

**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**SOUL FRIEND - ANAM CARA  
FRIEND OF THE HEART  
October 2020**

**Bulletin Cover - Our Community from a past Retreat - Photo by Sr. Deborah**

In my mind we are soul friends in Our Community. We connect, accept and love each right where we are. We confide in each other and lovingly speak truth as we grow on this spiritual journey together. We are all Aman Cara.

**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: Callaghan@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](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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**CALENDAR**
**CORPORATE COMMUNIONS  
OCTOBER 2020**
**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

**COPORATE COMMUNIONS FOR 2020**

**October 24**

**November 21**

**December 12**

**Call to Prayer.** Please remember our Community in prayer twice a day 8:00 AM and 5:00 PM in your time zone and pray for World Peace at Noon.



**8:00 AM - Prayer for our Community**  
**12:00 Noon - Prayer for World Peace**  
**5:00 PM - Prayer for our Community**




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**COMMUNITY CHANGES**

*Please make the following alterations to your Green Sheets:*

- Remember, if you want to view or download an updated copy, go to [workersisters.org](http://workersisters.org), Click on More, then click on MEMBER PAGES  
The USERNAME is: WSHS.WBHS@gmail.com  
The current password is: Angela45
- **Br. Ephrem** has a new phone number: 1-508-566-1481 and a new email address: [apergydesign@gmail.com](mailto:apergydesign@gmail.com)  
*Please use this email to send him your prayer requests.*




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**NEWS NOTES**

**Marilyn Propp:** I've been in a few exhibits in spite of the pandemic - one in Lincoln, Nebraska, and one at the Dennon Museum in Traverse City, Michigan, which is a traveling show that has twelve of my paper pieces. I was interviewed for that show. [*Pulped Under Pressure: A Conversation with Marilyn Propp – YouTube*].

**Joan Gittings:** New endeavor: Our neighborhood came together with masks and six-foot distancing. We lit the chimney and toasted marshmallows. Some of us failed to pull down our masks to blow out the burning marshmallows. Old behaviors are hard to change!!!

**Sr. LaVerne Peter:** We have received a lovely letter from Sr. Teresah in Zimbabwe. Please continue to keep all in your prayers.

Dear Sr LaVerne,

We at the Holy Spirit Monastery, are very thankful for the Holy Spirit has continued to guide and direct us in our ministry, specifically looking at the previous month of August. The joys we would like to share with you are as follows: As you are aware that we have been in the transition process, we are now fully settled at our new monastery. And the memories of the past have healed tremendously. We thank you for your prayers.

We can now reflect back and count it as a blessing. We have managed to construct 3 beautiful houses to accommodate the nuns and friars, while we look forward to constructing a bigger convent. We continue to ask for your prayers as we look for resources for the huge construction work ahead of us.

We give glory to God as we listen to the birds chirping in the mountains surrounding the monastery, monkeys jumping from one tree to another, and the cool breeze blowing across the monastery. It's so beautiful and worth praising the Lord, the creator of the universe.

The struggle we are facing is that we have not enough water supply at our new home. We rely on buying water from the nearest farm for both construction and consumption. However, the feeling of joy and peace we have is amazing, for we have all the hope that one day we will have enough water to suffice the ongoing projects at the monastery.

May you please pass our love to all. Stay blessed.  
Sr Teresah HSM

**Howard McClendon:** Sr. Brenda Faith is now the Vicar of St. Elizabeth's Episcopal Church in Collins, Mississippi. "She has her own sign and everything! So it must be OFFICIAL!" Her Bishop celebrated Eucharist at St. Elizabeth's on Sept. 20th and four people were confirmed - her first class of Confirmands! It was a blessed day!



grateful  
thankful  
blessed




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**COMMUNION OF SAINTS**
**Sandra Bowers, Friend, WSHS**


Sandra Sue Bowers died at her home on July 8, 2020 in Windsor, Colorado. She was born July 3, 1959 in Lincoln, Nebraska to Dwain and Evelyn (Mather) Lock.

