

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WELCOMING HUMANITY OF CHRIST
August 2019

Bulletin Cover: Retreat 2019 - The Jewish Jesus - Group Photo

August Theme ~ The Welcoming Humanity Of Christ *Hebrews 2:11-18*

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. Wendy Samuel virtue54@outlook.com or see green sheets for mailing addresses.

Urgent Community Prayer Requests for email distribution – email or call Sr. LaVerne Peter: Callaghgan@aol.com, Sr. Christine: casturges@gmail.com or Sr. Wendy Samuel: virtue54@outlook.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 AUGUST 2019

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
Sr. Barbara Veronica, WBHS
Sr. Janeen Julian, WSHS
Ginny Berkey, WSHS
Sr. Diane Richard, WSHS

CORPORATE COMMUNIONS FOR 2019

August 24

September 28 • October 26 • November 23 • December 14

FALL CHAPTER
August 29 - September 1, 2019
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:

Peter Brook, Friend

no longer has a land line. Please remove the Home phone number.

Carl McColman, Friend and Fran McColman, Friend

live in Clarkston, Georgia. Please correct the spelling of Clarkston in your Green Sheets. Thank you!

Sr. Arnitta Monica

has a new address. It is:

1115 21st Street, NE

Unit J

Washington, DC 20002-3157



SPECIAL PRAYER REQUESTS

We realize that some of you do not have access to the email prayer requests that are sent out periodically. Therefore we are including these prayer requests that came to us in the month of May while we were preparing the June bulletin. Thank you for keeping these members of our Community in your prayers.



It is with sadness that we learned of the death of Sr. Janet Rose, WSHS on Saturday night July 6th. The funeral was held on Sunday, July 14th at 2 pm at Trinity Episcopal Church, Lexington, Michigan. Sr. Barbara Rebecca, Sr. Julie Margaret and Sr. Kathleen Rachel attended the service in habit. The family asked them to read the WSHS Community Prayer as well as our Prayer for Companions and Friends during the service.

Please keep her husband, Glenn Risse, Companion, WSHS and the family in your prayers for peace and comfort. Cards and notes would be welcome.



HAITI

In the month of June, Global Hydration was able to ship three cases of water tablets to Sr. Betty Lou-Shirley to forward them on to Haiti. It is so wonderful that we were able to have a quantity of tablets for our Haitian loved ones.

We thank all our Community for their dedication in supporting our Haiti Mission as we continue to care for our Sisters, Brothers, and children of Haiti. We send our continued prayers that the water tablets create clean water to help alleviate the outbreak of Cholera and other diseases.

Blessings and Love,
Sr. Alexandra Francis



We were delighted to find this photo of Br. Frantz Benedict on Facebook. For those who have not yet met him, he is on the right.

A note under the photo reads: "Alas, a farewell activity to Reverend Father Frantz Cole says father fanfan at the centre saint Vincent for children with disabilities for his departure. Another story started on July 01, 2019. The Committee has the honour to introduce you to its gritudes. Your motivation makes us very strong."



FROM YOUR DIRECTORS

Important Update from Sr. LaVerne Peter, WSHS

Dear WSHS/WBHS Community,

Sr. Teresah sent me an e-mail informing us that the Religious Community of **Chita che Zvipo Zve Moto in Gokwe, South Zimbabwe** has unfortunately split due to reasons that cannot be disclosed. It was hoped that the dispute between the Founder and nuns and friars could be settled but unfortunately, it has resulted in failure.

The group that disassociated themselves from Chita che Zvipo Zve Moto, approached the Diocesan Bishop who was aware of the problems and the group requested permission to form a new religious order in the Diocese which has been done through proper procedures.

The new Community is a Benedictine religious order of the Holy Spirit Monastery and is now based in the town of Gweru, in the Diocese of Central Zimbabwe.

Our Covenant Prayer Relationship with the Chita che Zvipo Zve Moto Community has existed for over twenty years and you have seen the Community listed each month in our Prayer Requests.

