

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



PRAYER AS RELATIONSHIP
April 2021

Bulletin Cover - Photo by Joanna Huang - unsplash.com

Sr. Wendy Samuel, WSHS speaks about her communication with her maker flowing like a river as her prayer life has grown over the years.

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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	
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CALENDAR

**CORPORATE COMMUNIONS
APRIL 2021**

CORPORATE COMMUNIONS

Below is a list of the Regional Gatherings and groups who meet online monthly using Zoom. All meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). As usual, the standard meeting format is to discuss the current Bulletin Formation article, along with participants sharing and praying together. If you are interested in attending a meeting, please contact the Zoom Host and she/he will add you to the group's email list.

	<u>Zoom Host</u>	<u>Date/Time of Meeting</u>
Eastern Regional USA	Br. David, WBHS	April 24 – 2:00 PM ET
Central Regional USA	Sr. Nancy Teresa, WSHS	April 24 – 2:00 PM CT
Southern Regional USA	Sr. Kathleen Rachel, WSHS	April 24 – 3:30 PM ET
Western Regional USA	Sr. Wendy Martha, WSHS	April 24 – 10:00 AM MT
Carthage, Missouri	Sr. Barbara Veronica, WSHS	TBD
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
Illinois USA	Sr. Diane Richard, WSHS	TBD

COPORATE COMMUNIONS FOR 2021

**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**



FROM YOUR DIRECTORS

**REMEMBER TO REGISTER!
ONLINE RETREAT 2021 – LORD, TEACH US TO PRAY
Thursday, APRIL 29 – Saturday, May 1**

We will again hold our **Spring Retreat 2021 online via Zoom**. Carl McColman will teach and lead our discussion on Prayer. We are also scheduling an online Admission Service for Kaelynn Judd, Applicant. We are excited!

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, Building 19 #108, Overland Park, Kansas 66209

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. Janet Rose, Sr. Beverly Priscilla, Rev. Kermit Smith, Sr. Beulah Grace, Jean Kinmonth, Sandra Bowers, Katie Vogel, Fleur Clark, Sr. Alice Stephen*)

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** Reflections on Theme – Sr. LaVerne

**COMMUNION OF SAINTS**

Sr. Alice Stephen, WSHS
February 15, 2021 Chapter Emeritus



It is with great sadness that we write of the death of Sr. Alice Stephen, WSHS who passed away on February 15th.

Sr. Alice Stephen became a Sister in 1976 and was part of the Chapter Emeritus – those who have been with the Community since the beginning. This group was formed by our Founder, Sr. Angela, and have journeyed from the start to the present time. At present, there are now five members of Emeritus – Sr. Carol Matthew, Sr. Jacquie Elizabeth, Sr. LaVerne Peter, Sr. Nancy Teresa, and Sr. Wendy Martha who are part of the original one.

Sr. Nancy Teresa and Sr. Dorothy Cecilia were able to go to the funeral for Sr. Alice Stephen and Sr. Nancy gave the following tribute in memory of Sr. Alice at the Service. Her kind words paint a beautiful picture of this gracious and loving Sister. We will miss her greatly.

- Sr. LaVerne Peter

I am Sr. Nancy Teresa, member of the religious community, Worker Sisters and Brothers of the Holy Spirit, to which Alice belonged. To us, she was Sr. Alice Stephen. Our Community is nearly 50 years old and Sr. Alice was a member from our earliest days. From the beginning, she added her own joy and presence to all of us.

One member recently wrote that Sr. Alice was actually her introduction into our Community. This same member mentioned the many smiles crossing her face as she reflected on the wonderful times we shared.

Another member who also attended All Saints Episcopal Church with Sr. Alice called her a ‘dear friend,’ and writes, “she was truly an angel walking among us.”

In our Community, one of our responsibilities is to write a monthly letter regarding our spiritual journey and our lives in general. One member writes that her letters to Sr. Alice were always answered with encouragement and thoughtful suggestions such as “Have Patience”. This member also wrote: “Sr. Alice was a beautiful person, inside and out, and someone to emulate.”

