

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**ANNIVERSARY
RENEWAL OF COMMITMENT
December 2021**

BULLETIN COVER - *Merry Christmas*

Have a Blessed and Merry Christmas. May God’s Peace and Love surround you.

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, apergydesign@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	Layout & Design WSHS/WBHS Bulletin
Sr. Sharron Magdalene, WSHS	Proof Reader
Contributing Staff	
Br. Ephrem, WBHS	News Notes and Prayer List
Shirley Pace, WSHS	Calendar
Sr. Christine, WSHS	Co-Director
Sr. Wendy Samuel, WSHS	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.



CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
DECEMBER 2021**

Below is a list of the monthly Regional Gatherings and Corporate Communion. Meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). If you are interested in attending an online Regional Gathering, please contact the Zoom Host and she/he will add you to the group's email list.

<u>Regional Zoom Gatherings</u>		<u>December 11</u>
Eastern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	11:30 AM ET
Central Regional USA	Sr. Nancy Teresa, WSHS, nancybrooks40@gmail.com	2:00 PM CT
Southern Regional USA	Sr. Kathleen Rachel, WSHS, srkathleenrachel@gmail.com	3:30 PM ET
Western Regional USA	Sr. Wendy Martha, WSHS, wguyton17@gmail.com	10:00 AM PT

<u>In-person Corporate Communion</u>		
Carthage, Missouri	Sr. Barbara Veronica, WSHS	10:00 AM CT
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

December 11

January 22 • February 26 • March 26 • April 23 or 30 • May 21 • June 25 • July 23 • August 27
September 24 • October 22 • November 19 • December 10

50th ANNIVERSARY RETREAT
April 28-May 1, 2022
Our Journey: Looking Back, At the Present and to the Future. Seven Gifts of the Holy Spirit
Mercy Center, St. Louis, MO

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

The Worker Sisters and Brothers of the Holy Spirit
Anniversary of our Founding

In December we celebrate the 49th Anniversary of the founding of Workers Sisters and Brothers of the Holy Spirit.

For those who are alone, please read this Service of Recommitment in a quiet place where you can take time to offer thanksgiving for this special Community to which we belong.

As we prepare to renew our commitment to our Community, let us take a moment to reflect on what our commitment is.

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

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

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

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

The Worker Sisters and Brothers of the Holy Spirit

The Companion Life Commitment from WSHS/WBHS Admission Service

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

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

The Worker Sisters and Brothers of the Holy Spirit

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

A Friend is a person who:

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

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

OFFICIANT:

In recognition that:

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

COMMUNITY:

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

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

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

COMMUNITY:

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

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

OFFICIANT:

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

December 2021



HAITI

We have accumulated enough funds to have one case of water tablets shipped to Sr. Betty-Lou Shirley and she will forward it to Haiti. It is so important that we are able to supply water tablets to Haiti during this pandemic to help keep Br. Frantz Benedict and his people safe with clean water.

We need to continue keeping the Haitians in our thoughts and prayers especially during this time of turmoil in the world with this pandemic. Please keep Br. Frantz Benedict and all his people in your continued prayers.

Thank you to all our Community for your continued support in our Haiti Mission.

Thank you to Sr. Betty-Lou Shirley for her diligence in sending water tablets to Haiti on a regular basis as funds become available.

Blessings and prayers to all our Community and stay safe.

Sr. Alexandra Francis



FROM YOUR DIRECTORS
Calendar Update

The monthly calendar is changing! The new format will provide a year's list, by month, of members' birthdays as well as the dates when our deceased members entered the Communion of Saints. We are attaching a copy of the 2022 calendar in the December *Bulletin*.

We will no longer list the daily readings each month. There are several online or hardcopy sources for this information and we expect that many of you have already found one you enjoy using. However, the new calendar will include some suggested references for the Sunday readings and daily lessons. If you want to recommend a source that you find helpful, please email the information to Sr. Christine at casturges@gmail.com and she will include it in an upcoming *Bulletin*.





