

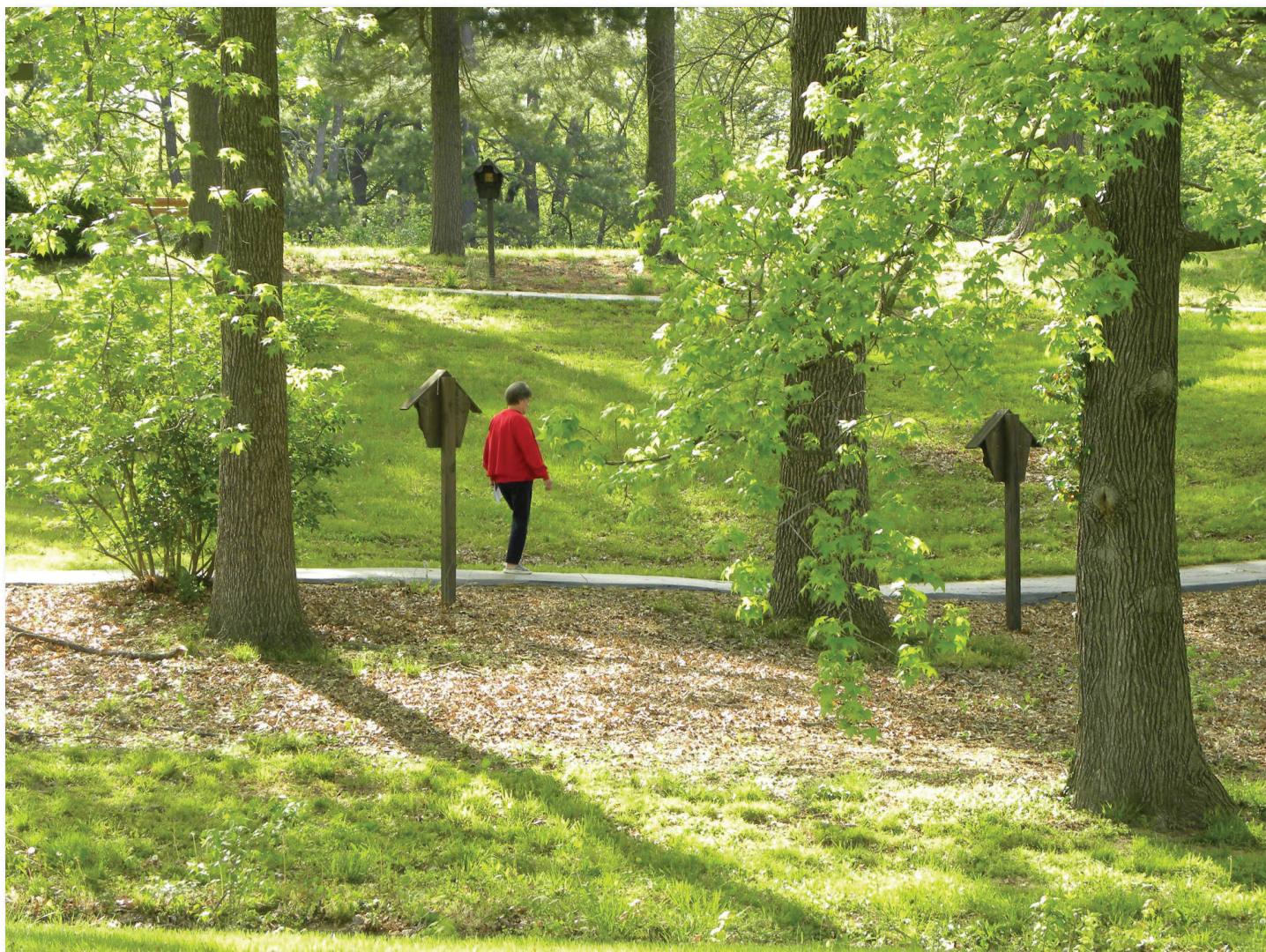
THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**THE COMPASSION AND
THE BENEDICTINE RULE
July 2023**

Bulletin Cover - Retreat Grounds (Mercy Center, St. Louis)

The Mercy Center is a sanctuary for plants, animals and humans. The Sisters share their space with all of creation and are hospitable to all. It is a welcoming place of peace. In the photo Sr. Kathleen Rachel is enjoying walking in this shared space with all creatures great and small. We saw many birds, turtles, rabbits and even deer during our time at Retreat. We are blessed to return each year to The Mercy Center.

