

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**PRAYERS OF THE SAINTS**  
**August 2021**

**Bulletin Cover - Chateau de Versailles, Photo by Simon Champagne on Unsplash**

Interior photo of the ceiling painting in the Salon D’Hercule

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**Community Communication Contacts:**

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

**Changes of address, phone numbers, email addresses** - email Sr. Christine casturges@gmail.com or Sr. Wendy Samuel virtue54@outlook.com or see green sheets for mailing addresses.

**Urgent Community Prayer Requests for email distribution** – email or call Sr. LaVerne Peter: Callaghan@aol.com, Sr. Christine: casturges@gmail.com or Sr. Wendy Samuel: virtue54@outlook.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 –**

Check contributions to the Haiti Clean Water Project may be mailed to Sr. Alexandra Francis, WSHS 7711 E Waverly Street, Tucson, AZ 85715.

**Please make your check payable to Alexandra Zarris.** Put “WSHS Haiti Clean Water” in the memo line.

**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**

<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
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Community Marketing Group, LLC, Publisher Port Huron, MI Copyright 2021	
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**CALENDAR**

**CORPORATE COMMUNIONS  
AUGUST 2021**

**CORPORATE COMMUNIONS**

Below is a list of the Regional Gatherings and groups who meet online via Zoom on the fourth Saturday of the month. Meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). If you are interested in attending a meeting, please contact the Zoom Host and she/he will add you to the group's email list.

	<u>Zoom Host</u>	<u>August 28th</u>
Eastern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	11:30 AM E
Central Regional USA	Sr. Nancy Teresa, WSHS, nancybrooks40@gmail.com	2:00 PM CT
Southern Regional USA	Sr. Kathleen Rachel, WSHS, srkathleenrachel@gmail.com	3:30 PM ET
Western Regional USA	Sr. Wendy Martha, WSHS, wguyton17@gmail.com	10:00 AM PT
Carthage, Missouri	Sr. Barbara Veronica, WSHS	TBD
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
Illinois USA	Sr. Diane Richard, WSHS	TBD

**COPORATE COMMUNIONS FOR 2021**

**August 28 • September 25**

**October 23 • November 20 • December 11**

**FALL CHAPTER**  
**October 28 - 31, 2021**  
***Conception Abbey, Conception, Missouri***

**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**



## HAITI

Dear Community, our loved ones in Haiti need our prayers during this time of unrest in their country. Let us pray that the current situation will improve with time and patience. Please keep Br. Frantz Benedict, his team, all the Sisters and Brothers and especially the young children in your prayers that they are safe, have shelter, food, medical care, clean water, etc.

Currently, we do not have enough funds to send a case of water tablets to Haiti this month, but by the time this report is in our *Bulletin*, we may have enough to send a case.

*Blessings and Peace to all,*

*Sr. Alexandra Francis*



## SPIRITUAL SHARING

Sharing of our intimate experiences and thoughts can be daunting, humbling and sometimes overwhelming. Isn't it just easier to keep quiet; or just stay on the sidelines? Well, when I was introduced to and became a member of our Community, that just wasn't possible. Remembering I was led here for a reason, I realize we are all growing in our own spiritual life just by participating in our Community.

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After reading what Br. Ephrem wrote, I read it twice more. I was left with the thought I wish I knew him better. The meat of what thoughts he shared was the New Zealand version of the Lord's Prayer. Very captivating. That and his sharing of his expanded prayer, pushed my thinking to new levels.

\*\*\*

I think that the Lord's Prayer offers a framework in which I can say each line and then add whatever comes from my heart when I think of the purpose of that line. I'm going to try to say the Lord's Prayer and pause after each line and add my own reflection for that day. It might change every time I say it, but it would reflect where I am that day.

\*\*\*

Br. Ephrem did a beautiful job of exploring similar feelings we all have of how to approach the Lord's Prayer. It is such a part of our daily and church lives that we sometimes don't spend enough time going deeper. While using it as a template, saying one line and pausing and seeing what else comes to me about that one line, I might not get through the whole prayer but could have a more meaningful conversation with God.

\*\*\*

I am trying to live in the promise of God's love and carrying that into my parenting. While I still feel I am failing miserably in the moment, I regroup, and fail again. It is a cycle I at least recognize. I do

love my children dearly - and I am realizing that true unconditional love is perhaps something humans cannot achieve. I really struggle there. My heart says one thing, my actions often another. My prayer is simply - get me through today.