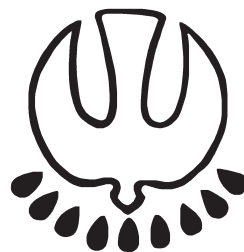
Sandra was a missionary and served with her husband in Guatemala for fourteen years. She loved Jesus, the church and bible study and was active in Foundations Church in Windsor, Colorado. Sandra demonstrated much perseverance during her life.

She had a fondness for making memories and loved people. She never really met a stranger. Sandra was a very loving person and had a true servant's heart. She especially loved her grandchildren and took much pleasure in gardening as well.

July 15th (the date of the funeral) has a special significance. It was on that day in 1978 that she married Wesley Burns Bowers. This year they would have been married for forty-two years. July 15th was also the date that her son, Zachariah Andrew Bowers, passed away in 2006.

Sandra was first introduced to Worker Sisters when she and Sr. Christine drove to a Kansas City Corporate Communion in June 2017. She met several members from the Kansas City-Carthage area and immediately felt welcome and at home with the group. She was admitted as a Friend at Retreat 2019 in St. Louis. She often told me how blessed she felt to be a part of the Community. Sandra was a very intuitive person, and while she saw the group full of many different personalities, she sensed the common bond of people committed to growing in relationship with Jesus and with one another.

I am very grateful that she is now a member of our WSHS Communion of Saints. ~ *Sr. Christine*



### Katie Vogel, Friend, WSHS



We continue to be deeply saddened by the death of Katherine (Katie) Vogel, wife of The Rt. Rev. Arthur Vogel, 5th Bishop of the Diocese of West Missouri and WSHS' First Bishop Visitor.

Bishop Vogel and Katie lived in Bishop Spencer Place in Kansas City for a number of years before his passing. Katie continued to live there until her death on August 5, 2020 at the age of 94.

Katie was a very fine lady, and had a deep interest in everyone she met. She accompanied the Bishop on his visits and several members of the Community had wonderful conversations with her as well as admiring her beautiful needlework which she often brought with her.

A member of our Community recalled being with Katie "You never felt like a stranger when you were with her."

A memorial service will be held at a later date (post Covid) and interment will be at the Nashotah House Cemetery. Bishop Vogel was a member of the faculty there.



### SPIRITUAL SHARING

My creating has taken a vacation due to age. But I pray I am still useful to God as a listener.

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When we face death through illness or maybe an accident, it pulls you up by the seat of your pants. If I were to be given a terminal diagnosis, I feel acceptance that my faith will be with me and I would be prepared but if there is a chance to live longer, I would fight but at the same time be held in my faith.

\*\*\*\*\*

The scientist in me is also the spiritualist in me. I feel connected to all things. We are just atoms swirling around. When we die, they are released and take another form. God has made such a wonderful creation in the universe and we are all part of it and stardust. He is the Creator who decides our form. He is the potter who made the clay. So yes, through Him all things (even cockroaches, augh) are made.

\*\*\*\*\*

I have never understood why people have trouble with the Trinity. I may not completely understand it, but I completely accept it. I am not praying to three but to one. I am a child of God still learning and will always be. I don't have the ability to understand everything but that is just fine and where He wants us to be. We will always be his children.

\*\*\*\*\*

I have 2 thoughts about Trinity. I don't feel the need to explain the unexplainable. God is supernatural, we can't use our human-ness to understand. I think Charles Wesley said, there are 3 candles in the

room, but one light. I thought about the Celtic knot and how in some depictions there is a space. I see myself in the little hole, God is always near, bidden and unbidden.

\*\*\*\*\*

This past month has been another time of just being. I spent 5 nights at the beach, watching and listening to the surf for part of every day. It was very good for me. I also sit and watch the trees outside my living room windows and listen to the birds. I am so blessed to be who and where I am.

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I've been thinking a lot about communion lately. I've been surprised by how many people say they don't miss it during this stay-at-home time. Someone in one of my Bible study group pointed out that the majority of Jesus' ministries occurred beyond the walls of the established Temple. He ministered out in the real world.