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, eteocles148@gmail.com or see green sheets for his mailing address.

Changes of address, phone numbers, email addresses - email Sr. Shirley Evangeline at sr.shirleyevangelinepace@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	
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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
July 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

July 22, 2023

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

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

Western Regional USA Sr. Wendy Martha, WSHS, wgyuton17@gmail.com 10:00 AM AZ Time
(Which is 10AM PT, 11AM MT, Noon CT, 1PM ET)

In-person Corporate Communions

Pleasant Hill, Tennessee Sr. Janeen Julian, WSHS TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

July 22 • August 26 • September 23 • October 28 • November 18 • December 16

***Chapter Online Meeting
July 12, 2023 @ 1:00pm ET***

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:

To view the online Green Sheets, go to www.workersisters.org; click on MORE, then on MEMBER PAGES. To sign in, the email to use is: WSHS.WBHS@gmail.com. If you don't remember the password, contact Sr. Christine or Sr. Shirley Evangeline.

Sr. Betty Hope and Fr. Al Salt have moved.

Their new mailing address is:
3490 Thrive Drive, Apt. 382
Naples, Florida 34105

Sr. Charlotte Mary has moved.

Her email and cell number have not changed.
Her new mailing address is:
1875 Fall River Drive, Apt. 226
Loveland, CO 80538

Krista Tinney (formerly Baker), Worker Applicant,
has a new email address. It is: 0223krista@gmail.com

Melanie Toboyek was admitted as a Lay Worker at Retreat 2023.

Her address and phone information now belong in the Worker section of the Green Sheets.



COMPANIONS AND FRIENDS CORNER

Hello! I'm Marya Pohlmeier, Companion. I'm assisting Sr. Betty-Lou Shirley, Coordinator of Companions & Friends, in a ministry we share with other Companions and Friends.

I've been a Companion for some years. I was a Friend for many years before that. I met Sister Angela in Kansas City around 1979 when I became a Friend. My ceremony of acceptance as a Companion was at Retreat near Niagara Falls on the Canadian side. I've been privileged to live close to many of the Retreats held in St. Louis in past years which allows me to attend in person. (Canada, Kansas City, and Sinsinawa, Wisconsin, were the most distant that I've attended.) Being at Retreat has been very

helpful to get to know so many of the Sisters, Brothers, Workers, Companions and Friends. I know some of you and am hoping to get to know more of you.

I believe our most intense commitment as a Companion is to pray for the Community and to serve God and the larger community. However, I find that sending a letter at Pentecost time gives me an opportunity annually to be responsible to the Community that nurtures me, especially through the monthly Bulletins. It also is an opportunity to actually be responsible enough to put in writing an update on my spiritual journey. It certainly takes a bit of time, effort, prayer; but I find it affirming when I look at what God has done during the past year.

In the coming months, there will be a section appearing in the monthly Bulletin dedicated to Companions & Friends. Look for it and see if you have suggestions for this section that would be helpful to you. For starters, I would like to see small snippets from our annual Pentecost letters, anonymously of course!

Love to you all and prayers daily for all.

Marya, Companion, maryalovestravel@gmail.com, St. Charles, MO

Comments from several Pentecost Letters

1) This Pentecost I find myself reflecting on our brokenness and the Holy Spirit's work of healing. Where the Spirit of God is, there is nothing irreparable. This gives me new hope for situations, relationships, conditions that often seem hopeless.

Not by might nor by power, but by my Spirit' says the Lord Almighty. (Zechariah 4:6)

It is my prayer that I would move further along in my journey to release my own power and move in the power of the Spirit. I thank God for those situations that bring me to the end of myself and into deeper dependance on Him.

2) Today was a day full of lots of activity. Co-leading a women's group at my church, counting and depositing the offering, hosting guests. I am grateful for the way the Lord got me through the day. Exhausted, but intact.

