gentle loving folk

The learning, the fellowship, gathering with more of a sense of purpose

My time with Sr. Christine

**SATURDAY**

***During the morning reflection time, I -***

Felt the Spirit was moving.

I felt uplifted by the music.

**Comments on Session III**

Loved the reminder that Our Rule is there to help us go deeper

I feel like I had a new education about Our Rule. It made me think about my original vows.

Creating the prayers was challenging but it was so helpful to my understanding of the importance for gratitude for our mission and vision.

Chaplain Jaci's words – you are new Desert Mothers and Fathers.

***Comments on Session IV***

By The time we got to session IV I had shut down.

Good session but noticed we were all tired.

Our future vision – Powerful presentations and Our Community needed to hear this.

The vision was difficult to visualize with so many churches closing or losing people. Will we be attractive to young people?

Powerful prayers came out of our sessions this weekend.

It was a very powerful experience creating prayers for our mission and future vision.

I was in a small group for both sessions that really clicked and worked together in a creative and collaborative way.

Loved Chaplain Jaci's style and leadership throughout the sessions

What spoke to you most powerfully from the Presentation on Haiti?

The need for water tablets is still significant.

Fanfan's love for his people and his work

How did you spend your free time?

Walking, taking photos.

Browsing the books that came from Sr. Angela's and Br. Andrews library; much appreciated.

Napping, walking, enjoying the grounds

***My response to the Healing service was -***

The service is so powerful in itself, do we need the stations, I turned to the person beside me- my prayer partner for prayer.

Sr. Wendy's sermon spoke to me.

I thought having three at the healing stations was great. I was blessed.

I felt the presence of The Holy Spirit.

Being on a Healing team was a powerful experience.

I received healing tonight after the service just sitting breathing in the Holy Spirit.

Sr. Wendy Martha hit one out of the park.

I felt great release and comfort.

I am forgiven! I am loved!

I received healing love.

I felt the healing presence of the Spirit during the Chaplain's blessing. The silent passing of the peace was powerful

***How were you renewed or refreshed by the Holy Spirit this weekend?***

Walking the Labyrinth gave me peace of mind.

I feel renewed. I came with some demons and prayed to get rid of them.

Our group's responses to the sessions were very supportive and meaningful.

Rev Jaci as a person and a presenter.

The sessions were excellent reminders of our core values and good intentions and the need to practice them.

I felt the presence of The Holy Spirit and of Sr. Angela the whole weekend.

Feeling the joy and love that flowed from everywhere

I was renewed by The Holy Spirit as I went about my daily practices.

By and through the members of Our Community

The exercises stretched me with new goals and understanding (The original Workers and Sisters were looking for structure.)

Through fellowship, worship and prayer

I found myself reconnected and refocused on being the hands and feet of Christ.

***The thing I liked best about this Retreat was -***

The personalization of our Community Prayers and making one all encompassing. A few weeks before Retreat I read the prayers and thought they separated us into us and them. The new words are inclusive of all.

Chaplain Jaci's energy and enthusiasm

The food was good this year.

Reunion with my dear friends

The love that I felt for and from everyone

This has been the most nurturing retreat I have ever attended. I felt more welcome than ever before.

It was special to receive the Prayer of St. Francis of Assisi at my door.

I enjoyed seeing the trees in bud.

We took what we learned and shared it.

It was balanced between study, prayer, work and relaxation.

It was very good to revisit our Vision and Rule. Perhaps do this on a regular basis or some aspect of our Rule each year?

*The music was –*  
Superb

Loved Father Harry playing the organ

Heart filling

The music adds such spirit to our sharing.

Great, our musicians add so much.

General Comments

I found each and every sermon very moving and beneficial.

The schedule was good.

God bless and keep us. May He make His face to shine upon us, lift up His Countenance and give us peace.

I enjoyed the single room. It enabled me to fully rest and reflect.

**WELCOMED BY OUR CHAPTER EMERITUS - A BLAST FROM OUR PAST!**



Sr. LaVerne Peter, Sr. Carol Matthew, Sr. Wendy Martha, Sr. Nancy Teresa



And always Faithful to Our Future  
 Sr. Carol Matthew, WSHS International Representative  
 Sr. Nancy Teresa, Treasurer  
 Sr. Wendy Martha, Mentor  
 Sr. LaVerne Peter, Spiritual Director

**COMMUNITY IN ACTION**



Our Superb presenter and Our Chaplain Jaclyn Sheldon



Certificates of Completion: Melissa Bowers, Shirley Pace



New Chapter Members: Sr. Barbara Veronica, Sr. Pam Raphael



Br. Ephrem



Stan Hampton, Sr. Beulah Grace, Liz Foster



We worked hard and shared deeply

**SMALL GROUP MEETINGS**



Br. Peter Nicholas, Br. Ephrem, James Easter, Br. David



Christine, Sr. Helen Joseph, Stan Hampton, Br. Andrew



Sr Brenda Faith, Sr. Arnitta Monica, Sr. Catharine Marie,  
Sr. Betty-Lou Shirley, Sr. Dorothy Gregory



Br. Raymond, Sr. Deborah



Joanne Quisenberry, Charlie Lenz, Sr. LaVerne Peter,  
Fr. Harry Firth



Sr. Pam Raphael, Gail Moore, Letty Guevara-Cuence



**ADMISSION SERVICE**

Letty Guevara-Cuence, Sr. Wendy Martha, James Easter Chaplain Jaci, Sr. Brenda Faith, Br. Frantz Benedict, Bishop Barry Howe



OUR NEWLY ADMITTED: LETTY GUEVARA-CUENCE AND MELISSA BOWERS



GO IN PEACE TO  
LOVE AND SERVE  
THE LORD



**RECEPTION AND 45th ANNIVERSARY CELEBRATION**



Letty Guevara-Cuence and Melissa Bowers



Thank you to Sr. LaVerne Peter for bringing us to Our 45th



SR. NANCY TERESA



APPLICANT MARY HUMPHREY

**RECEPTION**



Sr. Beulah Grace, Sr. Brenda Faith



Sr. Nancy Clare, Melissa Bowers



Joann Quisenberry, Sr. Pam Raphael,  
Br. Raymond Gregory



Sr. Barbara Rebecca, Sr. Julie Margaret



Sr. Helen Joseph, Sr. Patsy Anne



Shirley Pace, Chaplain Jaci, Sr. Catherine Marie,  
Sr. Christine

**COMMUNITY IN ACTION**



Sr. Wendy Martha, Sr. Deborah



Sr. Anitta Monica



Br. Peter Nicholas, Br. David



Bishop Barry Howe blessing our quilts for Haitian Children



Deacons: Letty Guevara-Cuence and Sr. Brenda Faith

**THE GREAT OUTDOORS AT THE MERCY CENTER, ST. LOUIS, MO**



Barbara Everett



Sr Paula Adelaide, Sr. Sharron Magdalene



Charlie Lenz