Many of us who have been in the Community for several years, remember our 25th anniversary celebration in Atchison, Kansas. At that time, Sr. Angela, our founder, made a special request of one of our members who was being admitted that year. She was to ask her husband, Milt Abel, a well known Kansas City jazz musician, to come and play for us at the reception following the admission. While Milt improvised on his bass, he was accompanied by our Sr. Alice very ably on the piano. The two of them made beautiful music together for some time to the enjoyment of all of us. Sr. Alice never talked about her skill at the piano, but she was not a shrinking violet type when asked to play.

During her last year at her assisted living community, she provided the residents with a sing-a-long of the music they knew so well, thus spreading her joy and enthusiasm for life until the end.

Sr. Alice always called me on my birthday. My first phone call in the morning would be from her. She was so joyful and we had such great conversations. *AND* we laughed a lot. I have learned that she called many people on their birthdays!

While I thought I had a special relationship with Sr. Alice, it seems obvious that everyone she knew also had a special relationship with her. She had a gift for making us feel important and loved.

Hers was a life well lived. We all can be thankful for her example of never giving up and coping with all circumstances in a spirit of acceptance with a smile.

My last text from Sr. Alice only weeks ago is significant. She wrote: “I am going to live with my children. I am happy about this.” And then in caps” “GOD IS AMAZING!”



SPIRITUAL SHARING

I have been reading some of the Christian books that have been sitting in my “to read pile” for some time and one of them is Phillip Yancey’s “The Jesus I Never Knew”. I have read it twice and I think I will read it again. It has so much, I keep finding new thoughts and ideas which are enriching my relationship with Christ. I am presently reading “A Way Through the Wilderness” by Jamie Buckingham. In this time of isolation and staying home, the idea of being in the wilderness relates so closely to our situation of isolation and how we are relating to God.

Through this Covid situation we see God at work, creating new ministries through e-mail, and especially Zoom. Our Retreat will once again be on Zoom in April and we will hopefully see many people that have been unable at attend Retreats over the past few years.

Sight: Today God was present to me in the beautiful blue sky and the puffy white clouds that floated slowly above our home. It was such a blessing to actually be able to see the sky.

Sound: God met me today in the sound of ice melting off our roof. This morning I sat in front of the window to sip my coffee and do some journaling. My journal prompt today was a contemporary Irish Triad which said, “The three great melodies of Creation: the wind in the trees, the stream at snowmelt, the cry of a newborn babe.” As I listened to the beautiful melody of thawing ice, I prayed that just like the ice that melts to nourish the awakening bulbs, that my heart and soul might thaw and nourish new life within me.

Smell: My sense of smell has not yet fully returned after Covid. A lot of my favorite smells have been replaced by a strange chemical/metallic smell. It has been rather difficult to adjust to. Yet today I could sense God’s presence in a delicious Christmas candle. The scent of cinnamon bark, clove, orange, frankincense, sage, and cedar filled my home with exactly the comfort I needed to get through the day. It felt like a warm hug.

Taste: Today I sensed the Divine in the silly, tangy taste of pickles. Together my children and I sat around a jar of pickles and laughed while we ate. Their joy was contagious.

Touch: Today I felt God’s love in the warmth of a hug from my son, Gideon. He wrapped his chubby arms around me and sweetly declared, “I love you today Mommy!” He is such a gentle soul.

I had gone in for laser surgery on my eyes, to clean up the film left from a previous surgery. Before the surgeon was even completely out the door after the surgery, I told him I could already see clearly. During the car trip home, I just praised God and kept saying “I can see, I can see!” What must the blind man have felt going from total darkness to vision? I can only believe he felt 100 times what I felt, and I was almost flying! It is at those moments when I have become acutely aware of the blessing of sight or touch or restored sound – that I seem to be most alive and most grateful.