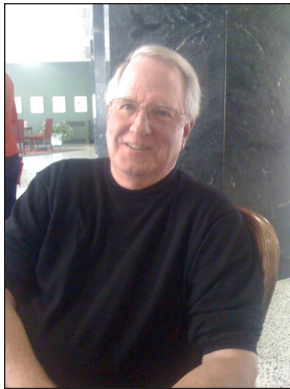
3) Our Heart-felt thanks for the Pentecost invitational letter. I printed the letter and will read it to the Holy Spirit Monastery members during dinner time. How is every one? We are all very well and keeping each one of you in our prayers.

Kind regards, Sr. Teresah, Friend, Monastery of The Holy Spirit, Zimbabwe

More comments to come in future bulletins...



COMMUNION OF SAINTS

A Tribute to Father John Lambert, Companion**By****Sr. Nancy Clare, WSHS**

My first memories of Fr. John Lambert (40 + years ago now) are when he first moved to the Kansas City area with his family, wife Jeannie and three children, John, Kelly and Greg. He joined Fr. Harry Firth at All Saint's Church as an Assistant Rector. I remember him being young and passionate about the power of the Holy Spirit. His life and the life of his family seemed to overflow with this faith that all things were possible when we open ourselves to the power of God through the Holy Spirit. Fr. John and Jeannie were warm and hospitable, making many friends in this parish. His strong and passionate faith was contagious, influencing many to a stronger faith including me.

I came to him for a Confession at a time when I was doubting my own worthiness. We talked at length and then went through the formal service of confession. He then shared a vision he had while praying for me that had me praising God all the way home. He truly stepped out in faith believing that God's power was available to all of us. The vision shared with me was so powerful that I never found myself again in that particular stressful place. There have been other challenges, but I have no doubt that Fr. Lambert was used to show me that I could never be outside of God's willingness to forgive.

Fr. John and Fr. Harry seemed to make a good team and I think they respected one another greatly. Up until his death, he contacted Fr. Harry annually to check in and catch up with him.

Many will remember Fr. John being asked by Sr. Angela to lead a Retreat on the Holy Spirit some years ago. He was older then and had come through some challenges but he was the same passionate man I remembered who relied so much on the power of the Holy Spirit in his personal life. I believe his personal faith in the power of the Spirit freed many to reach their full potential. I give thanks for Fr. John Lambert's blessed life of faith and for his deep commitment to his family. He will be greatly missed.



SPIRITUAL SHARING

Fr. Harry's article about Jesus' compassion and our vocation is filled with beauty and truth. I completely agree with the concept that compassion is more than sympathy or pity or an inclination to do something, but rather is to be with someone. In my mind, compassion is not a choice or a decision or an emotion. It is simply perceiving and responding to someone's need. My daughter told me a story about a time someone showed up at her church looking for a handout. He was dirty and ragged and hungry and he smelled bad. While the rest of the office staff was debating about what to do with him, one man quietly took him down to the clothing closet for clothes to fit, then took him to the men's room, washed him and dressed him, and took him for a meal. That is compassion.

I am now making all the decisions in my life. At first, I felt I was out of my depth, but as I prayed and examined each issue, I came to realize that the Holy Spirit would subtly nudge me to a good place. I now have recognized that He has done that before, but I did not recognize His input at that time.

Recently the daily SSJE email included, "We have faith in the God who raised Jesus from the dead, and we believe that nothing will thwart God's purposes or cut us off from God's love. No matter how dangerous or dismal the future seems, we continue to believe." Every morning I read the newspaper, filled with all the terrible horrible awful no-good very bad things happening in our cities, our states, our country, our world. The powers of hatred and evil seem to be growing stronger day by day and I want to cry with the father in Mark 9: "Lord, I believe; help my unbelief!"

I also resonated with your observation: "There are good things about getting older in not being such a slave to what others think of me." That is a wonderful bit of freedom. And one that is particularly present when our WSHS/WBHS Community gathers.

One thing I have realized quite recently is that Compassion is not limited to others but also to oneself. We don't often think about this in our daily lives but when we do something very foolish and realize it a bit late, it is never too late to forgive oneself and make amends and try to move on applying this new found knowledge to ourselves as well.

