

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



THE FRUIT OF GENTLENESS
June 2024

Bulletin Cover - Photo by Rasa Kasparaviciene on Unsplash”

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.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, www.workerbrothers.org

Web Addresses: workersisters.org workerbrothers.org

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT

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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
June 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.

<u>Regional Zoom Gatherings</u>		June 22, 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	9:30 AM AZ Time (Which is 11AM MT, Noon CT, 1PM ET)
<u>In-person Corporate Communion</u>		
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

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

CHAPTER MEETING
June 12, 2024

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



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



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Birthdays & Communion of Saints - Updated and included at the end of the Bulletin

Cluster Chart – Updated and included at the end of the Bulletin

Green Sheets – Updated and included at the end of the Bulletin

Reminder to Sisters, Brothers and Workers

1. Please email your **entire “Yellow” letter to your Cluster Leader** including Prayer Requests, Recommendations and News Notes.

All Clusters, Cluster Leaders and Cluster members, are listed in the **updated Cluster Chart** that is included at the end of this Bulletin.

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

1. Send your **responses to the Friends and Companions Corner** to:

Marya Pohlmeier, Companion, maryalovestravel@gmail.com

Her mailing address is: 1677 Mount Vernon Drive, St. Charles, MO 63303

2. Companions, **send your Pentecost letter** to:

Sr. Betty-Lou Shirley, WSHS, Companions & Friends Coordinator, durr@vianet.ca

Her mailing address is: 1528 Dwight Beach Road,
Huntsville, Ontario, P1H 2J6 CANADA



COMPANIONS AND FRIENDS CORNER

Let us Companions and Friends pray for our Community.

**Holy Spirit, may your Breath be breathed into every member of
The Worker Sisters of the Holy Spirit and The Worker Brothers of the Holy Spirit. Amen.**

Retreat 2024. Theme: “Fruits of the Spirit” Love, Joy, Peace, Patience, Gentleness, Goodness, Faith, Meekness, Temperance.

A few personal reflections.

1) Each Fruit of the Spirit was presented very succinctly by a different sister. They brought the virtue alive with personal stories and intriguing graphics on the big screen. Those ten minutes inspired us in small groups (including those on Zoom) to bring the virtue into our hearts with our personal reflections. I was surprised and inspired by someone in my group to let the virtue of FAITH seep into me. It’s not a fruit of the Spirit that ordinarily grabs me. But it brought up the challenge we have with the state of affairs in our world that is pressing upon us to wonder, to doubt, to reach out with FAITH that God is in charge. Guess what? A day or two after retreat, a friend sends this out by email not knowing anything about my retreat:

My prayer for you today is that as the world is beyond your control, you remain undisturbed at its inconsistencies and disappointments and can make this profession of faith, “Yes, my soul, find rest in God; my hope comes from him. Truly he is my rock and my salvation; he is my fortress, I will not be shaken. My salvation and my honor depend on God; he is my mighty rock, my refuge.” Psalm 62:5 – 7

2) Each evening of retreat is a different prayer experience. The first evening after we have a prayerful recollection and reading of the names and images of the saints who have gone before us from our community, we gather in the chapel for a TAIZE prayer service. Just what I needed to move from the business of ordinary life into the reflective life of Retreat. A combo of Scriptures and TAIZE songs of simplicity and yearning. Deepening the yearning by repeating the chant over and over. Oh My! “Jesus, remember me...” “Ubi Caritas: Where there is love, there is God” “Wait for the Lord...”

3) On the last day, I was chatting with the receptionist on duty at the Mercy Center. She was commenting on her observations of the WS & WB. “Ever since I met you all some years ago, I have always referred to your group as the “Worker Bees.” She observed how each one who comes to Retreat seems to have a definite job and/or part to play in the retreat. Perfect name: “worker bees.” Not just at Retreat, but each day! Working for the Lord.

4) Much more about Retreat by others elsewhere in this Bulletin.

5) Question for **June**. Do you have a story or reflection on any one of the Fruits of the Spirit? Do you struggle with one of the Fruits in particular? Or is there one Fruit that you often or once were able to soar with?

