

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



PRAYER THROUGH THE ARTS
July 2021

Bulletin Cover - "Milkweed Seed Pod" photo by Sister Susan Gabriel

Sister Susan Gabriel says "Nature is the purest form of God that I know." Her love of nature photography in and around Winter Park Florida is a blessing to her and those fortunate enough to see her work. Thank you for your contribution to our Bulletin this month Sister Susan.

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, apergydesign@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

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT	
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CALENDAR

**CORPORATE COMMUNIONS
JULY 2021**

CORPORATE COMMUNIONS

Below is a list of the Regional Gatherings and groups who meet online monthly using Zoom. All meetings are open to all members (Sisters, Brothers, Workers, Companions, Friends and Applicants). As usual, the standard meeting format is to discuss the current Bulletin Formation article, along with participants sharing and praying together. 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>Date/Time of Meeting</u>
Eastern Regional USA	Br. David, WBHS	July 24th – 2:00 PM ET
Central Regional USA	Sr. Nancy Teresa, WSHS	July 24th – 2:00 PM CT
Southern Regional USA	Sr. Kathleen Rachel, WSHS	July 24th – 3:30 PM ET
Western Regional USA	Sr. Wendy Martha, WSHS	July 24th – 10:00 AM MT
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 27 • September 24

October 22 • 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



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Here are a few recent updates for your Green Sheets. Remember that an online copy of the Community Green Sheets is available on our website. It is updated monthly. To view the online Green Sheets, go to www.workersisters.org; click on MORE, then on MEMBER PAGES. To sign in, the email to use is: WSHS.WBSH@gmail.com – the password is Angela45

Sr. Arlie Mirren has a new email address: walkerarlie7@gmail.com

Br. Ephrem has moved. His new address is: 2517 Harrison St. #155, Batesville, AR 72501

The Rev Ann Markle, Companion has a new address: 279 Linwood Avenue, Right, Buffalo, NY 14209



SPECIAL NEWS NOTES



Welcome Bishop Susan Bell!

We are pleased to announce that Bishop Susan Bell is now our Canadian Ecclesiastical Visitor.

Bishop Bell came highly recommended to us from Bishop Poole and indeed was his recommendation as a replacement when it was decided to change our Ecclesiastical Bishop from the Diocese of Toronto to the Diocese of Niagara for geographical convenience. As our new Canadian Director is a member of the Diocese of Niagara it made more sense to have better accessibility to our Ecclesiastical Visitor.

Bishop Bell grew up in the Diocese of Niagara's city of Hamilton, Ontario, Canada. She attended McMaster University where she earned a Bachelor of Arts degree in English before pursuing a Master of Divinity degree at Wycliffe College in the University of Toronto. After graduating from seminary, Bishop Bell was ordained a deacon in 1997 and a priest in 1999 by the Diocese of Toronto.

Bishop Bell was elected Coadjutor Bishop on March 3, 2018 and was consecrated on May 5, 2018. Bishop Bell became the 12th Bishop of Niagara on June 1, 2018, becoming the first woman to serve in this role.

A strategic, mission-centered, spiritual leader, Bishop Bell strives to listen and watch for where God is at work in the church and the world and then to come alongside that work.

Bishop Bell is a sought-after retreat facilitator and conference speaker. She has served as the national team leader for Fresh Expressions Canada, as the Anglican representative for the National Ecumenical Dialogue between the Anglican Church of Canada and the United Church of Canada and as a member of the Board of Threshold Ministries. Having a lifelong love of music, vocal performance is an area of special interest to Bishop Bell.

Due to the pandemic, a telephone visitation was arranged between Sr. Wendy Samuel, our Canadian Director, and Bishop Susan Bell on June 1st, 2021. Sr. Wendy Samuel spoke for about 45 minutes with Bishop Susan who was warm, welcoming and at the end of the session, Bishop Bell said: "You had me at hello". She went on to say she loves that we are a committed religious community that is affiliated with the Anglican Church and would love to attend as much or as little as her busy schedule allows. It's an honor to have her and we anticipate a long and fruitful association with her as our Ecclesiastical Bishop for Canada. May God bless and sanctify this new relationship with Worker Sisters/Brothers of the Holy Spirit. Amen!

If you wish to see more information regarding Bishop Bell you can visit the Anglican Church website.



