

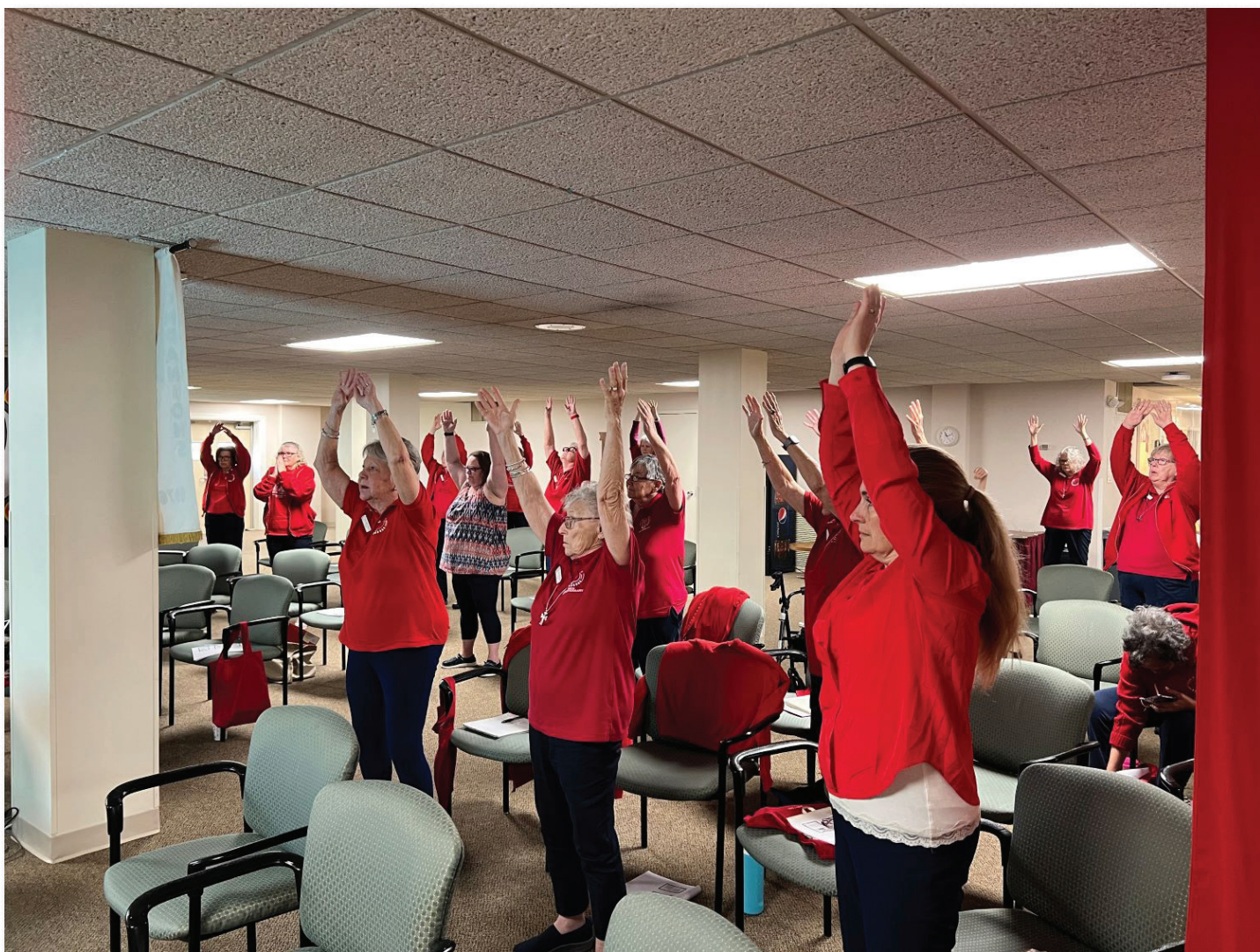
**THE WORKER SISTERS OF THE HOLY SPIRIT**



# **BULLETIN**



**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**SEEKING GOD/OUR JOURNEYS**  
**August 2025**

## Bulletin Cover ~ Photo from 2025 Retreat

And here we are participating in full body movement under the direction of our Retreat Speaker Doug Anning. This is a teaser for our September Bulletin which will fully describe our Retreat in photos and words.

