

**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**EXPERIENCING PRAYER**  
**September 2021**

**Bulletin Cover - Eucharist**

This photo was taken at one of our Retreats and speaks to us of Marya's thoughts on Experiencing Prayer. We are blessed to share the Eucharist with each other and our Saints as we gather.

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**Community Communication Contacts:**

**Prayer Requests and News Notes for the monthly Bulletin** - email Br. Ephrem, [apergydesign@gmail.com](mailto:apergydesign@gmail.com) or see green sheets for his mailing address.

**Changes of address, phone numbers, email addresses** - email Sr. Christine [casturges@gmail.com](mailto:casturges@gmail.com) or Sr. Wendy Samuel [virtue54@outlook.com](mailto:virtue54@outlook.com) or see green sheets for mailing addresses.

**Urgent Community Prayer Requests for email distribution** – email or call Sr. LaVerne Peter: [Callaghgan@aol.com](mailto:Callaghgan@aol.com), Sr. Christine: [casturges@gmail.com](mailto:casturges@gmail.com) or Sr. Wendy Samuel: [virtue54@outlook.com](mailto: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](http://www.workersisters.org), [www.workerbrothers.org](http://www.workerbrothers.org)**

<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
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**CALENDAR**

**CORPORATE COMMUNIONS  
REGIONAL GATHERINGS  
SEPTEMBER 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**

Eastern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	<u>September 25</u> 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**

**September 25**

**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**




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**HAITI**

Sr. Betty-Lou Shirley was able to call Br Frantz Benedict via Skype two days before the earthquake. She said, "Our sound was intermittent but we did sign, "I Love You". He looked very healthy and had his wonderful radiant smile."

Br. Frantz said they have been receiving the Aquatabs packages. He said people are fleeing their homes for their lives but are not able to take their belongings. When they leave their homes what they have is vandalized. The only road to the airport is often plagued with gangs.

Let us continue to pray for Br. Frantz and all of the Haitian people.

Almighty God, surround them with your grace and peace, and preserve them through the earthquake, hurricanes and civil unrest. By your Spirit, lift up those who have fallen, strengthen those who work to rescue or rebuild, and fill us with the hope of your new creation; through Jesus Christ our Lord. Amen




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**SPIRITUAL SHARING**

When I began to crochet prayer shawls, I thought of my personal creativity as a prayer. Not knowing who the prayer shawls would go to, I prayed for the peace and grace of our Lord to come to whomever the shawl went to. I asked God to bless the stitches and work His grace and love into the shawl.

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Having hit so many "rock bottoms" in this life, I wonder how many more lessons do I have to learn? Hopefully, by now I have learned to "Let go and let God." When the struggle is so difficult, I would be much wiser to just let God lead me, and forever keep close the "Our Father."

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I love the exuberance that Marilyn brings to creating, to relishing her role as co-creator with God as she puts together colors and shapes and movement on paper or other medium. I agree with her that we can pray in all ways including visual art

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As we become more aware of our gifts and show gratitude and joy as we use them, we also will be more fulfilled when we surrender our gifts to be used for His glory and for the delight and good of others. Only by sharing our gifts can we receive them back as blessings and gifts to be used to glorify God, and serve and bring joy to others.

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I am truly inspired by language. There is just something about the sound of words being spoken with meaning or spoken lovingly, that moves me sometimes to tears as I repeat them over and over again. There is such a sense of excitement when something I hear or read moves me to another whole level of

thinking and feeling. I feel joy when words enable me to make more connections in my understanding of myself and others and the world.

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In his audio-book, *Falling Upward*, Franciscan Father Richard Rohr was helpful in explaining how we have to move from the first half of our lives, making mistakes; failing, trying to find our faith, etc., then moving to the second half of our lives where we are more mature; not bothered by the childish things of the past; faithful, etc.

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I had the wonderful experience of sharing Fr. Harry Firth's birthday with him and several WSHS/WBHS members. Fr. Harry exemplifies for me what a gift true humility is, and also what a gift it is to approach the world with wonder, awe, and a love for learning the next new thing. It was a true joy to be in his presence, and as I get older, I appreciate others in a deeper way.



## FORMATION AND TRAINING



### Experiencing Prayer Marya Pohlmeier, Companion

Experiencing Prayer? When given this topic, I had a lot of questions. Shouldn't this topic say "Experiencing God?" After all, that's why I pray. Then I could write all about the painting hanging in my living room at my prayer space which tells the layered story of my fundamental experience of God in my 30's. Maybe sometime, I'll tell you about that.

Shouldn't it say "Experiencing Praying?" After all, that's what I do when I've tried so many different styles of praying and studied many facets in the Bulletin articles this year.... No matter what, I always come back to praying in images and in Scripture. I have told part of that story in previous articles here...

But the topic is Experiencing Prayer! After many days of mulling, it came to me suddenly this morning. I have spent the last two years making a deliberate act to be attentive and participate in the Eucharist, in the Mass. After all, the Mass is THE Prayer. Jesus offering Himself to the Father, to us, to me.

I started by paying deep attention to the *rituals* at Eucharist. Every time! This process grew on me and into me. Some rituals are performed by the celebrant, others by us. Over time, these rituals have taken on a life inside me... I share some in no particular order.

- Several times the *sign of the cross* is made by me or by the presider. I begin mass and end with the sign of cross. Forehead to breast: vertical movement, I'm connected with God and God to me.

Shoulder to shoulder: horizontal movement, I'm connected to everyone present, saints and angels, future. I'm in God's time, Kairos, not Chronos. In God's time, everything and everyone is in the present. So, I'm here with them all, my nephew that died a year ago, my parents and grandparents gone before me...saints/angels...as well as future generations. At the same time, I'm saying yes to Jesus, the Christ who gave himself on that cross I've just made.