Pentecost! Companions, I hope you have sent your “Pentecost Letter” to Sr. Betty-Lou Shirley. If not, she is waiting. I’m repeating her info in case you need it. In case you don’t know, she is quite the artist and is painting special cards of the Holy Spirit for each one as we respond with our Letter. You will want to have one!

Sr. Betty-Lou Shirley, WSHS
Coordinator of Companions & Friends
1528 Dwight Beach Road
Huntsville, Ontario, P1H 2J6
CANADA
Or by email: durr@vianet.ca

As promised last month, here is a reminder to Friends of our commitment.

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.
- Receives and wears the Community pin.

PS. Have any responses to the Friends and Companions Corner? I hope so.

Marya Pohlmeier, Companion.
1677 Mount Vernon Drive, St. Charles, MO 63303
maryalovestravel@gmail.com

Questions from **May** Newsletter were: What memories do you have where you experienced the Holy Spirit? What direction has the Holy Spirit inspired in you most recently? What bubbles up inside of you when you think of the Holy Spirit?



SPIRITUAL SHARING

I think that it is hard to give it over and accept that God will be able to take care of it and you. Sometimes changing our attitude is hard but in the long run we really are not in control and when we realize that, life can be so much more peaceful for all involved.

At Retreat I had a very good spiritual experience on a Saturday. It had stopped raining enough that I went out and walked the labyrinth. I didn't rush but walking towards the centre I remembered all of my years with the Community and what it has done for me and also what I had accomplished, how I had grown and am still learning.

Please know that you are held in prayer and I so hope you have some good news!

I continue to offer classes in English as a Second Language at a local senior center and I will be beginning to teach ESL on Fridays at another retirement center in a neighboring town. I solicit your prayers that this new volunteer assignment goes well.

I am so thankful for our wonderful Community and that we were able to gather together at Retreat once again. In person and through Zoom. What a blessing we are to each other.

Between Corporate Communion and Chapter meetings on Zoom, I get the wonderful opportunity to see many people from the Community and it is just wonderful.

Our Community means the world to me. Through our Sisters, Brothers, Lay Workers, Companions and Friends, I have come to be more loving and compassionate to so many of us. I see our Christian family as we gather together, whether it be in person or on Zoom, we come together with loving joy and compassion.

A grief support group once talked about the spiral of grief and other emotions. We hit rough patches over and over, but they tend to become less intense over time, as though we're traveling down or up a spiral road and encounter the same spot but not exactly the same. We are different, so the way we handle things is also slightly different. I think the analogy applies to our growth in the Fruit of the Holy Spirit, constantly growing "better" Fruit, or having an occasional weak growing season. Yet the road continues to spiral before us, taking us to new heights with our Lord and Savior's ever-present help. Thank You, Jesus!

It was a wonderful Retreat. I think one of the best. All of the presentations were wonderful and really made me think. At Retreat, I felt a renewal of faith and Spirit. I want to be more intentional with monthly letters going forward. My plan is to write to you soon after the Bulletin comes out each month and I have read it. Please pray that I follow through with this.

I understand why the Priests take vacations after Easter Week! We try to do everything to the glory of God, but there is a physical strain that we find ourselves in that was NOT meant to be a burden. We are only human, and sometimes try to do too much!

My "do a don't" for today was when I was finally able to get myself going. One of my favorite Psalms was appointed for Morning Prayer. I love this blessing in Psalm 20:

May the LORD answer you in the day of trouble*
the Name of the God of Jacob defend you,
Send you help from his holy place*
and strengthen you out of Zion;

I'm getting nourished daily with reflections from Richard Rohr's community - **Contemplation and Action**. The daily messages resonate with me and give me hope in the midst of this chaos around all of us. I know that you have daily sites you listen and read. Keep yourself fed with good things, we must have more than bread to live well.

We're moving slowly, but we're doing OK.

