

**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**THE FRUIT OF JOY**  
**March 2024**

**Bulletin Cover**

The Joy of My Lord is my strength.

*Psalm 27:1-14*

.....  
**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.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](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  
March 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**

**March 23, 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 10AM MST, 11AM CST, Noon EST)

**In-person Corporate Communion**

Pleasant Hill, Tennessee      Sr. Janeen Julian, WSHS      TBD

**REGIONAL GATHERING/CORPORATE COMMUNION DATES**

**March 23 • April 27 • 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 meets Online**  
**March 13, 2024 @ 1pm EST**

**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](http://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](mailto:wshs.wbhs@gmail.com)
- If you don't remember the password, please contact Sr. Christine.

### Updates for your Green Sheets:

**Peter Brook, Companion** has a new email address. It is: [pbrook420@gmail.com](mailto:pbrook420@gmail.com)

**Sr. Patsy Anne** has a new mailing address. It is 65401 E. Rose Crest Court, Tucson, AZ 85739

**Leanne Martinez, WSHS** email is: [lillywhiteflame@outlook.com](mailto:lillywhiteflame@outlook.com)



## SPECIAL PRAYER REQUESTS

Dearest Community,

We ask your prayers for Sr. Teresah HSM (Tanzania). Sr. Teresah is a member of the Monastery of the Holy Spirit, our Companion Community in Gweru, Zimbabwe. Following is a letter Sr. Teresah sent to Sr. Deborah, who then forwarded the prayer request to us.

“I am letting you know that I relocated to Tanzania where I was asked by the Holy Spirit Monastery to open a branch in the Anglican Diocese of Tanga. I am just beginning to put my feet on the ground. Once I am settled, I will send a detailed report about my mission in Tanzania and send photos for the Holy Spirit Monastery here.

May you please pass on my message to the Worker Sisters and Worker Brothers of the Holy Spirit.

Lots of love Sr Teresah HSM (Tanzania)”

Loving Jesus. We lift to you our prayer for Sr. Teresa HSM who is, at the request of the Holy Spirit Monastery, in the process of opening a branch in the Anglican Diocese of Tanga. We ask that you send your blessings upon her and her new location. We ask that you surround her with the love and protection of the Holy Spirit as she goes about Your work within the Diocese.

With love and prayers for health and safety for all.

Sr. LaVerne Peter, Sr. Kathleen Rachel and Sr. Wendy Samuel



## FROM YOUR DIRECTORS

### SEARCH FOR NEW AMERICAN BISHOP VISITOR

Blessings to all. Our very own and much-loved The Rt. Rev. Barry Howe, Friend, WSHS has stepped down from his duties pertaining to his role as Bishop for a much-earned retirement. In light of this move, WSHS/WBHS has the task of finding a new American Bishop Visitor for the Community. The Constitution and Canons of the Protestant Episcopal Church of the United States of America require that each Christian Community of this Church have a Bishop Visitor.

If you know of an active or retired **American Bishop in the Episcopal Church**, who you believe would be a wonderful addition to our Community in this role, please submit their name to any one of the members of the Bishop Visitor Search Team: Sr. Kathleen Rachel, Sr. LaVerne Peter, Br. Peter Nicholas, or Marilyn Propp. The following is a list of duties for the position of Bishop Visitor:

- Will have an official, canonical relationship with the Community
- Will consult with the leadership of the Community when needed
- Will make an annual report to the House of Bishops on behalf of WSHS/WBHS
- Attendance at Retreat in St. Louis is not required. However, we would like the Bishop Visitor to join us at Retreat, at their convenience, to get to know us better, all expenses paid.

Feel free to give this information to a prospective candidate you have in mind, if you feel they would be interested in the position. Encourage them to look at our website: [workersisters.org](http://workersisters.org) or [worker-brothers.org](http://worker-brothers.org).

We ask for your prayers for discernment during the selection process for both the Team members and those who will be interviewed. We pray for Bishop Howe, that he may have a long and healthy retirement. We are so very thankful for his years of love, dedication and faithfulness in serving our Community.

Thank you. May God bless all involved in this process.

