

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**WHEN HAVE YOU NOT
EXPERIENCED COMPASSION?
March 2023**

Bulletin Cover - Photo by Sr. Deborah - My Ukrainian Family

Close to a year ago my family, with the help of many donors, brought my son-in-law's brother, wife and little girl to Canada from Ukraine. They left everything behind including other family. When we found them a place of their own, one post on Facebook generated everything they would need to begin a new life. Hind and her mother Svitlana (shown in the photo) also received beautiful quilts from a total stranger in our town. **True compassion exists in our world.** People want to help . This little family is now self-sufficient, both parents have jobs and all three are thriving in a new land. The pain of leaving others behind is still with them but they are thankful for a new safe beginning.

Community Communication Contacts:

Prayer Requests and News Notes for the monthly Bulletin - email Br. Ephrem, eteocles148@gmail.com or see green sheets for his 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. LaVerne Peter (callaghgan@aol.com), 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

THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT	
Web Addresses: workersisters.org workerbrothers.org	
Trina Avedisian, Friend, WSHS	Layout & Design WSHS/WBHS Bulletin
Sr. Shirley Evangeline, WSHS	Proof Reader
Contributing Staff	
Br. Ephrem, WBHS	News Notes and Prayer List
Sr. Kathleen Rachel, WSHS	Co-Director
Sr. Wendy Samuel, WSHS	Co-Director
Community Marketing Group, LLC, Publisher Port Huron, MI Copyright 2023	
Illustrations by M. Lourdes Vinas, O.S.B. from Our Father St. Benedict Sr. M. Regina Goberna, O.S.B. (New City Press, NY, 1983) Reprinted with permission	

No part of this publication may be produced, transmitted, stored in a retrieval system, or translated into any language or computer language, in any form or by any means, electronic, mechanical, magnetic, optical, chemical, manual or otherwise, without the prior written permission of the The Worker Sisters of the Holy Spirit, 9221 Creekside Trail, Stone Mountain, GA 30087.



CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
March 2023**

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 25, 2023**

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 MT
----------------------	---	-------------

In-person Corporate Communion

Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
--------------------------	-------------------------	-----

REGIONAL GATHERING/CORPORATE COMMUNION DATES

March 25 • April 29 • May 20 • June 24 • July 22 • August 26
September 23 • October 28 • November 18 • December 16

WORKER SISTERS/WORKER BROTHERS RETREAT

April 27-30, 2023

Compassion

Mercy Center, St. Louis, MO

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; click on MORE, then on MEMBER PAGES. To sign in use email WSHS.WBHS@gmail.com. If you don't remember the password contact Sr. Christine or Sr. Shirley Evangeline.

Sr. Arnitta Monica has moved!

New address:

725 24th Street NW, Apt 501, Washington, DC 20037.

New cell number is: 202-297-9219.

New home phone number is: 202-506-5499.



FROM YOUR DIRECTORS

REMEMBER TO REGISTER FOR RETREAT

The Retreat Registration and Accommodations forms are included at the end of this Bulletin. If you plan to attend in person, please complete both forms.

If you are planning to attend online, please complete the Registration Form. Email or mail it to Sr. Kathleen Rachel. You will receive a Zoom invite closer to the date that shows which sessions and services you will be able to attend.

IMPORTANT: HOWARD MC CLENDON, COMPANION, NEEDS YOUR RETREAT ARRIVAL AND DEPARTURE TIMES NOW! *This includes car, train, bus or airplane.*

Please call (601-467-7628) or
Email him at hmclndn@gmail.com

Please make sure all information about your travel plans (arrival day and approximate time as well as your departure time) are mailed or emailed to Howard. For those who are flying, Howard will attempt to help you "buddy up" with others who may arrive or depart from the airport at similar times and hopefully save you money on the shuttle fare.