I am trying to fully enjoy and participate in life by enjoying all my senses; being more aware of how they enrich and inform me. I working to remember to offer up gratitude daily in those moments when I become aware of a fragrance, a lovely melody, a wonderful taste or smell and a loving touch. The journey for me is to try to cultivate this awareness day by day.

In the *Bulletin* we were asked to state a favorite prayer. One of mine is at the beginning of the Eucharist. “Almighty God, to you all hearts are open all desires known and from whom no secrets are hid. Cleanse the thoughts of our hearts...” It is such a wonderful way to begin our service with the acknowledgement that we are totally known and accepted. This sets the scene for the rest of the service and invites one to come in and be totally welcomed. We can lay aside any defensiveness, as our hearts are laid bare to a loving God, and we are accepted no matter what. I think I have taken this line for granted but would miss it if it were not there. I find it very comforting and reassuring.

What is prayer? It is the on-going conversation we have with Abba. Since this Daddy God was in last Sunday’s sermon, it must be something for me to consider. Thinking of God as our Daddy, changes out our ideas of wearing our Sunday best to approach God. Putting on our play clothes for some may be a sign of disrespect, but we are told, let the little children come to Jesus. We are called the children of God, so we can approach God as we are, a little dirty, tired and out of sorts. Our thoughts are not God’s thoughts, he is all knowing, each thought is known to him. This could make us squirm, but He is love, grace and mercy. He knows each hair on my head, and the thoughts that drift in and out.

I especially remember when Sr. LaVerne went to France and then introduced the Community to Taizé. That has been my all-time favorite way to pray. I think because of the repetition of few words and the haunting music. I find myself not thinking of what I am singing but just getting lost in the praise, thanksgiving and love to and for God. Nature is also the place I find I am nearest to God. Whether it be walking in the woods or on the beach listening to the waves.

I am thinking it would be a good idea for me to set up a daily schedule for myself. I am finding that my time is not well spent unless I have some sort of plan for my day. Just drifting from one day to the next does not seem to be a good way to go about spending my time. I do manage to get exercise and have devotions every day, but those activities don't take up much time. I've been mentioning this in my monthly letter and I may actually carry through with it.

I was wondering how to use senses as prayer and just was lost until I read this *Bulletin*. Yes, light bulb moments. The examen is perfect to organize and bring you into prayer of this kind. The more I have done examens the more I like the process. I guess it just fits for me.

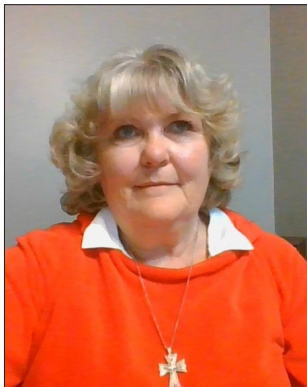


FORMATION AND TRAINING

Relationship in Prayer

By

Sister Wendy Samuel, WSHS



“Relationship in Prayer” - What does this mean? I write this article strictly from my own thoughts as guided by the Holy Spirit. My relationship in prayer with God centers around the scripture verse that I have believed in from the very beginning of my relationship with Jesus, Galatians 4: 4-7. I believe that through Jesus I have been “adopted” and as such, as a child of God, He (*Father, Son and Holy Spirit*) and I have a relationship and so I feel very comfortable speaking to him in prayer.

In my opinion, there is only one way to define any relationship in prayer and that is the one that is shared only between you and God! Intimacy, honesty and openness are all at your personal discretion. People can advise and there are many “experts” who can provide this far better than I, but the bottom line for me, is that it is your personal seeking, curiosity, commitment and love to and for your relationship with God that will define your own relationship in prayer.

Someone (author unknown) was quoted as saying “the definition of relationship in prayer is raising the mind and heart to God”. I don't know about you, but my mind and heart never seem to be in sync!!

There were times when I was communicating with God and He and I were so connected; it was as if He was in the room standing or sitting or walking right beside me. His words were so clear and the environment surrounding us was so real, that when the communication came to an end, my mind doubted that this communication had actually happened at all.

