

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



ANNIVERSARY & RECOMMITMENT
December 2018

Bulletin Cover: Chapter Photo 2018

Front Row Left to Right: Ted Wilson, Sr. Dorothy Cecelia, Sr. Christine, Sr. LaVerne Peter, Sr. Nancy Teresa, Sr. Patsy Anne, Br. Raymond Gregory

Back Row Left to Right: Sr. Lucia, Sr. Diane Richard, Sr. Wendy Martha, Sr. Wendy Samuel, Sr. Barbara Veronica, Sr. Pam Raphael, Sr. Nancy Clare, Sr. Helen Joseph, Sr. Brenda Faith, Sr. Deborah

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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, www.workerbrothers.org

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT	
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CORPORATE COMMUNIONS DECEMBER 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
Illinois USA

Br. David, WBHS
Sr. Julie Margaret, WSHS
Sr. Dorothy Cecilia, WSHS
James Easter, WBHS
Sr. Janeen Julian, WSHS
Sr. Alexandra Francis, WSHS
Sr. Diane Richard, WSHS

CORPORATE COMMUNIONS FOR 2018

December 8

CORPORATE COMMUNIONS FOR 2019

January 26 • February 23 • March 23 • April 13 • May 18

June 22 • July 27 • August 24 • September 28 • October 26 • November 23 • December 14

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

**In December we celebrate the 46th Anniversary of the founding of
Workers Sisters and Brothers of the Holy Spirit.**

The Worker Sisters and Brothers of the Holy Spirit

The Companion Life Commitment from WSHS/WBHS Admission Service

A Companion is a person under a Rule of Life who will

- Pray daily for The Worker Sisters and Brothers of the Holy Spirit.
- Offer special intention for the Community at a weekly Eucharist or Corporate Worship.
- Keep informed about the growth and development of the Community.
- Send a yearly letter on the Feast of Pentecost to the Companion Coordinator.
- Make a yearly contribution to the Community.
- Cultivate a continuing awareness of their relationship with God which extends to the nurture of body, mind and spirit.

The Lay Worker Life Commitment (This includes Sisters and Brothers) From WSHS/WBHS Admission Service

I commit myself for life to a covenant relationship with God through the Worker Sisters and Brothers of the Holy Spirit. I hold as essential to our Rule, Mission, and Community Life, our fourfold commitment. I therefore dedicate myself to Jesus Christ, to the Fruit of the Spirit, to Mission and to Ministry.

From the Table of Contents of the Rule of Life for Lay Workers

- Daily Personal Prayer
- Daily Communal Prayer
- Daily Reading of the Sacred Scriptures
- Daily Participation in an Act of the Fruit of the Spirit
- Receive Communion Weekly (if available)
- Monthly Communication with the Community by Letter
- Monthly Financial Contribution to the Community
- Active Participation in the Life of the WSHS/WBHS Community
- Active Participation in the Life of the Church

The Worker Sisters and Brothers of the Holy Spirit

***The Friend Life Commitment
from WSHS/WBHS Admission Service***

Although WSHS Friends do not make a life commitment, we want to remember their role in WSHS and thank them for their ongoing prayers for the Community.

A Friend is a person who:

- Is interested in the development and growth of Worker Sisters and Brothers of the Holy Spirit.
- Is committed to praying for the Community.
- Is on a personal pilgrimage.
- Desires to learn more from the life journeys of others.
- Wishes to receive the thoughts, prayers and caring concerns of this Community.
- Makes an annual contribution.
- Receives and wears the Community pin.

The Worker Sisters and Brothers of the Holy Spirit Annual Renewal of Commitment

OFFICIANT:

In recognition that:

December 1972 is the anniversary of the founding of The Worker Sisters of the Holy Spirit and December 1979 is the beginning of The Worker Brothers of the Holy Spirit, would you now reaffirm your commitment in this Community?

COMMUNITY:

Recognizing the continuing presence of God in the process of my spiritual growth, and honoring my commitment which I made for life, I pause to reflect upon its meaning and seek revitalization in living it out.