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I'm managing to see my Stephen Ministries care receiver. She's had two (more) surgeries within the last month for different issues not related to her disability. Transportation is a problem for me as I'm very concerned about taking the bus (so few people wear masks!) and she is medically fragile. A couple of weeks ago during Bible study I asked for prayers of protection from carrying any virus to my care receiver. One person in the group is a former member of our church who moved to the suburbs last year. She called me four hours later and said she would drive into the city, pick me up, take me to my care receiver, and then take me back home again. Wow! The readings that week included Jacob's ladder, which sparked a discussion of angels, how often they appear in the Bible, and whether they appear today in unexpected forms. Well, I can testify that it was an angel in disguise who gave me a ride that week.

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The stability in my life is online Bible study, my local parish on Wednesdays, my Maryland parish on Thursdays. Why is it that I gain so much from studying the Bible in a group, yet do not read it often when I'm by myself? I don't know, but I'm grateful for my communities of believers.

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Sr. Arlie's article this month really challenged me to investigate my understanding of the Trinity. I am in a phase of my spiritual life where I am reevaluating all the basics of my faith. Scottish theologian Richard of St. Victor taught that "for God to be truth, God had to be one; for God to be love, God had to be two; and for God to be joy, God had to be three!" These simple and joyful explanations of the Trinity feel very Celtic to me! There is so much beauty and joy in them!

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God shows Himself in interesting ways. My husband found a different job, which is nice, but to which we have no ties, but then the Music Director reached out to him and asked if he was interested. The timing is off, but maybe not - God works in mysterious ways. So even though he REALLY doesn't want to be in church work, it's what he's trained for and the easiest place to get employment. God is mighty, for sure, and I hope/wonder about this potential change for us. God's Will has certainly been at the forefront of my prayers. My organization offered me full time status and I also was able to flip the house which took a lot of pressure away.

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As we look to the start of a new school/program/fiscal year, my prayer is that God will continue to give me the strength to be a woman of God who leads her family by example and generosity. In my weakness He is strong. There is just so much bungling around in my head. Trusting in the goodness of our Lord is my constant rock.

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The Celtic experience and the ensuing pilgrimages I have been fortunate to make, plus my own background and experiences in Cornwall which I have loved from my first trip there at the age of 15, all of this has given me a new view of an earlier and more earthy Christianity in which all things are wrapped in the holiness of the Trinity. All energy and creatures and living things are connected. This has a deep appeal for me and seems to resonate within.

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I can begin to see the connections in various views, the Celtic one being especially vivid for me. Years of study of the Benedictine Rule and the mystic traditions have been extremely compelling and meaningful. The wonderful experience of being in an ongoing community where we have grown in love and support for one another has been uniquely special and helpful. I am thankful that I have been formed in a way that allows me to grow without feeling judged or constricted.

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This article is in its entirety as it is a sharing of a life-threatening experience, that was blessed by God. On the night of July 25th, 2020, I found myself sitting in the passenger seat of a medical helicopter as we flew from Lynchburg to Charlottesville to save the life of my son. So many emotions were running through my mind as I buckled into that seat. Would Aidan remain stable in the back? Was he going to have to be intubated? Was he scared without me back there? Was he going to survive the night? Were we going to be exposed to the coronavirus while in the hospital? Would the horrific memories of this night ever fade away? As the helicopter reached its height, the racing thoughts stopped. I looked at the earth below and saw homes lit up, streets beautifully illuminated, and the Blue Ridge Mountains stretching across the landscape. For a moment I found comfort in being very small. Perhaps it was simply the numbness from shock, but I spent the rest of the 25 minute flight looking at the beauty of creation. I thought about how the God who had laid those mountains had also shaped my son. I thought about how each of the families in those tiny houses below us was fighting their own unknown battles, and how you have no choice but to endure what life brings you. I wondered if Aidan could see the stars from the stretcher. I pondered what it meant for him to have died and come back to life. Did he get to meet his grandparents in those few short moments? Did they hug him? Did Aidan get to see the face of Jesus? As the helicopter landed at the hospital, my fears came racing back. That night in the PICU would be the most stressful of my life. It would involve x-rays, specialists, difficult conversations, screams of pain, and far too many alarms. Aidan would stop breathing multiple times, and little pieces of my heart would break. Yet, I remain thankful for those moments of peace. God's presence was with us in that helicopter, and it has been with us since.