When my friend Sr. Agnes passed away so suddenly I felt true sorrow. The only other time in my life was when my mom died. Every Sunday in church, Sr. Agnes would sit in the pew right in front of me. I could picture her there and it brought sorrow to me. Then on Wednesday night Bible study we were discussing the story of King David and Mephibosheth and I remembered Sr. Agnes telling me that I was the only lay person she had ever known that knew that story. I just felt her there and somehow her memory brought joy and not sorrow and still does!

I have a story of Joy. A number of years ago I had an awakening or an encounter with Christ. I had been in the Community for about 13 years but I was not really committed and I did not enjoy Retreats and I only attended every 3 years. A few Sundays later, I was kneeling in Church and praying about my future in the Community and asking God if I should just leave the Community. God spoke to me and I heard him say "Just try one more Corporate Communion before you make a decision." Our next Corporate Communion was coming up in a week and I began to look forward to attending. That weekend we had a freezing rain storm and Corporate Communion was cancelled. However, I found that I was looking forward to the next Corporate Communion even more. I drove to the next Corporate Communion, singing to myself and God all the way. It was a dark Corporate Communion, the discussions were very bleak. But it just fell off me like water off a duck. I was full of the Holy Spirit and I sang all the way home.





FORMATION AND TRAINING

The Fruit of Gentleness

By

Sr. Jane Bartimaeus, WSHS



Gentleness is defined as kind, gentle, or mild mannered. When I considered what the term means to me, I kept coming back to a sense of peace and gratitude for all that the Lord has done for me, the family I have been given, the people still to come, the love of my life who was with me for forty years, the appreciation I have for a good laugh, the story about egg salad which still makes me laugh, the appreciation I have for friends, the joy I have in a good book, the time I spend with close family, the joy I have in doing an act of charity that no one knows about. In other words, *gratefulness*.

How would Christ expect us to care for each other? I'm sure if we asked he would say, be gentle with each other. Gentleness is rarely something that the world shows us and yet as we walk, or drive, through our lives we are constantly reminded of those we see who have no one to give them a shoulder to cry on, a smile to brighten their day, a gentle hand or a prayer that they will be protected on their journey. And yet we, the observer, can take a minute to say a prayer that they will find a blessing in this day, and gently move on.

The phrase from the Bible which I think of as God welcoming us home, and is often read at funerals reads "Well done, thou good and faithful servant." I recently lost a very dear friend, someone I met many years ago when she worked for the Canadian Cancer Society. She was many things; a breast cancer survivor, a missionary, a great listener, a devoted woman of prayer and my friend. Her gentleness touched legions of people. She prayed, taught, listened and loved us all through our trials and always gave the glory to her Saviour. If anyone taught me about gentleness, it was her. She was one of the Saints that surround us, teachers that instruct us, angels that protect us and adventurers who ask us to stretch and see God in the world he has put in front of us and beside us, and *in* us.

GRATEFULNESS is the partner of GENTLENESS. Without gratefulness for what we have been given, we cannot pass on gentleness.

Questions for Reflection

Please remember it is not necessary to answer all of the questions.

Choose one or two that speak to you and perhaps you would like to share.

1. Sr. Jane Bartimaeus in her sharing says: "How would Christ expect us to care for each other? I'm sure if we asked, he would say be gentle with each other." How do you remind yourself of the fragility of

others? How do you, by your actions and words, acknowledge each person you meet as both beloved, treasured and possibly fragile as well?

2. Sr. Jane Bartimaeus joins gentleness with gratitude and writes, *“without gratefulness for what we have been given, we cannot pass on gentleness.”* What is your take on this?

3. Sr. Jane had a friend who seemed to incarnate “gentleness” for her. Share about someone who may also be your example of gentleness in how they interact with you and others. Describe your feelings when you are treated gently.

4. Sr. Jane, in sharing about our need for gratefulness before we can be gentle, inspires the thought of how in being gentle with others, they in turn, may be more grateful and encouraged in their own growth and acceptance of God’s love for them. Can you think of times when you witnessed this in others. Reflect on how you have experienced gratefulness and gentleness in your life, or witnessed it in the lives of others.