

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



THE FRUIT OF GOODNESS
July 2024

Bulletin Cover - Photo of Orange Grove by Tyler Shaw - Unsplash.com

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Erin Diericx, WSHS, emdeerx@gmail.com, or see green sheets for her 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

Web Addresses: workersisters.org workerbrothers.org	
THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT	
Trina Avedisian, Friend, WSHS	Layout & Design WSHS/WBHS Bulletin
Sr. Christine, WSHS	Editor
Sr. Shirley Evangeline, WSHS	Proof Reader
Contributing Staff	
Sr. Kathleen Rachel, WSHS	Co-Director
Sr. Deborah, WSHS	Co-Director
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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
July 2024**

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

July 27, 2024

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 11AM MT, Noon CT, 1PM ET)

In-person Corporate Communion

Pleasant Hill, Tennessee Sr. Janeen Julian, WSHS TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

**July 27 • August 24 • September 28
October 26 • November 16* • December 14***
** Date changed to 3rd Saturday due to the holiday*

CHAPTER ONLINE MEETING
August 14, 2024

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:

Pam Winn, WSHSH

New email address

hugsfrompam@comcast.net

Janine Robbins, WSHS

New Address and Phone Number

502 Parkdale St. #2

Cuba, Mo 65453

Cell #: 573-512-2148

Reminder to Sisters, Brothers and Workers

1. *Please email your entire "Yellow" letter to your Cluster Leader including Prayer Requests, Recommendations and News Notes.*
2. *Email a copy of only your Prayer Requests, Thanksgivings and News Notes to:*

Erin Diericx, WSHS

emdeerx@gmail.com.

1204 North Prospect Avenue,

Lecanto, Florida 34461

Reminder to Companions and Friends

1. *Send your responses to the Friends and Companions Corner to:*
 Marya Pohlmeier, Companion
 maryalovestravel@gmail.com
 1677 Mount Vernon Drive, St. Charles, MO 63303
2. *Companions, send your Pentecost letter to:*
 Sr. Betty-Lou Shirley, WSHS, Companions & Friends Coordinator
 durr@vianet.ca
 1528 Dwight Beach Road,
 Huntsville, Ontario, P1H 2J6 CANADA



FROM YOUR DIRECTORS

Photo Directory Coming Soon!



The Green Sheets are being updated to include a headshot photo of each person in WSHS/WBHS. This copy of the Green Sheets will be made available on our WSHS/WBHS website under MEMBERS PAGES. If you do not want your photo included with your name, please notify Sr. Christine at casturges@gmail.com and she will make sure your photo is removed from the final copy of this Photo Directory.



COMPANIONS AND FRIENDS CORNER

Let us Companions and Friends pray for our Community.

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

July 11: Feast of St. Benedict, Abbot (ca. 480—ca.550)

Happy Feast Day to each of you!



Benedict evidently had an extraordinary power to read and discern the souls of others and his Rule shows his rare insight into human nature. Earlier monastics had stressed rigorous asceticism and self-denial. But he designed his Rule for ordinary human beings like us. His discipline was shifted from externals to the interior, from the flesh to the will. In place of emphasis on fasting and mortification, Benedict substituted the discipline of humility, obedience, and accommodation to community life.

This is how Sr. Angela followed in his footsteps. We've been walking similar steps all this year! Love, Joy, Peace, Patience, Gentleness, Goodness, Faith, Meekness, Temperance. I'm going to celebrate July 11 by taking a long walk in some beautiful nature. I haven't chosen the place yet!

As you already know from one of my previous articles, I love the Prologue to the Rule which opens with the word "Listen." I recently purchased a small booklet called *"A Reader's Version of the Rule of St. Benedict in Inclusive Language"* from the Benedictine Sisters of Mount Saint Benedict in Erie, Pennsylvania. The Prologue opening is framed there like this: "Listen carefully, my daughter/son, to my instructions, and attend to them with the ear of your heart."

