

THE WORKER SISTERS OF THE HOLY SPIRIT



# BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**COMPASSION FOR SELF**  
**September 2023**

**Bulletin Cover - Artwork by Kelly Rae Roberts photographed by Sr. Deborah**

This work of art, given to me by Sister Linda Thomas in 2012, hangs in my bedroom and is a reminder for me to take care of myself, love myself and set boundaries. Self-care is important as we journey through this life on earth. Thank you, my dear Sister Linda for this precious gift.

**Community Communication Contacts:**

**Prayer Requests and News Notes for the monthly Bulletin** - email Br. Ephrem, etcocles148@gmail.com or see green sheets for his mailing address.

**Changes of address, phone numbers, email addresses** - email Sr. Shirley Evangeline at sr.shirleyevangelinpace@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](http://www.workersisters.org), [www.workerbrothers.org](http://www.workerbrothers.org)**

<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
Web Addresses: <a href="http://workersisters.org">workersisters.org</a> <a href="http://workerbrothers.org">workerbrothers.org</a>	
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Contributing Staff	
Br. Ephrem, WBHS	News Notes and Prayer List
Sr. Kathleen Rachel, WSHS	Co-Director
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**CALENDAR**

**CORPORATE COMMUNIONS  
REGIONAL GATHERINGS  
September 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**

**September 23, 2023**

Eastern Regional USA      Br. David, WBHS, brdavidwbhs1@gmail.com      12:30 PM ET  
& Southern Regional USA

Central Regional USA      Sr. Catherine Marie, WSHS, sr.catherine.marie@gmail.com      2:00 PM CT

Western Regional USA      Sr. Wendy Martha, WSHS, wgyuton17@gmail.com      10:00 AM AZ Time  
(Which is 10AM PT, 11AM MT, Noon CT, 1PM ET)

**In-person Corporate Communion**

Pleasant Hill, Tennessee      Sr. Janeen Julian, WSHS      TBD

**REGIONAL GATHERING/CORPORATE COMMUNION DATES**  
**September 23 • October 28 • November 18 • December 16**

***Chapter Online Meeting  
September 13, 2023 @ 1:00pm ET***

**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](http://www.workersisters.org); click on MORE, then on MEMBER PAGES. To sign in, the email to use is: [WSHS.WBHS@gmail.com](mailto:WSHS.WBHS@gmail.com) – if you don't remember the password, contact Sr. Christine or Sr. Shirley Evangeline.**

**Jacque Chinnery, WSHS**

*Please make sure your Green Sheets have her current mailing address:*

706 N. 17th Street  
Lexington, MO 64067



## SPECIAL NEWS NOTES

### Memorial Service for Fr. Beachy

A Memorial Service for Fr. Bill Beachy was held for Canadian family and friends on Saturday, July 22, 2023. It was exactly one year since his death and we gathered at Church of the Redeemer, Rosseau, Ontario. That is the family church going back about seven generations (where Br. Peter and I were married). How wonderful to look out and see five ladies in red filling a pew and representing our WSHS/WBHS Community. Sr. Wendy Samuel, Sr. Deborah, Sr. Kathleen, Sr. Betty-Lou Shirley and Sr. Barbara Rebecca were all present and through them I certainly felt the love and support of everyone. And I appreciated their help passing out hymnals and the service leaflets.

The formal part of the service began and ended with the recording of "For All The Saints Go Marching" written for trombone and brass quintet by Br. Peter, WSHS. He plans to share it with everyone again at Retreat where many of you remember Fr. Beachy playing his trombone in the years when we often sang "O When the Saints, Go Marching In." During the time for "Words of Remembrance", I shared from words written by Dad and letters written to him.

After the closing reading, there was a time when young Bill Beachy, my brother, invited those present to share more stories about Dad. There were good moments of laughter that honored Dad's understanding of the power of holy laughter. And, of course, singing included the Welsh Hymn Cwm

Rhondda and Dad's personal favorite, often sung at WSHS/WBHS Retreats, "Love Divine, All Loves Excelling." Certainly God's Love and Fr. Beachy/Dad's love continues to be with us.

With my love and thanks to all of you, Sr. Catherine Marie



## FROM YOUR DIRECTORS

### New Cluster Changes

Last year there were many people whose term of office had ended within the Cluster structure of our Community. We appreciate their commitment in serving with such dedication and love for this Community and the prayers and support provided to those assigned that came under their care individually. Thank you!

