

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**ANNIVERSARY
AND RECOMMITMENT
December 2024**

Bulletin Cover - Photo from Chronicle Post, UK

Merry Christmas! May your home be filled with child-like love.

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.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. Christine, 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 Sr. Christine, WSHS Sr. Shirley Evangeline, WSHS	Layout & Design WSHS/WBHS Bulletin Editor Proof Reader
Contributing Staff	
Sr. Kathleen Rachel, WSHS Sr. Deborah, WSHS	Co-Director Co-Director

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 Sr. M. Regina Goberna, O.S.B. (New City Press, NY, 1983)
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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
December 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

December 14, 2024

Eastern Regional USA & Southern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	1:00 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 (10AM MST, 11AM CST, 12PM EST)

In-person Corporate Communion

Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
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REGIONAL GATHERING/CORPORATE COMMUNION DATES

*****NOTE DATE CHANGE from 4th Saturday to 3rd Saturday in Dec 2024, May & Dec 2025
January 25 • February 22 • March 22 • April 26 • ***May 17 • June 28 • July 26 • August 23
September 27 • October 25 • November 22 • ***December 20**

Chapter Meets Online: December 13, 2024 @ 1pm
2025 Retreat Dates: APRIL 24 – 27, 2025 at Mercy Center

Call to Prayer. Please remember our Community in prayer twice a day 8:00 AM and 5:00 PM in your time zone and pray for World Peace at Noon.



**8:00 AM - Prayer for our Community
12:00 Noon - Prayer for World Peace
5:00 PM - Prayer for our Community**

The Worker Sisters and Brothers of the Holy Spirit Anniversary of our Founding

In December we celebrate the **52nd Anniversary of the founding of Workers Sisters and Brothers of the Holy Spirit.**

For those who are alone, please read this Service of Recommitment in a quiet place where you can take time to offer thanksgiving for this special Community to which we belong.

As we prepare to renew our commitment to our Community, let us take a moment to reflect on what our commitment is.

The Worker Sisters and Brothers of the Holy Spirit

The Worker Life Commitment (This includes Sisters and Brothers) from WSHS/WBHS Admission Service

I commit myself for life to a covenant relationship with God through the Worker Sisters and Brothers of the Holy Spirit. I hold as essential to our Rule, Mission, and Community Life, our fourfold commitment. I therefore dedicate myself to Jesus Christ, to the Fruit of the Spirit, to Mission and to Ministry.

From the Table of Contents of the Rule of Life for Lay Workers

- Daily Personal Prayer
- Daily Communal Prayer
- Daily Reading of the Sacred Scriptures
- Daily Participation in an Act of the Fruit of the Spirit
- Receive Communion Weekly (if available)
- Monthly Communication with the Community by Letter
- Monthly Financial Contribution to the Community
- Continue active participation in the life of the Community, the church and the world

The Worker Sisters and Brothers of the Holy Spirit

The Companion Commitment from WSHS/WBHS Admission Service

A Companion is a person under a Rule of Life who will

- Pray daily for The Worker Sisters and Brothers of the Holy Spirit.
- Offer special intention for the Community at a weekly Eucharist or Corporate Worship.
- Keep informed about the growth and development of the Community.
- Send a yearly letter on the Feast of Pentecost to the Companion Coordinator.
- Make a yearly contribution to the Community.
- Cultivate a continuing awareness of their relationship with God which extends to the nurture of body, mind and spirit.

The Worker Sisters and Brothers of the Holy Spirit

*Although **WSHS Friends** do not make a life commitment, we want to remember their role in WSHS and thank them for their ongoing prayers for the Community.*

A Friend is a person who:

- Is interested in the development and growth of Worker Sisters and Brothers of the Holy Spirit.
- Is committed to praying for the Community.
- Is on a personal pilgrimage.
- Desires to learn more from the life journeys of others.
- Wishes to receive the thoughts, prayers and caring concerns of this Community.