\*\*\*

When I am alone in the car, I find that this is my solace time to talk with God and try and sort things out. The verse that keeps coming to me is "God is love, and where true love is, God himself is there." This might be a hymn or some kind of service music, because it pops into my head with music, and I can't seem to find a reference for where it lives in the scripture.

\*\*\*

As I read the MISSION AND MINISTRY question, "How has the Holy Spirit continued to guide and direct you in your ministry this month?", I realized that the Holy Spirit has guided me to patience as I cope with COVID-19, and hopefully I am imparting that patience to others.



## FORMATION AND TRAINING

### Prayers of the Saints

**"My prayers, my faith, and approach to the Saints of my childhood."**

By

**Letty Guevara-Cuence, Worker Applicant, WSHS**



The first prayer I learned in my life was the prayer I used to pray with my mother before going to bed. It is about the prayer to the Guardian Angel:

"Angel of my guard,  
sweet company,  
do not abandon me by night or by day,  
Do not leave me alone, I will lose myself."

It is a rhyme that you will not be able to enjoy in English but it is very cute. The second is not related to a saint either, but after reading it a couple of times at the age of nine, I still remember it now, at 54 years old.

"I would like to be a marvel,  
of humble wisdom,  
to be happy,  
to the Holy God.  
of my soul."

I'm not sure, but I think it was written by Fr. José María Escrivá Balaguer, founder of Opus Dei. My third-grade teacher wrote it on the blackboard on the last day of school, one of the happiest days of

my childhood, because that day my parents forgot their arguments and dedicated the day to me for being a good student. They took me out for hot dogs, which (which I love), ice cream and then to the amusement park and, God only knows, I was immensely happy that day. I come from a very Catholic family, very Roman Catholic, and I have an intense relationship with the saints, many of them, along with their lives and their prayers, have accompanied me throughout my life.

The list of saints is endless because my mother entrusted me to them. In many Ibero-American countries, the elders of the family tend to bless the youngest “blessing”. My dear mother put me in the hands of a long list of saints and virgins. From that list I have my favorite saints, there are three: Saint Cyprian, Saint Jude Thaddeus and Saint Rita of Cascia.

### **Saint Cyprian**

Cyprian is important in the development of Christian thought and practice in the third century, especially in northern Africa. Highly educated, a famous orator, he became a Christian as an adult. He distributed his goods to the poor, and amazed his fellow citizens by making a vow of chastity before his baptism. Within two years he had been ordained a priest and was chosen, against his will, as Bishop of Carthage. (<https://www.franciscanmedia.org/saint-of-the-day/saint-cyprian>)

His prayer cares and protects, for me he is a great bodyguard. His prayer leapt from my mouth on the dark nights in Caracas, my city, when I finished classes at the Andrés Bello Catholic University. When I'm scared, when I'm looking forward to something . . . or someone. Saint Cyprian was always attentive in case you ask him to take care of someone. His spiritual support gives me peace, confidence.

#### *Prayer*

*Oh, Saint Cyprian, man of very cultured training,  
you studied rhetoric and philosophy,  
in your first life you practiced magic and sorcery,  
you brewed potent potions to dominate the spirit and the dead,  
You recognized the mistakes, even with Lucifer you made a pact.  
San Cipriano, with the devil himself you faced,  
Despite the power, the knowledge, the wisdom of him,  
with the cross of Jesus you could not,  
San Cipriano, annoyed tells Lucifer;  
from now on I renounce to you,  
as Christ is more powerful in his disciple I will become,  
You embraced Christianity and you became a bishop.*

### **Saint Rita of Cascia**

She is called the patroness of the needy. Like Elizabeth Ann Seton, Rita of Cascia was a wife, mother, widow, and member of a religious community. Her holiness was reflected in each phase of her life.

Beatified in 1626, Rita was not canonized until 1900. She has acquired the reputation, together with Saint Jude, as a saint of impossible cases. Many people visit her tomb each year. My paternal grandmother opened the door of devotion to her when I was 11, exactly when I wasn't able to handle my parents' divorce.