Sr. Angela, our Founder, had hopes of our Community reaching Africa and was delighted to hear from the Founder of Chita che Zvipo Zve Moto in Gokwe who would like to form such a relationship. Our Community was in total agreement.

We were fortunate to have members of our Community visit the Order in Zimbabwe – three of our Sisters and one Companion. Likewise two Sisters from the Order visited us – Sr. Gladys the Arch Sister and Sr. Theresa, for one of our Retreats. Unfortunately, Sr. Carol Matthew is the only member who made that trip who is still with us. She invited both Sr. Gladys and Sr. Theresa to come as house guests before they made their trip back to Zimbabwe. I was fortunate to spend time with Sr. Gladys who unfortunately, who has now passed on.

Zimbabwe has had many difficult problems over the years and in the beginning we were able to send dried food items to help them. Unfortunately, we were unable to continue to do this as the supplies were stolen before they could reach the members of the Order.

We have learned that the Founder of Chita che Zipo Zve Moto is no longer a member of the Anglican Communion and thus our Covenant Prayer Relationship is no longer in effect. We also feel great sorrow as Sr. Theresa, HSM mentions in her e-mail, but pray for God's blessing on their new Community of the Holy Spirit.

I will continue to stay in touch with Sr. Theresa, HSM and send updates as to how she and the Order are doing.

Please keep one and all in your prayers.

Blessings to all, Sr. LaVerne Peter, WSHS Prioress

Retreat 2019 Homily at Healing Service

By
Sr. Deborah

May the words of my mouth and the meditation of our hearts be acceptable in your sight O Lord, our Redeemer and friend. Amen

In Samaria, Jesus and the disciples came to a well. Jesus rested while His disciples went into town to get food. A woman from Samaria came to get some water. Jesus said to her, "Will you give me a drink?" (By speaking to this Samaritan woman, Jesus proved He was different from any other teacher. Jesus would never do things according to the way people thought best. He was not concerned about rules. He would only do what God wanted Him to do.)

Who was this Samaritan Woman and what did she want? She must have been confident and sure of herself - she confronted Jesus when he spoke to her. She talked back to him. The Samaritan woman said to Him, "You are a Jew. I am a Samaritan woman. How can you ask me for a drink, a woman and a Samaritan?"

The woman was shocked that Jesus would speak to her. Jewish people had little respect for Samaritans and Jewish men weren't allowed to speak to women in public. And she had other questions for him. Who do you think you are to offer me living water? Are you better than Jacob? She seems a little feisty to me.

Why was she at the well in the middle of the day? Perhaps she was a bit like me; a professional woman who liked to get her domestic chores done on her lunch hour; or perhaps a multi-tasker who got things done.

She challenges Jesus again. "Give me this water so I won't have to come back to this well again." She wants ease of doing business, a less challenging way of life; perhaps some peace. She doesn't know what she needs. Jesus shows her the way.

She was accepted by Jesus and by His example was accepted by the disciples. They didn't question who she was or why Jesus was speaking to her. Perhaps she felt love, an unconditional love she had never experienced.

This Samaritan woman, amazed by Jesus, dropped her water jar and ran to tell her friends and family about Him. She must have felt empowered. She rushed to tell everyone to come and see the man, this prophet who knew everything she had ever done and loved her anyway. Was he the Messiah?

Her people believed her and came to find out about this man. In a matter of minutes, droves of curious people were headed to the well to see Jesus for themselves. Her witness in her town brought people to Jesus.

This caused me to wonder, does my witness to the people around me bring them to see Jesus? I hope so.

In 2013 after a failed 32 year marriage, and a second failed relationship with a kind and wonderful man, I found myself in a relationship with a man with a big problem. He was a long time alcoholic and I had to end the relationship.

It was then that I hit rock bottom. I was watching a TV show called Grey's Anatomy and Sandra Oh's character was making decisions in her life. During the episode, she kept repeating the questions,

“Who am I and what do I want?” Each time I heard those words they rang louder and louder within me. Who am I and what do I want?

