

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



THE GIFT OF FORTITUDE/COURAGE
July 2022

Bulletin Cover - Photo by Morgan Petroski Unsplash.com

Joan of Arc is considered a heroine of France for her role in the siege of Orléans and the coronation of Charles VII of France during the Hundred Years' War against England. After successfully leading several French military actions, she was captured, handed over to English authorities, convicted as a heretic, and burnt at the stake in 1431. Twenty-five years later, her conviction was formally overturned. Nearly 500 years after her death, she was canonized as a saint by the Roman Catholic Church.

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
Sr. Christine, WSHS	Co-Director
Sr. Wendy Samuel, WSHS	Co-Director
Community Marketing Group, LLC, Publisher Port Huron, MI Copyright 2022	
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**

July 2022

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.

Regional Zoom Gatherings

Eastern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	July 23 - 11:30 AM ET
Central Regional USA	Sr. Nancy Teresa, WSHS, nancybrooks40@gmail.com	July 23 - 2:00 PM CT
Southern Regional USA	Sr. Kathleen Rachel, WSHS, srkathleenrachel@gmail.com	July 23 - 3:30 PM ET
Western Regional USA	Sr. Wendy Martha, WSHS, wguyton17@gmail.com	July 23 - 10:00 AM PT

In-person Corporate Communion

Carthage, Missouri	Sr. Barbara Veronica, WSHS	TBD
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

July 23 • August 27 • September 24 • October 22 • November 19 • December 10

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**



HAITI

As we go forward in our Mission, let us continue to pray for Haiti and it's people that they are safe from this Covid-19 outbreak and that they stay safe and healthy.

In the month of June, we were able to order two cases of water tablets to be shipped to Haiti. As long as donations continue, we are able to send a case or two, depending on the funds available. We are thanking all of our Community, individual churches and people in the USA and Canada for their continued support.

We give blessings to Sr. Betty-Lou Shirley for her diligence in shipping the tablets in a timely manner.

*Blessings and Love to our Community,
Sr. Alexandra Francis*



SPIRITUAL SHARING
2022 RETREAT REFLECTIONS

We want to thank everyone who attended and participated in our online spring *Retreat 2022*! Whether *Retreat* is online or in-person, it is a celebration of our Community as we come together to learn, share, grow, pray and laugh with each other. This month, our spiritual sharing focuses on reflections from *Retreat 2022*. We are grateful for your time, insights and thoughts.

Session I: Our Past presented by Chapter Emeritus

- Memories shared enjoyable, wonderful, priceless
- Keeping history alive - oral and written - foundation for our future
- Hymn selection and music awesome
- Sense of humor shared
- Blessed to have one another and to give thanks to those who have passed away
- Sr. Angela found the “face of God” in each of the Chapter Emeritus and would not let anyone go. There was “prophetic power” given to Sr. Angela by the Holy Spirit.
- Emeritus shows diversity that God called to the Community - many walks of life, ages, and personalities - much like the disciples.
- Agree with Sr. Brenda that we “have a godly heritage.”
- It is always good to learn about the beginnings of a community and why it started in the first place. The more I learn about Sr. Angela , the more I love her spirit and her vision for this remarkable community.

Session II: Our Present presented by Carl McColman

- Carl's comments on how the Holy Spirit is evident in our Community and in our lives. The Holy Spirit's presence is essential, pivotal and relevant. His slides and quotes depicted the presence of the Holy Spirit and encouraged Spirit to flow through us which stabilizes our Community.
- Carl's breath meditation: to breathe in and let the Holy Spirit in was so heartfelt. This Community belongs to the Spirit, the Holy Spirit is our present so we say yes to community and we say yes to God. In each breath we are invited into the Spirit's presence. Look for three of His miracles each day.
- Want copy of his questions and slides presentation
- Subject truly challenging
- Zeroing in on Gifts of the Holy Spirit. Faithful came to mind and God is Faithful as well. He doesn't leave me.
- Wonderful, moved in prayer, there is community even in Zoom. Turning "present" into "presence"... very moving.
- Just what I needed since life is taking me where I do not want to go.
- Carl always does a fantastic job with his presentations. The one thing I took away from his presentation is that "present" is always changing and moving forward into the "future".
- We are grateful, we must show acceptance with love, we need to be a presence for loving one another in our differences.
- Wonderful as he reminded us of who we are as individuals and as a community.
- Loved the meditations. Loved the breath meditation that reminds us to let the Holy Spirit in.
- How important that he talked about vocation as a lay person.
- Allowed us to experience the Holy Spirit in acceptance of where we are in the present, even if we don't like where we are at the moment.
- Loved his gentle spirit and him reminding us : To live in the past is to live with regret; to live in the present is living with our gift; to live in the future is to live in fear.