**Prayer**

*Saint of the Impossible. O Saint Patron of the needy, Saint Rita, whose prayers before the Divine Lord are almost irresistible, who for the generosity in granting favors has been called Mediatrix of the hopeless and even of the Impossible; Saint Rita, so humble, so pure, so mortified, so patient and with such compassionate love for Jesus Crucified that you could obtain from Him anything you ask. On account of this we confidently turn to you, hoping, if not always relief, at least comfort. Be favorable to our request, showing the power of God on behalf of this supplicant, be generous with us, as you have been in so many wonderful cases, for the greater glory of God, for the disclosure of your own devotion, and for the comfort of those who trust you. We promise, if our request is granted, to glorify your name, informing of the favor granted, to bless and sing your praises forever.*

This prayer gave me peace and comfort, my childhood suffering and her life walked hand in hand. She inspires me with love, humility of spirit, peace and love, a lot of love to give to all who need it.

**Saint Jude Thaddeus**

St. Jude is the Patron Saint of Hope and impossible causes and one of Jesus' original twelve Apostles. He preached the Gospel with great passion, often in the most difficult circumstances. Through the power of the Holy Spirit, he made profound differences in people's lives as he offered them the Word of God. The Gospel tells us that St. Jude was a brother of St. James the Less, also one of the Apostles. They are described in the Gospel of Matthew as the "brethren" of Jesus, probably cousins. St. Jude is often confused with Judas Iscariot who betrayed Jesus. (<https://shrineofstjude.org/the-shrine/st-jude/>) If you want a saint to be your friend in good times but especially in bad times, Saint Jude is your man. I cannot count the times that, as a good daughter of my mother, I have asked for his help and protection. Yes, when it comes to the world of heaven, Saint Jude is my best friend. He is like a lawyer, you cannot hide anything from him if you want him to help you . . . and he really helps you. He only asks in return that you spread his prayer and devotion and that we invite more people to read the Holy Gospels.

**Prayer**

*Most holy Apostle, St. Jude, faithful servant and friend of Jesus, the Church honors and invokes you universally as the patron of hope.  
Please intercede on my behalf. Make use of that particular privilege given to you to bring hope, comfort, and help where they are needed most.  
Come to my assistance in this great need that I may receive the consolation and help of heaven as I work with my challenges, particularly (here make your request). I praise God with you and all the saints forever.  
I promise, blessed St. Jude, to be ever mindful of this great favor, to always honor you as my special and powerful patron, and to gratefully encourage devotion to you.*

Each saint has a story of love and sacrifice, of struggle and of dedication to God. Their pain in life is a revelation after death. Their example, passion and love embodied in humans who then cross the threshold of eternity so that we, so earthly and worldly, try to follow his example, at least a little bit. With his prayers I try to ask for help, not only to my tribulations but for my spirit to learn from theirs and try to be a better person.

### Questions for Reflection

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

1. As we read Letty's article I am reminded of the hymn "I Sing a Song of the Saints of God". We often learned that as children and enjoyed learning about the "Saints of God". Do you remember the words?
2. If you don't remember some of the words, you can look them up in the Hymnal, Hymn 295. It is interesting to read about the saints and their lives. Take time if you can and read about them, they may not be who you think they are.
3. Letty shares three of her favorite Saints: Saint Cyprian, Saint Rita and Saint Jude. Do you have a favorite Saint and if so, maybe share why?
4. I remember Sr. Angela one time had lost an article that she had just finished writing and had forgotten where she had placed it. I was trying to help her locate it and heard her begin to pray "Tony come, come around, something is lost and can't be found". I wondered what that was all about and discovered she was praying to St. Anthony to help her find the article. Yes, St. Anthony is the Saint for lost or stolen articles and she indeed found what she was looking for.
5. There is a beautiful tapestry called the "Communion of Saints" in the Cathedral of the Angels, in Los Angeles and if the term "Communion of Saints" sounds familiar, it is in the Apostles Creed.
6. In doing some research there is the question of "What makes a saint?" The Rev. Barbara Brown Taylor says "Extravagance, Excessive love, mercy, charity, and Sr. Joan Chittister writes, "Role models of greatness, they give us the possibility of greatness in ourselves". The writer of the hymn says "sainthood is within reach of anyone who tries to do the right thing, we are called to join the 'great cloud of witnesses' who have gone before us."
7. Have you seen a saint recently? They can be found all around and as the song tells us "in school, in the street, in the store". Someone once said, take a good look in the mirror you might even see one there.

*Sr. LaVerne Peter, WSHS*