Here I was at age 50 and I had lost myself once again. It was time to re-assess and re-evaluate my life. Who am I and what do I want? More important, spiritually I also had to ask myself, “Who am I in God’s eyes and what does God want for me?” I decided I needed to stop doing what I was doing. I needed to focus on what was true and right and good in my life and to make changes where necessary. It was time to get to know Deborah again and let my actions bring about what was good for me and allow God to lead me and heal me and mold me into becoming the person I was meant to be.

First - no dating for a year. I was true to that. I took time for prayer, scripture reading and meditation. I also joined Alanon and worked on the twelve step program. It helped me to get my head straight, to remember what I already knew and to encourage me on this new journey.

I found a wonderful book, The Language of Letting Go by Melody Beattie – daily meditations to help with self-care and recovery. This book is still on my night table. I golfed, I curled, I kayaked, I learned to work with stained glass and most importantly, I learned to love myself again. I learned how to speak truth in love to myself and to others. I learned again to let God love me. I am continuing to learn to live my truth and I hope won’t lose myself again. Lifelong patterns are hard to change. But I did it with God’s help.

Now it is 2019 and I am entering a new chapter of my life - Retirement as the Canadian Director in Our Community and retirement from a 47 year insurance career. How will I be led in retirement? What will I do with my time? What will my ministry be, going forward? I am praying, watching and waiting. I’m part of a team at my church who will be exploring how we can be more active in our community. We are waiting to see where we will be led.

BY THE WAY... after my one year sabbatical from dating, I did meet a wonderful man. It’s been four years since we met and Dave continues to be a loving companion in my life. He was worth the wait.

The verses that spoke most to me in our Gospel reading tonight are from John 4:23-24 (The Message):

“It’s who you are and the way you live that count before God. Your worship must engage your spirit in the pursuit of truth. That’s the kind of people the Father is out looking for: those who are simply and honestly themselves before him in their worship. God is sheer being itself — Spirit. Those who worship him must do it out of their very being, their spirits, their true selves, in adoration.”

How does being a member of Worker Sisters and Brothers of the Holy Spirit help us to live in the pursuit of truth on a daily basis? It is our acceptance of one another, our prayer support and the love we experience here that helps us to live contrary to the world around us. Our obedience to Our Rule and our accountability to one another keeps us on the path of truth. Let us hold each other in true love and prayer every day. May God give us the boldness to love ourselves and to share the love of Jesus and bloom where we are planted, this I ask in Jesus name. Amen.



NEWS NOTES

Br. David: In May, Sandra and I celebrated our fiftieth wedding anniversary but the weather was so wet and cold that we decided to wait until June to have a celebration. So on June fifteenth, we had an “Open House” and invited people to drop in for some food and refreshment. We had our whole family together, which hasn’t happened in a few years, and about seventy people dropped in to the house. It was a wonderful day and we really enjoyed seeing everyone. Now we are planning a trip to visit my cousin in Eastern Ontario and also a couple of days in New York State (Watertown). Sandra’s relatives came from Watertown and each time we visit Sandra spends time on Genealogy searching for family members. We have met Sandra’s cousin from Oregon on previous visits and re-searched the family.

Shirley Pace: We celebrated my only grandson’s wedding on July sixth – this year – and even though they live in Springfield, they came to Carthage for the wedding at a special Venue just behind the library! I made my first wedding cake ever at their request.

Sr. Paula Adelaide - Editing and writing gigs have kept me more than busy, but I’ve managed to make time for some special things, too. A friend stayed with me for several days while she was in town for a convention, and we took a half-day off to see the Monet exhibit at the Art Institute. Such beauty! I was privileged to usher at some outstanding performances, including the Chicago Symphony and Chicago Shakespeare Theater. Music and the arts help me keep my balance in this busy world.

Ginny Berkey - Our military family is going to Naples, Italy for three years. Grace, their oldest, was born there eighteen years ago. Cannot wait to visit!