I will continue to be faithful and obedient to my Rule of Life.
I will continue to reflect on my personal and spiritual growth.
I will continue to encourage and support the members of the Community and our leadership.
I will endeavor to continue active participation in the life of the church and represent Jesus Christ as his servant in a caring compassionate manner in this suffering world.

OFFICIANT: Would you now repeat the Covenant of our Community?

COMMUNITY:

We, the Community of the Worker Sisters and Brothers of the Holy Spirit, in adoration of God and in thanksgiving for God's protective love for us do covenant faithfully to trust in God's unconditional grace and the guidance of the Holy Spirit.

As we participate in Jesus Christ's vision of unity, may we become his holy people, respond as we are called by the promptings of the Holy Spirit to show forth fruit, and, in obedience to His command, go forth into the world.

OFFICIANT:

May Almighty God, who has called you to serve in this holy life, give you power to fulfill your commitment through Jesus Christ, our Lord. Amen.

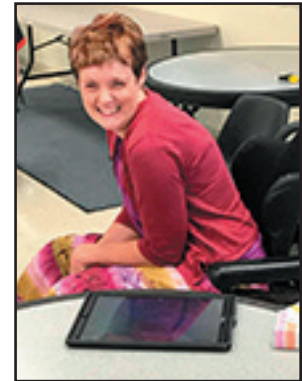
December 2018

**COMMUNITY CHANGES**

Please make the following alterations to your Green Sheets

NEW COMPANION APPLICANT – Erin Diericx

Erin Diericx
1204 North Prospect Avenue
Lecanto, Florida 34461
Cell Phone: 414-322-7311
Email: emdeerx@gmail.com
Birthday: April 11



Erin Diericx is from Lecanto, FL where she is an active member of The Shepherd of the Hills Episcopal Church. She learned about WSHS through her friendship with Sr. Pam Raphael. Erin is a postulate to the priesthood and studies at Nashotah House in Wisconsin. Her focus in ministry is towards people with cognitive or physical handicaps. Erin has Cerebral Palsy which requires her to use a wheelchair.

She has turned her weaknesses into strengths as she consistently overcomes obstacles and encourages others to do the same through her ministries. Her ministries, in addition to being a seminarian include conducting Sunday afternoon services at a residential facility for cognitively disabled people, Lay Eucharistic Minister, Lay Eucharistic Visitor, teaching confirmation classes, assisting the planning of weddings and funerals, giving homilies, and interning under her rector. Her hobbies include skiing in Utah, biking, traveling, reading and entertaining family and friends. We plan to admit Erin as a Companion at Retreat 2019.

Please update your 2018 Green Sheets with this change.

Sr. Joanna has a new mailing address. It is 101 Cimarron Court, Alvarado, Texas 76003.



HAITI

Let us reflect on our Mission of keeping our Haitian loved ones always in our prayers and in our hearts. Br. Frantz Benedict and his team continue to deliver water tablets to help with keeping their water clean. This is our Mission to help our Sisters and Brothers of Haiti, along with all their people to keep their water clean.

Some parishioners of Christ the King Episcopal Church in Tucson, Arizona made donations towards our Mission. We greatly appreciate their help. This was done during Sr. Wendy Martha and Lay Worker, Ginny Berkey's presentation of our Haiti Mission. Thank you both very much.

In the month of October, Global Hydration shipped a case of water tablets to Sr. Betty-Lou to forward on to Haiti. We thank Sr. Betty-Lou in her dedication in helping us work on and maintain the monthly shipments.

In His Name,

Sr. Alexandra Francis

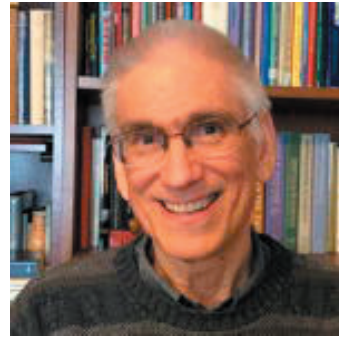


FROM YOUR DIRECTORS

Chapter Meeting 2018



Conception Abby



Presenter, Carl McColman, Friend, WSHS



American Board of Directors, 2018



TITLE OF WSHS/WBHS SPIRITUAL DIRECTOR CHANGED TO PRIORESS

At Fall Chapter 2018, Chapter decided to change the title of Spiritual Director to Prioress. The job description does not change; so why did we change the name? First, let's review some of our history so we see how our Community structure has evolved since the beginning in response to changing needs and changing times.