YOUR CO-DIRECTORS REPORT

POSITIONS IN THE COMMUNITY 2021
American Board of Directors:

President - Sr. Nancy Teresa, WSHS
 Secretary – Sr. Nancy Clare, WSHS
 Assoc. Secretary – Br. Peter Nicholas, WBH
 Treasurer - Sr. Nancy Teresa, WSHS

Elected members:

Sr. Brenda Faith, WSHS
 Sr. LaVerne Peter, WSHS
 Br. Raymond Gregory, WBHS
 Sr. Pam Raphael, WSHS

By virtue of office:

American Director
 Canadian Director
 Prioress

Prioress: Sr. LaVerne Peter, WSHS

Co-Directors: Sr. Christine, WSHS and Sr. Wendy Samuel, WSHS

Community Chaplain: Sr. Brenda Faith, WSHS

Chapter: see current Directory List

Community Ecclesiastical Visitors:

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

Canadian Board of Directors:

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

Elected members:

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

By virtue of office:

American Director
 Canadian Director
 Prioress

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

Director of Admissions: Sr. Lucia, WSHS

Coordinator of Worker Applicants: Sr. Patsy Anne, WSHS

Acting Coordinator of Lay Worker Program: Sr. Helen Joseph, WSHS

Coordinator of Novices: Sr. Nancy Clare, WSHS

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

Coordinator of International Affairs: Sr. Carol Matthew WSHS

Provincials:

Eastern Province – Sr. Barbara Veronica, WSHS

Central Province - Sr. Dorothy Cecilia, WSHS

Western Province - Sr. Diane Richard, WSHS

Southern Province – Sr. Kathleen Rachel, WSHS

Cluster Leaders and Mentors: See current Directory

Community Numbers:

Sisters	40	(42) Previous Year
Novices	1	(0) Previous Year
Workers, WSHS.....	11	(12) Previous Year
Worker Applicants, WSHS.....	4	(3) Previous Year
Brothers	7	(7) Previous Year
Workers, WBHS	2	(2) Previous Year
Worker Applicants, WBHS	0	(0) Previous Year
Companions.....	21	(25) Previous Year
Companion Applicants	0	(0) Previous Year
Friends	23	(25) Previous Year
Friend Applicants	0	(0) Previous Year

- 95 residents of the United States:
- 11 residents of Canada
- 1 resident in Australia
- 2 residents of Haiti: The Sisters of St. Margaret, Friends & Br. Frantz Benedict
- 1 resident in Africa

Total: 109 Previous Year: 116

- New Sisters: None
- New Brothers: None

- New Novices: Liz Foster (approved move from Worker to Novice)
- New Lay Worker Applicants: Melanie Toboyek, Erin Diericx (approved move from Comp to Worker App)
- New Lay Workers: Kaelynn Judd (Worker App admitted as Worker at 2021 Spring Retreat)
- New Companions: - None
- New Companion Applicants: None
- New Friend Applicants: None
- New Friends: None
- Communion of Saints: 104 • (100) Previous Year

TOTAL (including Communion of Saints): 213 Previous Year: 216

Communion of Saints:

Sr. Alice Stephen, WSHS
 Dorothy Stark, Companion
 Fleur Clark, Friend
 Ruth Platt, Friend

Worker Study Program - Current participants:

Marilyn Propp, WSHS
 Ginny Berkey, WSHS

Release and/or Writ of Dispensation:

Marie Lamberth

Withdrawal from Community:

Linda Abel
 JoAnn Quisenberry
 Rev. Ron Spencer

Close of Applicancy: none

Chapter Meetings

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

Due to the Covid-19 pandemic, the 2021 Fall Chapter meetings were again conducted by Zoom

Board of Directors Meetings

The American Board of Directors meets at Fall Chapter (conducted by Zoom). This past spring the Canadian Board of Directors met via Zoom. Reports from each Board are shared.

Monthly Corporate Communion

In normal (non-pandemic) years, Corporate Communion, where members meet in person, are held in:

Michigan USA
Southern Missouri
Southern Ontario, Canada

Kansas City, Missouri
Pleasant Hill, Tennessee

Illinois
Tucson, Arizona

Regional Zoom Gathering

Since most Corporate Communion groups were unable to meet because of the ongoing pandemic, we continued to offer a monthly Regional Zoom gathering in each WSHS/WBHS Province. Meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). Participation has been excellent.

Informal Gatherings of our Community

Gatherings are held when 2 or 3 members are visiting in the area with other members of our Community. This takes place in various States and Provinces. Where possible, these meetings have been held via Zoom.