Sr. LaVerne Peter, Sr. Kathleen Rachel and Sr. Wendy Samuel

**RETREAT REMINDERS**

All members of the Community are invited to attend; Workers, Sisters, Brothers, Companions and Friends. Plan now to attend either online or in person! Retreat dates are April 25-28, 2024 (Thursday to Sunday).

For those attending online, please email or mail your completed Registration form now so we know how many people to expect.

For those attending in person, the completed Registration & Accommodations forms with check are due by or before March 24. If your Accommodations form and monies are received after March 24, we cannot guarantee a room will be available for you.

If you have not received some or all of the Retreat information, please email or call Sr. Christine and she will send you the forms you need.

**ARRIVAL and DEPARTURE TIMES NEEDED**

To those who plan to attend Retreat 2024 in person, please email or send to **Howard McClendon, Companion** the date, day of the week, and time you will arrive, along with your departure time. This will facilitate our making correct arrangements for lodging and for coordinating shared transportation. Thank you.



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**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.

**March 2024**

It's the beginning of March. At the end we will celebrate Christ's resurrection at Easter. Presently we are still in Lent, just about half way through Lent. Lent resembles that biblical call that goes with the number 40 which requires not a counting of days, but a sufficient length of time for deep change or metanoia. So half way is a time to consider how we are doing.

I recently ran across an interesting list of suggestions for Lent. Maybe one or two of them calls to you for the remainder of Lent.

## Things You Could Give Up during Lent:

Fast food, TV viewing, elevators, swearing, sugar, social media, shopping, snooze button, texting, coffee, caffeine, make-up, warm showers, debt, French fries, cell phone, gossip, working overtime, white lies, last bite, junk food, complaining, music in the car (pray instead), snacking, being late, arguments, taking credit, hurtful words, movies, artificial sweeteners, bragging, going first, plastic bags, bottle water, clutter, Starbucks, E-mail, holding grudges, road rage, I-Phone apps, the last word, procrastination, sarcasm, worry, spending with a credit card.

## Things You Can Add in During Lent:

Donate a food item to a food pantry for each day of Lent (40 items).

Do a random act of kindness each day.

Post a Bible verse on social media each day.

Make a monetary donation to a charity, perhaps a certain amount for each day in Lent.

Post something you are grateful for each day.

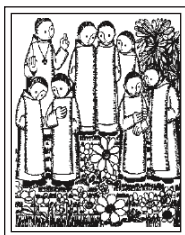
Spend 15 minutes each day decluttering. Pray and thank God for your blessings of abundance.

Write in a journal reflecting on all you are learning during the season.

Please drop me a line or email a short message about your Lenten journey.

Many blessings as we move as individuals and as a Community through the Lenten invitations from Our Lord! God will continue to invite us through Easter Season! Please join in the Annual Retreat in any way that you can!

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



## COMMUNION OF SAINTS

### Br. George, WBHS (Stan Hampton)



*Br. George, WBHS, died on March 16, 2023. Br. David introduced him to WSHS/WBHS and shared the following about him at the funeral. His photo was included in the Community's Memorial Book last year. We will now include this remembrance along with the photo.*

Br. George was a very interesting man. I first met him many years ago at Anglican Young Peoples. But soon after I began working and we went our separate ways.

I didn't meet Stan again until many years later. We were still attending St. Barnabas and the new Rector was Father Eugene Berlenbach. Stan and his wife Marie began attending the St. Barnabas and they supported all the Church events and became very involved in the regular activities. There was a Church men's group that met each Friday at Tim Hortons near Trent University for coffee and a chat. Stan, as you know, was very outgoing and loved to socialize with people. St. Barnabas also had a golf tournament and I believe Stan played in several over the years. Occasionally some of the men got together to play golf and Stan was always ready to join in.

Stan was a strong supporter of the annual FLAME conference (fellowship and learning for all men everywhere). (Norm Wolske led the music at FLAME for many years.) Stan had attended the conference faithfully for years.

At St. Barnabas I had become a member of the Worker Brothers and Sisters of the Holy Spirit and Stan was very interested. So, he also became a member and we would travel every year to the annual Retreat in St. Louis along with 60 to 70 other members from all over North America.

