

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



PRAYER OF THE SENSES
February 2021

Bulletin Cover

Taste - Photo by Engin Akyurt - unsplash.com, Touch - Photo by Aaron Lee - unsplash.com
Sight - Photo by Quinten-de-Graph - unsplash.com, Sound - Photo by Anna Elizabeth - unsplash.com
Smell - Photo by Casey Murphy - unsplash.com

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, aperydesign@gmail.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, www.workerbrothers.org

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT

Web Addresses: workersisters.org workerbrothers.org

Trina Avedisian, Friend, WSHS

Sr. Sharron Magdalene, WSHS

Layout & Design WSHS/WBHS Bulletin

Proof Reader

Contributing Staff

Br. Ephrem, WBHS

Shirley Pace, WSHS

Sr. Christine, WSHS

Sr. Wendy Samuel, WSHS

News Notes and Prayer List

Calendar

Co-Director

Co-Director

Community Marketing Group, LLC, Publisher

Port Huron, MI Copyright 2021

Illustrations by M. Lourdes Vinas, O.S.B. from Our Father St. Benedict

Sr. M. Regina Goberna, O.S.B. (New City Press, NY, 1983)

Reprinted with permission

No part of this publication may be produced, transmitted, stored in a retrieval system, or translated into any language or computer language, in any form or by any means, electronic, mechanical, magnetic, optical, chemical, manual or otherwise, without the prior written permission of the The Worker Sisters of the Holy Spirit, 9221 Creekside Trail, Stone Mountain, GA 30087.



CORPORATE COMMUNIONS FEBRUARY 2021

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
 Kansas City, MO USA
 Carthage MO USA
 Pleasant Hill, TN USA
 Western Regional USA
 Illinois USA
 Southern Regional, USA

Br. David, WBHS
 Sr. Dorothy Cecilia, WSHS
 Sr. Barbara Veronica, WBHS
 Sr. Janeen Julian, WSHS
 Ginny Berkey, WSHS
 Sr. Diane Richard, WSHS
 Sr. Kathleen Rachel, WSHS

CORPORATE COMMUNIONS FOR 2020

February 27 • March 27

April 24 • May 21 • June 26

July 24 • August 27 • September 24

October 22 • November 20 • December 11

RETREAT 2021

Lord Teach Us To Pray
Online Retreat - Zoom Sessions
April 29 – May 1, 2021

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:

NEW WORKER APPLICANT – Melanie Toboyek



Melanie A. Toboyek
 207400 County Road X
 Mosinee, Wisconsin 54455
 Phone: 715-573-6706
 Email: meldamask@mtc.net
 Birthday: August 14

We are delighted to introduce our new Worker Applicant, Melanie Toboyek. Melanie and her husband Brian live in Mosinee, Wisconsin. They belong to the Episcopal church of Mosinee where Melanie has served as Senior Warden on the Church Vestry, is a leading member of the Faithful Innovation Team and is currently completing Year Two in the Education for Ministry online program through Sewanee University. Professionally, Melanie has earned dual degrees in Occupational and Massage Therapy. Melanie owns a small business in Wausau, WI where she specializes in treating adults and children with chronic pain and disabilities. Melanie enjoys being outside in nature, and traveling. She also enjoys music, dancing, cooking, crafts, sharing time with her dogs (Ginger and Felix), but most of all loves spending time with her family and friends. Melanie enjoys helping others, nutrition and health topics.



FROM YOUR DIRECTORS

VIRTUAL RETREAT 2021 – LORD, TEACH US TO PRAY

COVID-19 continues but so does Retreat! Last year our first online Retreat was very successful and this spring we will again hold **Online Retreat 2021 via Zoom. Mark the dates: Thursday, April 29 – Saturday, May 1, 2021.** Given the restrictions brought on by the pandemic, we are thankful that Carl McColman is available to teach and lead our online discussion on Prayer. We are also scheduling an online Admission Service for Kaelynn Judd, Applicant. We are excited! Please register and plan to attend!

