

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



RUNG TEN
SERIOUSNESS
October 2018

Bulletin Cover: Chicken Stare Down - Photo by Sr. Deborah

This photo of my granddaughter Aya was taken in the fall a few years ago. The curiosity of both her and the chickens made me smile.

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 –

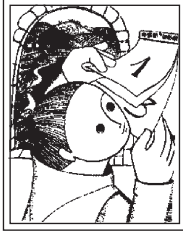
Check contributions to the Haiti Clean Water Project may be mailed to Sr. Alexandra Francis, WSHS, 7711 E Waverly Street, Tucson, AZ 85715. Please make your check payable to Alexandra Zarris. Put "WSHS Haiti Clean Water" in the memo line.

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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CALENDAR

**CORPORATE COMMUNIONS
OCTOBER 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

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**



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

The correct address for
Br. David is:
 2170 Preston Road, Cavan Monaghan,
 Ontario K9J 0G5 Canada

Sr. Gloria, SSM, Friend, WSHS has a new address:
 Neale House, 50 Fulton Street,
 New York, NY 10038-1800.



SPIRITUAL SHARING

I think that when I realize that I am not perfect, and never will be, is the time that I need to know that God loves me “whatever”. Then I realize that I can relax and let His love teach me how to love others like He does. There are many times in my life that I have been disappointed in my family for failing, in my eyes, to be the people God wants them to be. I have learned (I hope) to give them to the Lord knowing that He can deal with the problem better than I can. Praise God! I still pray for them and, of course, love them “furiously”.

Many of us don't think of guilt as a sin. Sometimes Christians even consider it as a virtue. I often forget how sin and guilt zap us of any energy to do God's will. This month I have struggled with some guilt and am seeking to release guilt about some of the ways that I believe that I have failed as a parent. It's a relief to remember that guilt needs to be released and given to God to handle so we can live in His freedom.

I like the idea of comparing the doormat which cleans off dirt and debris, to the washing of the feet and the humbleness reflected on both sides — giving and receiving.

“One can't be serene and resentful at the same time.” What a powerful statement. I desire serenity and contentment in my life which requires letting go of negative issues. This letting go helps bring calmness to my being which reflects on the desired life to just “BE”.

I liked the way in which Sr. Carol Matthew spoke of self-abasement as being an antidote to the illusion that we are enough on our own – instead of admitting that all is a gift and we live and move and have our being in God only. When I first encountered this passage in the distant past I found it very hard to

make sense of. But now I find it very freeing in the way that Sr. Carol illustrates when she says, “Ironically this healthy sense of nothingness, understood correctly, brings with it a deeper sense of confidence and freedom.” When we realize that we are free to be as God created us – no more no less, then we are free indeed. No need to have to lie to ourselves and to try to impress others that we are a certain way. This freedom to accept ourselves as loved and gifted by our Creator enables us to view the other before us in that same way. No more projections and feelings of guilt or defensiveness. We are free to relate just as we are and to see the gift that the other is to us.

Contentment is certainly something difficult to achieve as we go through daily problems in life. We often wonder how can we be content with illness, financial problems and family problems. I know that God is looking after things but often we overlook that and forget God is always with us. The quotation from Paul to the Corinthians “Whatever you do, do it for the Glory of God.” This quote really puts everything in perspective for me. We often grumble about our situation but no matter what our problems are, there are many people in the world who would be very grateful to be in our positions. The question regarding being a doormat to me it means being there for all people and helping whenever you can. It does not mean simply letting people run over you and take advantage. Foot washing is a very humbling experience for both the foot washer and the person whose foot is being washed. I have attended and submitted to a foot washing and I know how humbling the situation can be.

Each member of the Community has a job and all are important to the glory of God. We see the sacred in the ordinary when we do everything for God no matter how small or large the job. By seeing our work as a chance to glorify God is seeing the sacred in the ordinary in my way of thinking.



FRUIT OF THE SPIRIT



Goodness

By Sr. Alison Constance

In my journey to write about each fruit I came across the frustration of one fruit being so like another. How do you separate kindness from goodness? I found myself at a total loss. In many cases when I read the word, kindness was used as the meaning of goodness. After that my brain went into time out. So like most people I turned to Google to find answers.

