

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



© Richard Simonsen

**RUNG TEN**  
**LAUGHTER**  
**November 2018**

**Bulletin Cover: Tucson Arizona Sunset from Sr. Wendy Martha's Facebook Page**

The colors and images that God blesses us with are more than we could ever imagine.

**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)**

<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
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## CORPORATE COMMUNIONS NOVEMBER 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

November 17 • December 8

## **RETREAT 2019 – April 11 - 14, 2019**

*The Glory of Israel: Jewish Keys to the Spirituality of Christ*  
**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

**Our group in Ontario** had the pleasure of having an overnight Retreat at The Sisters of Saint John the Divine Convent in Toronto Sept 21 - 22nd. Our Bishop Visitor Peter Fenty was able to meet with us as we shared our Communities history, vision and journey with him and two guests. It was a wonderful time to discuss our Bulletin Topic of Accountability and to pray for one another. We plan to make this an annual event. Distances prevent us from meeting every month.



**Back Row:** Sr. Deborah, Sr. Wendy, Samuel, Sr. Betty-Lou Shirley, Sari Jn-Francois,  
Sr. Jane Bartimaeus, Freda Perry  
**Front Row:** Sr. Beulah Grace, Bishop Peter Fenty, Stan Hampton




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**COMMUNITY CHANGES**

*Please make the following alterations to your Green Sheets*


**NEW WORKER APPLICANT – Larry Snelson**
**Larry Snelson, Worker Applicant, WBHS**

730 Line St. Extension

Greer, South Carolina 29651

Cell Phone: 864-546-2543

Email: larry.snelson1@gmail.com

Birthday: October 15

Please Welcome Larry Snelson as a new Worker Applicant to WBHS. Larry was born and raised in Peoria, Illinois. He entered the U.S. Army and became a Medical Specialist and served in Germany. He was married for 25 years to Martha with whom he shared his spiritual journey and had two children. She died in 2007. He presently lives in Greer, S.C. Larry has been in radio broadcasting and in the last seven years employed in Home Care Services. He attends St Andrew's Episcopal Church in Greenville, S.C. where he serves as a lector.




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**HAITI**

As we continue with our Haiti Mission, let us to pray for the people of Haiti.

In the month of August, Global Hydration was out of our water tablets. Therefore, we had to wait until September to place an order. We were able to send four cases of tablets in September. This is amazing and would be extremely helpful in Haiti since they have so many rain storms in their country.

On Sunday, October 21, 2018, Sr. Wendy Martha and Lay Worker, Ginny Berkey did a presentation at Christ The King Episcopal Church, Tucson, Arizona, on our Haiti Mission. They will have two computers set up; one will present a video of the water tablets and the other will show the quilts. This is so exciting for our Community. Thank you both very much for your ministry.

As always, we thank Sr. Betty-Lou for forwarding the water tablets to Haiti in a timely manner and praying over them before shipping them out.

*In His Name,  
Sr. Alexandra Francis*




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**FRUIT OF THE SPIRIT**


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**Fruit of the Spirit**  
**Self-Control**  
 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, Self-Control.

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 — Self-Control.

*“Do not let your passions be your guide, but restrain your desires”. (Eccl. 18:30)*

*“Never be roused by violent passions; they will tear you apart like a bull; they will eat up your leaves, destroy your fruit, and leave you a withered tree”. (Eccl.6:2-3)*

These verses from the Old Testament tell us about self-control and what happens when we don't use it. How many of us are roused by violent passions? I watch the news and it doesn't take much for anger to surface. Our lands are in desperate need of self-control but that self-control must start within us.

How do we put our passions and values aside so that they do not become prideful and hurtful to others? This is a question we have been asking since the beginning of the world. It takes wisdom to look within and see what is really inside of us and how that is keeping us from following Jesus.

We must put our emotions on the back burner and let the will of God guide us into loving responses to all situations. Is this easy? Not for me it isn't, but I keep trying. My son likes to refer to me as Switzerland. Whenever someone would get into an argument I tried to stop it by finding the middle ground. Sometimes it worked; other times it just got me into trouble.

Jesus was the ultimate in self-control. With everything that was said and done to him he only continued to show us his wisdom and mercy. This is what we must strive for though it will never be easy. The

next time you want to prove yourself right, stop and think: is this my pride getting in the way. If it is, ask God how to proceed without harm and showing true love to all those around us.



## FORMATION AND TRAINING

### Rung Ten: Laughter

By

Sr. Wendy Martha, WSHS



The tenth step of humility tells us to avoid excessive laughter. This may sound excessive, but jocularity, that is joking around too much, or acting a fool can be a major distraction and even result in making fun of holy things.