When St. Barnabas was closed by the Bishop, Sandra and I moved to St. James Emily where I had been leading some services, but Stan moved to St. Johns Ida since he knew several people from his attendance at the FLAME conference.

During Stan's last years he was living at Hillmar Apartments and continued to meet a group for coffee at Tim Hortons and he also had made some friends at Hillmar. The shutdown during Covid was a difficult time and the only time I saw him was at tax time.

I did talk to him about 3 weeks before he died. He told me about his health problems, but I did not expect him to go down so fast. I visited him at PRHC and he was talking away, however my next visits led me to believe he was unaware I was with him.

Stan was a good friend, and he will be missed, but he will be happy to be back with Marie in God's hands.

*Br. David, WBHS*



## SPIRITUAL SHARING

Thank you for the article based on our Rule: "An Experience of Discovery". I see that the more that I try to stay focused on the Right things, the more I feel that the Holy Spirit is holding me up.

\*\*\*\*\*

I think that I have (and share) the fruits of Joy, Peace, Goodness, Faith, Meekness, and Temperance (Simplicity) the most. I have trouble being more expressive with Love and am aware of losing some of my Patience (grumbling to myself about certain people). I wish that I had more ways to show Love, especially since I can't physically do what I would like to do, and my finances have changed.

\*\*\*\*\*

I just re-read my last letter, which was written in October. It was full of what God was sharing with me at that time. I needed to be reminded of all that I wrote in that letter. So, as I remember and type, I again am reminded that my part is simply to accept and receive the gifts God offers, so that I will bear fruit and show forth God's love in the world.

\*\*\*\*\*

I am enjoying the January Bulletin because it happened that our theme, so well introduced by Sr. Wendy, was echoed in the presentation from Retreat on the same Fruit of the Spirit and Holy Spirit importance to our community. I liked Sr. Wendy's image of the tree with the roots being the Word of God, the tree as our body (heart and mind) and the seeds as the gifts, all of which produces the fruit.

\*\*\*\*\*

There are so many words and ways to describe each fruit, but for me I find it most helpful to picture someone I know who seems to exemplify that fruit.

\*\*\*\*\*

Some fruits in my life seem more natural to me. I need to see more examples around me of Joy and Faith, to see these made manifest in others. Seeing them seems to make them more obtainable.

\*\*\*\*\*

I picked up an old copy of SHARING magazine. There I found someone's article who was talking about how we often plead with God for something we feel we need, but in fact God is already offering that something as a gift - if we but pause and receive. That author used the example of how odd it would be if he was offering us \$20 that we needed, but we kept saying "please, please give it to me, I really need it." The author points out why we might not receive God's answer, "What has kept us from being blessed is our refusal to take what is offered." Ah, sometimes I am so busy asking and outlining what I feel I am missing that I do not pause, listen, become aware of God's presence and receive what is offered. At the very simplest the gift is becoming aware of God's presence that brings *Peace*.

\*\*\*\*\*

Another matter of concern is my English as a Second Language class on Monday, Tuesday, Wednesday, and Thursday mornings. The number of students I teach is way down. I used to have five or six students. Now I have only one or two stalwarts. I hope my numbers can go up. I fear the class might disappear altogether. It's the highlight of my week. I'd be sad not to teach it anymore.

\*\*\*\*\*

I have just re-read the Bulletin and I feel warm and comfortable and as though I've been hugged.

\*\*\*\*\*

It makes my heart happy to hear that you are in a better place this month. I am sending you a BIG Koala Bear Hug as I am so happy that the Bulletin gave you "warmth and a sense of being hugged."

\*\*\*\*\*

My New Year resolution was to read my books on Benedict's Rule and I have started with Esther de Waal's book, Seeking God, and Joan Chittister's book, The Rule of Benedict, which looks at a part of the rule each day with a comment by the author. Her insights are very helpful. I am enjoying both books. The Chittister book repeats each section twice over the year, so hopefully, by the year's end, I'll have absorbed and understand better Benedictine Spirituality.

\*\*\*\*\*

Who is the Holy Spirit for you? I pray to God, in Jesus' name, the Holy Spirit is my teacher, my comforter. I am sealed by Him to protect my salvation.