As I read Fr Harry's article, I see an image I've seen on Facebook. It is the Samaritan, kneeling next to the battered man on side of road. Off to the distance is a small group saying, "Our thoughts and prayers are with you." A phrase so often heard after yet another mass shooting. Hollow and empty words, said then and forgotten until the next day, or shooting. How, do we then show true compassion to strangers in far off states?

I find myself reflecting on our brokenness and the Holy Spirit's work of healing. Where the Spirit of God is, there is nothing irreparable. This gives me new hope for situation, relationships, conditions that often seem hopeless. "Not by might nor by power, but by my Spirit, says the Lord Almighty" (Zechariah 4:6). It is my prayer that I would move further along in my journey to release my own

power and move in the power of the Spirit. I thank God for those situations that bring me to the end of myself and into deeper dependance on Him.

Judaism speaks to me because all good people have a place in heaven, regardless of their faith. The focus is on repairing the world, charity, and acts of loving kindness.

I never had been tested as to what I was capable of in my own mental strengths or weaknesses. Jesus made me a strong person during times when I didn't know if I could carry on but He proved to me that, with his help, with my church, and with the Worker Sisters and Brothers of the Holy Spirit, I am whole and strong.

If we lived according to the Law in Leviticus, we would not spend every penny on things for ourselves but think about the less fortunate and give some of our abundance to those in greater need than ourselves.

Now when an opportunity comes for me to be God's hands and feet, I slow down; I look at them, I see them and I listen to them. Then I help however I can, and give them a Bible.

We have a new pet, a kitten named Georgie. So now we have two cats, little Georgie and Max. I have never been much of a pet person, but Max and Georgie are fun to watch. I think they are good to have around.

I really enjoyed Fr. Harry's Contribution on compassion. One incident that is always a reminder to me of compassion was an experience I had many years ago on my way to work. I was crossing a bridge and saw a woman pushing a shopping cart full of possessions. The first thought that popped into my mind was "there but the grace of God, go I." The next thought was why am I judging that woman? That is not my place. Jesus tells us that "only the Father can judge anyone's actions." Who was to say those were her possessions? She might have been bringing them to someone less fortunate than her! At any rate, to this day I think of that and remind myself that it is not my place to judge others actions or circumstances.

I feel that it is important to give of myself to those in need. Especially the homeless. When I see them, I make sure that I acknowledge them and help them out.

The idea of being in the position of Ruth and offering total and true compassion to someone close is an interesting situation. I would pray that if I had the opportunity to offer true compassion to someone that I would follow through. I think if someone in the Community needed compassion from me, I would do my very best to be compassionate as long as necessary.



FORMATION AND TRAINING

Compassion and the Benedictine Rule

by

By Sr. Lucia, WSHS



Compassion is not sympathy. Compassion is mercy. It is a commitment to take responsibility for the suffering of others. Compassion makes no distinction between friends and enemies, neighbors and outsiders, compatriots, and foreigners. Compassion is the gate to the human community. - Sr. Joan D Chittister, O.S.B.

When I started this article, I was looking for a book or chapter about the Rule of St. Benedict and Compassion but could not find any; then I realized the truth.

Compassion is the undertone of the Rule of St Benedict. It permeates the Rule. Our Community Rule is not a static “one-way or the highway” rule but a living rule that adapts to time and the situations of our lives. It is not only for a traditional community that lives in a monastery or convent, but also for all types of communities and for those who do not belong in any community but want a rule to live by. It has provisions for adjustment depending on the need at the time.

Even within a traditional community it is adaptable depending on the situation using compassion, mercy, and kindness. Examples of this are in the distribution of goods according to need. (Acts 4:35) Some may need more due to age, health, poverty. They are given more with the attitude of compassion and kindness. Not with an attitude of deserving more, but of needing more.