RETREAT 2023 LOCATION:
Mercy Center – Phone 314.966.4686
2039 North Geyer Road
St. Louis, MO 63131-3399

FOR THOSE NOT ABLE TO ATTEND RETREAT IN-PERSON OR ONLINE

Please continue to pray for the upcoming Retreat, April 27-30. For safe travel, protection, wisdom and guidance of the Holy Spirit. Know that those attending Retreat will be praying for you throughout the weekend.

**SPIRITUAL SHARING**

— two weeks discussing prayer and my prayer life has opened my eyes on how His Spirit has been gently moving me in a direction. Of when, how to listen. I have felt compelled to add to my prayer life. This includes reflection in silence at the end of the day, going outside and sitting to pray as I enjoy our Mountain View, daily thanksgivings for my blessings as I sit and become aware of God's presence.

At this juncture of my life I find spiritual insights in most places and connections all over the place, and I want to share with you some quotes as they spoke directly to me this month.

The author continues “*We can only bring God into cyberspace or any space by how we act there. God is manifest not because he intervenes but when we all choose sanctity and morality in an environment where we are free to choose anything.*” My takeaway is that the power and knowledge and love and compassion and everything else that is God, resides in me waiting to be shown to the world if I make that choice and bring God into a particular space or time.

Yes, there is always the opportunity to return to God and try again. I am remembering a wonderful story I heard. At the end of a time of quietness, contemplation, and prayer led by a Sister during a Retreat, a participant came up to speak to this nun. The participant was distressed because “My mind must have wandered from God about a thousand times during the quiet.” “Ah, how wonderful,” replied the Sister leading the quiet time, “one thousand opportunities to return to God!” Yes, there is great opportunity stretching out before us in our current “human condition” in this world. And our “response-ability” is to let God increase our ability to respond in Love. (That play on the word responsibility was one of Father Beachy’s that I use frequently.)

Maybe we do not feel like we love a neighbor, but we can have compassion for them and reach out and help them. If everyone had compassion, the world would be a whole lot better. Compassion is the root of everything. Compassion is what things spring from (love, helping other, etc). It seems to me that everything springs from compassion. Not just Love, but Compassion is ground zero.

My compassion has deepened over many years. I have thought and prayed about it over these past weeks. I wanted to see where there is still work to do in my life.

Compassion to me means looking at the world and your surroundings with love and care. Being aware of the people around you at all times and caring about where they are and doing what you can to perhaps lighten their day.

I would love to have the gift of healing for the purpose of giving hope and less pain to my fellow believers.



FORMATION AND TRAINING

When Have You Not Experienced Compassion

By

Sr. Wendy Samuel, WSHS



Sr. Wendy Samuel lives in Stoney Creek, Ontario. She was admitted as a Lay Worker in 1991. She has been serving the Community as our Canadian Director since 2019.

Ephesians 4:32

Be kind and compassionate to one another, forgiving each other, just as in Christ, God forgave you. (NIV)

We have all experienced a lack of compassion in our lives. In my own life, I have experienced it when I have said or done something to someone else in anger, selfishness or a “see how you like it” response. After I calmed down and took a hard look at myself, I tried to make restitution and humbly apologized. (Not an easy thing to do, to admit you were wrong and are genuinely sorry for it.) The majority of times (sounds like I’ve been wrong a lot, doesn’t it?), my apology was met with stoney silence, or “the look”, or much anger returned to me.

There was no compassion from me when I made my accusations/blame to the other person, and I received no compassion when I tried to explain where I was coming from when I made those accusations/blame. There are always reasons for someone holding back compassion from us because we fail to put ourselves in the other person’s shoes. We cannot comprehend their reasoning at that time. We have to learn to try harder!

Sadly, I lost a friendship that I highly valued and I regret the incident to this day. We have both apologized and “made up” but our friendship has never been the same. I take the majority of the blame in this incident and if I could have a “redo”, I would. It was a very valuable lesson to “think before you speak” and brought home to me another valuable lesson, that you had better think of the consequences before you take action that can’t be undone.