During my search I found a site, <https://www.gotquestions.org/fruit-Holy-Spirit-goodness.html>. It gave one of the best descriptions of goodness that I could find and so I am including it. I could not even come close to writing something like this no matter how hard I tried. What is goodness?

“Answer: In Galatians 5:22-23, Paul lists the “fruit of the Spirit”. “Fruit,” here, means “beneficial results,” the good things that come from the Spirit’s indwelling. As the Holy Spirit works in our lives, our character changes. Where we had harbored selfishness, cruelty, rebelliousness, and spite, we now possess love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. Everything in the list reflects the character of God, and goodness is one that relates directly to morality.

Goodness is virtue and holiness in action. It results in a life characterized by deeds motivated by righteousness and a desire to be a blessing. It’s a moral characteristic of a Spirit-filled person. The Greek word translated “goodness,” *agathosune*, is defined as “uprightness of heart and life.” *Agathosune* is goodness for the benefit of others, not goodness simply for the sake of being virtuous.

Someone with *agathosune* will selflessly act on behalf of others. Confronting someone about a sin demonstrates goodness. So does giving to the poor, providing for one’s children, visiting the sick, volunteering to clean up after a storm, and praying for an enemy. Expressions of goodness are as varied as the Spirit is creative.

Goodness is not a quality we can manufacture on our own. James 1:17 says, “Every good thing given and every perfect gift is from above, coming down from the Father of lights.” This certainly includes a life characterized by goodness. In letting the Holy Spirit control us, we are blessed with the fruit of goodness. As others see our good works, they will praise our Father in heaven (Matthew 5:16).”

I looked at the same site to look up kindness and this was the definition they gave:

“The Greek word for “kindness” is *chr_stot_s*. It means “benignity, tender concern, uprightness.” It is kindness of heart and kindness of act”.

So goodness is a virtue and holiness of action; and kindness is benignity, a tender concern and uprightness. Both we do because God commands this of us. Goodness is what we do only for the benefit of others but not something we use to show others how great we are. Is this easy to do? Not for me or, at least, not at all times. Even knowing this it is something I strive for. Only with God’s help and by following Jesus’ path will I be able to come even close.

It seems all the fruits are closely aligned, and through them and by following them, we become closer to God. We become what God wants us to become. So I will strive to find the goodness within myself and hand it over to God to bring it to His will. I will thank Him every day for all goodness He brings into my life and pray that I am taught how to do the same.



FORMATION AND TRAINING

**Rung Ten: Learning to Listen***By***Sr. LaVerne Peter, WSHS**

Some of you may know that my late husband, Bill, was an Episcopal Priest and one of the things that made me notice him, when we first met, was his sense of humor. He could always make me laugh which was indeed a true gift.

Of course, while some of the things he said were funny, some were very true, and as I thought about this article, his words came into my mind when it comes to ‘listening’. Bill often said, “We have two ears and one mouth which means we should listen twice and talk once.” Very true words and as I write this today I, chuckled with the thought that he is helping me do this.

While we all know the word “Listen” and we know what it means – I wonder – “Do we?” Of course, it means to hear and understand what others are saying as I reflect on that “do we”?

Do we really listen at times? When I find myself being with someone and they are telling me something, I find my mind wandering off as to what I need to buy at the store, what I have to do the next day, or maybe thinking I will be late for an appointment. I am not listening.

When my family and I go out to eat we often see a group of folks at another table and everyone is reading their I-phones; not a word is exchanged between them and this often involves the children who are playing games on the phone. We are, in many ways, becoming a silent society.

How many times have you called a store, a business, even a doctor’s office and an answering machine picks up, thanking you for your call and asking whose voicemail you need to reach. Gone are the days when a human voice would consistently talk to you. It is a sad turn of events.

I am old enough to remember summer evenings sitting on the front porch and talking with family, in the living room after dinner and talking about how the day has gone; my Mom and Dad coming to listen to my prayers as I went to bed. There was a song some years ago called the “Sounds of Silence” and while we may have liked the words and tune, the thought of silence was something we could not imagine; now it seems to be here.