Virtual Schedule Overview

THURSDAY APRIL 29
12:00 PM ET– Chapter Meets

3:00 PM ET– Retreat Begins

- Introduce Retreat and Retreat Speaker – Sr. LaVerne Peter
- Opening Prayers
- Introduce new Worker Applicant and Novice – Sr. Helen Joseph
- Present Formation & Training Certificate to Liz Foster, Novice and Kaelynn Judd,
Worker Applicant
- Memorial Service – Communion of Saints (Sr. Beverly Priscilla, Rev. Kermit Smith,
Sr. Beulah Grace, Jean Kinmonth, Sandra Bowers, Katie Vogel, Fleur Clark)

FRIDAY APRIL 30*“Lord, Teach Us to Pray”*

- **11:00 AM– 12:30 PM ET** Session 1 – Carl McColman
- Break
- **1:00 PM– 2:30 PM ET** Session 2 – Carl McColman
- **3:00 PM – 4:00 PM ET** Worker Admission Service for Kaelynn Judd

SATURDAY MAY 1*“Lord, Teach Us to Pray”*

- **11:00 AM – 12:30 PM ET** Session 3 – Carl McColman
- Break
- **1:00 PM – 2:30 PM ET** Session 4 – Carl McColman
- **3:00 PM – 4:00 PM ET** Small groups meet (more info to follow)

Name _____ Phone _____

Registration Fee/Donation: **\$50.00** _____

PLEASE NOTE: Given the hardship that the Covid pandemic has caused many people, especially those out of work as a direct result of the virus, all registration fees will be on a donation only basis. Donations received help cover the costs of Retreat materials and Speaker fee.

Make check payable to WSHS/WBHS/Send your name, address and check to:

Canadians: Br. David, WBHS, 2170 Preston Road, Cavan Monaghan, Ontario K9J 0G5 Canada

Americans: Sr. Nancy Teresa, WSHS, 12900 Glenwood St, Bldg 19 #108, Overland Park,
Kansas 66209



BOOKS, TAPES, VIDEOS, MOVIES & INTERNET

The Sabbath by Abraham Joshua Heschel - I think it will help in the next year as we explore prayer. Very thought provoking – recommended by Sr. Lucia

Prayer: Finding the Heart's True Home by Richard J. Foster – recommended by Sr. LaVerne Peter

Open Mind, Open Heart by Thomas Keating – recommended by Sr. LaVerne Peter



SPIRITUAL SHARING

You know those prayer rocks that people sometimes tuck into pockets? A friend told me a neat story about them. Back when we could gather in groups, she took a bunch of kids outside to find their own prayer rocks. Then she had them each add their rock to a pile and see how tall they could build it. A visual image of how our prayers support the prayers of others.

I could really relate to Sr. Arlie's message that "Everything Is Blessing." This is most certainly true. She points out that "the Celts had a way of simply trusting what St. Patrick said and left the deeper understanding to God to reveal over time."

Speaking as a person who is highly logical, I'll confess that for most of my life I tended to overthink things. One of the blessings of aging is that I've stopped trying to understand everything and simply embrace mystery. I didn't set out to change, certainly didn't do it on purpose, and in fact didn't even notice it happening until one day I realized how much more secure I feel today. I don't need to understand everything. My default now is more along the lines of "If God wants me to understand, she'll explain it to me in her own good time."

Sr. Catherine Marie describes anam cara as "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 unself-consciously to the invitation to deeply love the other." That makes me happy

I get my Bulletin about the middle of the month, and was thankful to re-read our "Renewal of Commitment". It helped to settle me down: "...recognizing the continuing presence of God in the process of my spiritual growth..."

I have really found this year's Celtic theme very helpful. Thinking about soul friends, the ones that come to mind to me are my longtime spiritual director, and my three daughters. I have had my ups

and downs with my daughters, but we have now settled down to be very close and are able to share at a very deep level. I never had a close relationship with my mother and feel very blessed at the closeness I have with my daughters.

As overwhelming as events in the outside world are, I have found it to be a wonderful time to just rest and be refreshed and to come away strengthened for the next steps we must take.

I am very grateful for this time; I am grateful for being able to walk again and drive my car. I am thankful, not for being isolated from family and friends, but for more time to experience between each encounter or event or phone call, or letter received – more time to just absorb the unique joy from the encounter or event. I realize now, that in the past I have often met myself coming and going with little time between events to evaluate and assimilate and be grateful for the experiences. I seem to appreciate quality now more than quantity which is a good thing.