Compassion does not give equally. This goes back to the heart of humility. One example in St. Benedict’s Rule states that a member who is ill is not punished for missing the Hours, but prayers are said for the ill member. A member who is exhausted is allowed to sleep and miss Mass without reprimand. The Rule is not a rigid one-way type of rule but one that is based on compassion, mercy, and kindness. Hospitality is infused with compassion. Receiving others as Christ with warmth and attentiveness. In the beginning, the Benedictine houses were refuges for travelers where they were welcomed, provided for, and safe in a dangerous world. The attitude was one of compassion as the weary and often fearful travelers were cared for by the Community. Today, we as individuals are still called to show hospitality to strangers. It starts where we meet, in church, street, or in lines at the store. Truly asking people how they are with open hearts is a way to show compassion. A smile can brighten someone’s day, or a kind word can change someone’s path. Truly “seeing” someone can make all the difference and is compassionate.

We are to live the Rule with compassion. Benedictine wisdom has you start simply and gently from where you are. Then with grace, growth can happen. This is a way of inclusion that encourages instead of discouraging the member.

This compassion also extends to all creation. Thinking about and caring for all of creation is good but doing something to help is a sign of compassion. Compassion is an action word not just a passive one like sympathy. Compassion usually involves doing something. Sometimes it is being present to the one needing compassion and actively listening to them.

Our Community Rule is based on Benedictine Spirituality. It also is infused with compassion. On page 26 of the Rule, it talks about compassion. Colossians 3:12 says:

Put on then, as God's chosen ones, holy and beloved, compassion, kindness, lowliness, meekness, and patience.

The Rule talks of compassion for the earth, others, neighbors, loved ones and of course us. We are the **Worker** Sisters and **Worker** Brothers of the Holy Spirit with the acknowledgement that we live in the world and are not apart from it. We must have compassion for this world and work as each of us is called. We are to show compassion where we are and extend it to all creation. That is in our Rule. When we feed the hungry, we are following Jesus' example of compassion, Matthew 14:13-21, when he had compassion of the hungry crowds and fed them.

Action, not just kind thoughts and prayers. Jesus was a person of action and often showed frustration with temple leaders when they were so caught up in their rules and lack of compassion so he healed on the sabbath, Matthew 12:9-13.

⁹Going on from that place, he went into their synagogue, ¹⁰and a man with a shriveled hand was there. Looking for a reason to bring charges against Jesus, they asked him, "Is it lawful to heal on the Sabbath?"¹¹He said to them, "If any of you has a sheep and it falls into a pit on the Sabbath, will you not take hold of it and lift it out? ¹²How much more valuable is a person than a sheep! Therefore it is lawful to do good on the Sabbath." ¹³Then he said to the man, "Stretch out your hand." So he stretched it out and it was completely restored, just as sound as the other.

How do I experience compassion through the Benedictine Rule? In everyday life, I try to greet others with compassion. I don't know their journey, but I figure reaching out and seeing, really seeing people, is a form of compassion. Maybe my smile or comment will help them know that they are seen and are valuable. I try to follow my daughter-in-law's example at the checkout. She always asks the cashier "how is your day going?" And she truly means it. I watch the smile rise as the cashier realizes she is not just saying "Have a good day" by rote but she is honestly showing concern and connection. I started doing this a few years ago and I pray that the person knows that I mean it. I do see recognition at times. This is just a small start, but small starts can be easily passed on to others and can grow. Through the Fruits of the Spirit, I try to show compassion, as compassion and kindness and gentleness walk hand in hand. I try to have compassion with myself in knowing that I am not perfect or called to be perfect but to grow where I am now.

Questions for Reflection

*Choose one or two that speak to you and perhaps
you would like to reflect on them in your next yellow letter.*

1. Where do you see the Rule calling you to compassion?
2. How do you see Col. 3:12-17 at work in your life?
3. How does Sr Joan Chittister's quote speak to you?