The question we should ask ourselves is not “When did we not experience compassion?”, but “What did we do when this happened?”!! Where was my compassion when I did and said what I did?!! It’s hard to do as Jesus asks us and “see that none of you repays evil for evil but always seek to do good to one another and to all” (1 *Thessalonians* 5: 15).

When I think of lack of compassion, I think of the war between Russia and the Ukraine. There seems to be a genuine lack of compassion when Russia bombs a Day Care, or a hospital killing totally innocent civilians. I thought there were “rules of war” where such instances were condemned in what is supposed to be a war between “civilized nations.” There seems to be more evil than civilized behavior in this instance, on both sides.

I leave this article on a positive compassionate note. This war has also shown the true face of “compassion” in the outpouring of support and love from the entire world. In donations of food, clothing, medical supplies and never-ending prayer. There is hope for us yet in God’s forgiveness (*Micah 7: 18-19*), Jesus’ teaching to “turn the other cheek” (*Luke 6: 29*) and the power of the Holy Spirit to change hearts! (*Ezekiel 36: 26-27*). Pray with me for all three of these to encompass our world! Amen!

Questions for Reflection

1. Sr. Wendy suggests that the question we should ask ourselves is not “When did we not experience compassion?”, but rather ask ourselves “What did we do when this happened (when we did not receive compassion)?” Reflect on a time this happened; how did you respond?
2. Reflect on a time when you saw a sincere outpouring of compassion. What do you think/feel prompts this kind of response?



**JOIN US FOR RETREAT 2023!
APRIL 27th – 30th, 2023 AT MERCY CENTER
SAINT LOUIS, MISSOURI**

We will soon be gathered together again in St. Louis at the Mercy Center for our 51st Annual Retreat. We invite you to join us for a special time of spiritual renewal with Christ and reconnection with the Community of WSHS/WBHS, as we celebrate with joy the love, peace and strength of our Lord.

In Christ,

Sr. LaVerne Peter, Prioress

Sr. Kathleen Rachel and Sr. Wendy Samuel, Co-Directors

MERCY CENTER, ST. LOUIS

Mercy Center is located within 30 minutes of downtown and Lambert International Airport. It is a conference and retreat center as well as home for over 300 Sisters of Mercy. Its spacious grounds of 70 acres offers a sanctuary for both personal and spiritual growth and renewal, providing a tranquil environment of hospitality and healing.

The Mercy Chapel is the center of the Mercy Center and is adorned with numerous stained glass windows. On the east side of the Chapel the windows depict Spiritual Works of Mercy, while windows on the west side depict Corporal Works of Mercy. Two additional



stained glass windows are located directly in the back of the chapel. One is Catherine McAuley, the woman who founded the Sisters of Mercy in 1831 in Dublin, Ireland and the other is Mary, Mother of Mercy, the patroness of the Sisters of Mercy under whose care and protection the Sisters live and minister.

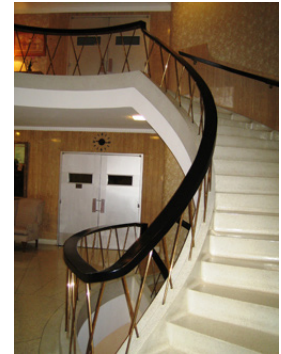
In the entrance of the Chapel is the Water Fountain which symbolizes the Christian's entrance into a new life through baptism. On each side of the water Fountain, mosaics consisting mainly of rocks and seashells gathered from all parts of planet Earth depict the sacred elements of life: air, fire, water and earth.