HAITI

Here is hoping that our Haitian loved ones are staying healthy and that they are able to receive their Covid shots to help keep them free from this disease. Let us continue to pray for all the people of Haiti that enough clean water is available to help prevent Cholera and other diseases caused by unsanitary water. Our thoughts are with Br. Frantz Benedict and his team as they distribute the tablets to their people.

Wonderful news, I received enough donations to have Global Hydration ship three cases of water tablets this month to Sr. Betty-Lou Shirley, which she received on June 8th 2021. Thank you to all our Community members for your continued support. USA donations and Canadian donations combined make a big difference. Last month we shipped four cases, so things are looking up for our Haiti Mission. I always wait until enough funds are available before ordering any tablets to ship at least one case of tablets each month when we have enough funds. Your donations help so much and any amount is so very welcome and appreciated.

Peace and Blessings to All,

Sr. Alexandra Francis



FROM YOUR DIRECTORS**BULLETIN AWARD WINNER**

Congratulations go to Trina Avedisian, Friend! Every month Trina assembles our *Bulletin* and sends it to each of us. She spends a lot of time and energy on this project.

In addition to her regular tasks, she has had to deal with many inconveniences from the postage machine company.

Thank you, Trina, for hanging in there!

UPDATE FROM ZIMBABWE

We received a lovely letter from Sr. Teresah, HSM in Zimbabwe giving us an update as to how things are going for the Community of the Holy Spirit Monastery. A number of years ago our Community entered into a Covenant Prayer Relationship with them and several members of WSHS/WBHS visited their Community in Africa.

“Dear Sr. LaVerne,

It was wonderful to hear from you. May you all be blessed more abundantly as you continue to work and serve in the vine yard.

Sr. Teresah tells us that they had a blessed Easter and Pentecost and are very grateful for all the support we give them on their spiritual journey and our prayers keeps them focused, knowing they have friends who care. That alone makes each one of them feel the love of Christ. Thank you once again.

Yes, there is progress in the construction of the new Chapel. Every day we see the hand of the Lord working miraculously in our lives. We have to testify to the goodness of the Lord.

Our nation of Zimbabwe needs healing. The economic situation is collapsing daily and life is becoming very challenging for most families. The covid-19 pandemic continues to be a worry to the nation as well and our health department/ministry has not enough resources. We ask for prayers.

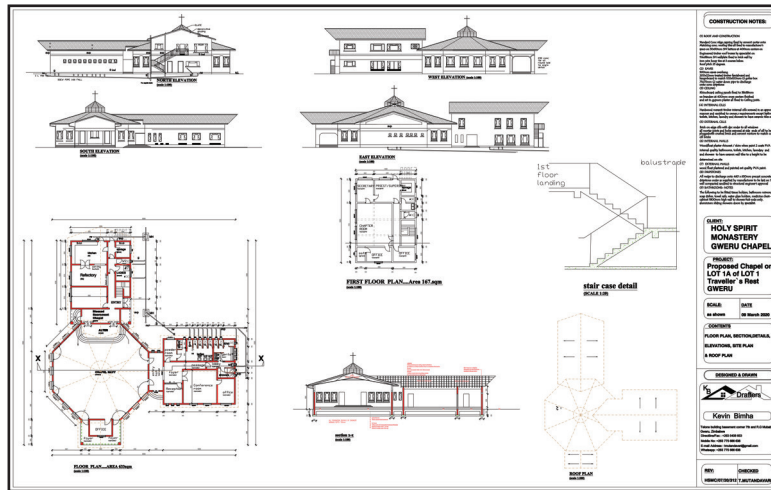
Hopefully, when Covid comes to an end, we will be able to meet physically.

May you please pass on our love and greetings to all Worker Brothers, Worker Sisters, Companions and Friends. We love you lots.

Stay blessed, Sr. Teresah, HSM”

From Friar Joshua, HSM

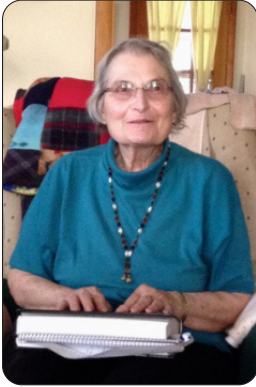
“Attached are a few photos of the Chapel plan. We can’t capture the whole structure at once unless using a drone! We give Glory to God for His love always. Grace and peace.”





COMMUNION OF SAINTS

Dorothy Stark, Companion, WSHS



Always a seeker, dear friend and WSHS Companion, Dorothy Stark died on March 19, 2021.