There were quite a few vacancies that needed to be filled and so with a great start by Sr. Catherine Marie, all members of Chapter and the Holy Spirit's guidance through prayer, replacements were chosen. To those who have answered the call to serve in their new responsibility, we appreciate your faith and dedication to those now under your care.

Here are the new Clusters. As you can see, some people have been re-assigned to a new or different Cluster and hopefully you have all been informed of the changes and whom you are now to write your monthly yellow letters to.

As in life, to change means to grow and we, your Chapter, pray that together we will grow in our faith, in our knowledge, and in our spirituality alongside those with whom we are now in "cluster". May God bless our Community, our new clusters and each other. Amen.

See 2023 WSHS/WBHS Cluster Chart on the next page.

## 2023 WSHS/WBHS CLUSTER CHART

<u>Central</u>	<u>East/South</u>	<u>West</u>
<b>Rachel Cluster</b>	<b>Samuel Cluster</b>	<b>Martha Cluster</b>
<b>Sr. LaVerne Peter</b>	<b>Sr. LaVerne Peter</b>	<b>Sr. LaVerne Peter</b>
<b>Sr. Kathleen Rachel</b>	<b>Sr. Wendy Samuel</b>	<b>Sr. Wendy Martha</b>
Sr. Catherine Marie	Sr. Patsy Anne	Sr. Pam Raphael
Sr. Shirley Evangeline	Sr. Carol Matthew	Br. Andrew
Sr. Deborah	Sr. Kathleen Rachel	Sr. Nancy Teresa
Sr. Christine	Sr. Wendy Martha	Sr. Wendy Samuel
Br. Peter Nicholas		

**Provincials**

Sr. Catherine – Central  
 Sr. Shirley Evangeline – West  
 Sr. Deborah – East & South

*(Please note: All Cluster Leaders highlighted in yellow below are to write to their Provincials)*

<b>Hosea Cluster</b>	<b>Rebecca Cluster</b>	<b>Pacific Cluster</b>
<b>Sr. Catherine Marie</b>	<b>Sr. Carol Matthew</b>	<b>Sr. Bettie Susanna</b>
Cindy Martin	Sr. Barbara Rebecca	Sr. Arlie Mirren
Sr. Joanna	Sr. Jane Bartimaeus	Sr. Helen Joseph
Pam Winn	Sr. Betty-Lou Shirley	

<b>St. Thomas à Kempis Cluster</b>	<b>Mary Cluster</b>	<b>Anne Cluster</b>
<b>Sr. Nancy Teresa</b>	<b>Sr. Deborah</b>	<b>Sr. Patsy Anne</b>
Sr. Jacquie Elizabeth	Sr. Julie Margaret	Marilyn Propp
Barbie Richards	Sr. Betty Hope	Lenore Wang
Melanie Toboyek	Sr. Brenda Faith	Ginny Berkey

<b>Thomas Merton Cluster</b>	<b>Daniel Cluster</b>	<b>Zaccheus Cluster</b>
<b>Sr. Nancy Clare</b>	<b>Sr. Paula Adelaide</b>	<b>Sr. Alexandra Francis</b>
Sr. Mary Govan	Sr. Janeen Julian	Sr. Lucia
Sr. Kathleen Columb	Sr. Susan Gabriel	Leanne Martinez
Sr. Arnitta Monica	Sr. Anna Joshua	Joan Gittings
Kaelynn Judd	Karen Charbonnet	Sr. Sharron Magdalene
Jacque Chinnery		

<b>Elias Cluster</b>	<b>Galilee Cluster</b>	<b>Dismiss Cluster</b>
<b>Sr. Dorothy Cecilia</b>	<b>Br. Peter Nicholas</b>	<b>Ted Wilson</b>
Sr. Charlotte Mary	James Easter	Br. Raymond Gregory
Sr. Diane Richard	Br. David	
Sr. Barbara Veronica	Br. Ephrem	
Sr. Agnes	Br. Frantz Benedict	
Sr. Linda Thomas		

*Revised Aug. 10, 2023*



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## COMPANIONS AND FRIENDS CORNER

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Hello! I'm Marya, Companion. I'm assisting Sr. Betty-Lou Shirley, coordinator of Companions & Friends, in a ministry she and I share with other Companions and Friends.

We have not received any Pentecost Letters recently. It's never too late to send a letter to Sr. Betty-Lou. In the meantime, perhaps you would enjoy a brief biography of St. Benedict which recently came to me on July 11, his Feast. Sister Angela based our Rule on Benedict's concepts. This article was written by Robert Ellsberg.