SPIRITUAL SHARING

Our priest encouraged my husband to run for the vestry despite all his health problems. He now has become more spiritual than I have seen him in fifty years. What a blessing!

Another awakening is that the Lord answers our requests no matter how simple. Recent examples of this are a handicapped parking place, immediate doctor’s appointments with specialists, and an unexpected visit from our daughter.

As the days progress, my husband is getting worse physically and mentally. I know he is frustrated, but it is so difficult for me. The Holy Spirit has helped me cope with hate and yelling my husband directs toward me. With prayer and these answers, I continue with understanding. Today when things were difficult, I looked out, and two male cardinals were at our suet feeders. What a joyous and uplifting

blessing! Mama Cardinal has been singing to me every morning. Our Lord's creatures help me cope throughout this time.

Wow, "old age ain't for sissies!" Yep, heard it and now experiencing it. So glad we are here with our son and family in this lovely large and new home! Have a beautiful view of a small lake out back (my window and back porch). Our grandson (age 35) loves to cook, so he does most of the cooking. However, he's having a rough time with the menus since there are many foods which upset our aging systems. We are all still experimenting.

I've been dealing with very pesky vertigo, and my husband is dependent on a walker. He turned 90 in February. I'm right behind him at 87. Lots of challenges - no more driving! Bummer! Our son and family knew this was coming and made plans some time back. Trying to find places to put, store, and give away all our "stuff" is a challenge. We've had one successful garage sale and will probably have another. They still have two small warehouse spaces near here.

I'm going to Methodist church most Sundays - back to my roots. My daughter-in-law is in the choir and very active in a couple of other things. She is a saint to take all this on. She is ex-Army and my husband is retired 30-year Navy; lots of memories to share.

The Holy Spirit has been right there with me during this very hectic month. Though I feel my mind is in a haze many times, I've had the energy and stamina to keep up.

I have made huge advancements with my discernment. I was called into the practice of unconditional love with my Goddaughter, who was in crisis. All mixed up in this theme of forgiveness and reconciliation — Unconditional Love prevailed!

Sr. Beryl Joy loaned me a book after my last monthly visit with her. The book was called "The Covenant Prayer." This book has spoken powerfully to me. The message is: "If we let Christ take charge, if we listen carefully for his direction, he will surely lead us into work where we are needed and that we need for our growth," I am praying about what God wants me to do in my retirement stage of life, and I am encouraged by these words.

While walking along in a street sale, I found a lovely gray thread knitted three-corner-shawl. Sometimes I use it while praying. It makes me feel a bit more enclosed and focused on my prayer and helps me to concentrate better.

It is so lovely to sit quietly and read the Bulletin. Getting to sit and listen is challenging. I realize in all things, God knew I would say yes, sometimes quite reluctantly, but he is growing me, is strengthening me, and is always beside me. I often ask what the cosmic joke is, and I know he laughs. We call all these inconveniences and troubles, blessings and gifts. We get to spend time together, we talk about Jesus, and I learn new skills.

My spiritual director is such a blessing! Most recently, she told me a friend/priest she knows writes on his daily calendar “appointment with Jesus” and honors those times as much as the “merely urgent” events. I’m going to try that, have put it on my calendar just twice a week, to start small, and try to honor this commitment.

I believe the Holy Spirit is helping me be a better listener, not all the time, but more than in the past.

The sentence in the “Loaves and Fishes” article that stood out for me is “So that little boy, whose name or parents we don’t even know, became (with his loaves and fish) the one who revealed Christ to the multitude. This statement, I believe, is the heart of the message. In our troubled times (and what times in human history have NOT been troubled?!), we can feel overwhelmed and helpless. “Lord, two hundred denarii would not be enough to feed them all.” If we each offer to Jesus whatever we have, in time, in talent, in action, however much or little, God’s grace can multiply our gifts in miraculous ways. I want to be one who reveals Christ to others.

