

**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**THE FRUIT OF PATIENCE**  
**May 2024**

**Bulletin Cover - Photo by Brian Erickson Unsplash.com**

“If we hope for what we do not yet have, we wait for it with patience.”  
(Roman 8:25)

You can almost hear the person in the photo asking “Are we almost there?”

**Community Communication Contacts:**

**Prayer Requests and News Notes for the monthly Bulletin** - email Ginny Berkey, Novice, WSHS, mollysnonna@gmail.com or see green sheets for her 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](http://www.workersisters.org), [www.workerbrothers.org](http://www.workerbrothers.org)**

<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
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**CALENDAR**

**CORPORATE COMMUNIONS  
REGIONAL GATHERINGS  
May 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.

<b><u>Regional Zoom Gatherings</u></b>		<b><u>May 18, 2024</u></b>
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)
<b><u>In-person Corporate Communion</u></b>		
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

**REGIONAL GATHERING/CORPORATE COMMUNION DATES**

**May 18\* • June 22 • July 27 • August 24 • September 28**  
**October 26 • November 16\* • December 14\***  
*\* Date changed to 3rd Saturday due to the holiday*

**CHAPTER MEETING**  
**May 8, 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**



**FROM YOUR DIRECTORS**

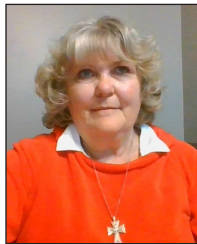
**RETREAT THANK YOU!**

Thanks to everyone who participated and helped with Retreat 2024! We plan to provide a report on Retreat in an upcoming issue of the Bulletin.

**BIRTHDAYS and COMMUNION of SAINTS LIST**

The Birthdays and Communion of Saints list will now be included with the Bulletin each month. We encourage you to offer prayers for members on their birthdays and for deceased members in our Communion of Saints on the anniversary of their deaths.

**UPDATES from RETREAT**



Sr. Wendy Samuel, WSHS was installed as our Prioress at Retreat 2024



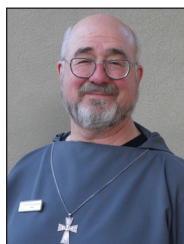
Ginny was invested as Sr. Ginny Francis at Retreat 2024



Sr. Deborah, WSHS was installed as our Canadian Director at Retreat 2024



Erin was admitted as a Lay Worker at Retreat 2024



Br. Peter Nicholas, WBHS officially started his term as East/South Provincial.



Janine was admitted as a Lay Worker at Retreat 2024



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**CHAPLAIN: THE REV. SR. BRENDA FAITH**

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**A WORD FROM YOUR CHAPLAIN****Rev. Sr. Brenda Faith**

I'm so glad we are coming back to basics this year. We always need to look back and review from time to time why we began this community, and why we are here in the world.

Sr. Angela started with the basics. We began with the Holy Spirit. So now we are going back to review, to recall, to marinate, to listen again, and even to dive deeper.

We have been given the Holy Spirit to sustain us through life. The Holy Spirit is God's gift. The Holy Spirit gives us what we need to live like Jesus intended us to live. The Holy Spirit comforts, encourages, enables, and strengthens. The Holy Spirit fills us with God. She fills us with the gift. The Lord graciously offers the tools. The essentials to 'make it'; to get through this life. Not just get through, but to survive and thrive. Survive and thrive. The filling of the spirit helps us thrive in God's Kingdom.

Sr. Angela's breath prayer is very helpful to our thriving.

The Lord offers these gifts to us, but we must open ourselves to them, accept them, and ask to be continuously filled with them.

Using the words of the Sr. Angela's Holy Spirit Breath Prayer in a slightly different way, (with respect and appreciation to our dear founder)

**I pray now:**

May the qualities of God's Spirit:

Embrace us with Love,

Fill us with Joy,

Quiet us with Peace,

Sustain us with Patience,

Hold us with Gentleness,

Strengthen us with Faith,

Forgive us with Meekness,

Teach us with Temperance,

That we might understand and utilize those qualities toward others, as God so graciously does for us.

Practicing the fruit of the Spirit (using what God gives) helps us become aware of the gifts we already have been given. Consciously looking for ways to utilize the gifts that are graciously given helps us realize they are there for the asking and using.

Jesus tells his disciples there would be a lifegiving river within us flowing through us to the world.