➤ St. Benedict Abbot (ca. 480 — ca. 550)

Few saints have left such a palpable impact on the world as St. Benedict, founder of the great Italian monastery at Monte Cassino and author of a Rule that set a standard for the Western monastic tradition. Benedict evidently had an extraordinary power to read and discern the souls of others, and his Rule shows his rare insight into human nature. Whereas earlier monastic experiments had stressed rigorous asceticism and self-denial, Benedict's Rule was designed for ordinary human beings. The element of discipline was shifted from externals to the interior, from the flesh to the will. In place of an emphasis on fasting and mortification, Benedict substituted the discipline of humility, obedience and accommodation to community life. Rather than envisioning a collection of individuals competing in the quest for perfection, Benedict stressed the role of community as a school for holiness.

Benedict's emphasis on the balance of work and prayer, his validation of community, and his regulation of monastic life eventually set the pattern for Western monasticism. A significant factor in this occurrence was the intrinsic attraction of the Rule itself and its underlying balance, moderation, and humanity. Throughout the centuries Benedictine monasteries marked by a vision of peace, wholeness, and ecology have offered the witness of an alternative society governed by the spirit of Christ.

Dear Friends and Companions:

If you have suggestions for this section that would be helpful to you, please let me know. Drop me a line about Benedict, what part you live out or struggle with in our Rule. I'd love sometime to hear a short description of how you came to be a Friend or Companion, and what helps you remain a Friend or Companion.

My info is below. Love to you all and prayers daily for all.

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



## SPIRITUAL SHARING

Compassion for the earth is a topic on which we can learn a great deal from our indigenous brothers and sisters. They have a great reverence for the earth, including air and water. Our Rotary Club has a special environmental clean-up day every year and the garbage that is picked up is just appalling. Some people have no thought for others or for the earth. Now we seem to be seeing the results of global warming. So, at the moment we will continue to do our part to keep the world clean.

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I love Erin's description of Sin as "disagreeing with God." Her article was very insightful and compassionately written.

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I recently re-read *The Last Battle*, the final book in C.S. Lewis' Chronicles of Narnia series. The following quote from Aslan (Lewis' Christ figure) shows what happens when we seek to divide "us" from "them":

"...if any man do a cruelty in my name, though he says the name Aslan [Jesus], it is Tash [Satan] that he serves and by Tash [Satan] his deed is accepted."

\*\*\*\*\*

There was a good deal to reflect on in Erin's good article. The pointers Erin shared about how to deal with conflict with someone were really good reminders for me. However, truth be told, the people I am most often in conflict with are those in my immediate family! This summer found me "blowing up" rather often. Yikes! Well today as I read the Bulletin sharing on our Rule a verse from John 15 jumped out at me: "*As the branch cannot bear fruit by itself, unless it abides in the vine, neither can you unless you abide in me.*" (John 15:4) The light bulb went on. I had not been "abiding in the vine." All the busy hubbub and trying to organize a daily routine had pulled me off course. I had been trying to run things all on my own. The antidote to this human condition is to reconnect with the nurturing of Jesus as the Vine, and immediately we are available to receive God's love and to pass it on. It is so simple, and I forgot just return to Him. I can even make a physical motion and place my hand back into the hand of the Lord of the Dance.

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As Sr. Lucia shared about Benedict's human touch, I found myself saying AMEN, as that is one quality I love about the Benedictine Rule. The Compassion and concern for the individuals within the community, making exceptions for those who are ill, are old, who have been working all day in the fields etc. The Rule was not to break one but to encourage and support growth as was shared so beautifully at Retreat. Encouragement and support only come when each individual is considered precious in himself or herself. When someone needs and is given what they need, we all are to be glad that the need has been met, not jealous that we didn't get the same consideration. Be glad that we don't need it!

\*\*\*\*\*

As Sr. Wendy Martha shared in the Bulletin, we have this wonderful Creation that is being destroyed before our eyes. Seeing through the eyes of compassion we would be led to join our efforts with others. A big agenda but the first need is to begin with ourselves and slowly, with God's help, work outwards. We can only do so much, but we can do something.

\*\*\*\*\*

Many years ago a dear priest encouraged me to interact positively with all I meet as many have issues that we do not realize they are dealing with daily. These included my favorite grocery bagger, the receptionist and staff at my pharmacy, and those I always encounter on a regular basis in my community. I never thought of it as compassion, but now I realize the young woman who has bagged my groceries for 15 years, the young man at Safeway who has always been so welcoming and helpful for twenty years, and the delightful staff at my pharmacy where we always share a laugh are those with whom I share compassion. We always speak of the ups in our lives, but also of the lows we encounter as we walk through our days. Meeting and interacting with these people gives hope, kindness, and compassion during what can be difficult days for both them and me.