Listen with the ear of your heart. How does one do that? A lot of praying, asking God and others questions, reflecting on responses, asking more questions, seeking with an open ear (or hearing aid if necessary). Many years ago it was time for me to get out of teaching and being the principal in elementary school. That much was easy to "hear." But I was only 51. Where was God leading me next?

I went on 13 interviews of various kinds of jobs/ministries. I was offered four positions. That was easy to hear as well. Which one of the four would be the place to serve? I listened with the ear of my heart some more. More questions, more responses, more imagining myself in any one of the four, praying, opening myself to possibilities I had never tried before. Finally, I "heard" with the ear of my heart through two very different people.

First was Kathy who knew me well in my teaching and principal work and helped me see that I had the skills to transfer from that field to the ministry of parish religious education. And the other one was a surprise when my brother in Nebraska asked me on the phone what was the one thing holding me back. I said "distance" from my residence! He said something like "Has that ever held you back before?" That clinched it because I had gone 500 miles away from my childhood home in Nebraska to a place in Missouri when I was very young! Having "*listened*" as Benedict urges us to do, I ended up in that ministry, in that place, for seventeen years and loved it immensely. The Psalmist tells us a bit differently but along the same lines: "If you hear God's voice today, do not harden your hearts." (Ps 95:8)

I'd love to receive one paragraph/story/poem/artistic rendering of how you have "*listened with the ear of your heart*" or how you will spend St. Benedict Day. Or any other

questions I've posed in the last year. Please send it soon. I'll include it in the future Bulletin corners with or without your name, as you wish. But we all would love to have your name attached to it so we can get to know one another better, even if from a distance.

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



SPIRITUAL SHARING

Reflecting on the importance of the Fruits of the Spirit in our Community Rule: Honestly, they're my lifeline. When I can't pray anything else, I use Sr. Angela's breath prayers, and they never fail to bless me.

Grief is my constant companion, but we have achieved a sort of tenuous approach as we discover our new "normal." Reading the Daily Offices (sometimes in Spanish, sometimes in English) usually brings me comfort. Compline remains my favorite of the Offices, perhaps because I have a nearly lifelong struggle with sleep issues and it helps to have that farewell to the day as a part of my bedtime routine.

Patience can be very, very difficult. We always want everything to happen in our time, which is not God's time. But in the end God works everything out and we look back and thank God for handling the situation. Sometimes our impatience can cause trouble, so we need to move slowly and trust that God knows our needs and will take care of things.

I am inspired by the quote from Father Beachy: "Our greatest act of hospitality is to continue to welcome God into our hearts and lives."

Lately I have been contemplating mortality. When I saw the youngsters milling about at a college reunion, for some reason I sensed the passing of the years and was confronted with the thought that they too will someday be only memories for those left behind. So what will my legacy be? I'd like to say that I will leave behind many fond memories

of positive interactions with people as I walked through life. But I worry about the negative interactions. When I am being hopeful, I cling to C.S. Lewis's thoughts in the Screwtape Letters. How much better my behavior has been (because I'm a follower of Jesus) than it would have been otherwise. May God bless those memories, and may the positive substantially outweigh the negative.

I continue to volunteer as an *English as a Second Language* volunteer teacher at a senior center nearby. My number of students had dropped quite a lot, so I started teaching at another senior center, however I wasn't doing well at this other facility. Eventually my numbers there dropped to zero, so I stopped teaching at that center. In the meantime, the numbers at my original center went back up. It was interesting to me how much more effective I turned out to be at my first location.

My patience is being tested this month, especially with my anxiety. I just want to function like I normally do. I wanted to have my appointment with my PA a week ago. I relate to Sister Betty-Lou Shirley's comment, "maybe I appear patient as I listen, but not far underneath there can be a lot of turmoil. I can cover my impatience with a flat, objective, non-judgmental demeanor and put myself/my desires aside as I serve others." As someone who needs personal care, I have a certain level of patience, but someday I am wishing they could speed up, or I may just appear to be listening.

