

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**ANNIVERSARY AND
RENEWAL OF COMMITMENT
December 2023**

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, etcocles148@gmail.com or see green sheets for his mailing address.

Changes of address, phone numbers, email addresses - email Sr. Shirley Evangeline at sr.shirleyevangelinpace@gmail.com or Sr. Christine at casturges@gmail.com or see green sheets for mailing addresses.

Urgent Community Prayer Requests for email distribution – email or call Sr. Kathleen Rachel (srkathleenrachel@gmail.com) or Sr. Wendy Samuel (srwendysamuel@gmail.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 – This project has been discontinued until the situation in Haiti is resolved.

Problems Receiving your Bulletin - If you are not receiving the monthly Bulletin (by regular mail or by email), please email or call **Sr. Shirley Evangeline, 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

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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
December 2023**

Below is a list of the monthly Regional Gatherings and Corporate Communions. 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

December 16, 2023

Eastern Regional USA & Southern Regional USA Br. David, WBHS, brdavidwbhs1@gmail.com 12:30 PM ET

Central Regional USA Sr. Catherine Marie, WSHS, sr.catherine.marie@gmail.com 2:00 PM CT

Western Regional USA Sr. Wendy Martha, WSHS, wguyton17@gmail.com 10:00 AM AZ Time
(Which is 10AM MT, 11AM CT, Noon ET)

In-person Corporate Communions

Pleasant Hill, Tennessee Sr. Janeen Julian, WSHS TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

NOTE DATE CHANGE from 4th Saturday to 3rd Saturday IN DEC 2023, MAY, NOV & DEC 2024

December 16, 2023

**2024> January 27 • February 24 • March 23 • April 27 • May 18 • June 22 • July 27
August 24 • September 28 • October 26 • November 16 • December 14**

Chapter meets Online
December 13, 2023 @ 1pm

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 **51st 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 Worker Sisters and Brothers of the Holy Spirit

The 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
- Continue active participation in the life of the Community, the church and the world

The Worker Sisters and Brothers of the Holy Spirit

The Companion 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.

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 2023



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets

To view the online Green Sheets, Go to www.workersisters.org;

- Centered above the group photo are the words:
HOME WHO WE ARE COMMUNITY LIFE MORE
- Click on the word **MORE**. That will show another list of options. Click on **MEMBER PAGES** (the last option.)
- When it says to sign into your account, ***REMEMBER*** to Sign in as: wshs.wbhs@gmail.com
- If you don't remember the password, please contact Sr. Christine.

Updates for your Green Sheets

Sr. Janeen Julian

Please replace her janeen195 email with the following: srjwshs@gmail.com

Melanie Toboyek

Her current mailing address is: 207400 County Road X, Mosinee, WI 54455

The Rev Clifford Waller, Comp

He no longer has a land line. His cell number is: 210-601-0001

His email address is: cliffwaller1935@gmail.com

Joan Gittings

asked to become a Friend of the Community.

Her name and address information is now listed in the Friend section of the Green Sheets.

Chapter accepted, with regret, Gail Moore's decision to withdraw from the Community.

GREEN SHEETS

As we celebrate the 51st anniversary of our Community, we are including a current copy of the **Green Sheets** with the December *Bulletin*. Please take time to read through the list and pray for our Community by name. During the coming year, as address changes are communicated in the *Bulletin*, please make a note of the update in your copy of the Green Sheets.

If you don't receive a hardcopy and would like one, please email or call Sr. Christine. Her email is cas-turges@gmail.com; her phone number is: 970-219-5855.



COMPANIONS AND FRIENDS CORNER

Let us Companions and Friends pray daily for our Community:

Holy Spirit, may your Breath be breathed into every member of The Worker Sisters of the Holy Spirit and The Worker Brothers of the Holy Spirit. Amen.

If you still need to send your Pentecost letter for 2023, Sr. Betty-Lou is always glad to receive it.

Since I have been ill a good chunk of November, I feel neglectful of this “CORNER.” I haven’t been in direct contact with any companions or friends. I’m so sorry.

Advent is upon us to help us prepare for the great feast of Christmas. How do you use the time of Advent? Do you use any of these? Personally, at church, as a family?