I liked Sr. Nancy Teresa’s article. Learn to pray like Jesus, enter more into his life, and become more like him. I will try to learn the Shema. The praying at all times reminds me of the Celtic way of prayer. All is Holy, and God is in all. Therefore, we are always on holy ground, and God is always present. I had not known the word Kavannah – being saturated in prayer. I like the Jewish concept of prayer as being not only the act of praying, but also studying scripture, our acts of loving-kindness, and our work. In other words, prayer is being so saturated with God that we show forth God in all we do.

I, too, am enjoying this year’s theme. While at the Retreat, I bought one of Carl’s books, An Invitation to Celtic Wisdom. I read it a few weeks ago and enjoyed it. He talked about how the Celtic Christians believed the crane represented the Holy Spirit. I remembered how the Blue Crane was Sr. Angela’s favorite bird. In the book, it mentioned how St. Columb had the monks at Iona to treat a crane with great love and tenderness before sending it back to Ireland because it had just flown all the way from Ireland to Iona.



FORMATION AND TRAINING

The Welcoming Humanity of Jesus

By

Sr. Wendy Samuel, WSHS



¹¹For the one who sanctifies and those who are sanctified all have one Father.^[a] For this reason Jesus^[b] is not ashamed to call them brothers and sisters,^[c] ¹²saying,

“I will proclaim your name to my brothers and sisters,^[d]
in the midst of the congregation I will praise you.”

¹³And again,

“I will put my trust in him.”

And again,

“Here am I and the children whom God has given me.”

¹⁴Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one

who has the power of death, that is, the devil, ¹⁵and free those who all their lives were held in slavery by the fear of death. ¹⁶For it is clear that he did not come to help angels, but the descendants of Abraham. ¹⁷Therefore he had to become like his brothers and sisters,^[e] in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. ¹⁸Because he himself was tested by what he suffered, he is able to help those who are being tested. (*Hebrews 2:11-18*)

According to the scholars, there are several reasons why it was necessary that the savior of humans had to be born a man, rather than God using an angel, or even an existing human being. Here is a sharing of my thoughts on what I have researched and learned over the years.

There were so many prophets sent ahead of Jesus. All were laughed at, scorned, tortured and even killed in their quest to enlighten the world of the knowledge and love of God. Usually they failed. Could it have been because their message was usually interpreted as one of judgement or of being condemned? I can't imagine God's frustration with His creation in not comprehending what we must do to “live”. Jesus's message was so totally opposite to everything they had been taught. Love and forgiveness – the concept was so out of kilter for the events of Jesus's time on earth.

There is also the comparison between Adam and Jesus. Humankind began their creation without sin, but shortly thereafter, temptation entered the lives of Adam and Eve and their offspring and the lines between right and wrong became blurred. It is important to note that even in their sin, they showed no remorse, neither Adam (Eve made me do it) or Cane (am I my brother's keeper?). It would make sense to me that only another human, mind you an exceptional human, could redeem the sin of humankind

2 Corinthians 5:21 tells us:

²¹For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Another reason was the necessity of shedding blood. Prior to Jesus coming into the world, the shedding of blood (animal sacrifice) was deemed to be acceptable to God and there are many examples through the bible. One of the key examples in my mind was the dipping of lamb's blood to be spread around the doors of the Israelites so their first born would be spared from the angel of death. The shedding of blood in the minds of Israelites was seen as an act of atonement to and forgiveness by God. Jesus's blood was also shed with the piercing of his vital organs on the cross to speed up his death so it wouldn't interfere with the upcoming religious event. Jesus's blood sanctified what the blood of animals could not.

In Hebrews 10:4 we are reminded:

⁴For it is impossible for the blood of bulls and goats to take away sins.

Finally, God in his love for us, decided to fight fire with fire. A human who held His own divine spirit within his human body, with all that that would have entailed. Jesus's thinking (the human mind), his feelings (a human heart) and his inner knowledge of God (the Holy Spirit) but with God's own divinity mixed in with the human blood so that Jesus became both man and God.