Investiture Service

- Service well done, thoughtful, meaningful, significant, important, beautiful
- Sr. Brenda Faith's participation from her bed to bless Sr. Agnes' cross
- Liz's story of her call to Community
- Made me proud that service was reverent. Put on my habit to be in solidarity. Like the ceremony took place in church.
- Liked Padre Jose being part of service and Fr. Steve's portrait in background. (Sr. Paula Adelaide took screen shots of investiture and Sr. Shirley Evangeline and Sr. Agnes have copies if wanted.)
- Wonderful opening prayer by Sr. Wendy Martha ... Need a Copy! Was special as we joined with Sr. LaVerne in the prayer for Sr. Agnes "Come now fire ..." Br. Peter and I reached out our hands toward Sr. Agnes.
- It was simply an awe and beautiful moment.
- It was beautiful. Loved that we were able to do it on Zoom.
- Loved that Sr. Brenda Faith was able to bless the cross from her hospital room.

Session III: Our Future presented by Shirin McArthur

- Liked how session was broken down between world, church, and our Community.
- Questions about trends and trajectories that concern and excite us in our culture, our church, and in our Community generated a lot of discussion.
- First seemed like a lot of work, then as we shared realized we are the only ones that can envision our future. Great questions to nudge us. Loved questions to make us think. Is this message for me or Community? Am I the one to speak it? Is now the time?
- Fantastic! We in the church need to be of open heart and mind.
- Looked at history on a broader scale, desert mothers and fathers left organized religion to search for another model for Christ, a way that would not focus on people in power but on those on the “fringe” not the center. We need to live out our faith in ways that are appropriate for today. Dare to be bold in our imagining as Sr. Angela was. Be open. Have an adventure. Have fun.
- Refreshed by the Holy Spirit. Hearing dialogue during session.
- Questions : what are trends? Concerns: Is this for me? Community?
- I found the “discerning questions” prior to sharing very helpful at the time, and for use in the future: “Is this for me or the Community?” “Should I speak it?” “Is this for now or further down the road, or for Chapter?”
- Hopes for the future resulted in an encouraging list I jotted down: Guided by the Holy Spirit, love, ability to listen, prayer for each other, being willing to learn, passion we have in hearts about WSHS, unity, “Instantaneous Acceptance”, commitment to staying connected. Someone’s comment made me realize that teaching and continued learning is something our community offers that is very much needed out in the larger Body of Christ and the world.
- Her manner of presentation really brought out group participation.
- Shirin did an excellent job at posing questions as to facilitate a discussion on where the community wants to go in the future. I was in awe how the “hot topics” did not divide us, but instead they seemed to strengthen the bond among the members.
- Good for us taking on Zoom.
- Need younger leadership. There is future in Community, there is growth, there are people in our Community who are inspirational. *Rule of Life* is very important.
- We offer education, spiritual growth. We must be aware of changes. We need to see who and what we are for an opportunity to grow. Perhaps we need to be more concerned about bringing our focus back to Jesus, God and the Holy Spirit. (I think we are doing that already.)
- Loved questions to reflect on. Strength of Community evident in how many people had same fears, reflections, thoughts. It was evident that we may have differing views on issues, but we are one in Community and love each other where we are.
- Our future in WSHS/WBHS has many voices. We all have a lot to share and contribute. Appreciated Shirin gave us plenty of time to reflect on questions. Many would love to see her back.
- Her ideas and questions gave us a lot to think about and many shared. Loved her talking about our Communion of Saints and challenging us to reflect on the Gifts they brought to WSHS/WBHS.

