

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



CREATING SACRED SPACE
October 2021

Bulletin Cover - Creating Sacred Space - Photo by Sr. Deborah

As the 5th anniversary of my estranged husband's death approached, I felt it was time to go and visit his grave for the first time. I was not welcomed by his family at his death. It was healing to go and sit and talk and just be for a few minutes. As I turned to leave, the cover photo was what I experienced. I did not need to create that sacred space/time/image. It was created for me by the Creator himself/herself. A beautiful experience that I could never have imagined.

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
REGIONAL GATHERINGS
OCTOBER 2021**

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

		<u>October 23</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

In-person Corporate Communion

Carthage, Missouri	Sr. Barbara Veronica, WSHS	10:00 AM CT
Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD

REGIONAL GATHERING/CORPORATE COMMUNION DATES

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



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Here is an update 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.WBHS@gmail.com – the password is Angela45

Sr. Janeen Julian's correct address is:
 195 Meadows Rd in Pleasant Hill
 Sparta, TN 38583
 C: 931-287-1111
 H: 931-277-5114

MEMBER UPDATE

The life situations for JoAnn Quisenberry and The Reverend Ron Spencer have changed and they have each withdrawn from the Community. Our love and prayers go with them.

NEW WORKER APPLICANT

We are pleased to announce that Erin Diericx, Companion, has been accepted as a Worker Applicant. Her Applicant Mentor will be Kaelynn Judd, WSHS.



HAITI

Dear Sisters, Brothers, Workers, Companions and Friends, let us continue to pray for our Haitian loved ones. Especially for Br. Frantz Benedict and his team as they continue to be supportive and distribute water tablets to all those in need in their country. The devastation that has caused so much destruction and pain is very difficult, so prayers are needed.

On a good note, remember last month when I said that we did not have enough funds to send water tablets to Haiti? Well that has changed! Since then, we received enough funds to send two cases of tablets to Haiti in August. Yes, God is good. We thank our Community for their continued love and support of our Mission.

Sr. Betty-Lou Shirley was able to speak with Br. Frantz two days before the earthquake and we included a summary of that conversation in last month's Bulletin.

Sr. Betty-Lou Shirley got through to Br. Frantz Benedict via Skype later in August. She wrote:

I have just gotten through to Fan Fan (Br. Frantz Benedict) on Skype. I talked to him about joining us on zoom for Corporate Communion, on Sept 25 and he would really like that. I have spoken to Br. David and he will e-mail the zoom link to him. Fan Fan asked that I would send the link 2 days before by Skype so I will do that. What I am writing to you about is: Wondering if he might be connected to other Corporate Communion and the links be sent. He says he does receive the *Bulletins*.

I assured him that our WSHS Community was asking about him and keeping him and Haiti in prayer. It actually was quite amazing as sometimes the conversation turns to his concern about us and his prayers & compassion for our well-being! He wants us to know we are kept in his prayers.



Buildings leveled by earthquake



Searching for survivors



SPIRITUAL SHARING

The Bulletin articles this year have all been so good. As I get older, I seem to have less good time in the day. I get up early in the morning and spend some meditative time in the garden before the rest of the household gets up. I miss the energy I had when I was younger.

I was introduced to the Benedictine rule by a former Rector and had visited Holy Cross Monastery on a weekend with him and others. Thus, I wanted to look at the Episcopal Directory again. In the directory, I discovered a community with the strange name of Worker Sisters of the Holy Spirit! What a wonderful find!!!

I found Letty's article a real look into another world. I can relate more to some saints than others – from studying Benedict's rule of life I feel more personally in touch with him and have come to really value what he offered in his Rule that differed from earlier rules.

My latest connection to the saints comes from the current Pope Francis, who is one of my heroes as I so admire his personal commitment to be there for the most vulnerable, and for his spirit of love which trumps laws and rules that keep us divided. His name brings that whole Franciscan spirituality to the forefront for all of us. His intellect and wisdom are amazing and he breaks boundaries and reaches across artificial barriers.

I know there are Saints walking the earth today. Especially when I am in the presence of Fr. Harry Firth – so yes, the saints are with us today just as they were in the past.