Galatians 4: 4-6 reminds us:

⁴But when the fullness of time had come, God sent his Son, born of a woman, born under the law, ⁵in order to redeem those who were under the law, so that we might receive adoption as children. ⁶And because you are children, God has sent the Spirit of his Son into our _[a] hearts, crying, "Abba! _[b] Father

As we look at the words "Abba Father" it reminds us of a prayer in the book called "Abba Father" by Brennan Manning. A collection of morning and evening prayers and reflection – this one reads

"Dear Abba - It's not hard for me to accept You as Father and Savior and Lord and Master. But when it comes to Friend it is just not that easy. The thought that You would want to spend some time with me and dine with me and walk with me and be my Friend? That You, the Lord of Glory, would want to be the guest of me, a sinner? That leaves me one undone. Simply undone."

So I finish this day with the thought being that one – the final one for the day – You. Jesus, want to be my Friend.

Questions for Reflection

1. Here are a few examples of the humanity of Jesus. Are there other instances where you see that humanity?
2. Do you have a favorite time where the humanity of Jesus shows through?
3. Take time and reflect upon that humanity and ask yourself where you see Jesus laugh, cry, become angry and have every human emotion that we have?
4. It may be hard for us to realize that Jesus would sweat, bleed and get tired just as we do when we bring that fully in ourselves – Jesus is both divine but also lived life just as we do. Offer thanksgiving for this “Come Lord Jesus”.

RETREAT 2019 REFLECTIONS

THURSDAY

Right now I feel –

At peace

Close to God

Tired but uplifted.

Happy to be here

The event of the day that was special –

Spending time with nature

Introduction of LaVerne and Shirley and all the laughter it brought.

Meeting new individuals

Praying, sharing, reading, writing

Mingling before dinner and getting to spend some time with our prayer partners.

Greeting family as they arrived

All the laughter and sharing with others in Community

Chaplain Jaci being the light of Christ to me, talking with me and spending time with me

The memorial slides.

Time with my prayer partner; discovering my prayer partner was perfect for me.

Seeing Sr. Christine’s welcoming smile

Feeling unspoken love and support from others.

The joy of greeting old friends

Taize –

I felt moved by the music, surrounded by love, relaxed, content, solemn and prayerful

I had time to make a space in my heart. The service was extra beautiful.

I was very happy to participate in the service. I was calm and open. It was a good time to work on my breathing.

I felt an awareness of God's love.

I felt like I had come home. It was as though the Angel's were singing.

I felt God's presence. The service was prayerful and joyful.

I loved the sound of the rain on the roof of the Chapel. I was in awe of the violent storm outside and the quiet calm within.

My thoughts during this silence drifted to –

I read our prayers that we wrote last year. They were very powerful.

Meditating on being and thankfulness

How blessed I am to be here this weekend.

Family at home and excited to see what tomorrow brings.

Gratitude

Healing, feeling whole, realizing what grief has taught me.

Gratitude for this time away from the daily responsibilities of my life

Listening to hear – what's next.

FRIDAY

This morning I feel –

Rested and excited about the day. Thankful

During the morning Reflection time –

I loved the music of the Hebrew scripture and the English translation.

I felt the presence of The Holy Spirit.

I felt there was a message I needed to hear.

Comments about Session I – Great speaker, great topic.

I realize how much I don't know about myself as an individual and Christians collectively.

I enjoyed the explanation about all 4 gospels being written in different styles, order, structure – their contradictions and approach. It was thought provoking and potentially attitude changing.

Insights were powerful. This blends in with all my study right now for EFM and the book studies at my church. Pairing the gospels written in tandem with the Jewish Liturgical year brings me closer to the person of Jesus.

Comments about Session II –

I appreciated the story telling style Carl has. Stories are interesting and more likely to be remembered.

Thoughts on learning to pray like Jesus and learning to love like Jesus. How meaning is lost in translation. How we have control over our attitude. Very interesting and I will use the prayers given to us.