Advent calendars, lighting an Advent wreath, praying an Advent daily devotional, erecting a Christmas tree or a Chrismon tree, lighting a Christingle, praying or singing the “O Antiphons”, practicing heritage customs, building a Jesse tree, posadas journey, listening or singing advent hymns, praying advent scriptures like Isaiah 9:2, “Those walking in darkness have seen a great light.” What else?

I recently read:

“Advent is a gift to us in the modern hectic world. Here’s why: For one, we better remember what it was like to wait for the Messiah. Two thousand-plus years after Jesus’ earthly existence, it’s hard for us to imagine life not knowing when the God of the universe was going to finally send forth the Messiah people had been waiting for centuries. Pausing just a bit before the full-on celebration we anticipate on December 25 tempers our hearts as we remember that Jesus divinely entered humanity at a specific time in history. It sobers us in our own humanity.

I like what Haley Stewart says: ‘It is the opportunity to set your life by a different watch, by holy time.’”

Perhaps we all can adopt the slogan of Viking Cruises for our Advent/Christmas preparation: “Spend more time being there instead of getting there!” *Let Us Keep the Feast!*

Marya Pohlmeier, Companion maryalovestravel@gmail.com
1677 Mount Vernon Drive, St. Charles, MO 63303



COMMUNION OF SAINTS



This article is co-authored by Sr. Barbara Veronica and Ceri Otero, a dear friend of Liz who is also a dear friend of Sr. Barbara Veronica's. Sr. Barbara writes: "I love her prospective, and mine is the journey of the Grace church members becoming involved with WSHS/WBHS. The original group was Sr. Margie, Sr. Kathleen Columb, James Easter, Ruth Hartman, Delores Beiswanger, Liz Foster and myself."

I met Liz (Sr. Agnes) when she moved to Carthage to care for her mother and stepfather. I had been checking on her parents almost daily helping them with a multitude of tasks as their parish nurse.

Liz and I immediately became friends. Not long after Liz's arrival, Sr. Margie Veronica (Tucker) moved to Carthage and moved into what would soon become a WSHS/WBHS regular monthly meeting at Grace Church. Fr. Steve was so encouraging and met with our group on those special Saturdays, bringing us a brief homily and communion. Before long we had two Sisters, two Friends, two Companions, one Deacon, one Applicant, and two Workers. Liz was certainly a building block along with Sr. Margie.

We all loved Sr. Agnes for the unique gifts that Ceri shares here so brilliantly. Liz becoming Sister Agnes, Shirley Pace becoming Sr. Shirley Evangeline and I becoming Sister Barbara Veronica made Sister Margie Veronica shout for joy.

- Sr. Barbara Veronica

"It has been my experience that no matter the time left, it always runs out, and I long forever to sit a spell and just chat." Liz Foster in a message sent March 1, 2022

Liz, was so honored to have become Sr. Agnes. She had a gift for seeing good in people when they could not see it in themselves. She was gracious toward others and assumed good intentions in them unless they gave her irrefutable evidence to the contrary.

Her imagination ran on its own quirky track as those who followed her on Facebook would see in the story arc she crafted during covid around a felted cat family who lived in a dollhouse. Her dry, sometimes dark, wit was intelligent and sharp, like when referring to the time in the '60s that she gave enemas at a hospital and would say "when I was the Lord's rear guard."

Her wisdom was a blessing to many. How ironic that though she could not hear well, she was an attentive, careful listener who remembered the details her loved ones shared with her. Her love and care for

her friends and the way she prioritized the art of living beautifully everyday are an example of making the most of this wonderful world.

“Have you ever met someone and thought, I wish I’d known you longer? There are many people who have walked through my life; blessed, you are one.” Liz Foster, in a message sent on March 24, 2021.

- Ceri Otero



FORMATION AND TRAINING

From our Rule - An Experience of Becoming

First, a personal sharing from Sr. Wendy Samuel:

It is important to note that no two journeys are the same. One’s journey comes from following many different avenues, using resources, and learning from individuals who come into your life along the way. By God’s grace, this journey will continue throughout one’s lifetime. Looking back on my life, I believe my “becoming” flourished the day I met Sr. Joyce Abraham when I was working as the church secretary in 1991. I was a solitary soul searching for who I really was spiritually, loving God, hearing his call, but at a loss as to what he wanted with me.. Sr. Joyce Abraham, after talking with me, suggested I attend a Corporate Communion of the Worker Sisters of the Holy Spirit and the rest, as they say, is history!!!