In looking at our theme for the year and the *Rule of St. Benedict and his Ladder of Humility* – Rung one as you know is “**God First**”. Are we pulling away from those words by seeming to withdraw into ourselves? In thinking about “God First”, the words of 2nd Samuel come to me – “*Speak Lord, your servant is listening*” – “Listening” – let us read that part of Scripture below – read the story of Samuel.

1 Samuel 3:1-10 – “The boy Samuel ministered before the Lord under Eli, in those days the word of the Lord was rare; there were not many visions. One night Eli, whose eyes were becoming weak that he could barely see, was lying down in his usual place. The lamp of God had not gone out, and Samuel was lying down in the house of the Lord, where the ark of God was. Then the Lord called Samuel.

Samuel answered “Here I am” and he ran to Eli and said, “Here I am, you called me”. But Eli said, “I did not call, go back and lie down” So he went and lay down. Again, the Lord called “Samuel!” And Samuel got up and went to Eli and said “Here I am; you called me”. “My son,” Eli said, “I did not call; go back and lie down”. Now Samuel did not know the Lord. The word of the Lord had not been revealed to him.

The third time the Lord called “Samuel! And Samuel got up and went to Eli and said “Here I am, you called me”. Then Eli realized that the Lord was calling the boy.

So Eli told Samuel, “Go and lie down, and if he calls, you say “Speak Lord, your servant is listening. So Samuel went down and lay down in his place. The Lord came and stood there, calling as the other times “Samuel! Samuel!” Then Samuel said “Speak, for your servant is listening”.

The words that impress me are those of Samuel “*Your servant is listening*” - “*Your servant is listening*”. The word “Listening” can almost stand on its own. Are we really listening? Again, how much do we really listen? How much do we really hear?

I am reminded of a funny story with some of my friends. I love to share with them the adventures of my daughter Katherine and her husband Jeff. They recently visited a beautiful section of France and one of the highlights of the trip was a ride in a hot air balloon. Now, I enjoy adventure but that type of ride would not be on my list of things to do. I must admit to a fear of heights and being up in a balloon like that – I would, like the kids say “I would wig out”!

Being up in a balloon a couple of hundred feet without any sound other than the wind would make me crawl up in a ball shaking with fear. No thanks! I was sharing their story with friends and I was talking about the ride and how scary it would be. My friend Rosalind agreed – she would be scared to death in doing it also. Friend Becky took it in stride and said “I have been in a hot air balloon and it was no big deal”! Rosalind was really taken back, as I was. Rosalind then said “Weren’t you afraid when it took off and went into the air?” Becky then said, “Oh, you mean to tell me the balloon would be up in the air?” Rosalind then said “Yes, that is what LaVerne said: Becky replied “Oh, I only stood in one!” It was obvious that Becky was not listening”. While this is a funny story and true – how many of us aren’t really listening?

St. Benedict tells us to “listen with the ears of our heart” – that is real listening – Taking time to truly hear what is being said. I love the expression “the ears of our heart”. Listen openly without our agenda, our ideas, and our plans interrupting what the other is saying.

As we continue this journey together, let us open our eyes to be present with those around us and truly listen with the “Ears of our Heart”. The words of Samuel can be our words for each day “Speak Lord, your servant is listening”.

Questions for Reflection:

1. How would you describe “Listening with the ears of your heart”?
2. Have you ever experienced a time when you felt people were not listening to you? How did that make you feel?
3. In what seems like an ever fast growing pace of life and society are you taking time to truly listen?
4. While we talk of listening to “others” have you taken time to listen to the sounds of nature; to the songs of the birds? St. Francis took time to not only listen to them but to preach to them. Try that when you walk outside from time to time.
5. Some of you will remember our dear Sr. Jane Barnabas who is now with the Lord and her singing in the morning when she awoke – Good Morning Jesus with a joyful voice? Maybe you could join her in spirit.
6. Take time to write a prayer about “Listening with the ears of your heart”.