I do believe "Patience is 'love under pressure.'" One has to be patient with those who we love, especially because we cannot make them change.

Just a quick note on your Spiritual Sharing; I honestly think you are a saint to be able to endure waiting for others to meet your needs and with such patience and understanding.

And I am happy to see that you are able to attend the Wednesday Healing Service. I find that midweek healing service particularly meaningful for me as well.

I do love all of the fruits of the Spirit but most importantly the fruit of Patience, probably because I am not a patient person by nature. I have learned though, that waiting is sometimes what is needed in order to really understand the purpose. Case in point was my entry into the Community. I met Sr. Margie at the Episcopal Convention in Kansas City. I think it was 1984 or 1985. We were leaving for Germany in July 1985 and I really had hoped that I could join before leaving. But no, that wasn't God's plan. I had to wait until I had a better understanding of what the commitment would be. Long story short, I met Sr. Brenda Faith in Germany at a Youth Retreat in Berchtes-

gaden, Germany. We connected and stayed in touch over the next few years. I spent many hours studying the fruits and learning about the Community. In July 1989 I was admitted in Germany with Sr. Brenda, Howard & their family and my family and a German Catholic priest officiating. I can't say that Patience has always been easy from then on, but it was a start!

Patience in waiting for packages to arrive has always been a problem for me. I want them to show up almost as soon as I have ordered something. Everybody has been stuck in the middle of "shipping delays" that mean that you have to change your plans. In my new home, I don't have to worry about where the packages will be delivered, but I still find myself checking and checking tracking numbers for the delivery dates which have changed occasionally.

I've seen some of my neighbors deteriorate mentally and have learned to be more patient in my expectations of what might happen. I hope that someone will be patient with me as I get older.

How timely the Bulletin reflection on the Fruit of Gentleness is for your situation. To let Jesus gently hold you, to be gentle with your expectations of yourself (a tough one for all of us!) and as Sr. Jane shares in her Bulletin article, "without gratefulness for what we have been given, we cannot pass on gentleness." There is much that you, I and our WSHS/WBHS Community has to be grateful for. As I start to *think on those things* I do sense I am settling into more awareness of gentleness within myself and for myself.

(In the Bulletin article) I really liked Sr. Betty Lou's emphasis on patience, taking time and how hard it is for most of us to be patient while waiting for a change we want. It really does take a deeper faith to accept what is while we wait for what we hope for. I have heard, and now can believe, that our expectations and hopes are not what we need to focus on but only on wanting what God wants for us.

Like you, after the pandemic, I began to notice how our members in their 70's, 80's and beyond are living with lessons about letting go and being more patient. I'm hearing that living patiently for a restoration of physical health is one of the most challenging situations. In church this morning I noticed a promise about aging that was in the reading from 2 Cor 4:13-5:1 "So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen: for what can be seen is temporary, but what cannot be seen is eternal." A very timely reminder for me about looking at life from the perspective of the eternal.

Since Retreat, my prayer partner and I have been meeting by phone to read Compline together once a week. This has been and is very meaningful to me.



FORMATION AND TRAINING

The Fruit of Goodness

By
Sr. Christine, WSHS

God of Goodness...purify me.



Sr. Christine lives in Windsor, Colorado. She was admitted as a Lay Worker in April 1994. She currently serves as our Coordinator of Communications.

I presented some thoughts about the fruit of Goodness at Retreat 2024. Here is what I shared.

Goodness! What is it? There are many definitions of Goodness. My focus is on Goodness as it relates to God, to his Goodness. Here are a few meanings to ponder. Often we consider someone as good when they think of others first, putting God's will above self. A "good" person is often seen as open and trusting, communicating an honest attitude of heart, mind, and soul; energized by a pure, obedient, willing spirit. Typically, a good person doesn't have a lot of hidden agendas and needs that are foisted on someone else. They generally want the best for the other person just because they love that person.

