

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**SEEKING GOD/OUR JOURNEYS**  
**November 2025**

**Bulletin Cover - Photo from the internet - stockcake**

Pam Winn’s dedication to prayer from early childhood training is inspirational.

Community Communication Contacts:

Prayer Requests and Thankgivings 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 Marilyn Propp at proppjones@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. 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

**Web Addresses: workersisters.org workerbrothers.org**

**THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT**

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Sr. M. Regina Goberna, O.S.B. (New City Press, NY, 1983)  
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**CALENDAR**

**CORPORATE COMMUNIONS  
REGIONAL GATHERINGS  
November 2025**

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**

**November 22, 2025**

Eastern Regional USA & Southern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	1:00 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 Arizona Time

**In-person Corporate Communion**

Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
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**REGIONAL GATHERING/CORPORATE COMMUNION DATES**

**\*\*\*NOTE DATE CHANGE from 4th Saturday to 3rd Saturday in December 2025**

**November 22 • \*\*\*December 20**

***Chapter Online Meeting – November 12, 2025***

**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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**COMMUNITY CHANGES**

*Please make the following alterations to your Green Sheets:*

**Green Sheets/Photo Directory**

You are encouraged to explore our WSHS/WBHS website. Check it out!

Go to [www.workersisters.org](http://www.workersisters.org)

- Centered above the group photo are the words:  
[HOME](#) [WHO WE ARE](#) [COMMUNITY LIFE](#) [MORE](#)
- Click on the word [MORE](#). That will show another list of options. Click on [MEMBER PAGES](#) (the last option.)
- When it says to sign into your account, REMEMBER to sign in as:  
[wshs.wbhs@gmail.com](mailto:wshs.wbhs@gmail.com)
- If you don't remember the password, please contact Sr. Christine.

**Reminder to Sisters, Brothers and Workers**

1. Please email your entire "Yellow" letter to your Cluster Leader including Prayer Requests, Recommendations and News Notes.
2. Email a copy of *only* your Prayer Requests, Thanksgivings and News Notes to:  
Erin Diericx, WSHS [emdeerx@gmail.com](mailto:emdeerx@gmail.com)  
Her mailing address is: 1204 North Prospect Avenue, Lecanto, Florida 34461

**Reminder to Companions and Friends**

Send your responses to the Friends and Companions Corner to:

Marya Pohlmeier, Companion, [maryalovestravel@gmail.com](mailto:maryalovestravel@gmail.com)

1677 Mount Vernon Drive, St. Charles, MO 63303




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**FROM YOUR DIRECTORS**
**FROM THE TREASURER**

Sr. Nancy Teresa would like to begin training someone to eventually take on the duties of the WSHS American Treasurer. She says "It is the only professional job I have ever had where people send me money with loving notes!" A knowledge of a bookkeeping program would be helpful.

Please consider this with prayer to discern if it is something you feel called to do! It is very rewarding, and very important!"

If you are interested in learning more about the WSHS Treasurer role, please contact Sr. Nancy Teresa so that she can follow up with you. Her email address is: [nancybrooks40@gmail.com](mailto:nancybrooks40@gmail.com). Her cell number is: 913-638-3208.




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**SPIRITUAL SHARING**

Recently, when a memory surfaces, I have started to apologize to the person/s that I treated insensitively. Obviously I can't say something directly to my deceased parents or my sophomore Spanish teacher. But I want to apologize anyway. So I just say, out loud, "Sorry \_\_\_\_\_" Somehow it seems to help put those memories to bed. I can feel the burden of those "What Was I Thinking?" moments get lifted from me. Thanks be to God.

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As I'm reading Joan Chittister's book. More and more I am realizing that I really need to settle and buckle down on boundaries at the office. Even though I absolutely enjoy the work I know I need to balance. I am working on it.

\*\*\*\*\*

And we all strive for balance! I find one of the best things I do is step back, take a deep breath, and remember that God is in the present and I need to be there also.

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What an excellent article Pat shared with us. I enjoyed reading it very much. I especially pondered on the thought “if I am not able to see the light in others, I may not be showing my light either.” How true it is to perhaps see the more negative aspects, or the lack of “something”. Even in our conversations and our words, we will say things like don’t forget, don’t do “x, y or z”, etc. Or our self talk, “you could be better”, “you could’ve done X Y Z more.” It is not flattering. Our words may not be positive. We are tough critics! And Pat is right, what if we would just accept others right where they are at, just like Jesus accepts us and sees us.