I sometimes overlook Blessings. I have to stop and go back over what I saw/heard/passed by at times to realize that what had happened to me that day was a blessing. I sometimes don't give credit to the Christ in me. I feel that I am alone in some difficult situations, then I have to "rack my own knuckles" as I confess that I am wrong. I know what is right, but don't react that way immediately at all times.

It is a good thing that we can sing the Athanasian Creed and leave the complications of explaining the Trinity all up to God! Unfortunately, in church these days, we can't "belt out a hymn" because of the Coronavirus (no congregational singing)! We can still sing, later. I have trouble remembering words, but I know the music. I remember the importance of the words, the music says it for me. Everywhere I look, or every time that I turn on the television, there is a report of a tragedy or of people in need. I have my own "problems" that are NOTHING compared to what I know that other people are experiencing. I have been looking for more ways that I can offer limited help, outside of my parish ministries.

I haven't really thought about true hospitality, but now I see it as being open, generous and welcoming to all people at all times. I think in the past I thought I was doing this but now I know that I was not being hospitable to all.

Hospitality: healing having that openness & generosity shows your true heart to others and helps them to feel comfort and support.

I try to be hospitable to my family, friends and neighbours whenever I have the opportunity. I am also trying to connect members of the Community through Zoom, during this time of the pandemic.

Whenever I have received hospitality from strangers, it has always made me feel thankful for the opportunity to connect with others.

I have found that I cannot do hospitality like I used to, but I have certainly received it. With the move, I received lots of help from both friends and strangers and I greatly appreciated that help. I know what it is to accept help when you need it. It is so dumb to say, "I don't need any help, thank you," when you honestly do need help. People want to help out and you are depriving them of that joy of service when you turn down help that you really, truly need.

This year of Celtic Spirituality has been so wonderful and has helped with the COVID situation. It is more contemplative, something I struggle with, and has helped me to become more centered. I love the CAIM prayers that Carl introduced us to at Retreat. I recite them every morning. I also discovered a Celtic prayer book that I use nightly. I completed the Celtic Advent, which is 40 days counting Sundays, and it is the perfect complement to my normal Advent traditions. The idea of prayer for the ordinary has been important this year as everything is ordinary, no traveling or functions. I think that the Spirit knew we needed this quiet, settling in guidance with what COVID has handed us. Funny how that works. I have felt more at ease and calm in my spiritual life this year because of the centering with the Celtic spirituality and the enforced quiet from COVID

When my friends ask me how I know that God is real, I have always responded that my knowledge of God has been experiential. I only know God through what I have personally experienced. Reading my bible has opened my mind to receive experiences and the knowledge that God is indeed real and working in my life and in the lives of people around me.

The first time I recognized God in a fragrance was in 1985 following a Tornado in our area. A day or two after the storm I was at a quiet day at Singing Waters Ministries in Orangeville, Ontario. During a time of reflection, I went for a walk in the valley behind the Center. Trees were uprooted, and laid flat. The air was completely still and the area was silent, no birds or small animals, no sounds of insects in the air. The storm had passed, the devastation was shocking. As I walked, suddenly I was surrounded by a fragrance so beautiful I could only know it was God. There were no flowers or shrubs left in the ground, only mud and branches and roots of trees standing on their sides. I knew in my heart God was giving me a gift to smell this beautiful fragrance in the midst of chaos.

I remember another powerful experience I had during a healing service at Our Worker Sisters and Worker Brothers Retreat many years ago. During the service I could feel the presence of God and knew that God knew me but I wondered if he had known me during my teen years when I really struggled. I said to God... "Did you know me then? Were you there? Did you love me then?"

During the passing of the peace God my questions were answered. Brother Walter Benedict came to me and gave me a big hug. In that moment I knew God loved me and knew me in my teenage years. God was with me through it all. You see, my first boyfriend had worn "Old Spice", the fragrance Brother Walter also wore. I breathed in that scent and burst into tears. Healing was beginning to happen. I was given clarity and a knowledge that God loved me deeply. My healing journey with Our Community was powerful at that Retreat and continues to this day. I thank God for all of the healing over my 35 years in Community.