Beyond the large Conference and Retreat Center are the natural grounds of the Center which include a wood chip Walking Trail with many variety of trees that provide shelter and food for wildlife; the Way of the Cross and Stations of the Cross are outside west of the building. The Labyrinth is constructed of rocks and wood chips with herbs and flowers planted within the turns. The Wisdom Garden is a large selection of trees and shrubs have been a source of wisdom and guidance in



Dining Room

many lives. The Meditation Garden and Pond offers a cascading fountain that drains into a pond where fish and plants thrive. A glider swing invites restful moments of reflection and prayer. The Lourdes Grotto is a quiet space of beauty and inspiration. Rocks, plants and trees whisper their message – listen.

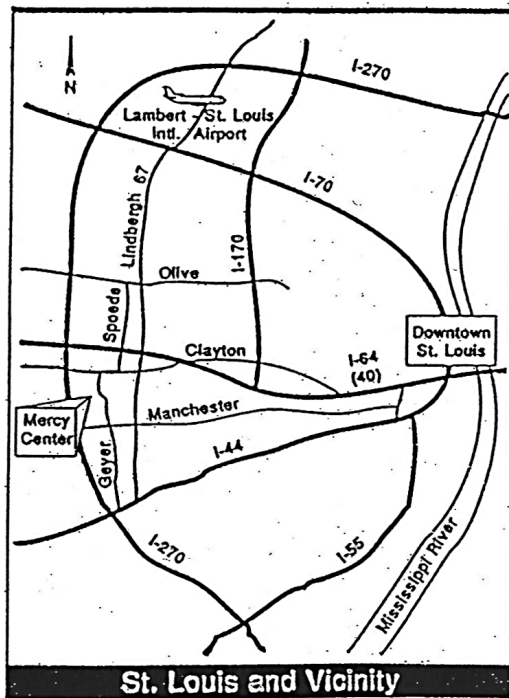


Elevators are available



Small Chapel

DRIVING DIRECTIONS



Mercy Center
2039 North Geyer Road
St. Louis, MO 63131-3399
Phone: (314) 966 - 4686

From Lambert International Airport

I-70 West of Lindbergh Blvd. South
 Exit 232A-232B; merge onto I-270 S
 Exit 12A-12B; merge onto I-64 E
 Exit 27 to Spoeede Rd; Right on Clayton Roa

Left on Geyer Road (3rd traffic light)

Mercy Center on right side about 1+ mile
 Enter drive; stay right at the fork in the road.
 Use main (middle) entrance

From the East

Take 1-64/40 west to the Spoeede Road exit #27. Take Spoeede Road south (left) to Clayton Road. Turn west (right) on Clayton, then south (left) onto North Geyer Road. The Mercy Center campus is on the right, approximately 1 mile south of Clayton Road. Enter and stay on right at fork in the road. Use main (middle) entrance.

From the West

Take 1-64/40 east to the Spoeede Road exit #27. Take Spoeede Road south (right) to Clayton Road. Turn west (right) on Clayton, then south (left) onto North Geyer Road. The Mercy Center campus is on the right, approximately 1 mile south of Clayton Road. Enter and stay on right at fork in the road. Use main (middle) entrance.

From the South

Take 1-270 North to 1-64/40 east exit #12A. Take Spoeede Road exit #27 south (right) to Clayton Road. Turn west (right) on Clayton, then South (left) onto North Geyer Road. The Mercy Center campus is on the right, approximately 1 mile south of Clayton Road. Enter and stay on right at fork in the road. Use main (middle) entrance.

From the North

Take 1-270 west/south to 1-64/40 east exit #12A. Take Spoeede Road exit #27 South (right) to Clayton Road. Turn west (right) on Clayton, then south (left) onto North Geyer Road. The Mercy Center campus is on the right, approximately 1 mile south of Clayton Road. Enter and stay on right at fork in the road. Use main (middle) entrance.

IMPORTANT NOTES

RETREAT FORMS (REGISTRATION AND ACCOMMODATIONS)

Enclosed with this March Bulletin are two Forms. If you are reading the Brochure by e-mail, please print them. Forms and money must be received by the deadline to meet our contract with the Center.