Dorothy was both creative and humorous and found a unique way to attend our 2021 Retreat. She outdid ZOOM and came in on the wings of the Dove!

Dorothy and husband Walter retired to Uplands Village in Central Tennessee in July 1990. Along with faith and family values, they brought along activism for social justice, healthy eating habits and concern for environmental issues. Their presence and energy a perfect fit.

Dorothy's desire to join WSHS in her final decade was a unique gift with abundant energy, spiritual insight and humor. She was proud of her six daughters and loved joking about how they intended to pass her around in her old age. In a way, she completed us. Always, she sat in the sturdy chair with cane gently placed on the floor. A comfortable "adjust" with cup of tea and we proceeded to meditation. She trusted us. There were a few times when she compared her prayer to Gideon's in JUDGES 6: 36-40. "I need to decide what to do. Do I stay or go? I will put out my fleece and see what comes of it." The fleece prayer worked.

A few years ago, Dorothy moved to Illinois with Sarah, her oldest daughter. Sarah orchestrated visitation times with her five sisters and their families. These times were precious and full of life energy and story. "May we all relish our time together. Let us be concerned for one another, to help one another to show love and do good" HEBREWS 10:24



SPIRITUAL SHARING

Sister Anna Joshua's article about prayer through singing and music struck a chord with my own experience. It reminded me of the words of St. Augustine when he said, "He who sings prays twice." I might go further and say he or she who sings together with others prays three times, because group singing to me is a very special way of being with God. We can all remember the beautiful Taize services at WSHS Retreats and how incredibly powerful it was to sing together and how peaceful everyone felt afterwards.

I grew up in a family of Anglican singers on my dad's side and one of my earliest memories was of my dad practicing the tenor solos from The Crucifixion by John Stainer. I always found the words and music very moving, and I think my experience and understanding of Christianity were formed by it at a very early age. It is a piece of music I listen to every year during Holy Week thanks to the wonderful technology that allows me to tune into all sorts of performances from my armchair with my phone.

I was able to launder and iron the small linens for the Altar Guild. I send in contributions monthly for our local and overseas missions, including funds for the hungry. My mother is my ministry, also.

I tend now to see spiritual life as all of life so it is in everything I do or say that my family learns how important my faith is to me. I think children always take their parents for granted if they are in fact secure and loved. They don't realize until much later how precious was that love from their parents which surrounded them and nourished them. Gratefulness comes much later but it comes.

Yesterday, I was struck by the reflection in *Forward Day by Day* about dusting. I did more of that to get ready for a family visit. The reflection asked what we might need to do in terms of "dusting off our relationship with God." I find myself, after a few weeks of family, a bit out of sync with my usual daily check in times. I still have not gotten back into my office/yoga space for reflection and writing time. Interesting how losing a dedicated space made a difference.

Today I thought about what to "dust off" and put back in my relationship with God. And there it was in our *May Bulletin* – more time singing in prayer, more time of worship. I do know the song Sr. Anna mentioned and I have a strong memory of singing My Song is Love Unknown, during graduate school. I was alone in the unfinished Episcopal Chapel on the University of Illinois campus, and I could feel God's love surround me in the sound of my voice echoing in the cathedral-like part of the nave. That musical reminder of prayer and praise has reminded me to "dust off" the hymns and psalms I love and sing and say them aloud more often. And that means when I am alone in the house too! The familiar verses of Psalm 37, which is appointed in the daily readings for today, is one of my favorites. I take comfort today in verse 4 – "Delight yourself in the Lord, and he will give you the desires of your heart." I hear right now that God will provide renewed relationship with Him.

I found myself struggling with the questions concerning Sr. Anna Joshua's Hymns and Psalms as Prayers because I felt so musically inadequate and then she shared with us in Sr. Nancy Teresa's Zoom call and I felt like the lights came on.

One special awakening for me have been to learn that music therapy is used for healing, i.e., helping to return motor skills or healing for stuttering. I also remembered that singing helps memorization.

How wonderful to have music injected into family. I contend that those who can put words to music, remember longer. My brother had all congregations sing the Creed and children would retain for years.

Sr. Anna states the music seems to meet us where we are and I find this to be true for me also. When we play and sing at Retreat I can get totally lost in the song and music, which do wash over me completely.