Some definitions of Goodness include a generosity of spirit. Being good to others as God has been good to each of us. Here our focus is on the gift of ourselves to others. That could include our time or our listening. I am sure you will think of others. We remember the story of the vineyard owner who employed men to work in his vineyard. People complained that he was not fair. However, this story suggests that good people don't always worry about what is strictly fair. They err on the side of generosity.

Goodness! How do we get it? Hmmm. We learn that we can't buy it; nor can we earn it. That is a good thing! Goodness is an internal quality we develop through our relationship with God. We learn from God what Goodness is. It cannot be created by or for us. Instead, allowing the Holy Spirit to lead us, we grow in our willingness to be and to do good.

So, Goodness is not a quality we can manufacture on our own, neither for us nor by us. Allowing the Holy Spirit to lead us, we grow the characteristic of goodness. The Holy Spirit in us allows us to experience the fullness of God's Goodness. John Drescher, in his book on the Fruit of the Spirit, reminds us that Goodness is first nurtured in our hearts before it is borne in speech or action. It is "always open-eyed and sees the need." (*p. 210*) Goodness is the result of a new life within; it is not the result of self-struggle or good intentions, or believing we are essentially good.

Now, as we experience God's Goodness, we also learn to look for Goodness in others. Looking for the good in others and encouraging them in becoming good is very important! A person who personified Goodness was St. Barnabas, who incorporated goodness into his life to a remarkable degree. He was also known as the Great Encourager. Some examples of his goodness included:

- Sharing what he had. He sold his property and gave the proceeds to the church. (Acts 4:36-37)
- Champion of the "second chance." See his defense of Saul (Paul) before the apostles. (Acts 9:26-27)
- Demonstrating humility. Realizing the Antioch church needed some teaching he could not produce, he called Paul in as a partner. (Acts 11:22-26)
- Encouraging errant youth. When Paul refused to accept John Mark after his defection on the first missionary journey, Barnabas broke with Paul, and Barnabas and the young man (John Mark) went on a separate journey of their own. (Acts 15:36-39)
- "...a good man..., enthusiastic and confident in the Holy Spirit's ways." (Acts 11:24, The Message)

It is important to encourage one another (and ourselves) in our efforts to be good and do good. We must continually look for the good in others and encourage them in becoming good. My natural tendency is to look at situations with the tendency to find something done wrong, and correct it. When that happens, I try to stop, take a breath, maybe a walk, and figure out how to encourage and build up rather than tear down.

Ephesians 2:7-10 (translated by Eugene Peterson in *The Message*) reminds us:

Now God has us where he wants us, with all the time in this world and the next to shower grace and kindness upon us in Christ Jesus. Saving is all his idea, and all his work. All we do is trust him enough to let him do it. It's God's gift from start to finish! We don't play the major role. If we did, we'd probably go around bragging that we'd done the whole thing! No, we neither make nor save ourselves. God does both the making and saving. He creates each of us by Christ Jesus to join him in the work he does, the good work he has gotten ready for us to do, work we had better be doing.

References

- Wright, Christopher J.H. (2017). *Cultivating the Fruit of the Spirit*. InterVarsity Press
Drescher, John M. (2007). *Doing What Comes Spiritually*. Wipf and Stock Publishers
WSHS August 1998 Bulletin with reflections on the Fruit of Goodness

Questions for Reflection

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

1. Sr. Christine writes “My focus is on Goodness as it relates to God, to his Goodness. Typically, a good person doesn't have a lot of hidden agendas and needs that are foisted on someone else.”

Can you sense the difference in being in the presence of one who seems to be motivated by God's love and one who, although friendly and pleasant, seems to have “their own agendas”? What are the signs that give them away to someone who is discerning?

2. What are my feelings about goodness being produced in me by God and not being something I can manufacture myself? Am I increasingly aware of my motives when I do “good” or “work for justice” or some other virtue? Can I readily give God the credit when my behavior or words show forth goodness?

3. Share about someone you know who frequently seems to show forth “goodness” in their life. How has their life influenced you?