The Worker Sisters and Brothers of the Holy Spirit Annual Renewal of Commitment

OFFICIANT:

In recognition that:

December 1972 is the anniversary of the founding of The Worker Sisters of the Holy Spirit and December 1979 is the beginning of The Worker Brothers of the Holy Spirit, would you now reaffirm your commitment in this Community?

COMMUNITY:

Recognizing the continuing presence of God in the process of my spiritual growth, and honoring my commitment which I made for life, I pause to reflect upon its meaning and seek revitalization in living it out.

I will continue to be faithful and obedient to my Rule of Life.
I will continue to reflect on my personal and spiritual growth.
I will continue to encourage and support the members of the Community and our leadership.
I will endeavor to continue active participation in the life of the church and represent Jesus Christ as his servant in a caring compassionate manner in this suffering world.

OFFICIANT: Would you now repeat the Covenant of our Community?

COMMUNITY:

We, the Community of the Worker Sisters and Brothers of the Holy Spirit, in adoration of God and in thanksgiving for God's protective love for us do covenant faithfully to trust in God's unconditional grace and the guidance of the Holy Spirit.

As we participate in Jesus Christ's vision of unity, may we become his holy people, respond as we are called by the promptings of the Holy Spirit to show forth fruit, and, in obedience to His command, go forth into the world.

OFFICIANT:

May Almighty God, who has called you to serve in this holy life, give you power to fulfill your commitment through Jesus Christ, our Lord.
Amen.

December 2024



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets

Bulletin Update

A current copy of the Green Sheets (without photos) and a current copy of the Birthdays & Communion of Saints list is included with this December Bulletin. Print a copy if that is helpful to you. As usual, we will include updates to these lists in this column during 2025 so that you may update your hardcopy.

You are encouraged to look at the Green Sheets that are available and kept up-to-date on our WSHS/WBHS website. This copy includes photos! Check it out!

To view the online Green Sheets using your internet browser, go to

www.workersisters.org

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

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

Her mailing address is: 1204 North Prospect Avenue, Lecanto, Florida 34461

Reminder to Companions and Friends

Send your responses to the Friends and Companions Corner to:

Marya Pohlmeier, Companion, maryalovestravel@gmail.com

1677 Mount Vernon Drive, St. Charles, MO 63303



PRIORESS

2024 Prioress Report Worker Sisters of the Holy Spirit/ Worker Brothers of the Holy Spirit

1. It has been an exciting year of transition:
 - Our American Bishop, the Rt. Reverend Bishop Howe informed us of his retirement from WSHS/WBHS and a gift and Certificate of Appreciation for his many years of service was sent to him. We had hoped to do this at our annual retreat, but unfortunately, he could not attend. Bishop Howe returned a letter of appreciation for the gifts received and informed us that he loved the stained glass and his Certificate of Appreciation now hangs in his home office. We are currently searching for his replacement. We trust that God has Bishop Howe's replacement already chosen and are awaiting His timing, not ours.
 - Our Canadian Ecclesiastical Bishop, Susan Bell, after an extreme illness made the decision to resign as our Canadian Visitor Bishop and will not be

able to be our speaker at our 2025 Retreat. We parted ways with prayers, each for the other, with our gratitude for the support we had received from her throughout the previous year. Sr. Wendy Samuel immediately sought assistance from her parish priest who recommended she contact the Rev. Canon David Brinton, General Secretary for the Conference of Anglican Religious Orders in the Americas. The Rev. Brinton returned her email with a promise to bring the situation to the attention of Bishop Bruce Myers, Chairman of the House of Bishops to best approach our search for a new Canadian Visitor Bishop.