The Worker Sisters/Brothers of the Holy Spirit Bulletin

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

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

News Notes and Prayer Lists - Br. Ephrem

Monthly Calendars - Sr. Shirley Evangeline, WSHS

Haiti Articles - Sr. Alexandra Francis, WSHS

Spiritual Sharing and Mission and Ministry - compiled by our Provincials

Bulletin Preparation and Proofing - Sr. Christine, Sr. Wendy Samuel, Sr. Sharron Magdalene

Annual Contribution Commitment Letter - Sr. Nancy Teresa, Treasurer

We are also thankful to Sr. Dorothy Gregory for making our habits as required and for Sr. Barbara Rebecca for ordering golf shirts.

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

Sr. LaVerne Peter, Carl and Fran McColman, Sr. Arlie Mirren, Sr. Wendy Samuel, Sr. Anna Joshua, Br. Ephrem, Marilyn Propp, WSHS, Letty Guevara-Cuence, Worker Applicant, Marya Pohlmeier, Companion, Sr. Catherine Marie, Sr. Nancy Clare

2021 Theme: Lord, Teach Us to Pray

Monthly Bulletin Topics:

January – What is Prayer?

February – Prayer of the Senses

March – Silence
April – Prayer as Relationship
May – Hymns/Psalms as Prayers
June – The Lord’s Prayer
July – Prayer through the Arts
August – Prayers of the Saints
September – Experiencing Prayer
October – Creating Sacred Space
November – Celtic Hospitality
December – Praying Together

49th Annual Retreat: Lord, Teach Us to Pray

Held Via Zoom – April 29: Noon to 4:00 PM ET; April 30: 11:00 AM-4:00 PM ET; May 1: 11:00 AM-4:00 PM

- Presenter: Carl McColman, Friend, WSHS
- Participants: All members of WSHS who were able to access Zoom

Yellow Letters

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

Provincial and Cluster Leader Reports

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

Other forms of Communication

Our Website is a link to the world and is a continual work in progress. www.workersisters.org, www.workerbrothers.org.

Br. David, WBHS forwards e-mail emergency prayer requests to Brothers, Sisters, Workers and Applicants. **Marilyn Propp, WSHS** forwards the prayer requests to Companions and Friends. Those members not on email are contacted by telephone or mailed copies of the request. This method of communicating our prayer requests is working well.

A monthly prayer list is also printed and included in the Bulletin. This list contains requests for prayer by Community members, for other Community members, non-Community friends and family, and for the world.

Sister Charlotte Mary keeps in touch with the families of Our Communion of Saints with cards on the anniversary of their deaths.

Haiti Clean Water Project

We attempted to continue this year with the Haiti Clean Water Project. Our members were purchasing water purification tablets and having them shipped to Rev. Frantz Cole for his ministry in Haiti. Sr. Betty-Lou Shirley takes delivery from a source in Canada and ships them to Haiti monthly. Unfortunately, due to the Covid-19 pandemic, all shipments to Haiti were suspended until such time as the government allows shipments to resume. Thank you to Alexandra Zarris, WSHS for coordinating the project and Sr. Betty-Lou Shirley for her diligence in checking for resumption of postal service to Haiti.

RETREAT 2022 is scheduled to be held at The Mercy Center, St. Louis, Missouri April 28 - May 1, 2022

Theme: 50th Anniversary “Our Journey Looking Back, Looking at the Present and to the Future”

- Presenters: Chapter Emeritus, Carl McColman and Shirin McArthur
- Chapter 2021 was held via Zoom, Oct. 28 - 30, 2021

*Respectfully submitted by,
Sr. Christine, Co-Director, WSHS
Sr. Wendy Samuel, Co-Director, WSHS*



SPIRITUAL SHARING

I understand folks asking a Saint to pray for them. I sometimes ask a friend to pray for me, so why not someone in the Communion of Saints?

I prefer to communicate my wishes, my concerns, and my praise directly to God without an intermediary. God can listen to my prayers just as much as He can listen to those of a Saint with a capital “S”. I agree that living a Christ-like life as much as I can is the real goal for a follower of Jesus. But sometimes a Saint’s example is helpful.

I don’t know the hymn Letty is referring to in her article, but I will check the Canadian hymnal. I have asked St. Anthony to find numerous articles and he always comes through, praise God.

I have a large picture of the Sacred Heart of Jesus in my room that was behind my crib when I was a baby! Somehow it stayed with me all these years so I go up to the picture and bow slightly and say namaste Jesus. It helps keep me centered in his love.