Br. Ephrem's article was very interesting and he is certainly a blessing to our Community. To me, the prayers in the New Zealand Prayer Book are more modern and uplifting than many of the prayers in our current prayer book.

Thinking about "Letting go and letting God", I have always looked to let God lead and to trust him at all times. As hard as it seems sometimes, only God can clear all the clutter in our lives and open doors for us and lift us up in his Glory! This has happened to me several times. When you think things are so down and bleak, God reaches down and lifts us up in his glorious presence, increasing our faith and love as we see firsthand the wonderful works of our Lord. All I can do is praise him and thank him for his grace and blessings as he works out all the problems. We need to keep our faith strong in the Lord and I am very thankful that he has provided our Community to help me in my faith journey.

I find if I only focus on the Saints who are martyrs, monks and nuns, I forget about the daily Saints who are all around me. I think of some individuals who have touched my life in powerful ways: the nurse who braided my best friend's hair when she was in a coma following a car accident; an acquaintance who followed the leading of the Spirit and called and stopped me from taking my own life as a teen; the pastor who sat down with my husband and I when our hearts were broken and simply listened to our pain.

I enjoyed Marilyn's article on art. Creating is truly "a most marvelous gift" anywhere we may be taking part in a creation of art, music, cooking, gardening, friendships. The list can go on forever. Living is creating! The niche I keep finding myself in is preparing some type of food to share. Just plain simple items to share. I think it is a gift I have to share that says "I love you."

I loved reflecting on each of Letty's prayers to 3 individual saints. It seems each prayer brought out a sense of humbleness which in turn brings wisdom; a sense of self-denial which in turn brings peace and strength; and a sense of compassion which brings comfort. I found this sense of peace within a breath of fresh air as I relaxed into each prayer.

I have done some oil painting in the past, and I can imagine how Marilyn works with God. All my work was composed from scratch and from start to finish, I never knew how it was going to turn out for sure, but we have sure knowledge of how our lives will turn out in the final accounting if we ask the Lord Jesus for His help along the way.

I've had some interesting conversations at Bible Study. There are only 4 of us and our leader, who has two PhDs in Spirituality and approaches our study with love and openness. We've been looking at some of the Old Testament stories and how we can see similar events in our own lives. I'm still not sure about Moses and the burning bush. We were given a different interpretation of the Ten Commandments, where "thou shalt not" was left out and gentle words used instead. I've been sitting with this each day for about 20 minutes. I suppose I'm seeing another way of receiving God's love.



FORMATION AND TRAINING

Creating Sacred Space

By

Sr. Catherine Marie, WSHS



"Stop and be in God's time." These words caught my attention in the questions after Marya's sharing on "Experiencing Prayer" in the September *Bulletin*. To "stop and be in God's time" is where I find my thoughts beginning as I reflect on this month's theme of creating sacred space and recognizing sacred space.

In my experience it is the presence of God that creates sacred space. My awareness of sacred space is a pause in my daily routine of chronological time. I stop and become aware of God in Kairos, God's time that Marya wrote about last month. (Thank you, Marya, for the reminder about those two kinds of time.) While God is always with me as Jesus promised, "surely I am with you always, to the very end of the age" (Matthew 28:20) my part of joining the creation of sacred space is to pause, respond, and recognize the sacred (God's time) in my life.

There seem to be three kinds of doorways into sacred space.

Intentional Sacred Space. Most frequent are the times I have created and set aside to pause/stop and listen and watch for God. Ideally this occurs each day one on one with God, and is usually in the quiet of early morning. When I listen for God's voice in that time, I may sit in an appointed chair, take a prayer walk, or in wintery months curl up under a prayer shawl. I use a variety of dedicated places/actions/symbols to help me outwardly mark the sacred space set aside to enter God's time. By using the outward symbols/actions most helpful to me in a particular moment, I can more easily pause my busy mind in order to enter into God's sacred time. Like many before me, I often find it helpful to reflect on words from the Bible using the practice of Lectio Divina. This framework always helps guide me

into a sacred space where God is awaiting me. One of my favorite passages is: “Be still and know that I am God.” (Ps 46:10) And as I type the familiar words, I see those words are another good description of how sacred space is entered. Be still ... know ... I AM.