- Sr. LaVerne Peter officially retired as Prioress and the newly elected Sr. Wendy Samuel was installed as our new Prioress during the Admissions Service at our 2024 Retreat in St. Louis, MO. It was a wonderful ceremony with gifts of appreciation sent to Sr. LaVerne for the many years of her dedicated and loving guidance. Sr. LaVerne received a Memory Book filled with notes and pictures taken during her many years of service and a beautiful hand-made WSHS/WBHS quilt. A grateful Community honors her and is very grateful she remains on Chapter as a member of Chapter Emeritus.
- Several Chapter members had stepped down at the end of 2023 after multiple, exemplary years of service. Those replacing Chapter members picked up the mantel and have served this Community with extreme dedication and hours of hard work, for which the Community thanks them.
- We take this opportunity to thank all of those whose service in the WSHS/WBHS Community, remains in the background but are the logistics of a well-oiled machine in service to our Lord. Without them, we could not exist and function as the eyes, ears and hands of a God who continues to love, guide and protect us.
- Sadly, we said goodbye to one of the members of our Chapter Emeritus, our beloved Sr. Jacquie Elizabeth who passed away on August 11, 2024. Our Prioress, American Director and Director of Training & Formation represented our Community at Sr. Jacquie's Celebration of Life. It was a touching send-off for our Sister who will always be remembered for

her loving smile, open arms and listening ear to all she came in contact with. She will be greatly missed by all.

- The Kansas City Group met in person in August. It was a wonderful time of worship (almost like a regular Corporate Communion!). A good time was had by all with the joy of being together and the fellowship of the Holy Spirit. A wonderful happenstance blessing.
 - This year, for the first time, the Canadian group met in Hamilton for a one-night gathering. This was held so that those Canadians that have been too sick to travel across the border could meet in person for a mini-retreat. It was a wonderful time of sharing and discussion. Tuesday night was met with a short video presentation by The Church of Nativity's priest Fr. Matthew Griffin on scripture readings 2 Samuel 11, 12 and 1 Kings 1, 2. Further discussion led to all different types of topics, but the real treasure was the being together in person. Wednesday morning was Holy Eucharist at The Church of Nativity where the WSHS were warmly welcomed, returning to the Cathedral for lunch and departure home. It was agreed that we could hopefully do this each year, weather and funds permitting. Accommodation and meals for one night and lunch the next day was provided by the WSHS/WBHS Canadian budget.
2. At this year's retreat, we discovered that future dates after 2025 had not been booked at the Mercy Center for our annual retreats. The Mercy Center was not taking bookings at the time due to the pandemic. Our American Director, Sr. Kathleen Rachel immediately booked the following dates to secure the Mercy Center facility so we could remain at the same place. The Mercy Center fills all our needs by its location and services provided. The dates booked are as follows:
- 2025 – April 24-27
 - 2026 – April 20-23 (*on standby for weekend dates in April*)
 - 2027 – April 14-18
3. A final highlight of our year was the creation of our online Green Sheets with Photos that is available for viewing on our WSHS/WBHS website.

Thank you to our Technical Team who was able to create a link between the photo of the individual and that person's name and address. Such a wonderful gift to see who we are contacting by phone or email, but more importantly, we can now see the face of the person we are praying for!

Respectfully submitted,
Sr. Wendy Samuel, Prioress
WSHS/WBHS



CHAPLAIN: THE REV. SR. BRENDA FAITH

A Word from Your Chaplain Dec 2024

This year we revisited and intentionally studied the Fruit of Holy Spirit. Each month a member of our dear community has written a bulletin article about the features of the Spirit's fruit. The articles have been wonderful, and I thank each month's writer for the contributions made to the community.

Each month we highlighted a feature of the Spirit. We were able to dissect and ponder what we could glean from study. We considered how we could benefit ourselves and others by yielding to the presence of the Spirit's effect on our lives. We thank God for the beautiful gift of the Spirit that we have been freely given. Our lives are truly richer and more productive for the Kingdom when we let the Fruit shine in our lives. I give thanks for this year's study about our Blessed Holy Spirit.

Our community prays daily that the blessed Spirit of God will fill us. We pray God will fill us with what we need to produce the kind of fruit that will entice others to want to know our great God and God's great love for them. We pray that God will give us all we need to become the beloved child that God intended.