FORMATION AND TRAINING

Prayer Through the Arts

By

Marilyn Propp, WSHS



I know that God speaks to us through silence, birdsong, fills our souls with music, gives us wings to soar in dance and song, movement and hymns and jazz and all that is uplifting in the arts. Plays that move us to laughter and tears, ballet that causes us to hush and be still, old 30's movies where dancers twirl and tap their way into our enthralled hearts. Yet I want to speak about the visual arts. How God speaks to me through my eyes. Color and form and rhythm and repetition enter my spirit through sight. And how others are affected – to delight, to prayer, to joy, to curiosity. That is something beyond my ken. I can only put the work out there and hope that it touches people.

Many years ago, during a Cursillo weekend, I was in a chapel sitting silently in front of the consecrated Host. I looked up above the altar to the stained-glass windows. Light was pouring through the most intense ultramarine blue (a purple blue that's my favorite color) and I heard God say "I love you." God speaks to me though color.

God speaks to us through our senses: sight, sound, taste, touch, the many different smells of the earth in spring, the aroma of fresh bread in the kitchen, the hug of a loved one, the sight of golden-pink streaks of light in a powder blue sky at sunset. I could go on and on. For me, as a visual artist, I pay particular attention to how colors and shapes work together, what kind of movement directs the eye through the piece (much like music), and as I make images, time disappears, and I become immersed in the shapes, colors, material in front of me, as I push and pull and move and manipulate all of it to WORK. To come together as it should. I know God is there beside me, with me, because I am creating. And God and I become co-creators in bringing the new artwork into being. Which seems rather arrogant to say, but I really do get a sense that creating is the most marvelous gift. To make something, whatever it might be. For me that means placing colors and shapes around until they relate as one whole. For others, it may mean finishing a quilt. Or building furniture. Or whipping that unruly garden into shape. The feel of the smoothed wood, the smell of it, must be so satisfying. The smell of the earth, the feel of the yarn or thread, all of this is making something that *WORKS*. That puts things together the way they should be.

Isn't that like Creation? And sometimes it doesn't work. I have some artwork that I've put away, thinking it was finished, and then I pull it out a few years later, and say "this isn't finished yet". And I can see where it needs more. I had to grow into a better understanding of how to make it work. Art can make us grow, and we can see the growth. It's like the formation of our spirits under the guidance of the Holy Spirit. It takes time. But if we stick with it, we *DO* grow.

So. Prayer through the Arts. Are we formed, like the clay in the palm of His hand? As we make things, is He there making us? If we listen, do we hear him saying “I love you”? Do we recognize that it is all a gift?

I make art because in the very depths of my being, down to my bones, that’s what I do. It is me, it is who I am. Even before I knew the Lord, I knew this. When I surrendered to the Lord, I had to surrender my art to Him. He kept giving it back to me, and made me know that it is who He made me to be a person who loves making art, with color and light and form and rhythm and putting the pieces together until they fit. There are others whose art form is raising children. That takes much longer, but eventually all the pieces of those lives come together. I think it helps to see God’s hand in all of it, and to see all of living as an art form. God the Creator. We are made in His image, so, we are creators, and our souls soar when we do that. No matter what form it takes.

“May the favor of the Lord our God rest upon us; establish the works of our hands for us – yes, establish the work of our hands.” Ps. 90:17.

What are the works of your hands?

Questions for Reflection

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

1. Marilyn, begins by talking of God speaking to us in various ways and her focus is how God speaks to us through visual arts – through our eyes, color, rhythm and entering through sight. Have you thought about God speaking to us in those ways?
2. She speaks of how, as a visual artist, she pays attention to how colors and shapes work together. She becomes immersed in what is in front of her as it comes together. While she is creating, it is really her and God working together. Take time to think deeply about that as to how you can be “working with God” in areas of your life.
3. Marilyn talks about creating art and how, at times, it does not work. She will put the artwork she is working on away thinking she was finished with it and yet some years later she finds it is not really finished as she had to “grow into a better understanding as to how to make it work”. She compares that as to our spirits growing under the guidance of the Holy Spirit. Take time to reflect on that and when you have felt the changes in your life being guided by the Holy Spirit. You may want to write about that in your Journal.
4. As she concludes her article Marilyn, uses this quote from Psalm 90:17 “May the favor of the Lord our God rest upon us; establish and the works of our hands for us – yes, establish the work of our hands” and she poses this question to all of us – “What are the works of your hands?”

Take time to pray and reflect on that question and perhaps write a letter to God sharing what you feel is the work of your hands and how you can work together on your spiritual journey.

Sr. LaVerne Peter, WSHS