I thought Sister Catherine’s article was excellent, and like her, I find the morning is the best time for me to have a quiet meditative time. I aim to center at this time, but I am not always able to do so and then resort to more sense-based ways of prayer such as rosaries, breath prayers or spiritual reading and Lectio. The seasons really affect my practice. In Spring and Summer, I spend the first hours of the day outside in my garden with the flowers, birds, and insects. In winter I move inside to my recliner with

a warm neck rest, blanket and more than often a sleepy cat. I sit in front of the window and watch the clouds slide across the hill, the wind blows the grass by the window, or the sunrise through the dark tree branches. Sometimes just being in awe of nature is enough for me to get centered; sometimes I can't manage it however I try. Sister Catherine helped me with some of her practices. I had never thought of snuggling up with a prayer shawl on days when my mind won't settle, and I realize I need to not see these difficult days as a failure and just relax and find peace in simple ways.

I have devised a walking rosary; I have a circular path around my wildflowers path. I designate stopping places for saying prayers. This can be adapted for most walks or even when driving familiar routes; lastly the Jesus Prayer is my mainstay as it can be said while doing housework, knitting, walking, driving, or trying to fall asleep.

When I sit on my bed and look across the room, I am left feeling that I have a connection with my Lord. The wall has two three-dimensional beams that cross at the top. Every time that I look at it, I see my Lord on the Cross. I need this when I am tired; when I have the rare time to sit; and when I need to have silent prayer.

'The sacredness is not in the silence at all times, but in the whole congregation coming together in the Sacred Place for the Common Worship. I have turned my parish's and our WSHS/WBHS ZOOM sessions into Sacred Places. I sit in the same place every time; use the same device; and have my Bible, BCP, hymnals, and other things near me (even though I can't see the print very well). I have a sense of Belonging. The smallness of the groups helps.

The "boob tube" (tv) is sometimes a "sacred space". When I see people rescuing humans and animals from disasters around the world, I see God: the God who put the instinct into us to HELP OTHERS, even though it may be dangerous. Another sacred space is when I have been outside and have lost track of the time. When I hear the ringing of church bells, I know that it is Noontime. I stop what I am doing and listen to the bells, say the Angelus, and our Community Prayers.

Sr. Catherine and Marya are correct, God is present always and everywhere in his creation. It is only we who can make the choice to show up, slow down, listen and see what is before us with open hearts. Then we are in God's time. And what I have learned about God's time is that when I am in it, time seems to expand all around me and then years later I can be back in that particular space and time and experience God all over again in that same wonderful way. I think these are pieces of eternity, of heaven here on earth and I would pray that all of us experience more of these eternal and heavenly sacred places and times.

I enjoyed Marilyn's article on Prayer through the art. I know that whenever I am playing guitar and singing, whether at Retreat or in Church, I really feel close to God in many of the songs. I just feel drawn closer to God. The timing of my daily prayer is all over the place. I try to pray first thing in the morning but that does not always happen. I try to pray before I get distracted by the world and all its busyness. Morning is a time of promise and excitement of what the day will bring. If I begin with prayer, I feel ready to meet the day. Evening is a challenge but when reading the prayers of an

evening prayer, I am always grateful for the time to settle down and go to sleep much more quickly. I am using several different books containing some version of a daily office and find the variety good. It is a challenge to go to the readings in the Bible, but I try.

I am no longer part of the Baptist or Orthodox Church. Since Spring 2019, my family has been on the search for a permanent spiritual home. We have had many stops along the way. I suppose that sometimes this journey gets discouraging. Yet, one of the main things that keeps me moving forward is my need for ritual. I need worship that grounds me and offers me a place to put down roots. I need a hands-on faith. I need to touch the water, to taste the wine, to smell the incense wafting through the rafters. I need to hear the hymns and see the candles flicker on the walls.

I have found that when I am in contact with someone in need of prayer, I am in a special place and God is closest to me at that time.

My faith is changing. In this phase of life, I can very much relate to the late Bishop Spong who saw God as the Source of Life, Divine Love, and the Ground of Our Being. Bishop Spong stated that if “God is the ultimate source of life, one worships this God by living fully, by sharing deeply.... If God is the ultimate source of love.... One worships this God by loving wastefully, by giving love away without stopping to count the cost. If God is the Ground of Being, you worship this divine reality by having the courage to be all that you can be, your deepest, fullest self. You worship the God who is the Ground of Being by walking into the unknown, by giving your being away, by valuing the being of others as equals to and even more precious than your own.”