Back in October, I read a devotion that focused on John 14:16. "I will ask the father, and he will give you another advocate to help you and be with you forever." The writer, Marvin Williams, first related a story about a flight attendant who was making his preflight checks for a flight from Charlotte, NC to New York City. The at-

tendant noticed a passenger visibly anxious and concerned about flying. He sat in the aisle beside her, held her hand, and explained each step of the flight process, and reassured her that she was going to be fine. "When you get on an aircraft, it's not about us, it's about you," he said. "And if you're not feeling good, I want to be there to say, "Hey, what's wrong? Is there something I can do?" His caring presence can be a picture of what Jesus said the Holy Spirit would do for his followers.

Jesus' death, resurrection, and ascension was necessary and beneficial to us because he conquered death and gave us eternal life in him, but it also created turbulence and deep sorrow in the disciples' hearts. He reassured them that they would not be left alone to carry out his mission. Jesus would send the Holy Spirit to be with them—an advocate to help them and be with them forever. The Spirit would encourage and comfort them when times became difficult. The Spirit would also remind them of what Jesus did and said when he was with them. The Spirit would recall all of Jesus' teachings while he was with them on earth.

We will have times of fear, anxiety, and grief, but the Spirit of God will be with us to comfort, encourage and cheer us along the way. The Holy Spirit will be beside us always.

Let us continually ask and seek the Holy Spirit's help and yield our lives to the Spirit's presence and guidance.

Along with our precious community prayer, the Collect from Proper 18 is a good prayer for us to remember:

O God, because without you we are not able to please you, mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

My prayers are with each one of you. I pray that you grow more and more closer to the lovely presence of our Holy Spirit in your daily Christian Walk.

Much Love and Prayer,
The Rev. Sr. Brenda McClendon,
Chaplain, WSHS/WBHS



FROM YOUR DIRECTORS

2024 CO-DIRECTORS' REPORT

Positions in the Community 2024

American Board of Directors

President - Sr. Nancy Teresa (2023-2026)
 Secretary – Sr. Nancy Clare (2024-2027)
 Legal Advisor – Br. Peter Nicholas
 Treasurer - Sr. Nancy Teresa (2023-2026)

Canadian Board of Directors

President – Sr. Deborah (2023-2026)
 Vice President – Sr. Carol Matthew
 (2022-2025)
 Secretary/Treasurer – Br. David
 (2023-2026)

Elected members:

Sr. Brenda Faith (2022 - 2025)
 Sr. Janeen Julian (2023 - 2026)
 Sr. LaVerne Peter (2021-2024)
 Sr. Pam Raphael (2022-2025)
 Br. Raymond Gregory (2023-2026)

Elected members:

Sr. Helen Joseph (2022 - 2025)
 Sr. Jane Bartimaeus (2022-2025)
 Sr. Betty-Lou Shirley (2022-2025)
 Sari Jn-Francois (2024-2027)

By Virtue of Office:

American Director
 Canadian Director
 Prioress

By Virtue Of Office:

American Director
 Canadian Director
 Prioress

Prioress:

Sr. Wendy Samuel, WSHS

Co-Directors:

Sr. Kathleen Rachel, WSHS and Sr. Deborah, WSHS

Community Chaplain:

Sr. Brenda Faith, WSHS

Chapter:

See current Directory List

Community Ecclesiastical Visitors:

TBD WSHS/WBHS – Canada, Australia

TBD WSHS/WBHS – United States, Haiti

Director of Formation and Training: Sr. Nancy Clare, WSHS

Coordinator of Admissions: Sr. Lucia, WSHS

Coordinator of Worker Applicants: Sr. Patsy Anne, WSHS

Coordinator of Novices: Sr. Shirley Evangeline, WSHS

Coordinator of Companion and Friends: Sr. Betty-Lou Shirley, WSHS

Coordinator of International Affairs: Sr. Carol Matthew WSHS

Provincials:

Eastern/Southern Province: Br. Peter Nicholas, WSHS

Central Province: Sr. Catherine Marie, WSHS

Western Province: Sr. Shirley Evangeline, WSHS

Cluster Leaders and Mentors: See current Directory

Community Numbers:

Sisters38 (38) Previous Year
 (Sr. Jacquie Elizabeth died; Ginny invested as Sister)

Novices.....0(1) Previous Year

Workers, WSHS 12 ... (11) Previous Year
 (Erin and Janine admitted as Workers;
 Joan Gittings transferred from Worker to Friend)

Worker Applicants, WSHS4.....(5) Previous Year
 (Mary Mack new App)

Brothers4.....(6) Previous Year
 (Br. Ephrem withdrew; Br. Andrew died)

Workers, WBHS.....2.....(2) Previous Year

Worker Applicants, WBHS.....0.....(0) Previous Year

Companions 18 (20) Previous Year
 (Gail Moore withdrew from Community; Rev. Canon Al Salt died)

Friends..... 19 (18) Previous Year
 (Joan Gittings transferred to Friend from Worker)

Residents of the United States 83
Residents of Canada 10
Resident in Australia 1
Residents of Haiti 2
Resident in Africa 1
Total 97 Previous Year 101

Communion of Saints 117 Previous Year 115

TOTAL (including Communion of Saints) 214..(216) Previous Year

Communion of Saints: Sr. Jacquie Elizabeth, Br. Andrew, Rev. Canon Al Salt,
 Companion

New Sisters: Sr. Ginny Francis

New Lay Worker Applicants:..... Mary Mack

New Lay Workers:..... Erin Diericx and Janine
 Robbins

Release and/or Writ of Dispensation: Br. Ephrem

Withdrawal from Community: Gail Moore

Close of Applicancy: None

Chapter Meetings

At the end of 2022, Chapter decided to meet monthly rather than once a year and would continue to meet via Zoom with the exception of Fall Chapter being held in person. Chapter now meets on the 2nd Wednesday of each month. Our Chapter meets in person every Fall to discuss the business of the Community and to pray and flesh out next year’s theme. This Chapter Retreat is a time of listening, planning and acting on the promptings of The Holy Spirit in governing the direction and future of Our Community. Our Chapter is supported in prayer by the entire

Community during this Retreat. This year Chapter met in person at Conception Abbey in Conception, Missouri.

Board of Directors Meetings

The American Board of Directors met via Zoom on Oct. 30, 2024. The Canadian Board of Directors met via Zoom on Oct. 29, 2024. Fall Chapter met Nov 7-10, 2024. Reports from each Board Meeting were shared.

Monthly Corporate Communion no longer take place due to logistics: i.e. distance apart as well as age and health of the membership prohibits meeting in person.

Regional Zoom Gatherings have replaced our monthly Corporate Communion. We continue to offer a monthly Regional Zoom gathering in each WSHS/WBHS Province. Meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). Attendance has been excellent.

Informal Gatherings of our Community

Gatherings are held when 2 or 3 members are visiting in the area with other members of our Community. This takes place in various States and Provinces. Where possible, these meetings have been held via Zoom.

The Worker Sisters/Brothers of the Holy Spirit Bulletin

As we continue to grow internationally with many members living apart from each other, the monthly Bulletin is our primary source of communication and a vital link to each other across the miles.

We are thankful for the regular contributions to our Bulletin as follows:

News Notes and Prayer Lists: Erin Diericx, WSHS

Yearly Calendar of Birthdays and Communion of Saints: Sr. Christine

Mailing of Birthday Cards: Janine Robbins, WSHS

Mailing of Condolence Cards: Sr. Alexandra Francis

Haiti Project: Sr. Alexandra Francis

Companions and Friends Corner: Marya Pohlmeier, Companion

Spiritual Sharing and Mission and Ministry: Compiled by our Provincials

Bulletin Preparation and Proofing: Sr. Christine, Sr. Deborah, Sr. Shirley
Evangeline

Annual Contribution Commitment Letter: Sr. Nancy Teresa, Treasurer

Ordering Retreat shirts: Chapter has decided that the ordering of t-shirts should now occur every 5 years rather than annually.