Renewed or Refreshed by Holy Spirit

- Music
- Renewed and recharged by seeing and sharing with everyone
- Renewed and refreshed in the teaching
- Going to watch for 3 miracles in my life every day. When life is topsy-turvy, I will reflect on my baptismal call.
- Felt Holy Spirit was guiding our discussions.
- Came away feeling renewed, refreshed and with a new confidence in the values of our Community. The importance to the churches and life in general.
- It was like standing under a waterfall.
- Listening to what other members shared in small groups. Hearing our stories, just gathering as we were able, being together on Zoom. Being able to sing after not much voice.
- Recharged, hopeful, peaceful, sharing.
- I was taken aback as to how much the Community invested into my painting. I got such positive feedback on just allowing people watch me paint. One person commented on the Holy Spirit being with me as I painted. The Community accepts my messiness.
- The music that Br. Peter and Sr. Catherine shared with us is such an important part of *Retreat*.
- Recharged by our memories.
- Felt like we were coming home as a community. Zoom allowed us to get to know people. Zoom gave us a personal view of people.
- Responses by all were spirited and sincere
- Meaty reflections Carl put into “present” and the life we have in Holy Spirit. Appropriate questions posed by Shirin and, in turn, questions posed by participants.
- Loved how many people contacted in advance and had part ready. Facilitator grand. Moved us along, had clear observations, kept short and to the point.
- Being at Grace Church if I couldn’t be in St. Louis.
- Hearing what we hope for the future. While singing “Surely the Presence of the Lord is in This Place” I was aware of the Holy Spirit uniting us and drawing us together in the presence of God. Geographical distance disappeared and I had those “holy” goose bumps.
- Being with everyone again sharing, learning, growing, so diverse.
- Director just what was needed. Calm, soothing voice, music to my heart and ears.
- I love how the WSHS and the WBHS Community accepts new members without hesitation. There is no working your way into the group; you are incorporated into the group immediately.
- That we could be together on Zoom. Seeing everyone.
- Meeting the Canadian Bishop.
- That Bishop Howe was there.
- Connecting during breaks. Realizing how diverse we are. Music. We learned together, laughed together, cried together, prayed together, met together.
- Loved the Communion of Saints the first day.

Suggestions for Next Year

- Suggest opening with Community Prayers
- How does each one pray? Mercy Center ready for us.
- Record sessions for those who cannot attend.
- Prayers to be together in person and have time to really share and visit.
- Developing our personal mission, understanding Community.
- A way to share our Community, to serve, to evangelize. I think there are lessons Desmond Tutu and Delia Lama could teach us about joy.
- When we are in St. Louis in person next year we should still have a way to include others over Zoom to hear talks; and maybe when we break into small groups.
- Make sure to have some time when we sit in silent prayer together. Good that we had that silence over Zoom as it helped center us, especially at beginning of times to listen or share.
- Good that someone said we will have another all Community Zoom gathering in the year in addition to *Retreat*.
- Rotate small groups. Rotate group topics.
- Think we need brochures and business cards about our Community. Used to have.
- I wish there was a more small groups. I would love to have a prayer partner.
- We want to be in St. Louis together.
- For the Communion of Saints it would be nice to know what dates they were a part of WSHS/WBHS.
- Would love to have Shirin McArthur again.
- Continue to have on Zoom for those who can't travel to *Retreat* for various reason. Learn to make Zoom happen when we are in person.
- Allowing for extra time next year, when we meet in person again, to have a lot of time to reconnect with each other. Perhaps small groups that change throughout the weekend to allow to get to know others.
- A *Retreat* focused on reconnecting again with each other and the Community. Having a Spirit of play as we look to the next generation of WSHS/WBHS.
- Focus the Healing Service on reconnecting.

General Comments

- There was positive sharing.
- Zoom is close but it's not the real thing. We all need to storm heaven with prayer to be able to meet in person.
- The faithful remnant is very faithful.
- Can we break out with small groups such as book group, centering prayer, etc. to stay in touch better?
- Would like a short closing worship for each day of Zoom *Retreat*.
- Humility, authenticity, and self-awareness, look in the mirror and see sacred humility.
- What do we hope for WSHS/WBHS? To be an instrument to bring unity and relationship with God. Heal, live in unity and be ourselves.

- As our leadership ages, identify new members ready to take over. Be more intentional to strengthen our commitment to stay in touch, it takes effort to reach out.
- Liked Carl's comments beyond getting people to Christ and take Christ to people. Live more non-violently. Understand faith in a whole new dimension.



FORMATION AND TRAINING

The Gift of Fortitude or Courage

By

Ted Wilson, Worker, WBHS



Ted Wilson lives in Union City, California. He became a Worker in April 2000.