In John 4:10 and 14, Jesus spoke to the Samaritan woman at the well about himself and this gift from God.

<sup>10</sup> ‘If you knew the gift of God, and who it is that is saying to you, “Give me a drink”, you would have asked him, and he would have given you living water.’

<sup>14</sup> those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.’

Jesus shouted to his listeners about “Rivers of Living Water.”

From John 7:37-39—

On the last day of the festival (Festival of Booths/Tabernacles), the great day, while Jesus was standing there, he cried out, ‘Let anyone who is thirsty come to me, and let the one who believes in me drink. As the scripture has said, “Out of the believer’s heart shall flow rivers of living water.”’

Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified.

The living waters of the Spirit flow through us, because God continuously breathes God’s Spirit into us. We must learn to draw our strength and help from this internal stream.

Lately, when I find myself having difficulty sensing the Spirit in me, I find it helpful to consciously breathe in the spirit. I breathe in God by inhaling and exhaling God’s name (Yh wh) as a breath prayer. Inhale Yah (exhale weh). Yah (weh).

This Breath Prayer is explained well at this link:

<https://www.presenceandpractice.com/blog/yahweh-prayer>

Finally, Let us Pray.

Teach us, Lord Jesus, to listen as you did. Help us to be slow to speak, slow to judge, and quick to hear. Open our ears so that we can sense both the cry for help around us and your Spirit more clearly, that we might follow you more completely. We pray, in Jesus’ name. Amen. (From Ben Ingebretson, Plant Like Jesus)



## 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 of the Holy Spirit and The Worker Brothers of the Holy Spirit. Amen.**

Blessed Easter Season to each of you. Pentecost is not far behind! So happy Pentecost to each of you!

Pentecost! No one has ever told me that this is our feast, but I'm pretty sure it is our feast as members of a Community bearing the name of the Holy Spirit! I'm not sure exactly when each denomination celebrates Pentecost, but surely for most it has something to do with 50 days. Interesting we have 40 days of Lent but celebrate Easter for 50 days. The 50-day celebrating tells me it must be important for us to celebrate the Risen Lord followed by the bestowing of the Holy Spirit. The Spirit settles not only on the Apostles but on each of us as well.

One of my favorite memories about Pentecost goes way back to the 1970's, in a little town in Missouri where I was preparing some young teens for their Confirmation at the local Cathedral in weeks to come. For part of the evening, we gathered in the parish church which was built in the 1950's and had a sweeping roof held up by very long beams. I began reading Acts 2: 1-4. You might agree that teens are usually hard to impress or have them take note but I barely got past verse one, "*When the day of Pentecost had come, they were all together in one place.*" I started with verse two "*And suddenly from heaven there came a sound like the rush of a violent wind.*" You probably guessed it. The roof was suddenly touched with no more than a 5-second wind, but it began to creak and creak. Then quickly as it started, it stopped! That's all it took, the teens were looking up, they were straightening up in their seats, they were looking at one another, looking at me. Of course, what could I do but repeat that verse "*and suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting.*" I had them in the palm of my hands, holding the Scriptures and hearing my voice reading, bringing times past to their present moment. "*Divided tongues as of fire, appeared among them and a tongue rested on each of them. All of them were filled with the Holy Spirit*" What a moment for those youngsters who talked about it for days afterward.

However, I'm the one who probably remembers the event every year since then. It taught me to watch for the Spirit coming to my assistance and inspiration and the Spirit usually comes as a surprise. As you might remember, the Spirit led me, this Lent, into the desert of finding ways to forgive a neighbor who made my life pretty miserable while I was on the Board of the Home Association. UPDATE: Interesting that I haven't seen him at all in the last few weeks so I'm still seeking words of love with forgiveness when I do see him.

What memories do you have where you experienced the Holy Spirit? What direction has the Holy Spirit inspired in you most recently? What bubbles up inside of you when you think of the Holy Spirit?

Since Pentecost is soon upon us, those of us who are Companions are committed to writing a letter to Sr. Betty-Lou. It can be as short as a paragraph or as long as you wish. Before I write my letter, I ask myself: What has happened spiritually for me this past year? How would I describe my relationship with God presently? Is there something I need to change, especially spiritually? Especially in regard to the WSHS/WBHS? If you remember, last year, I realized I needed to find a physical reminder to pray for the Community so I placed a beautiful decade of rosary beads (given to each participant on a bus pilgrimage trip!) next to my prayer corner to remind me. It has worked fairly well.