Over the years and the wise guidance of my Spiritual Director, I have learned that by looking at the fruit that results from these prayer times, there is confirmation of my belief that my communication with God is true and accurate. This, to me, is the very definition of my relationship in prayer with God. I seek Him and He answers; or some of the time, He seeks me, and I don't want to answer Him because I know it's going to be another growth spurt! I am reminded of the times Jesus went off by himself to pray. Those times, I believe, are key examples of His relationship in prayer. Numerous times He sought his father in quiet solitude away from others so he could pray through his concerns with the one being who could provide guidance, strength and support. Seeking comfort and wisdom, even asking for redirection to remove himself from his task, Jesus trusted that God's will would be what was best for himself and the world. Jesus gave himself up in prayer trusting in his relationship and knowing he was in a safe place! (Mark 14: 32-36). I do the same, always trusting that God blesses our time together, the same as I do!

As my relationship with God in prayer grows ever stronger over the years, my communication with my maker flows like a river and I too turn to Him several times throughout my day, even over the most mundane of tasks! Jesus, after teaching his disciples how to pray (Luke 11: 1-4) goes on to tell his disciples (Luke 11: 9-13) that there is nothing they cannot ask for. I take this gospel to heart. My prayers sometime contain sentences like: "Oh Lord, look how beautiful you have created this world!" (prayers of thanksgiving) to, "Seriously, you think I should do what???", "I'm not ready for this!" (prayers of challenge), to "Lord in your mercy, hear my prayer!" (prayers of intercession) etc.

As in any relationship, you only receive what you put in. You cannot have a relationship if one or the other of you is: either too busy; can't be bothered; will get to it when they can; or my favorite, the other person "knows" what you are thinking and feeling and doesn't need to be told. Foolish thinking indeed! To date, I have only known one of us in this relationship who does this! Me!! Whenever I have prayed, I have always been answered, maybe not in my time or the way I would have liked, but in God's time and the way He feels is best for me or for those whom I am praying for!

Intimacy is another important part of any relationship and especially in prayer. This requires honesty and openness. One of the things I have learned, is that you must be able to be honest with yourself first, before you can begin any relationship. The thing about a relationship in prayer with God is that it is easy to be honest and open with God, because He already knows what you think, feel and act upon, so to be untrue to God is really being untrue to yourself! There is nothing hidden in your prayer relationship and I love how God brings those people, places or things into your life to make you aware of your strengths and your weaknesses. After all, isn't that what a friend and loved one should/would do? For myself, I have learned that prayer in a relationship is intimate, exciting and unpredictable. Prayer in a relationship brings awareness and clarity. Prayer in a relationship brings unconditional love, because prayer in a relationship brings God! Amen!

Questions for Reflection

Please remember it is not necessary to answer all the questions

Choose one or two that speak to you and perhaps you would like to share

1. How would you describe your relationship in prayer with God? Is it one of comfort, concern, questions, wonder?
2. As you look and reflect upon that relationship, does it seem to have grown and if so, where have you seen that growth? Sr. Wendy Samuel sees her communication flowing like a river.
3. When you pray, do you take time to listen in quiet and wait? Often, with the busy pace of life, it is hard to just “be” at times. Do you need more time for quiet and need to wait?
4. We often seem to take our “grocery list” to God in our prayers, do you find yourself doing that at times?
5. If we go to the Book of Common Prayer you will find the Catechism and on page 856 the principal kinds of prayer – it is often good from time to time to read that list again to include some in our prayers such as praising God, thanking God, or intercession.
6. Sr. Wendy Samuel says that intimacy is an important part of the prayer relationship and she shares “Prayer in a relationship brings unconditional love, because prayer in a relationship brings God!”

~ Sr. LaVerne Peter, WSHS

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT

SERVICE OF ADMISSION

FRIDAY, APRIL 30, 2021

ADMISSION OF LAY WORKER



Kaelynn Judd, WSHS

YOUR PRAYERS ARE REQUESTED