When Worker Sisters was started in 1972, Sr. Angela was in charge of all the functions of the Community, i.e. Spiritual Direction, Formation, Admissions, etc. As the Community grew, she realized she could no longer perform all of these duties by herself. She and Chapter decided to create the roles of Executive Director and Spiritual Director. Sr. Meredyth James was our first Executive Director (1988-1993). Sr. Angela then took the title of Spiritual Director and Founder. We had have four Executive Directors, with terms of five years with Sr. LaVerne Peter serving ten years in the position. As we grew other positions were created – American Director, Canadian Director, Director of Admissions, etc.

In 2009, Sr. Angela and Chapter discerned that the American and Canadian Directors could perform many of the duties assigned to an Executive Director. Consequently, we no longer have an Executive Director; the Co-Directors (American and Canadian Directors) handle these responsibilities. This change also led to Chapter's reviewing and updating the job descriptions of our other Directors, Coordinators, Provincials and Cluster Leaders.

Although Spiritual Direction has its roots in early Christianity, we have all seen how the practice of Spiritual Direction has been moving out of the Church and into the general public. One does not need to be in Community to receive or offer spiritual direction.

Recently it became clear that our using the term Spiritual Director for the role Sr. LaVerne Peter performs for the Community has been causing confusion. She is the person responsible for the well-being of our Community. When we looked at other non-traditional Communities, we saw that some use titles like Abbot/Abbess, Prior/Prioress or Superior to identify the person in charge of their community. We realized that these 'old' words that used to be tied to a building (abbey or priory) now have meaning for the 21st century for non-traditional (dispersed, non-cloistered) communities. These titles denote the head of a Community. Spiritual Director does not convey the same meaning.

The name change from Spiritual Director to Prioress was presented to the American Board of Directors at their annual meeting and they approved the change provided that Chapter agreed to the change. Chapter approved the change at their Saturday business meeting. We will be updating our Policies and Procedures documentation to reflect the name change.



2018 CO-DIRECTORS' REPORT

Positions in the Community and current staff 2018

American Board of Directors

President - Sr. Nancy Teresa
 Secretary - Fr. Harry Firth
 Assoc. Secretary - Deloss McKnight
 Treasurer - Sr. Nancy Teresa

Elected members:

Sr. LaVerne Peter
 Fr. Harry Firth
 Br. Raymond Gregory
 DeLoss McKnight
 Sr. Pam Raphael
 Rev. Jaci Sheldon, Chaplain

By virtue of office:

American Director
 Canadian Director

Canadian Board of Directors

President – Sr. Deborah
 Vice President – Sr. Carol Matthew
 Secretary - Sr. Wendy Samuel
 Treasurer – Br. David

Elected members:

Sr. Helen Joseph
 Sr. Jane Bartimaeus
 Sr. Betty-Lou Shirley

By virtue of office:

American Director
 Canadian Director

Spiritual Director: Sister LaVerne Peter, WSHS

Co-Directors: Sr. Christine, WSHS and Sr. Deborah, WSHS

Historian: Sr. LaVerne Peter, WSHS

Community Chaplain: Rev. Jaclyn Sheldon, Companion WSHS

Chapter: see current Directory List

Community Ecclesiastical Visitors:

The Rt. Rev Peter Fenty WSHS/WBHS – Canada, Australia
 The Rt. Rev Barry R. Howe, Friend, WSHS/WBHS – United States, Haiti

Director of Formation and Training: Sr. Helen Joseph, WSHS

Director of Admissions: Sr. Lucia, WSHS

Coordinator of Worker Applicants: Sr. Alison Constance, WSHS

Coordinator of Lay Worker Program: Sr. Arlie Mirren, WSHS

Coordinator of Novices: Sr. Nancy Clare, WSHS

Coordinator of Companion and Friends: Sr. Pam Raphael. WSHS

Coordinator of International Affairs: Sr. Carol Matthew WSHS

Provincials:

Eastern Province – Sr. Barbara Veronica, WSHS

Central Province - Sr. Dorothy Cecilia, WSHS

Southern Province - Sr. Brenda Faith, WSHS

Western Province - Sr. Diane Richard, WSHS

Cluster Leaders and Mentors: See current Directory

Community Numbers:

Sisters	45	45	Previous Year
Novices	1	0	Previous Year
Workers, WSHS.....	15	15	Previous Year
Worker Applicants, WSHS.....	1	3	Previous Year
Brothers	7	7	Previous Year
Workers, WBHS	3	3	Previous Year
Worker Applicants, WBHS	0	0	Previous Year
Companions.....	33	32	Previous Year
Companion Applicants	0	0	Previous Year
Friends	25	30	Previous Year
Friend Applicants	0	3	Previous Year

110 residents of the United States

15 residents of Canada

1 resident in Australia

2 residents of Haiti: The Sisters of St. Margaret, Friends & Br. Frantz Benedict

2 Zimbabwe: The Community of the Gifts of the Holy Fire Chita Che Zvipo Zvemoto
& Sr. Teresah, Friends

Total: 130 Previous Year: 138

New Sisters: None

New Brothers: None

New Novices: Shirley Pace, WSHS

New Lay Worker Applicants: Mary Humphrey, Mount Dora, Florida

New Lay Workers: Melissa Bowers

New Companions: Rev. David Lynch, Leticia Guevara-Cuence

New Companion Applicants: None

New Friend Applicants: None

New Friends: Fleur Clark, Lida McCulloch, Ruth Platt

Communion of Saints9391 Previous Year

TOTAL (including Communion of Saints)223227 Previous Year

Communion of Saints

Sylvia Bargiel, WSHS Feb 11, 2018

Rev. Tony Carter, Comp. WSHS, May 27, 2018

Release and/or Writ of Dispensation

Close of Applicancy: none

Chapter Meetings

Each Fall the Chapter Meets to discuss the business of the Community and to pray and flesh out our next year’s theme. This Chapter Retreat is a time of listening, planning and acting on the promptings of The Holy Spirit in governing the direction and future of Our Community. Our Chapter is supported in prayer by the entire Community during this Retreat.

During our Annual Retreat, Chapter meets each morning before the day begins to hold Our Community in Prayer.

New Chapter Members: Sr. Barbara Veronica – Eastern Provincial, Sr. Pam Raphael – Co-ordinator of Companions and Friends

Board of Directors Meetings

The American Board of Directors meets at Fall Chapter. Each spring the Canadian Board of Directors meets at the annual Community Retreat. Reports from each Board are shared.

Monthly Corporate Communion

Corporate Communion is held monthly where members are within physical proximity of others. The past year Corporate Communion were held in:

- | | |
|--------------------------|--------------------------|
| Michigan | Kansas City, Missouri |
| Southern Missouri | Pleasant Hill, Tennessee |
| Southern Ontario, Canada | Tucson, Arizona |

Informal Gatherings of our Community

Gatherings are held when 2 or 3 members are visiting in the area with other members of our Community. This takes place in various States and Provinces.

The Worker Sisters/Brothers of the Holy Spirit Bulletin

As we continue to grow internationally, with many members living apart from each other, the monthly *Bulletin* is our primary source of communication and a vital link to each other across the miles.

We are thankful for the regular contributions to our Bulletin as follows:

News Notes and Prayer Lists: Br. Ephrem

Monthly Calendars: Shirley Pace, WSHS

Haiti Articles: Sr. Alexandra Francis, WSHS

Fruits of the Spirit: Sr. Alison Constance

Spiritual Sharing and Mission and Ministry: compiled by our Provincials

Bulletin Preparation and Proofing: Sr. Christine, Sr. Deborah, Sr. Sharron Magdalene

Annual Contribution Commitment Letter: Sr. Nancy Teresa, Treasurer

Sr. Deborah maintains the Memorial Book and Slides for the Memorial Service. We are also thankful to Sr. Dorothy Gregory for making our habits as required and for Sr. Barbara Rebecca for ordering golf shirts.