Lots of food for thought and action. Brought me to pray the psalms as Jesus may have prayed. I became more free to talk to God with the bravado of Jewish “chutzpah”.

Hebraic prayer is a way to internalize our relationship with God.

Loved Shema and Blessings. I really sensed enrichment from perspective of praying prayers Jesus might use. Good to be reminded of prayers of Blessing. The Torah is an invitation – not “law”.

In my small group meeting I enjoyed –

That it was fun. Enjoyed being together and talking about what it is we do. Good to be reminded us of our responsibilities as Cluster Leaders. It cleared up several things I was not aware of and that will help me to do a better job.

Hearing an update from other Companions and Friends; enjoyed everyone’s check in stories.

Having an extended talk with my prayer partner

My meeting with my Cluster leader or member was –

I connected with a person I did not know well and it was a wonderful experience. We really shared our experiences and got to know each other better.

Free time –

Walking the halls for exercise

Napping, walking, time in Chapel to just BE

Visiting and writing notes

Enjoyed relaxed conversation

Contemplating my future

Two things I liked about the Friday Evening Service –

Being back in a familiar liturgical place

Happy the service went smoothly; the calmness of the ceremony from the Bishop’s homily to receiving new people. The sermon reinforced the rightness of my spiritual direction.

Renewing our vows together and seeing Sr. Wendy Samuel installed as Canadian Director. I felt a sense of forgiveness and reconnection. I liked the simplicity of the service.

Chaplain Jaci’s involvement in the service

Being in worship with Our Community

What I liked most about today –

Being challenged to rectify the ignorance Carl illuminated in me.

Getting re-acquainted with everyone. Everything – involvement, sharing, closing, accomplishment and finding Sr. Nancy Clare’s cross. Connecting with Community

I had some meaningful conversations. The deep reflection and preparation of Carl in preparing for this Retreat and the witness of marriage ministry by Carl and Fran. Being with my community. The peacefulness of the grounds. The Seafood dinner! All the interaction with so many people. The sharing time is so important. Just enjoying the family of WSHS and WBHS.

An epiphany that maybe I should pray with some Chutzpah and keep asking God to remove depression that saps my usual energy.

The privilege of being part of this prayerful Community

SATURDAY

During the morning reflection time-

I felt bathed from head to toe in God's presence. I enjoyed hearing the prayer in Hebrew and English.

I am tired and feel the need to be alone. I appreciated the prayerful spirit.

Comments on Session III –

I liked that we need to be “secret agents” to really understand the difference between Greek and Jewish spirituality. I felt challenged by how I am influenced by Greek thinking and how impelled I am to the journey into Jesus Jewish way of looking at life. I loved seeing the old testament in a new light.

Comments on Session IV –

I liked thinking about letting God restore, replenish and refocus my heart and mind. Tikum Olam – repair the world. It gave me a framework to figure out where people and my church are coming from depending on how LAW is approached. I especially loved the Thomas Merton Story of the points of light in each of us. I learned some new ways to pray. The sessions renewed in me my Judaism.

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

Happy that we are still able to ship water tablets to Haiti; happy we have an outreach we are contributing to as a community. Little things like quilts and water tablets make a difference.

The need for lots of prayer.

How did you spend your free time?

Practicing next year's Retreat Invitation.

Visiting with my prayer partner

Napping, writing to folks at home

My response to the Healing service was –

I am so thankful to share in the healing service and look forward to arthritis hiding for a while so I can keep on going.

Receiving peace and leaving everything in God's hands.

I felt validated in the path I am taking and the personal struggle I am having. I know the Holy Spirit is guiding me.

I found peace where I could see and feel God's presence and Love.

I found my dignity as a child of God.

I felt the Holy Spirit empower me and lead me at the Healing station. My anxieties and fears were gone.

Very calming and touching to have my Sister lay hands on me and to bless me and so to honour her.

I especially liked that we prayed for each other during the healing service tonight.