In addition, the following members of our Community and others have committed their time and energy writing articles for our Bulletin this year.

Sr. Wendy Samuel, Sr. Diane Richard, Br. Peter Nicholas, Sr. Betty-Lou Shirley, Sr. Jane Bartimaeus, Sr. Christine, Janine Robbins, WSHS, Sr. Helen Joseph, Melanie Toboyek, WSHS, Sr. Catherine Marie

2024 Theme: The Fruit of the Spirit

Monthly Bulletin Topics:

January: Introduction to the Fruit of the Spirit – Sr. Wendy Samuel - Prioress

February: The Fruit of Love – Sr. Diane Richard

March: The Fruit of Joy – Br. Peter Nicholas

April: The Fruit of Peace – Lenore Wang, WSHS

May: The Fruit of Patience – Sr. Betty-Lou Shirley

June: The Fruit of Gentleness – Sr. Jane Bartimaeus

July: The Fruit of Goodness – Sr. Christine

August: The Fruit of Faith – Janine Robbins, WSHS

September: The Fruit of Meekness – Sr. Helen Joseph & Br. David

October: The Fruit of Temperance – Melanie Toboyek, WSHS

November: Living the Fruits of the Spirit – Sr. Catherine Marie

December: Annual Recommitment to Community – All members of WSHS

2024 - 51st Retreat Theme was “The Fruit of the Spirit”.

Attendees had the choice of in-person attendance or attending via Zoom. The dates for Retreat were: April 25th, 2024 2:00-4:00 PM ET;

April 26th: Noon-4:00 PM ET; and

April 27th: Noon-4:00 PM ET

Presenters: Sr. Wendy Samuel, Sr. Paula Adelaide, Sr. Nancy Teresa/Pat Cashman, Applicant, Sr. Alexandra Francis, Sr. Kathleen Rachel, Sr. Wendy Martha, Sr. Christine, Sr. Brenda Faith, Sr. Helen Joseph, Sr. Deborah

Participants: All members of WSHS who were able to attend in person and via Zoom

Yellow Letters

Our monthly Yellow letter is a means of communication between Cluster Leaders and members. It affords each member the opportunity to reflect upon his or her spiritual journey during the past month. Members are also asked to respond to the article relating to the topic of the month. The writing of the Yellow letter is part of the Rule and discipline of the Community.

Provincial and Cluster Leader Reports

Twice a year Cluster Leaders report on the activity of their Cluster and on each individual member's spiritual journey and commitment to the Rule of Life. Cluster Leaders send their reports to their Provincial, who forwards them to the respective Directors.

Other forms of Communication

Our Website is a link to the world and is a continual work in progress. www.workersisters.org, www.workerbrothers.org.

Br. David, WBHS forwards email emergency prayer requests to Brothers, Sisters, Workers. Marilyn Propp, WSHS forwards the prayer requests to Companions and Friends and Applicants. Those members not on email are contacted by telephone or mailed copies of the request. This method of communicating our prayer requests is working well.

The Intercessory Prayer Team is led by Sr. Wendy Martha and includes several members of the Community. They begin prayers immediately once alerted by Sr. Wendy Martha, when emergency/time sensitive prayer requests are received.

A monthly prayer list is also printed and included in the Bulletin. This list contains requests for prayer by Community members, for other Community members, non-Community friends and family, and for the world.

Sr. Alexandra Francis keeps in touch with the families of Our Communion of Saints with cards on the anniversary of their deaths. Janine Robbins, WSHS keeps in touch with our members, sending them cards on their birthdays and/or special occasions.

Haiti Clean Water Project

Our beloved Br. Frantz Benedict, in his false imprisonment, received funds that we sent to assist in his defense process, and our never-ceasing prayers seem to have been answered with the possibility of all charges being dropped and release from prison in the near future for Fanfan and the Episcopal church in Haiti. In 2024, we are still waiting to hear about or from Br. Frantz.