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I am so glad that I reached out and applied to Worker Sisters of the Holy Spirit. This applicant year has challenged me to take a hard look at some of my weak spots, and it has encouraged me to celebrate my strengths. I have made new friends along the way who support my spiritual growth and urge me forward. Over the past nine months, I have been blessed to hear a wide variety of beliefs and opinions through newsletters, packets, and Zoom discussions. And during the retreat I finally realized how beautiful of a community this is. The WSHS/WBHS is everything I hoped for and more. I am looking forward to deepening relationships with the men and women who make up this community. Beyond that, I want to learn the stories of the brothers and sister who came before me and laid the foundations for it. I trust the Holy Spirit will continue to lead this community, and I am excited to be a part of it and see what God has in store.

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I went out to my garden after our Zoom Corporate Communion, and said over and over, a prayer I prayed before I knew Jesus, 49 years ago, when I found a St. Mary medal with these words written along the border: “Holy Mary, Mother of God, Pray for us who have recourse to Thee.” And I said this prayer over and over, out in the garden, as I did 49 years ago. And then I reread Sr. Arlie’s writing in the Aug. Bulletin. What was so very helpful were her words of thinking of herself sitting in the center of the Trinity. To think of myself sitting in the center of the Trinity. I felt a calm come over me, and became so aware of God’s presence. I’m going to keep that in my heart. What wonderful advice for me, now, in this time of such uncertainty. Also saying the words of protection: “I bind unto myself today, the strong name of the Trinity.” If we are going to be prayer warriors, we need first to pray for protection. We talked about this during our Zoom Corporate Communion today. These Zoom meetings we are having are sustaining me.



## FORMATION AND TRAINING

### Celtic Wisdom and Anam Cara

By

Sr. Catherine Marie, WSHS

#### The Longing



I have many friends. And I have been blessed with several good friendships of more than forty years. These friends are companions, whose company I enjoy and who share a number of my interests and activities. But in this year as our WSHS/WBHS community is learning more about Celtic Spirituality, I realize that I have always longed for something more.

I have longed for that companion who is what the Celts call *anam cara*, the soul friend. Celtic Spirituality has spoken for centuries about the beauty and blessing of the soul friend. And as others have shared, it is impossible to completely explain to someone what makes a friend and companion into a soul friend.

But certainly, planted within each of us is the longing to be fully understood beyond our understanding, to be supported by faithful companionship, and to see reflected back to us a loving and caring picture of who we truly are. And we in turn desire to respond openly and un-selfconsciously to the invitation to deeply love the other.

#### Celtic Wisdom and *Anam Cara*

The Celtic perspective invites us into the mystery of a deeper way of knowing, and being known. Spending time with a soul friend is a great blessing. It is a time of refreshment, encouragement and renewal. The *anam cara* encourages us to live authentically as our true self. With our “soul friend” we

are able to be at peace and comfortable about who we are. And the friendship of the *anam cara* is not limited by time or space. Perhaps, as I have, you have had a glimpse of this when you resume sharing in person with a friend as though you have not been away from each other's company, when in fact you have not seen each other for a number of years. Being present with a soul friend also is framed by Celtic willingness to embrace the presence of God in the ordinary and the sacred, the temporal and the eternal, the dark and the light.

### **An Epiphany or Two**

Recently I received a birthday card from a friend. On the front of the card is a picture of two very young girls sharing a moment of laughter. Inside the card says: "Friends just get it. You're the best." These words struck me as a good modern description of a soul friend. And at the same time, I had the epiphany, after years of shared friendship, that this woman is one who has shared my life as a soul friend. In part of his book, *Anam Cara*, John O'Donohue comments that sometimes in our lives we are unaware of someone who is a soul friend. Perhaps if I had not been reading and reflecting about the Celtic understanding of an *anam cara* this year, I would still not have become fully aware of the true gift of this friend.