\*\*\*\*\*

I wish I had more of all the fruits, don't think you can have too much and that includes faith. I trust God but I have a little voice that says do it yourself you don't need anyone else.

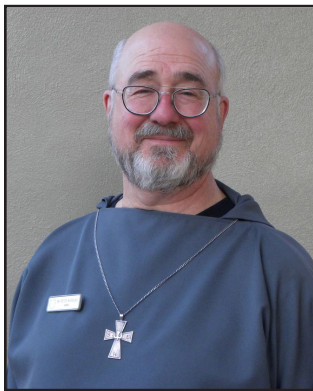
\*\*\*\*\*

At a devastating time in my life, when I lost my husband at the age of 40, God's love was present in so many ways. The Episcopal church was packed for his funeral and there was standing room only at some point. Communion was served and people of every faith attended. There were Orthodox, Catholics, Protestants, Baptists and others. They all came forward and received Communion. It didn't matter that they were receiving Communion outside of their religion. They were there to honor my husband and his family. At that point, I was overwhelmed with God's love. Knowing that all people were there with their loving hearts.



## FORMATION AND TRAINING

### The Fruit of Joy By Br. Peter Nicholas, WBHS



*Br. Peter Nicholas lives in Crystal Lake, Illinois. He was admitted as a Worker in April 2002.*

It's not easy to describe Joy. Let me give a few examples of persons who must have experienced Joy.

*The prodigal son:* Though he was ashamed and humbled, and the fiery lusts of youth had been beaten down, he must have experienced an overwhelming sense of Joy for being welcomed back into the bosom of his father's family. He was forgiven.

*My Uncle Bill:* Although he married into my mother's family, who were staunch members of a near-Calvinist Evangelical denomination, he did not join a church. He was often a resentful, grumpy, sourpuss of a man. When he finally let Jesus in, what a marked change in his personality! He had found the gifts of Joy and peace.

*The woman at the well:* She had been going from one lover to another and currently had no husband. She was likely ostracized from the other women in her village because of her loose way of living. And yet Jesus treated her with love and respect. He saw her. He knew her. Then He offered her Himself, that precious source of living water. How could she feel, but overwhelming Joy at having met the Messiah and having been loved by Him. And she just had to go tell the whole village about it!

*The hemorrhaging woman:* She probably felt guilty for pushing through the crowd to get near to Jesus and touch the fringe of his garment. But after nearly a lifetime of being shunned as “unclean”, suddenly she was cured. What relief! What Joy!

When I think of Joy, I remember walking home from work and seeing an excited three-year-old child so pleased to see his Daddy that he was jumping for Joy. I also think of a grandmother’s joy at watching her grandchildren at play. And there was our grand-dog who stayed with us a few weeks. The next time he saw us (and caught our scent), he wagged his tail so hard I thought it would fall off. He was transported just to see us again.

God’s Joy is like that. It supersedes any negative feeling we may be experiencing. *Note:* We are all in line for an extra serving of it. We have all been forgiven for our prodigal ways. We have all been truly known by God and loved nonetheless. With all our baggage, our sinful selfish ways, God still offers Himself to us. He comes to live with us, to pitch His tent with us. I believe He is very excited and happy when we come to spend time with Him.

We mustn’t forget Simon Peter. When he could have proudly said, “Yes, I’m with Him”, he denied having known Jesus. But after Jesus’ resurrection, we all know the story. I’m reminded of the song by Don Francisco (“He’s Alive!”) in which Peter bewails his betrayal and Christ’s death on the cross (in a miserable minor key). Then:

*Jesus stood before me with his arms held open wide,  
And I fell down on my knees and just clung to him and cried.  
He raised me to my feet and as I looked into his eyes,  
Love was shining out from him like sunlight from the sky.  
Guilt and my confusion disappeared in sweet release,  
And every fear I’d ever had just melted into peace.*

Could there be any Joy greater than the feeling of complete forgiveness after betraying a loved one? Each one of us has been guilty of betraying God in small ways, and sometimes in bigger ways. Could we experience any Joy greater than knowing we are forgiven anyway? And as the song ends with a loud and joyful refrain (in a hearty Major key):

*He’s alive! He’s alive! He’s alive and I’m forgiven,  
Heavens gates are open wide!  
He’s alive! He’s alive! He’s alive and I’m forgiven,  
Heavens gates are open wide! HE ’S ALIVE!*

It still gives me shivers, remembering that song which was sung every Easter morning for about ten years at our parish.