Loved that the service is so meditative.

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

By reaching the culmination of study to become a Lay Sister, sharing in the special services, renewing friendships and sharing more with those present

Seeing the Holy Spirit at work bringing peace and healing to others

Seeing people blossom as they received the love, healing and encouragement of our Community

I always feel better emotionally after our Retreat, through the praise, prayers and fellowship of Our Community; reaffirmation. My spirit is at peace.

Love and laughter

I felt the healing power of The Holy Spirit at the healing station on Saturday. Also in my interactions with people I felt renewal in my ministry life and with Our Community.

It was so good to reconnect with others and to feel genuinely welcomed and part of the gathered Community.

In relationships, learning and reflections; I experienced a level of trust to become open and be vulnerable.

The thing I liked best about this Retreat was -

I felt a healing hug from Sr. Nancy Teresa.

Inviting the departed to join us on Thursday evening was healing.

Our topic was phenomenal.

Getting to know Fran and Carl

I loved having Bishop Howe with us.

The close friendships I now feel and have in Community.

Mealtime conversations

I felt that I had come fully into the presence of God.

The rest that I got while here

The warmth and welcome that surrounded me all weekend long

Relishing the gifts in so many people and the great meaningful conversations we had in a safe environment.

The genuine and authentic people

Being able to pass the peace as it was intended and to be blessed by my Community

The balance of study, rest and prayer for the entire weekend was in itself refreshing & renewing.

Carl's presentations and reuniting with this family

Understanding the Jewishness of Jesus

The family atmosphere

Getting to know Fran McColman was a delight; her presence and participation was appreciated.

Learning more about the Hebrew language

Single room

The music was –

Fabulous

Absolutely inviting and appropriately chosen for our theme; so grateful for Br. Peter and Br. David.

General Comments -

It really felt like coming home to the Retreat Center we have known for quite a few years.

The food was fabulous this year.

The Community needs to be opened to the World. Perhaps we could encourage everyone to promote WSHS/WBHS in their Church and the world around us.

Retreat 2019 Mercy Center, St. Louis The Jewish Jesus

Our Retreat Presenter, Carl McColman welcomed by our Spiritual Director, Sr. LaVerne Peter



Certificate of Completion for study to become a Sister to Sr. Shirley Evangeline by Sr. Nancy Clare



Our Musicians Br. Peter Nicholas, Br. David



Our Retreat Director Br. David



Morning Worship – Sr. Pam Raphael, Br. Raymond Gregory



Admission Service

Our New Canadian Director – Sr. Wendy Samuel receives a Blessing from Our Chaplain Rev. Jaci Sheldon



Admission of Sr. Shirley Evangeline



Receiving Friend, Sandra Bowers



Sr. Helen Joseph, Sr. Diane Richard, Sr. Wendy Martha, Sr. Brenda Faith, Sr. Nancy Teresa



Br. Ephrem, James Easter, Br. Andrew, Barbara Everett, Sr. Barbara Veronica, Marya Pohlmeier, Sr. Betty-Lou Shirley



Rt. Rev. Barry Howe, Sr. Catherine Marie



Br. Raymond Gregory, Chaplain Jaci Sheldon



Sr. Linda Thomas



Sr. Lucia



James Easter , Br. Ephrem



Sandra Bowers, Sr. Barbara Veronica,
Sr. Brenda Faith, Sr. Lucia



Sr. Deborah, Sr. Jane Bartmaeus



Br. Peter, Stan Hampton



Sr. Kathleen Columb, Sr. Helen Joseph,
Sr. Diane Richard



Reception

Sr. Brenda Faith, Sr. Diane Richard
Sr, Helen Joseph, Joann Quisenberry



Sr. Alexandra Francis, Sr. Shirley Evangeline
Sr. Deborah, Sr. LaVerne Peter



James Easter, Howard McClendon



Sr. Jane Bartimaeus, Sr. LaVerne Peter



Blessing of Quilts to go to Haiti