\*\*\*\*\*

I believe that God is speaking ALL the time, to all his children (everyone in the world) but we only hear it if we are tuned into his frequency and are listening.

\*\*\*\*\*

I don't believe we can "do" Compassion WITHOUT the Holy Spirit speaking to us. Compassion is a gift.

\*\*\*\*\*

I will recount a near-miss experience that I had in Michigan. We were visiting a lovely little waterfall in the woods. Near the falls there was some very rocky, treacherous ground upon which to walk. I tripped and nearly fell down. A good Samaritan caught me and saved me from what would have been a serious injury had I hit the ground. Or was it just a Good Samaritan? I really think it might have been an angel.



**FORMATION AND TRAINING**

**Compassion for Self**  
**By Sr. Carol Matthew, WSHS**



*(Sr. Carol Matthew, WSHS lives in Tucson, Arizona. She became a Lay Worker in 1976. Sr. Carol serves as our Coordinator of International Affairs.)*

While volunteering with Social Justice in Action at my church, Grace St. Paul's Episcopal, I have grown into a deeper compassion for our "guests". They visit our food pantry, enjoy breakfast that is waiting for them and a bag lunch that they can take with them. They can also stay and enjoy the hospitality of the volunteers or visit with each other. I also volunteer in Social Services, a job that helps our guests obtain birth certificates, a driver's license, an I.D., bus tickets and clothing vouchers. This just names a few of the services that we are able to offer.

Each guest has a story. Their stories tear at my heart and make me so aware that any one of us could be one of our guests. Compassion is the feeling that arises in us when we are faced with and confronted with another's pain and feel moved to reach out and relieve the suffering. As I reflected on this, I remembered that each of us has a story and sometimes we are confronted by our own pain. How do we show ourselves compassion, as we strive to show others compassion?

In The Desert of Compassion by Rachel M. Srubas, she writes:

Nothing was more important or meaningful to Jesus than embodying God's compassion. The people who experienced his healing, instruction and companionship in turn embodied compassion toward themselves and others. Prayer is God-centered self-compassion. Worship at its best feels good because it not only glorifies God; it also replenishes the hearts of the people who know they need compassion and spiritual sustenance....

You'll not find a better model of self-compassion than Jesus. The Gospels testify to his self-compassionate practices of solitary prayer, close friendship, meal-sharing, even his sleeping when under stress and weeping when grieved. (The Desert of Compassion, p. 59)

We need each other and the love that we share as we grow as a Community on this journey of compassion. We need to continually learn how to be compassionate to ourselves, as well as to others. This often is not easy and often forgotten. It is very important, as we grow, to remember to learn about our boundaries. The pain of others reminds you to check on yourself regarding your own pain. Rachel Srubas reminds us:

Responding with compassion to others who are suffering does not mean acting in a boundaryless way. Your safety, capabilities and limitations are important to respect. Quiet yourself and listen, God is present to you in compassion for yourself to keep yourself safe and protected from abuse, your extended hand must uphold a barrier to prevent misconduct and injury. Boundary-keeping is an act of compassion for yourself and anyone else at risk of being mistreated. (The Desert of Compassion, p. 82)

I close this reflection with a final prayer from Rachel Srubas at the end of her book of devotions on Compassion:

By the overflow of God's loving kindness, may you find you have been given all you need to live with compassion for yourself and for every living being. (The Desert of Compassion, p. 200)

With love, Sr. Carol Matthew

### Questions for Reflection

*Choose one or two that speak to you and perhaps you would like to reflect on them in your next yellow letter.*

1. Reflect on how you show yourself compassion?
2. Where have you received compassion that was just for you from someone else? How did that make you feel?



## FORMATION AND TRAINING

### From our Rule - An Experience of Prayer

As I prepared for my Retreat presentation, praying about what the words were saying to me, I found myself being more intentional about quieting myself and listening, listening. The image of a camp fire appeared to me and I could feel my prayers and the prayers of others rising up as the smoke was carrying those prayers upward. ~ Sr. Patsy Anne, WSHS

Asking the Holy One to enter deeply into our lives,  
touching the inner core of our beings  
and hearing our calling forth.  
Supporting one another with prayer  
through the spiritual journey.

#### Prayer

*I say this prayer to you Yahweh, for at daybreak you listen for my voice.  
And at dawn, I hold myself in readiness for you. I watch for you - ( Psalm 5:3)*

At daybreak you listen to my voice and at dawn I hold myself in readiness for you. Thus begins each new day. God expectantly awaits our first words and we anticipate a response.