Sr. Betty-Lou Shirley, WSHS  
Coordinator of Companions & Friends  
1528 Dwight Beach Road  
Huntsville, Ontario, P1H 2J6  
CANADA

Or by email: [durr@vianet.ca](mailto:durr@vianet.ca)

Following is a reminder to Companions of our commitment. I'll print the Friend commitment in the next Corner.

A Companion is someone who has made a commitment to our Community and will:

- Cultivate a continuing awareness of their relationship with God which extends to the nurture of body, mind, and spirit.
- Regularly pray 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 Coordinator of Companions.
- Make an annual contribution to the Community.
- Receive and wear a small Community pin.

“Come, Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your love.”

PS. I have loved hearing from several of you about your responses to the Friends and Companions Corner.

Marya Pohlmeier, Companion,  
1677 Mount Vernon Drive  
St. Charles, MO 63303  
or [maryalovestravel@gmail.com](mailto:maryalovestravel@gmail.com)





## FORMATION AND TRAINING

## The Fruit of Patience

By

Sr. Betty-Lou Shirley, WSHS



*Sr. Betty-Lou Shirley lives in Huntsville, Ontario. She was admitted as a Lay Worker in April, 2006.*

Referring back to the January 2024 Bulletin, Sr Wendy Samuel wrote: “To produce the Fruit of the Spirit we must first receive the *Gifts* of the Holy Spirit...” Acting in conjunction with these Gifts, the Fruit will surely follow. It is important to note that the Gifts, followed by the Fruit, are freely given to us by God. This is simply another way God shows His Love for us.

I will focus on the fruit of Patience. It becomes evident through our formation and transformation, through receiving with an open heart the gift of the indwelling of the Holy Spirit. One well-known example is Job, whose patience was characterized by Faith and Humility. Another example is Saint Monica. Did you know that she is the patron saint of patience and perseverance? Her *persistent* prayers for her non-believing, wayward son who turned out to be Saint Augustine were answered through Faith and much *forbearance*. Also, Saint Paul during very trying times was able to write ‘what is known as the most Joyful book of The Bible.’<sup>1</sup> John Drescher sees patience as “love under pressure”<sup>2</sup>.

When first asked to write this article for the *Bulletin*, a Sister said that I have the fruit of Patience. Who, me? This is my thinking process when asked, well, 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 demeanour and put myself/my desires aside as I serve others.

So, is Patience just a facade? I do not believe so. The ability to cover it up and suffer without grumbling and grimacing? One can still be patient but act with tolerance, love with perhaps a dose of meekness, humility and obedience; this is patience. Other fruits on the vine help to ripen each other. Esther de Waal wrote: “We must love each other as they are, not as they are not.”<sup>3</sup> Patience does not always equate with waiting or not being engaged in the outside world.

<sup>1</sup>Nicole Margiotta, *3 Saints To Keep you Company During Seasons of Waiting* (Busted Halo.com ,May3,2023

<sup>2</sup>Betty Ann X, *Fruits of The Spirit- Peace and Patience*, (St Stephen Anglican Church of Canada, (WordPress.com) May 12,2021 Blog

<sup>3</sup>Esther de Waal, *Living With Contradiction, an Introduction to Benedictine Spirituality*, Morehouse Publishing (Harrisburg, Pa) 1997 page 58

The gift is not the fruit, but rather the presence and transformation to a closer Christlike behaviour and character. The Bible tells us of Jesus admonishing his disciples. Peter who could not stay awake and pray while Jesus was in Gethsemane. Later he grew in maturity and became the Rock of the Church. We grow with the often-painful lessons with patience if we take the time to be present and let Christ rule in our being. Then we find who our authentic self is. I understand now what is meant in The Fruit of the Spirit Breath Prayer: *God of Patience... sustain me*. Our transformation takes time and patience and gives us Life.

Following are some scripture references to waiting patiently;

James 5:7-8 You must be patient as you wait for the Lord's return. Consider the farmers who eagerly look for the rains in the fall and in the spring. They patiently wait for the precious harvest to ripen. You too must be patient. And take courage, for the coming of the Lord is near." (*New Living Translation Bible*)

Acts 1:4 While He was eating with them, He gave this command "Do not leave Jerusalem, but wait for the gift my Father promised which you have heard me speak about" (*NIV 2011*).