I have been asked to talk about the Fourth Gift of the Holy Spirit “Fortitude or Courage”. When we think of courage, we might imagine a martyr, like Saint Joan of Arc. She was sentenced to be burned at the stake for heresy. To me, I can't imagine the horror she must have felt and the prospect of such a terrible death, but she did not recant her beliefs and died in spite of all its painful agonies.

The Fourth Gift is often referred to as “the courage to be”. What follows might be an interesting take on “the courage to be”. Let's say, someone hurt you badly. One possible interpretation or “the courage to be” is not to take an “eye for an eye”, “tooth for a tooth” kind of revenge on such a person; but to be and allow yourself to feel the pain that hurt you and not actively seek vengeance on the person who did this.

“7 times 70” says the Lord Jesus when a curious person asked Him how many times we should forgive someone. His answer, “7 times 70”, was an ancient way of saying an infinite number of times. You may recall the extraordinary photograph of Pope John Paul II after having recovered from an assassination attempt. The picture showed him sitting calmly with Mehmet Ali Agca, his would be assassin, and talking with him as if they were long-lost friends. That is a vivid example of fortitude in action. John Paul is saying to Mehmet Ali Agca “I forgive you”.

As I reflect on this, I remember Bishop John J. Sullivan, a former head of the Roman Catholic Diocese of Kansas City, Missouri saying how much he admired couples who had reached their Golden Wedding Anniversary because even in the best of marriages, the wife and husband may have a hard time forgiving their spouse seven times seventy. No matter how good things are, you are bound to get

under some one's skin at one time or another, especially with someone you committed to spending the rest of your life with.

Also, I would like to point out in trying to explain the concept of the "courage to be", or ghostly courage (fortitude) how hard it is for some people (e.g. me) to be fully present to the here and now. What does that mean, being in the "here" and not mired in the past agonizing over some long-since forgiven sin, or some deeply felt wound, or even maybe worrying about the unknowable future? I have heard as an impediment to such state being referred to as "monkey mind" (swinging like a monkey from one past or future thought to another past or future thought).

I would imagine that is why people who meditate have a mantra, something you say slowly over and over again, something that pulls you back to the present moment. I believe meditation is someone willing themselves, with God's help, to be in the present here and now.

I will always remember the Buddhist Monk we had at our Annual *Retreat* several years ago. He had such a peace about him that he seemed to float instead of walk from one place to another. He said something I will never forget. He said "Enjoy your breathing". What? Enjoy my breathing? Are you kidding? I don't "enjoy" my breathing, I just breathe. Fortunately, I don't have any lung disease so I am able to breathe without too much thought or effort. But, I don't really ENJOY my ability to breathe, I just breathe.

So what do I enjoy? I enjoy a hot fudge sundae, a lovely sunset or sunrise, the smell of newly cut grass on a hot summer day, the special smell of lilacs, or gardenias. I always enjoy a Sunday Service with lots of good music at our Church. That is what I enjoy.

But the Buddhist point has a lot of merit. The recently deceased Buddhist Monk, Thich Nhat Hanh, wrote a book on "[How to Eat](#)".

Again, I say, "Are you kidding me? How to eat? That is easy. Put your fork into a piece of food, open your mouth, and put the food into your mouth. Close your mouth remove the fork and chew until all the food is sufficiently mashed up and then swallow. That's how you eat."

Thich Nhat Hanh was advising us not to inhale our food, not to eat too quickly. He would advise us to eat slowly, meditatively, to savor the smell, the mouth feel, the sweets, the sour, the bitters. Be present to what you are eating. If you are restricted to a fifteen-minute lunch break, take your time. If you have an even shorter lunch break, I think he would say "Eat less and savor each bite more". We miss so much when we do things so quickly and too rapidly. It is important that we slow down.

Our Community teaches us how to be human beings instead of human doings. That calls for us to be in the present time, listening to the voice of God and those around us, however that manifests itself in our lives. When we look at this "Fourth Gift of the Holy Spirit", we can take the words of "the courage to be" into our hearts and souls. This Gift helps us to grow in the virtues of patience and perseverance, to keep working for what is good despite the various difficulties we face.

Questions for Reflection

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

1. Think about the Gift of Fortitude and what comes to mind as you look at your life's journey?
2. Are there times when you have had to rely on God's help to pull you through a difficult road?
3. Where there times when you had to stick through a decision to do good when it was really difficult?
4. Perhaps take time to write a prayer of thanksgiving to God for the strength and ability to do what was the right path.