Appreciation for Years of Service



Father Beachy's Chaplain's Cross
Presented to Sr. Brenda Faith by
Sr. Catherine Marie

Appreciation for Our
Transportation
Co-ordinator Howard
McClendon with
Sr. Kathleen Rachel and
Sr. Wendy Samuel

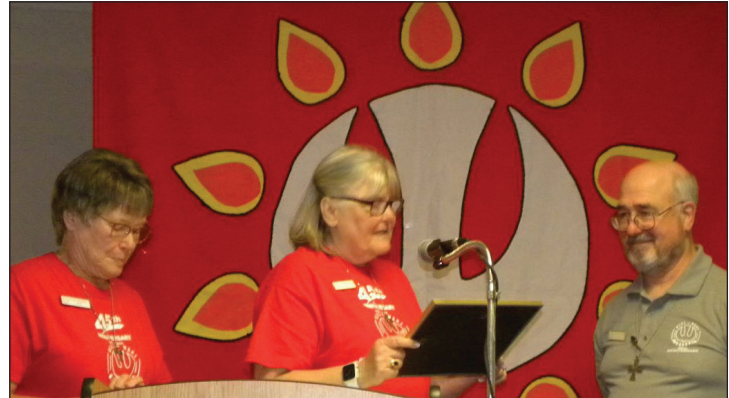


Appreciation for
Years of Service As
American Director -
Sister Christine

Appreciation for Years of Service



Provincial - Sr. Diane Richard



Musician - Br. Peter Nicholas

Certificates of Appreciation were also to:



Sr. Dorothy Gregory
*Provincial and
Habit Seamstress*

Br. David
Musician



Sr. Barbara Veronica
Provincial



Retreat Memories



**Sr. Kathleen Columb
Sr. Linda Thomas
Sr. Christine**

**Sr. Diane Richard
Sr. Paula Adelaide
Janine Robbins**

**Howard McClendon
James Easter
Br. Raymond Gregory
Br. Peter Nicholas**



**Sr. Barbara Rebecca
Stephanie Rizzuto
Erin Dierix**

Retreat Memories Continued...



**Sr. Shirley Evangeline
Sr. Nancy Clare
Ginny Berkey
Sr. Brenda Faith**

**Maryia Pohlmeier
Sr. Kathleen Rachel
Sr. Wendy Samuel
Sr. Catherine Marie**



**Pat Cashman
Annie Maude
Sr. Brenda Faith
Ginny Berkey**

Retreat Memories Continued...



Melanie Toboyek - *Worker*,
Annie Maud - *Friend*,
Sr. Kathleen Rachel -
American Director,
Pat Cashman - *Friend*

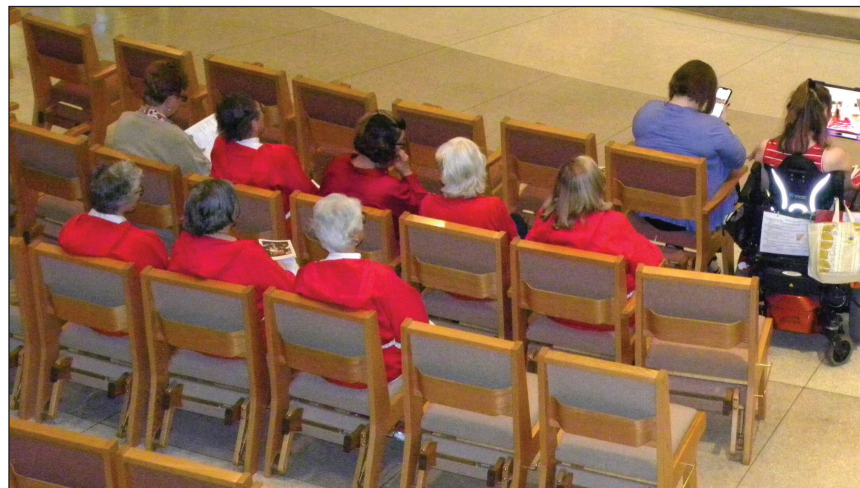
Sr. Wendy Martha,
Sr. Brenda Faith,
Sr. Patsy Anne



Retreat Memories Continued...



Pat Cashman, Annie Maud, Sr. Wendy Samuel, Sr. Brenda Faith



We were blessed this year by being able to have members here through Zoom and to be welcomed and greeted by our Prioress, Sr. LaVerne Peter!



Sr. LaVerne Peter,
Prioress



Sr. Charlotte Mary



Sr. Betty-Lou Shirley



Sr. Jane Bartimaeus



Br. David



Sr. Dorothy Gregory



Sari Jn-Francois



Sr. Arnitta Monica



Sara Hornor