Prayer is the central core which opens us to the fullness of life. Through living prayer we become attentive listeners and aspire to the willingness of self-surrender. In this daily dialog of listening and speaking, we become increasingly aware of the depth of God's love and call to intimacy. Members are encouraged to enter into the life of Jesus as a model for prayer.

As a Community we are committed to the practice of personal prayer and other spiritual disciplines that root our lives more deeply with God. All forms of prayer are encouraged in order that the individual may find her or his own rhythm.

Through living prayer we become attentive listeners and aspire to the willingness of self-surrender. In this daily dialog of listening and speaking we become increasingly aware of the depth of God's love for us. The Community seeks to help us discover different methods and types of prayer which enhance

our relationship with God, thereby giving us the guidance and direction to reach outside ourselves.

### **Silence and Solitude**

*And in the morning, rising up a great while before the day,  
Jesus went out, and departed into a solitary place. (Mark 1:35)*

As Jesus felt the need to go apart from the crowds to be alone with God, so too our members are exhorted (strongly encouraged) to spend time in meaningful silence and solitude.

Whether it is a short period of time in a day or several days during a Retreat, solitude is a necessity. Cultivating silence and a spirit of listening allows us to reflect on ourselves and our relationship with God. This encounter allows us to be confronted with truth. As we focus our hearts and minds on the Divine Savior we are open to metanoia, new attitudes, and a conversion of heart. Silence leads us into the heart of Jesus where we encounter his love and concern for the world. From this contemplative stance, we draw strength and direction to go forth into the world as God's compassionate people.

As we recognize the need for individual silence, we also know it is important for our Community to be in quiet together. Over the years, the Community has realized this increasing need for more silence. These shared times of silence allow for powerfully deep interactions that allow us to seek, hear, and discern God's direction for us as a Community.

### **Communal Prayer**

*....together they devoted themselves constant prayer. (Acts 1:14)*

We are called to be in prayer together. In this spirit, when possible, we gather with other members of the Worker Sisters and Brothers to pray. A special intercessory Prayer List is distributed monthly with the Bulletin. In addition the phone and email provide resources for shared prayer. Each member takes personal responsibility to spend adequate time in prayer for one another, the Community, and the world. Recognizing the power of the Holy Spirit transcends all geographical boundaries. Worker Sisters and Brothers define Communal Prayer as all prayer offered by persons in this Community for each other and the life and witness of this Community as a whole.

While intentional prayer is vital to the Community, it cannot stop there. Crucial to a healthy life for our Community are our intercessions for some of the larger concerns of the world, such as hunger, injustice and peace.

### **Praying the Scriptures**

*As your word unfolds, it gives light and simple understanding.  
I open my mouth, panting eagerly for your word. (Psalm 119:131)*

The Psalmist in 119 speaks through many vivid passages about the marvel of God's word. One Biblical scholar believes that the references to "commandments" in Psalm 119 can also be translated as "word." Passion flows throughout the Psalm

I have treasured your promises in my heart, my soul is overcome with an incessant longing for your word, your decrees my delight, your statutes my counselors. (119:11,

20, 24)

I yearn for your word. (119:39)

I stretch out my hands to your beloved word; teach me good sense and knowledge.  
(119:48, 66)

Your word is a lamp to my feet, a light to my path. (119:105)

I long for you Yahweh my Saviour; your word is my delight. (119:174)

Our Community finds strength, definition, and nourishment in the life-giving word of the Sacred Scriptures. Our faith is rooted in the Bible and members seek to hear and understand God's word in the power of the Holy Spirit. The Rule is emphatic about the importance of the faithful reading and study of Holy Scriptures as being central to the life and foundation of Community. We believe the Bible is inspired by God. In keeping with the Benedictine orientation, the practice of Lectio Divina (holy reading) is strongly encouraged. In praying the Scriptures, we often find inspiration and guidance for our journey.

We share in common the Daily Scriptures which include lessons from the Old Testament, Psalms, Epistles and Gospels as a way to enter into the yearly rhythm and journey through the church year within the larger church. This brings us in closer communion with one another.

*An Experience of Prayer was taken from our Community Rule. Those of you who have the big white Rule may read it in its full length; those of you who do not have the printed Rule can find it on our Web site if you wish to dig deeper.*

#### **For Reflection**

How am I currently structuring my day into times for prayer and solitude?

What are some of my challenges and some of my successes in this area?

How is the Holy Spirit helping me to pray for our Community members and for the needs of the world?