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I’m really cherishing this quieter season, one without an overwhelming to-do list. It has given me more time to pray, to talk to God, and, just as importantly, to listen. I know I’ll need to return to work eventually, but for now, I’m deeply grateful for this time of rest and reflection.

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It is wonderful that you are able to spend time listening. I find that being able to do that, is a blessing to me and sometimes to others.

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There is comfort, I think, in putting things away and becoming more organized (even though I don’t think I am ever completely organized).

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I think the most difficult thing to do on this journey is to forgive ourselves. You likely have confessed your past many times and so it is done. However, I do get that we are easily dragged back into wondering why we made certain decisions and took certain actions. It is healthy to quickly say sorry again and hopefully the recollection of these memories become fewer as time goes on. You have been forgiven.

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Church continues to be a wonderful and joyous time and I still preach and lead services every 6 weeks approximately. Just before our last Zoom CC meeting our little country church celebrated its 180th anniversary and Bishop Shaw joined us and led the service.



## FORMATION AND TRAINING

## Seeking God: Our Journeys

By  
Pam Winn, WSHS



*Pam Winn, WSHS lives in Independence, Missouri. She was admitted as a Lay Worker in 1984.*

I can't remember a time that I didn't believe in God. In childhood, we had three different bedtime prayers: The Lord's Prayer, Now I Lay Me Down to Sleep, and the "I'm too sleepy" quickie that I think Mama made up: "Bless us all, and help us to be good." Some nights, I'd want to say them all, and sometimes, just the shortest. In the last few years, I revised the middle one to say:

Now as I lie down to rest,  
I pray that I have done my best.  
And if my time has come to leave,  
I pray You, Lord, my soul receive.

Of course, nightly prayers are much longer these days - so very much to pray about. But if I get through the defensive prayer for peace I wrote some years back, and our two Community prayers, and then the Lord's Prayer, I end the formal set with that quatrain above. Some nights I'm asleep long before I reach it, but it seems to be a fitting closer, especially on the heels of our "losing" Sr. Linda Thomas during her sleep recently.

One night during high school, my choir sang for a Youth for Christ rally. My heart burned during the altar call, and when a schoolmate asked around if any of us wanted to go forward, I said yes. In that upper room, I asked the Lord into my

heart, and it felt like the heavens opened above me, and I sensed the glory and praise. Then a singer ran into the room - "Pam, the bus is leaving!" and the heavens slammed shut. But I knew I was different now and was glad to have a seat by myself at the back of the bus.

Sometime in college, in the years of avowed atheist professors, my mindset wasn't quite so set, but I never renounced my faith.

Then came the charismatic Jesus movement in the late '70s, and a multi-denominational prayer group prepared my heart to receive the Holy Spirit. I've never looked back, never wanted to.

My journey has been challenging at times. That's why we're placed here, to learn things that heavenly experiences can't teach well. God has been merciful with me, and I pray I have pleased Him often enough to stay in His good graces. I know my spirit is His, and I can't wait to get back Home, but wait I shall, until a time of His choosing. To God be the glory, now and forever.

*Thank you so much Pam, for sharing your views and very personal journey with your Community on this month's theme.*

### **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. Pam shares with us her revised prayer for closure at night, based on the widely known prayer most of us have known for years "Now I Lay Me down to Sleep." She evokes the comfort of a prayer such as this as she remembers the recent loss of our dear Sr. Linda Thomas.

*Reflect on how you close out the day with prayer, formally or informally. Do you take stock of the day just past? Is Compline a part of your life as you close out the day? How do you manage in a night where sleep is hard to come by? What works to restore peace so that you can sleep?*

2. Pam shares about her first altar call and her heart burning within.

*Were there any moments like this in your spiritual journey, moments that can be called up and remembered when life is hard and doubt creeps in?*

3. Reflect on Pam's statement at the end of her article: "My journey has been challenging at times. That's why we're placed here, to learn things that heavenly experiences can't teach well.

*Real growth and transformation does not often come easily. Reflect and share with the Community how some of life's challenges for you impacted your ongoing growth in the spiritual life. What were some of the difficult times that were hard to live through, but looking back, were means of a deeper spiritual walk and resulted in genuine growth as a follower of Jesus? We might characterize this genuine growth as expressing more the Fruit of the Spirit in our lives: Love, Joy, Peace, Patience, Gentleness, Goodness, Faith, Meekness and Temperance.*