Act1:5 "but in a few days you will be baptized with The Holy Spirit"

'Over time a slow steady stream of water will erode the hardest of rock and turn giant boulders into pebbles. Over time a little sprout can turn into a giant redwood tree towering 350 ft tall.<sup>4</sup> (I love these analogies. So much in nature reveals the character of God.)

Reference to God's patience with humans: Numbers 4:17 The Lord is slow to anger and rich in un-failing love, forgiving every kind of sin and rebellion.

God's patience is evident with Israel in The Old Testament waiting for them to follow His way. And in The New Testament evident in Jesus' Life.

Today our culture is obsessed with speed and instant gratification. We have a compulsion for self control. We want the quick fix, instantaneous solutions and shortcuts. Personal problems which might have taken years to develop, we want fixed in one appointment with the medical practitioner or counsellor. For me, I laugh. When heating something in the microwave I figure that I will push the button and poof, it will be done perfectly. These are my expectations! Even that minute seems like forever as I stand hovering. We can learn from the simple and ordinary.

So, take a deep Breath of The Holy Spirit the next time you hear: "Are we almost there?"

Let us be thankful for patience and company along this journey.

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<sup>4</sup>Rick Warren, *The Purpose Driven Life*, (Zondervan, Michigan 2002), page 220

### 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. Betty-Lou shares the story of St. Monica's lifetime of prayers for her son St. Augustine. What does this story have to say to you about your prayers for someone you may care for greatly but for whom you also have concerns?
2. John Dresher's definition of patience is "love under pressure." How does this definition help or hinder your understanding of patience?
3. Sr. Betty-Lou also quotes Esther de Waal saying: "We must love one another as they are, not as they are not." Does someone special come to mind when you read these words? Might her words change the way you approach being patient with this person?
4. How might the scripture about God's loving patience increase your patience with yourself and others? How might discovering and nurturing more of your authentic self help you to be more patient with yourself as well as with those around you?



## FORMATION AND TRAINING

### An Experience of Mission, Ministry and Hospitality

presented by Sr. Deborah.

Her personal reflection on this part of our Rule:

*Living our Rule of Life has helped me to discern where I am called in my Community and Parish. It has helped me to know when to say no and when to embrace an activity instead of getting overworked and overwhelmed. I know my life has more meaning and greater joy from embracing Our Rule.*

### The Call

Responding as we are called by the promptings of the Holy Spirit to participate in Christ's mission through specialized ministries, and in obedience to God's command, witness to the world.

*I am going to lure her and lead her out into the wilderness and speak tenderly to her heart.  
(Hosea 2:14)*

*Yahweh would speak to Moses face to face, as a man speaks with his friend (Exodus 33:11)*

## Mission

True compassion for the earth and its peoples is the one component basic to all communities of faith. In Worker Sisters and Brothers, we echo the words from Paul's letter.

*Therefore, as God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness and humility, meekness, and patience. (Colossians 3:12)*

## Ministry

*The spirit of the Lord God is upon me because the Lord has anointed me; he has sent me to bring good news to the oppressed, to bind up the brokenhearted, to proclaim liberty to the captives, and release to the prisoners; to proclaim the year of the Lord's favor, and the day of vengeance of our God; to comfort all who mourn; to provide for those who mourn in Zion; to give them a garland instead of ashes, the oil of gladness instead of mourning, the mantle of praise instead of a faint spirit. They will be called oaks of righteousness, the planting of the Lord, to display his glory. (Isaiah 61:1-3)*

## Hospitality

*For I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me (Matthew 25:35)*

*I tell you, just as you did it to the least of these, you did it to me (Matthew 25:40)*

Father Beachy once said:

“Our greatest act of hospitality is to continue to welcome God into our hearts and lives.”

(October 17, 2013 American Board Meeting)

## Reflection Questions:

**The Call:** After reading this section of the Rule, reflect on your call to be a part of this community. How have you experienced this call and other calls in your life?

**Mission:** Reflect on your current insights about the importance of the Fruit of the Spirit in our Community Rule.

**Ministries:** Where are you being called in your ministry?

**Hospitality:** How are you living our hospitality in your journey and what difference is it making in your life and the life of those to whom you offer it?