- *Alleluia!* I stand up (it's the gospel coming). I want to listen, really listen, let my life be touched by this pericope in Jesus' life and ministry. So I sign myself several times, saying silently but passionately: ...Let me know your Word, ...Let me speak your Word, ...Let me love your Word into life.
- *The Creed* is thousands of years old, prayed by myriads of Christians. I use my body to bow deliberately when we say together, "he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became a man." I'm joining those myriads and my gathered congregation in bowing with my whole body and soul and spirit in thanks to God for sharing his Word with us. The Word was made flesh and dwells among us. God with us!
- *Holy, Holy, Holy!* This has been my most recent discovery. In fact, it's the lines right before we sing this very ancient praise. Out of many options of words, essentially the celebrant prays something like "So, in your presence Father most holy, are countless hosts of angels and saints who serve you day and night and so we join them as we acclaim Holy, Holy, Holy." This is just another place in the Eucharist I join with all those saints and angels who are now gathered around every altar at every Mass and it is with them that we sing, "Holy, holy, holy..." I let my body and mind imagine who is gathered there with me at this mass. I think of friends, co-workers, family present, past, future that are there with me as I proclaim.
- *Epiclesis.* I love this action of the celebrant, placing hands outstretched over the gifts we have just brought to the altar, simple bread and wine, not so simple as I ponder the smashing of wheat and grapes that go into bread and wine, like my life, whatever smashing and stomping took place this week. Extending hands and blessing our gifts. Something like: "Make holy, these gifts we have brought to you for consecration by sending down your Spirit upon them like the dewfall, so that they may become for us the Body and Blood of our Lord Jesus Christ."
- *Consecration.* "This is my Body, This is my Blood." A couple of years ago I added my own personal ritual. I look directly at this bread and cup of wine and say to myself like Thomas after the resurrection, "My Lord and my God." Then I actually bow my head in adoration. I guess others have noticed this action, because over the year I am joined by others in the congregation that they are bowing too. Wow! Adoring together the immensity of Jesus' continuing gift of himself to us down through the centuries at every mass.
- *The Great Amen.* Several times during the Eucharist, the Body and Blood are held up separately and other times together. Separation and Union. Death and Resurrection. One of the times they are held together is at the Great Amen at the conclusion of the Eucharistic Prayer. I love when my choir chooses to sing multiple "Amen's." There's one that has six Amen's! My personal favorite. I can sing Amen over and over with them getting stronger each time, more determined that I am saying YES to the entire Eucharistic Prayer: to Jesus now present along with those angels and

saints, to Jesus' sacrifice of life, to Jesus' resurrection, to Jesus' gift of his own life to me that I can soon receive in communion. Amen on steroids!

- *Another Amen.* What a powerful word. I try to say it with gusto and meaning. If I want to receive this Precious Gift of Jesus Himself in Communion, I have to get out of my place and proceed in procession with other congregants and put my hand out and say Amen. "I mean it! I believe it's you, Jesus, I receive you into my life." Interesting during this Covid time, once we got back to physically going to mass rather than by internet, we were asked to sanitize our hands right before receiving communion. At first it was an aggravation and a challenge to get it all together during the ritual procession and receiving communion. Then it became a "pause that refreshes" so to speak. A pause to do one more action to prepare for receiving this great Gift. Then AMEN.

I can hear you saying, "Stop, stop." Enough with the rituals. But before I go, I know that these words and rituals come from my community, namely Roman Catholic. Interesting that Second Vatican Council called the Eucharist both the "source and summit" for our lives. The Eucharist is the summit towards which all our life's activity is directed as well as the Eucharist is the source, the font from which all things flow that we need. Through enacting the rituals more personally, I am growing into praying this Source and Summit more and more.

Now, I would encourage you to search your own community's rituals, Episcopal, United Church of Christ, etc..... and how you can more deeply interact with them and make them your own. You might also consider the rituals specific to our community as WSHS/WBHS as well as rituals at our Annual Retreat. Rituals have a way of seeping into our lives and spirituality if we let them. It's simply one way to Experience Prayer.

### Questions for Reflection

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

1. Marya Pohlmeier, Companion gives us a lovely tapestry of the Eucharist as we read the words in her article "Experiencing Prayer." She opens each segment as she speaks about them. Have you ever taken each section of the Eucharist and written down your experience with each one?
2. As the Mass opens, she mentions she is in God's time, also known as Kairos, which is different from Chronos, chronological time. Perhaps you might draw on that example the next time you are at the Eucharist. Stop and be in God's time. Maybe write your feelings about doing that.
3. With the reading of the Gospel, she asks that she know the "Word" and draws that into her life and love. That is opening our hearts and mind to the words we hear.
4. As a teenager I was so proud that I could recite the Creed from memory but as an adult found what I was doing was rote. We often need to take up the Prayer Book and look at those words and honor them again as Marya says "the Creed is thousands of years old prayed by a myriad of Christians". This is a good opportunity to renew ourselves that "God is with us".

5. As we come to the Consecration “This is my Body. This is my Blood” Marya looks at the bread and wine and says like Thomas “My Lord and My God”. Perhaps you may use those words also or decide to add them in your prayer.

6. As Marya quotes from her community, Roman Catholic, where she shares words from the Second Vatican Council which say “The Eucharist is the summit towards which all our life’s activity is directed as well as the Eucharist is the source, the font from which all things flow that we need.” She asks us to search our community’s rituals regardless of our denominations through which we all can learn and grow as another way. Thus, we view another path to Experience Prayer.

*Sr. LaVerne Peter, WSHS*