John O'Donohue also suggests that sometimes we do not realize someone is our soul friend until we lose them. This brought to mind a woman who befriended me when I was quite young. She would sometimes babysit for my parents. I knew she was in the Monday night prayer group with my Dad. When I was in college, I would sometimes attend Monday nights, and I got to know Auntie Blon even better. I continued to visit with her whenever I was in town. She invited me into prayer together, and later we would agree in prayer from a distance. This continued when I married and lived in a different state. It was not until after she died, that I realized Auntie Blon was more than just a prayer partner. Yes, we prayed, but somehow it was more. We were simply comfortable friends sharing about God and everything that came up in life. Now I will say she was my first experience of a soul friend. And in the unlimited understanding of soul friends, our bond remains eternal.

If someone is your soul friend, they just "get it." They "get it" about who you truly are and you understand the same about them. Perhaps you just share a look and smile in understanding. Perhaps there is deep sharing of sorrow or joy with many or few words. You might pray in song or silence and then minutes later burst into laughter over some silliness or joke. You simply share and understand everything about each other, you "get" each other.

### **A Gift from God**

O'Donohue points out that the *anam cara* is a gift from God. Of course. After all, it is God who created us with a soul that longs for love and friendship. And in response to that longing, God sent Jesus to live among us, and to show us the compassion and understanding, and yes, the challenge and accountability of a soul friend. On page fifteen of his book, O'Donohue writes: "He (Jesus) is the secret *anam cara* of every individual. In friendship with him, we enter the tender beauty and affection of the Trinity. In the embrace of this eternal friendship, we dare to be free."

When I experience the embrace of the Trinity and God's love and friendship, I am free and I "get it." I know I am loved and that Jesus is my primary experience of *anam cara*. "I have called you friends, for everything that I learned from my Father I have made known to you. You did not choose me, but

I chose you and appointed you to go and bear fruit – fruit that will last.” – John 15: 15-16

*What a friend we have in Jesus  
All our sins and griefs to bear  
And what a privilege to carry  
Everything to God in prayer*

Here is the message of agape love once again. Jesus has chosen us as his *anam cara*. Amazing Grace! And within that Grace we can listen and “go and bear fruit,” the fruit of walking as a soul friend with another *anam cara* of Jesus.



### Questions for Reflection

Please remember it is not necessary to answer all of the questions. Mainly choose one or two that speak to you perhaps you would like to share.

1. Many of us have lots of friends but we all can think of that special friend that seems very close to us. Do you have one that comes to mind?
2. Sr. Catherine Marie begins her article by sharing that we often look to that person as a soul friend and as the Celts would say “*anam cara*,” someone who is one of faithful companionship. Someone when we spend time with is a true blessing. You might want to take time and write a note to them
3. When we are blessed to have a true soul friend, we are given such a gracious gift where we can truly be ourselves and as Sr. Catherine Marie says “It is a friend that just ‘gets it.’” That friendship is indeed special and one to be deeply honored, one that needs our prayers each day of our journey together.
4. She points out in her article how hard it is to lose a soul friend like that and there can be such a void in our lives. We can, however, look back at the time we had together and often their words, love and care remain deeply in our hearts forever as she mentions her Auntie Blon. Did you ever lose a friend with such deep connection? Perhaps, you may want to share about it and how you continued the journey without them.

5. Sr. Catherine Marie points out that “*anam cara*” is indeed a gift from God and that Jesus is the secret “*anam cara*” for each of us and we are bound in the eternal friendship which is ours forever. Take time to write a prayer in thanksgiving for this gift of love and friendship given to us.

6. Take a few minutes and place yourself in the picture of the children she has shared with us. Can you feel the laughter, the fun, the joy of being together? Maybe take your shoes off and just “be” and thank God for the happiness you feel!

*~ Sr. LaVerne Peter, WSHS*