Sr. Joyce became my Mentor and Spiritual Director. She tutored me, literally, in the ways of the church, in the ways of believing and in the way the Holy Spirit had been working in my life, affirming what I had been believing about having a “presence” in my life! I became enriched and soaked in the love of “Community”, and I grew in knowledge, in wisdom, in self-awareness, and above all, the love of Christ and all that love provides! I am a walking, talking example of the love of God; Father, Son and Holy Spirit, and the power of prayer of a Community that “truly wants to witness to the world of Jesus Christ, our Lord and Savior.” Amen!

Spirituality

It was I who taught Ephraim to walk. I took them up in my arms; but they did not know that I healed them. I led them with cords of human kindness, with bands of love. I was to them like those who lift infants to their cheeks. I bent down to them and fed them. (Hosea 11:3-4)

Spirituality is God’s deep desire for us – the gentle loving God who lifts us in love, and then bends down to feed us. Spirituality is as complex as the varieties of individuals who dwell on this earth.

Self-understanding is one of the essential elements in our relationship with God. Our Community endeavors to offer us a place where we can safely explore our heart's desires, our longings, our thirsts, and our hunger. The RULE helps us through prayer to understand more fully what these desires are and how to address them.

Our spirituality is a choice, a move toward wholeness centered in Christ. The Community offers the freedom, challenge, love and support to BE.

Personal Development

"My dear people, we are already children of God, but what we are to be in the future has not yet been revealed. All we know is that when it is revealed, we shall be like him. (1 John 3:2)

Every individual who becomes a member of this Community brings her or his God-given gifts, talents, strengths, and weaknesses. Members utilize self-studies, evaluations, journals, and other means, to explore the depths of our beings and to heighten self-awareness.

Balance is a key to wholeness. St. Benedict advocated a rhythm of prayer, study and work. To that we add the importance of rest and recreation. Members accept the primary responsibility for their own continuing growth and well-being in all areas: spiritual, mental, emotional, relational, and physical. The Community provides guidance in that process.

Conversion

"I will remove the heart of stone and give them a heart of flesh." (Ezekiel 11:19)

We are grounded in God but always changing and becoming. Sr. Angela uses this scripture to symbolize this ongoing conversion process wrought in us by the Holy Spirit as we open up to God and cooperate in the process.

"Conversatio", a term often used in Benedictine Spirituality, is a call to allow God to touch our hearts and a willingness to let ourselves be changed. It is a realization of our own weakness and a call to trust in God's strength and power of redemption. Conversion of heart requires openness, humility, new thinking, and new living as we receive the grace of God as individuals and as a Community.

Healing

"Thus says the Lord... I have heard your prayer. I have seen your tears; indeed, I will heal you."

We know that not everyone receives full restoration of body, mind and spirit. However, we trust that God is at work in all situations, restoring, renewing, and re-creating. This Community recognizes that lives in every part of the world are broken and in need of healing. The Community seeks to reach out through love, acceptance, and affirmation to provide an environment for healing.

In the New Testament, faith, forgiveness of sins, and healing are frequently inseparable but distinct aspects of one experience. Out of mercy and compassion, God works to bring about reconciliation that restores peace between God and humanity, among individuals and communities, within each person and between humankind and the creation. Guilt, anxiety, fear, broken relationships and the loneliness

of alienation all contribute to human sickness. Healing in the Christian sense, is the reintegration of body, mind, emotion and spirit that permits people in community, to live fully in a creation honored by prudent and respectful use.

A healing service is held at every Annual Retreat. The Worker Sisters and Brothers of the Holy Spirit embraces the interrelationship of all avenues of God's healing including intercessory prayer, reconciliation, healing of memories, anointing, laying on of hands, medical arts and social action.

Excerpts from An Experience of Prayer were taken from our Community Rule. Those of you who have the big white Community Rule may read it in its full length; those of you who do not have the printed Community Rule may find it on our Website if you wish to dig deeper.

For Reflection

Where do you recognize spiritual growth in your life?

Reflect on your efforts to find a healthy balance in your current life including challenges, breakthroughs or new insights.

What does conversion mean to you at this time in your life?

Reflect on where healing has occurred in your life to date. In what areas do you seek more healing?