RELEASE OF LIABILITY

At the bottom of the Registration Form is a Release of Liability for Mercy Center. Please read and sign this section with your legal name and return the form with your registration check to the WSHS/WBHS Treasurer noted on the form.

TRANSPORTATION

Howard McClendon, Companion, WSHS is our Transportation Coordinator. As in previous years, our Community will not be able to provide transportation to the Mercy Center from the airport, bus station or AMTRAK. However, Howard can help you connect with other Retreatants who may be arriving and departing at a time similar to yours. Please send a copy of your travel schedule (exact times of arrival and departure) or car travel (estimated times of arrival and departure) to Howard so he can prepare a roster of arrivals and departures. His email is: hmclndn@gmail.com

Airline Flights:

The Mercy Center is served by the Lambert International Airport which is located 20 to 25 minutes from the Center. There are twenty-two airlines that serve this airport and most major Carriers have excellent arrival and departure schedules.

Ground Transportation from the Airport to and from Mercy Center can be arranged with **Express Car Service Phone 314-579-9399**. The cost for this service is approximately \$65 per carload one-way to Mercy Center or from Mercy Center to the airport. They transport three to four per car. Remember space is needed for luggage. Inquire if they have a roundtrip fare. **Call ahead (314-579-9399) and make a reservation; check the cost when you make your reservation. They ask that you not order your ride until within 2 weeks of arrival.**

Main Terminal: To meet **Express Car Service Company upon arrival – Lambert International Airport: They will meet you inside the terminal in your baggage claim area.**

THURSDAY ARRIVAL -

We encourage everyone to be at the Mercy Center around 2 p.m. on Thursday to have time to rest, meet with others, before the Retreat begins at 4:30 p.m.

DEPARTURE

Please schedule your airline departure after 3 p.m. Sunday. You will need to make your own taxi/limo arrangements.

SCHOLARSHIP FUNDS ARE AVAILABLE

Contact Sr. LaVerne Peter, WSHS by Email Callaghan@aol.com or address 9221 Creekside Trail, Stone Mountain, GA 30087 if you need assistance. Please let her know how much you would need.

SCHOLARSHIP FUND

In recognition of the continued rising costs of airfare and Retreat, we deeply appreciate any help you can afford to give. This assists those who wish to attend but are not financially able to do so.

NAMETAGS

If you do not have a nametag, changed your name, lost or need a new nametag, please send your request and a check in the amount of \$7.00 made out to WSHS to: Sr. Lucia, 1700 S Goldsmith Avenue, Meridian, Idaho 83642-6698 or e-mail srluciawshs@gmail.com

ADMISSIONS

The names of those to be ADMITTED or INVESTED will be published in the April Bulletin.

REMINDER

Meeting Rooms, Dining Rooms, Bedrooms are in one building with elevators. The weather in St. Louis can range from warm to cool at this time of year. Be sure to bring an umbrella or rain coat.

WHAT TO BRING
WOMEN RETREATANTS

Sisters/Workers

Red Habits
White Skirts
Blue Slacks (no jeans)
WSHS Red Shirts, Sweatshirts
WSHS Name Tag and Cross

Applicants

Red Jackets
White Skirts
White turtleneck or blouse
Blue Slacks (no jeans)

Companions and Friends may wear regular clothes

MEN RETREATANTS

Brothers/Workers

Gray Habits
Black Pants (no jeans)
WBHS Gray Shirts, Sweatshirts
WBHS Name Tag and Cross

Applicants

White Shirt/Tie
Black Pants (no jeans)
White Turtleneck or shirt
Gray Applicant Jacket

Companions and Friends may wear regular clothes

ALL RETREATANTS

Bible
Prayer Book (1979 Book of Common Prayer)
Journal, pen used throughout Retreat
Rain-gear or umbrella
Comfortable walking shoes

Warm jacket or coat
Coffee or tea mug
Sleep Wear and Personal Items to save on paper products

Towels and Bedding Provided