December 3, 2020 my Coronavirus test came back positive. I am so thankful that it was a relatively mild case. Dave and I both benefited from your prayers over this time, thank you. One of the reasons I wanted to write about my experience of knowing God through smell is because for about 10 days while I had the virus, I lost my sense of taste and smell. I realized they are God-given senses and benefit us in so many ways. Until you lose one of your senses, you do not know the power of it in your life. Our senses are indeed a gift from God and should be fully appreciated and celebrated. My sense of smell brings back memories of Nana's baking bread, wrapping maple sugar fresh from Gramp's sugar bush

shack, cabbage rolls cooking on Christmas Eve in my Moms kitchen, delicious apple crisp baking in the fall; all good memories to be enjoyed.

Smell can also trigger other memories that are not so enjoyable. They can invoke a sense of fear or guilt or other pain or warning which we can lift to God in prayer rather than staying in the pain. God uses smell to help us realize that we need healing when we have buried memories deep inside of us.

May God Bless us as we appreciate all of the fragrances around us to fill us with joy and thanksgiving or inspire us to pray for healing when we need it.



FORMATION AND TRAINING

Examen of the Senses by Carl and Fran McColman



God is love and we are called to find God in all things. God's love permeates the world we live in. Let's consider God's presence in our lives by reflecting on how we have encountered the Divine Presence over the past 24 hours.

Reflect on how God has been present to you this day through the sense of Sight.

Where has God met you in a visual way? Perhaps in luminous rays of sunlight, bursting through a cloud, slanting through the trees, or sparkling on the surface of water. Perhaps in the colorful array of a sunrise or sunset; in the playful dance of squirrels frolicking in your yard; in the sparkling eyes of someone you love.

Notice how God meets you with blessings through Sight.

Pause

Reflect on how God has been present to you this day through the sense of Sound.

Where has God met you in an auditory way? Perhaps in the melodious laugh of a child, or the symphony of birdsong, or the soothing cadence of your spouse's heartbeat; the familiar beat of a favorite song; the beckoning ringtone when someone special from afar calls, and their comforting voice when you respond.

Notice how God meets you with blessings through Sound.

Pause

Reflect on how God has been present to you this day through the sense of Smell.

Where has God met you in an olfactory way? Perhaps in the rich aroma of your morning cup of coffee or tea; the fragrance of a favorite perfume or cologne; the appetizing smell of fresh basil or a baking apple pie. Perhaps in the evocative scent of freshly mown grass or the redolence of a library filled with old books.

Notice how God meets you with blessings through Smell.

Pause

Reflect on how God has been present to you this day through the sense of Taste.

Where has God met you in a gustatory way? Perhaps in the delicious indulgence of a sweet juicy peach, the spicy heat of salsa, or the bitter shock of radishes on your salad. Perhaps the joy of warm buttered bread, cold velvety ice cream, or melt-in-your mouth brownies. Perhaps in the quenching coolness of water on a hot day.

Notice how God meets you with blessings through Taste.

Pause

Reflect on how God has been present to you this day through the sense of Touch.

Where has God met you in a tactile way? Perhaps in the intimacy of a hug from a friend, the affectionate rub of your beloved cat or dog, the cleansing spray of a shower on your skin. Perhaps in the snuggling safety of a warm blanket, the weight of tools or workout equipment, the stability of the earth beneath your feet.

Notice how God meets you with blessings through Touch.

Pause

As you reflect on your day, take time to offer thanksgiving for blessings in your day, however big or small they might be. Also consider if there were times when you resisted God's love, and how you might wish to respond differently in the future.

Pause

In conclusion, pray for the day to come. Pray that you might pay attention to all the blessings in your life, and that you, in turn, might be a blessing for others.

Let's finish our Examen with this adaptation of St. Ignatius' Suscipe prayer.

God, I give you my freedom. Take my memory, my understanding, and my will. Anything I have or possess has been your gift to me, so now I give it back to you. I ask for your compassionate Will to direct my entire life. Give me your loving grace, and the grace of Love. With these gifts I am truly wealthy, and I ask for nothing more. Amen.