I like to use this pattern as a breath prayer, pausing after each phrase:

Be still and know that I am God

Be still and know that I AM

Be still and know

Be still

Be

Every once in a while, at the end of that prayer, by God’s grace, I find myself briefly encompassed by God’s love, a child of God stepping for a moment out of chronological time into a glimpse of my eternal inheritance in God’s kingdom.

Communal Sacred Space. There are also the times I join others to create and share sacred space. For about ten years, I helped to facilitate labyrinth walks for Advent and other seasons of the church year. Once during the first walk on our new seven-circuit cloth labyrinth, everyone present helped to roll out the labyrinth, and stood around the outside circle to sing and ring handbells. Our rector blessed the walking pattern, and meditative music was played as we walked in the sacred space we had prepared. After the walk, a time of sharing enriched the blessings of that time in sacred space.

Another significant sacred space is one I have entered nearly every summer of my life. It is the small church where my family has worshipped for several generations. This church was designed by my great-grandfather and many of the windows are in memory of family who have worshipped there before me and with me. The sense of being connected to the communion of saints is very real when I kneel at that altar rail. The window over the altar depicts Jesus with children standing around him. For several years now, I have identified with the young girl in the scene, who is offering a bunch of flowers to Jesus. Even when I am not in that worship space, I sometimes envision the window and the girl offering Jesus the flowers. This visual image remains a way to enter into God’s time, time with Jesus.

Unexpected Sacred Space. Finally, the most amazing journeys into sacred space seem to happen unexpectedly. In these instances, I am surprised by a sound, sight, smell, touch, or taste that draws me into awareness of God’s presence.

Hearing a favorite setting of music has led me into dancing with God.

The wild buffeting of a big wind once reassured me of the power and presence of the Holy Spirit.

Standing next to the endless cascading of water at Niagara Falls one year, I suddenly was overwhelmed by God’s love. How much more powerful and endless is the Love of God than all that thundering water

Several years ago, on a walk outdoors I heard the two-note call of a chickadee. The sound reminded me that God is continually calling out to me. God never stops breaking into my time, calling out to me to pause and notice sacred space being created. God coming into the world ... always. It is always Advent.

I heard that two-note call of the chickadee again this morning.
I am thankful for that audible reminder as I finish typing.
It is time to stop and be in God's time.

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. Catherine Marie speaks of an Intentional Sacred Space where she sets the time she is able to pause, stop and listen to watch for God. Do you have that special time of the day or evening that you are able to do that? If so, how is that working for you?
2. Many folks have both that special time but also have made a special place in their home as their Prayer Space. It is a place where you can "enter" into the quiet and peace to pull away and be. They find it helpful to enhance that area with their journal, Bible, Prayer Book, and often a selection of prayers and readings to join them. While it is nice to add various items, be sure that you don't have things that can distract from this special time and place.
3. Sr. Catherine Marie brings up an excellent suggestion to be at times with others in a sacred space such as a labyrinth where one can walk with others in silent community and peace. Have you had this type of experience and how did it feel to have other people on this special journey?
4. In her article Sr. Catherine Marie speaks of an Unexpected Sacred Space and one never knows when that can occur. Many years ago, I often would stop by a beautiful Church on my way to my office. The organist would be playing and brought such a sense of peace and comfort as I sat and prayed in silence. As I was leaving the Church, I picked up a copy of a magazine called "The Living Church" and in it was an article about an Episcopal Nun who was beginning a Religious Order for Lay people. That lady was our Founder Sr. Angela and as I read, my life and journey changed for the past 50 years. Perhaps you have your story to share.
5. As Sr. Catherine Marie uses a lovely breath prayer which helps one settle down and "Be still" which is an excellent way to calm ourselves down as we enter into this special prayer time. Take time to do that and "let the world turn without you" in peace.

Sr. LaVerne Peter, WSHS