In addition, the following members of our Community and others have committed their time and energy writing articles for our Bulletin this year.

Sr. Alison Constance, Sr. LaVerne Peter, Sr. Christine, Sr. Deborah, Sr. Helen Joseph, Sr. Nancy Teresa, Rev. Canon Harry Firth, Sr. Lucia, Sr. Carol Matthew, Sr. Wendy Martha

2018 Theme – Our 45th Year Journey with St. Benedict

Monthly Bulletin Topics:

January – OUR 45 YEAR JOURNEY WITH ST. BENEDICT – The Rungs of the Ladder of Humility

February – RUNG 1– PUT GOD FIRST

March – RUNG 2 – IMITATE CHRIST

April – RUNG 3 – OBEDIENCE/SUBMISSION TO GOD

May – RUNG 4 – PATIENTLY ENDURE

June – RUNG 5 - CONFESSION

July – RUNG 6 – CONTENTMENT

August – RUNG 7 – SELF ABASEMENT

September – RUNG 8 – BE ACCOUNTABLE

October – RUNG 9 – LEARNING TO LISTEN

November – RUNG 10 – LAUGHTER

December – CELEBRATION AND ANNIVERSARY

Retreat: 46th Retreat
OUR 45TH ANNIVERSARY
WALKING THE ROAD WITH ST. BENEDICT
Mercy Center, St. Louis, Missouri
May 3 -6 2018

Retreat Director: *Chapter Emeritus which includes:* Sr. LaVerne Peter, Sr. Wendy Martha, Sr. Nancy Teresa, Sr. Carol Matthew, Sr. Alice Stephen, Sr. Jacquie Elizabeth

Retreat Musicians: Br. Peter Nicholas, Br. David, Fr. Harry Firth, Sr. Catherine Marie

Sacristan, Altar Supplies: Sr. Nancy Clare

Vestments: Maria Pohlmeier, Companion

Presenter: Rev Jaclyn Sheldon

Presentation Saturday Afternoon: Haiti Clean Water Presentation – Sr Alexandra Francis, Sr. Betty-Lou Shirley

Thursday Taize & Memorial Service: Led by Chapter Emeritus

Friday Holy Eucharist and Service of Admission/Investiture

Celebrant: The Rt. Reverend Barry Howe, Ecclesiastical Visitor, USA

Assisting Priests: Rev. Jaclyn Sheldon, Chaplain, Rev. Br. Frantz Benedict, WBHS

Deacons: Rev. Sr. Wendy Martha, WSHS, Rev. James Easter,

Sub-Deacons: Letty Guevara–Cuence, Friend, Sr. Brenda Faith

Homily: Rev. Jaclyn Sheldon, Chaplain

Verger: Br. Raymond Gregory

Saturday Healing Service

Celebrant: Rev. Jaclyn Sheldon, Chaplain

Deacons: Rev. Sr. Patsy Anne, Rev. Sr. Kathleen Columb

Homily: Rev. Sr. Wendy Martha

Verger: Br. Raymond Gregory

Sunday Holy Eucharist

Celebrant: The Rt. Reverend Barry Howe, Ecclesiastical Visitor, USA

Assisting Priests: Rev. Jaclyn Sheldon, Chaplain, Rev. Br. Frantz Benedict, WBHS

Deacon: Rev. Sr. Kathleen Columb,

Homily: The Rt. Reverend Barry Howe, Ecclesiastical Visitor, USA

Verger: Br. Raymond Gregory

Yellow Letters

Our monthly Yellow Letter is a means of communication between Cluster Leaders and members. It affords each member the opportunity to reflect upon his or her spiritual journey during the past month. Members are also asked to respond to the article relating to the topic of the month. The writing of the Yellow letter is part of the *Rule* and discipline of the Community.