The Clean Water Project has been discontinued until the situation in Haiti is resolved but funds continue to be donated with the understanding that we will once again commence with the project once stability has been established in Haiti.

Retreat 2025 is scheduled to be held at The Mercy Center, St. Louis, Missouri April 24-27, 2025

Theme: Seeking God: Our Journeys

Presenters: Douglas Anning

Respectfully submitted by,

Sr. Kathleen Rachel, American Co-Director, WSHS

Sr. Deborah, Canadian Co-Director, WSHS



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 Brothers of the Holy Spirit. Amen**

There were several people who appreciated Annie sharing her story last month. Her pain, her strength to move on, an amazing testimony of courage.

We are blessed to receive a sharing from Melanie that was poignant for her. With thanks from all of us!

We cannot
direct the wind,
but we can adjust the sails.
--Dolly Parton

I ran across this quote from one of my apps. The message hits a home run on my life right now (on so many levels). Just thought I'd share. We have no control over circumstances but we sure do have control of how we manage and move through.

About Melanie...

Hi my name is Melanie Toboyek, WSHS since April Retreat 2023. I live in Mosinee WI with my husband Brian and our two dogs (Ginger and Felix). I've been working in healthcare for over 30 years and have enjoyed every minute of it. Beloved community Stevens Point Wisconsin is my home church since 2021. During my free time I enjoy the outdoors (camping, biking, walking, hiking, water sports) but I do have a love for cooking and all things crafty. I also have a desire to learn; I'm always looking for something new. My Faith, Family and Friends are my blessings and priority. God has been good to me. Warm blessings to all!

Beginning in January 2025, the Companions and Friends Corner will be published quarterly in the Bulletin. You may respond by way of your Pentecost letter in the spring, respond to the monthly theme presented by the Chapter, or send any message that is bubbling up in you as Peter, Annie, and Melanie have done. Short or long is up to you.

Send one paragraph/story/poem/artistic rendering on any questions/topics posed in our Bulletin. Or something else. What's bubbling up in you?



SPIRITUAL SHARING

Since I can't sleep, and I've prayed for everyone and everything I can think of, plus praise and worship, it makes sense to use the time to catch up (and write).

This is what happens when I write a response to someone else's letter. It makes new insights that I need to see for myself appear on the page as I type. Today the insights about being tapped into the water source in order to grow and bear fruit showed up as I wrote a reply.

It is important to find temperance or moderation in everything that you do. So many people indulge in the wrong foods too often. I think temperance could be life-saving. As a nation, we need to learn moderation without going too far in one direction.

When I think of temperance two things come to mind. At high school, we all had to write a "temperance essay", which was asking us to speak against the consumption of alcohol! The other thoughts are lines from one of Shakespeare sonnets. "Shall I compare thee to a summer's day? Thou art more lovely and more temperate." And I've just remembered tempered steel.

All of these make me think about things being smooth and even and always being the same, in the best possible way. And this can take work for us and, maybe, holding hands with gentleness. All effort opens us to receive more and more of God's great love.

I am thankful for the audio support developed by Br. Peter Nicholas whose God-given voice is not only perfect for singing, but also for reading.

I think the fruit of Temperance is God's way of showing us that in everyday life all the distractions and temptations are available for us, but we must trust in God to stop us from overindulging in any one of them.

To me, temperance is knowing how far is “too far”. And having the will to say No to the “too far”.

I believe it was the Holy Spirit that brought me to this wonderful Community as I really had no opportunity for sharing and prayer outside Church. But in Church there was no time for sharing my spiritual life as people were always too busy.

I think of my cluster members almost every day and offer arrow prayers.

I thought (Melanie) had an interesting take on the Ten Commandments being there to help free us for a more balanced and joyful life. I do think that commandments or suggestions or tenets or faithful practices such as our *Rule of Life*, can help us in this journey.

My own life is chaotic at times and busier some days than others. So I, as many, have ups and downs, but I am more confident than in the past. If I ask for grace and mercy to do His will, I will be given what I need, including balance.