Laughing at people when the situation is not humorous can show a sort of superiority over people. For example, we must not laugh at people falling down; nor should we put people down in our astonishment of their failures. One is entitled to joy and laughter, but not a condescending laughter which ruins humility and meekness. This is why St. Benedict enjoins us, “Only a fool raises his voice in laughter” (Sirach 21:23), noting that those who are given easily to laughter often are the ones who take too lightly the world, when their

mission is divine and holy perfection.

While Benedict voices a valid concern, I believe that Laughter **in true joy within the context of Community** is very necessary. Sometimes we take ourselves too seriously.

Now, I fully understand that laughter at the expense of another is egregious and can cause great harm to another’s psyche. Having been made fun of as a child because of my weight and the fact that I do not have an athletic bone in my body is injurious to one’s spirit and self-esteem. Always being the last person chosen for the team lives with you for the rest of your life. It is never all right to make fun of someone by to make yourself feel superior. It is bullying, and we see it a lot in the world around us.

The acting of a fool with useless laughter, at inappropriate times and circumstances can cause others to think you may have lost your senses, but good honest laughter has a significant place in the spiritual life.

According to theologian Karl Barth, “Laughter is the closest thing to the grace of God.” Another theologian, Reinhold Niebuhr, noted that “humor is a prelude to faith, and laughter is the beginning of prayer.” How true. We include laughter under the spiritual practice of play, and we’ve found it personally valuable on our spiritual journeys.

Father James Martin, a Catholic priest and best-selling author of *My Life With the Saints*, one of my favorite authors, also wrote a book called *Between Heaven and Mirth: Why Joy, Humor and Laughter Are at the Heart of the Spiritual Life*. Father Martin was dismayed that so many of the Christians he met assumed faith was strictly a solemn matter. Laughter, Fr. Martin says, is actually a tenet of faith. “The endpoint of the Christian life is joy. Yet we don’t privilege joy as much as we do suffering.”

There is plenty of humor to be found in the Bible. When Nathanael, in the Gospel of John, hears about Jesus, he remarks, “Can anything good come from Nazareth?” According to Father Martin, Nathanael is throwing shame at Nazareth, a joke lost on many modern readers. “A large part of the Gospels was written to explain the Passion narrative, so we tend to focus on those stories over the ones in which Jesus was more joyful,” Father Martin says. “But the Passion was only one week of Jesus’ life. Let’s not forget his first miracle was to turn water into wine at a wedding celebration!” That doesn’t mean we take Jesus’ miracles or his messages lightly. However, Fr. Martin tells us: “if you think of Jesus as always serious, then your ability to relate to him as a person of joy is limited.” Father Martin was right. Laughter isn’t just a biological reaction. It’s a divine gift. Why do we laugh? - because we are created to laugh.

It reminded me that we don’t understand the place of joy and laughter in the spiritual life. I think we have a fundamental misunderstanding of who Jesus was. He was fully human, so he had a fully human sense of humor. The image Jesus chooses for heaven is a banquet or a party. It’s very significant that his first miracle is to make more wine at a party. That symbolism would not have been lost on the people of his time. Jesus’ miracles would have been occasions of joy for people!

And let’s look at the story of Sarah. She eavesdropped at the tent and heard God tell Abraham that Sarah would have a child and he would be a very important figure throughout Jewish history. Outside the tent, Sarah laughed. If I walked up to a 90-year-old woman and asked when she was going to have a baby it would be funny! Then God said, “Sarah, you laughed.” Ashamed, she denied it and God said to her, “You did laugh.” After many years and no pregnancy came she was no longer laughing. Then the day came, and she birthed their pride and joy, Isaac. Her tears were turned into tears of joy as she looked upon the face of this newborn son.

### **How can we cultivate a more joyful perspective of the world? Here are some ideas:**

1. Interact with people who have a joyful perspective and try to see the world through their eyes.
2. Create a joy inventory where you list all the things that make you joyful or make you laugh.
3. Take every opportunity to laugh at yourself. That’s invaluable.

There’s good laughter and there’s bad laughter. Good laughter builds up; bad laughter tears down. Good humor is self-deprecating. Bad humor tries to make fun of someone else. It’s important to keep both aspects of laughter in perspective.

### **Questions for Reflection**

1. How and where have you experienced flippancy laughter?
2. How has genuine laughter in community affected your life? Has it helped you to take yourself less seriously?
3. What practices in community nurture joy, fun and play?