Brothers and Sisters, Heaven’s Gates are open wide. For each one of us. What relief! What forgiveness! What love! What Joy!

### 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. Br. Peter gives us some very specific and poignant examples of persons finding joy, often after deep loss, after betrayal, after being ashamed by our sin or being separated from those we love. Share an example of a time when joy burst forth in your life, perhaps when you did not expect it.
2. Joy and sorrow are often bound together - a joy that comes out of sorrow. Can you remember a time of coming through sorrow to joy?
3. The Paschal Mystery - death and then rebirth - certainly sorrow can lead to joy. Our whole world is transformed by death and rebirth. How can this truth help me to look for joy in the midst of a sorrowful Lenten season?



## FORMATION AND TRAINING

### An Experience of Relating

The sharing with and acceptance of the uniqueness of the Incarnation of Christ in each of us.  
Empowered by Jesus Christ to be involved in the world in a Ministry of Presence.

*Reflections of Sr. Shirley Evangeline on an experience of relating:*

*My path in learning and my personal growth has been so visible, outside as well as inside. On this adventure I have been introduced to and shared wherever possible. I have learned to open up and share life experiences on many levels as I have taken on various roles in our Community. Caring, loving, sharing - that's life.*

### Relating with the Community

*Be quick to listen and slow to speak (James 1:19)*

The sense of belonging is vital to each member of the Community. There are five categories of membership.

- Friends affiliate with the Community through a relationship of prayer.
- Companions have a personal Rule of Life and make a commitment to the Community.
- Workers make a commitment for life to live under the Rule in a Covenant relationship with God through the Community.
- Sisters and Brothers take major responsibility for the Community and have an increased Rule of Life

### Clusters

*Where two or three are gathered in my name, I am there among them. (Matt 18:20)*

Small groups known as “Clusters” aid members to become better acquainted and Cluster members are expected to be in communication with their Cluster Leaders on a regular basis.

### Cluster Leaders (Spiritual Guides)

*How can I understand unless someone guides me. (Acts 8:31)*

The role of the Cluster Leader is to help a member recognize the importance of being attentive and faithful to his/her spiritual journey.

### Leadership

*You have been trusted to look after something precious;  
guard it with the help of the Holy Spirit who lives in us. (2 Tim 1:14)*

Leadership roles include Cluster Leaders, Provincials, Directors and Chapter membership.

Leadership should demonstrate the gifts of the Holy Spirit: Wisdom, Counsel, Understanding, Knowledge, Ghostly Strength, Holy Fear, and Holiness.

Desired qualities would be maturity, common sense, openness, a sense of humor, and a healthy respect for the uniqueness of each individual as God’s creation.

### Chapter

*Now it was about this time that Jesus went out into the hills to pray;  
and he spent the whole night in prayer to God. When day came,  
he summoned his disciples and picked out twelve of them.  
He called them Apostles. (Luke 12:14)*

Everyone in the entire Community is a disciple.

Jesus called a small group to be his apostles. In this spirit the Chapter was formed.

Chapter oversees the life of the Community.

Chapter is responsible for decisions about admissions to the Community and those desiring to become Sisters or Brothers.

### Your Personal Reflections on Relating with the Community:

1. How does belonging to a Cluster help you stay in touch with your Community?
2. What has being in a Cluster (or participating in a Regional Gathering) revealed to you about yourself?

3. What do you offer to your Cluster group?
4. Cluster Leaders are Spiritual Guides to a group and accountable to reporting the Cluster activity.
  - If you are not a Cluster Leader, are you able to imagine yourself in this role?
  - If you are a Cluster Leader, how do you lead and keep your group connected to one another and to the Community as a whole?
5. What kind of leadership is most helpful to you?
6. Are you open to saying “yes” when asked to play a leadership or other role in our Community?
7. What is your understanding of Chapter in our Community?