Provincial and Cluster Leader Reports

Twice a year Cluster Leaders report on the activity of their Cluster and on each individual member's spiritual journey and commitment to the *Rule of Life*. Cluster Leaders send their reports to their Provincial, who forwards them to the respective Directors

Other forms of Communication

- Our Website is a link to the world and is a continual work in progress. www.workersisters.org, www.workerbrothers.org.
- Br. David, WBHS forwards e-mail emergency prayer requests to Brothers, Sisters, Workers and Applicants. Marilyn Propp, WSHS forwards the prayer requests to Companions and Friends. Those members not on e-mail are contacted by telephone or mailed copies of the request. This method of communicating our prayer requests is working well.
- A monthly prayer list is also printed and included in the Bulletin. This list contains requests for prayer by Community members, for other Community members, non-Community friends and family, and for the world.
- Sister Charlotte Mary keeps in touch with the families of Our Communion of Saints with cards on the anniversary of their deaths.

Haiti Clean Water Project

We continue this year with the Haiti Clean Water Project. Our members are purchasing water purification tablets and having them shipped to Rev. Frantz Cole for his ministry in Haiti. Sr. Betty-Lou Shirley takes delivery from a source in Canada and ships them to Haiti monthly. Thank you to Sr. Alexandra Francis, WSHS for coordinating the project. Quilts for children are also being made by members of our Community and sent to Br. Frantz Benedict for distribution.

Retreat 2019 will be held at The Mercy Center, St. Louis, Missouri April 11 – 14, 2019

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

Presenter: Carl McColman

Chapter 2019 will be held at Conception Abbey, Conception, MO - Oct 2(Board) 3-6th 2019

Respectfully submitted by,

Sr. Christine, Co-Director, WSHS

Sr. Deborah, Co-Director, WSHS



SPIRITUAL SHARING

Accountability has not been too much a shift for me, but recognizing the two-fold responsibilities of listening to another and providing support and encouragement; seeking support and encouragement as I move in a new direction. For me a human does this best for me. I also look to God as my dim light bulb of a brain reminds me I can turn it all to God. The Community is a living breathing example of not simply thoughts and words of wisdom, but examples of that wisdom in action.

I know the difference between hearing the words said and listening to what is under the words. My mother, after not leaving the house for years, finally sold her old car. She often looked out the window to where the car had once sat on the driveway and lamented that she regretted selling the car. Mother was a terrible driver in the best of times, so as she expressed regret, I heard an old woman talking foolishly. Only after her death did I realize she was not longing for the car but the independence it meant to her.

The faith that is in our community gives me awareness of wisdom in my continued growth in Christ's likeness.

About three weeks ago four of our Community gathered together for time to share and discuss the Bulletin theme. It was a gift just to be present and not "be in charge." There was a good deal of that "being in charge" non-stop while I was with my parents, since they simply do not have the energy and focus to attend to all of the daily details.

God remains faithful and, in the moments when I get quiet in a week, I hear the words of wisdom and encouragement I need most. As I move in the fall and new seasons of life, I am watching for God's grace and find it is time for me to approach the "throne of grace" more boldly. I ask God to help me more readily receive mercy and grace for myself and others.

The Community has been a source of growth for me as I am continuing to grow in my relationships and understanding of God's love for us and a great deal of that is due to the mentoring I receive.

I have learned so much from our Community and I know that compassion to the world brings us closer to each other and to our loving God.

I can relate to self-abasement if self-abasement means thinking that you are not worse or better than anyone else. I am a child of God and so is everyone.

I agree that it is an important step of humility to realize that we are not "the center of the universe", that we can't expect the world to revolve around us. And most of us would agree with that statement, but often I find myself fretting because my advice wasn't followed, or someone else's idea was used to implement some project. So, I still have to let go when I find myself getting upset because I didn't get my way.

About self-abasement, some folks have to brag about their success in giving up precious things during Lent. Sounds a bit prideful to me. But I do think having a realistic view of ourselves can be healthy. Getting up in the morning and telling myself that “I am not God’s gift to this place” is probably good. While I can help people in small ways and send out ripples of positive feelings, I don’t need to spend time beating myself up.

A few years ago, I made confession with a Priest. I knew at the time the sins that were bothering me greatly. Presenting them out loud to God through a Priest took them away for good. I may remember them but they don’t stay in my mind all of the time. It is good to be able to put them aside and live in the Now.

The faith that is in our Community gives me awareness of wisdom in my continued growth into Christ’s likeness.