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**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.shirleyevangelinpace@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](http://www.workersisters.org), [www.workerbrothers.org](http://www.workerbrothers.org)**

<b>Web Addresses: <a href="http://workersisters.org">workersisters.org</a> <a href="http://workerbrothers.org">workerbrothers.org</a></b>	
<b>THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT</b>	
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CALENDAR

**CORPORATE COMMUNIONS  
REGIONAL GATHERINGS  
August 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**

**August 23, 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**

**August 23 • September 27 • October 25 • November 22 • \*\*\*December 20**

***Chapter Meeting: October 2-5, 2025 at Conception Abbey***

**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:*

**Updates**

Please add Bishop Riscylla Shaw's birthday to your WSHS?WBHS Birthday list. Her birthday is Aug. 22. An updated copy of the Birthdays & Communion of Saints List is included with this Bulletin. Print a copy if that is helpful to you.

Effective July 1, Sr. Anna Joshua assumed the duties of the Admissions Coordinator. We offer Sr. Lucia our thanks and appreciation for her faithful service as our Admissions Coordinator.

**Green Sheets/Photo Directory:** A current copy of the Green Sheets/Photo Directory is included with this Bulletin. Print a copy if that is helpful to you.

Please note the following updates that are in this current version.

**Sr. LaVerne Peter** has a new email – [callaghgan@gmail.com](mailto:callaghgan@gmail.com)

**Fr. Harry Firth** has a new cell number: 660-351-8553

**Sr. Wendy Samuel** has a new phone number – 905-518-7921

The new mailing address for **Sr. Gloria, SSM, Friend**, is:

St. Patrick's Manor  
863 Central Street  
Framingham, MA 01701

With sadness, we announce the death of Sr. Linda Thomas, WSHS. She passed away on July 12 at her home in Lee's Summit. A Celebration of life for Sr. Linda Thomas will be held on Sept 10th at 11:00AM at the Atkinson Funeral Home in Harrisonville, MO, with a visitation beginning at 10:00AM.

If you have a memory of Sr. Linda to share with the Community, please email it to Sr. Christine at [casturges@gmail.com](mailto:casturges@gmail.com) by or before Sept. 12. Your memories will be compiled into a remembrance article for a future bulletin.

**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

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.

**SPIRITUAL SHARING**

We have had our struggles with lost jobs and three young children, but God has always been with me and has pulled me out of many problems. I praise and thank him for all his blessings.

\*\*\*\*\*

As we continue our life journey, we are both in our 80's and are enjoying life with our grandchildren and great grandson. Although some of our close friends have passed away, we can only carry on and see what the Lord has in store for us.

\*\*\*\*\*

Many folks believe that God is "on call" to solve all problems and keep us safe at all times. But life isn't like that. There are setbacks, it's just part of being human. God is not our official "MacGyver" to fix everything, but He is our Companion in good times and hard times. Our comforter and guide, not a maître d' to cater to all of our needs. Yes, life would be easier that way, but it would certainly be emptier as well.

\*\*\*\*\*

The Monastic Heart by Joan Chittister has given me more to reflect on. How am I being present today? How am I to live the life Jesus asks of me? What keeps me from being fully present? What gets in my way. What can I say yes to? What should I say no to? What prayer do I want to live out?

\*\*\*\*\*

"Being present before you show up" is thought provoking! I will quote what you wrote: "Take a breath and be present before I need to show up." There is always time for a deep breath!

\*\*\*\*\*

As we pray, we are changed. Eventually prayer becomes a standard in our lives, a knowledge that God is there for us to lean on and call upon. When we are able to bring that knowledge to bear, we are able to share God's presence with others.

\*\*\*\*\*

Yes, we do have to let the spiritual wisdom we hear from God on our journey settle into our prayers and practice in daily life. Prayer and contemplation and action, as you put it.

\*\*\*\*\*

I always remember Br. Andrew saying that God could only relate to us "when we are honest about where we are at any given moment." He can't relate to us if we are trying to be somewhere we are not. That has stuck with me and often makes me realize that some of my prayers are only surface prayers which don't really touch my deepest needs and desires. When I am not able to pray from my center, these are times when I need the daily prayers said over centuries by others, found in the psalms, in our Book of Common Prayer, and in spiritual writing by others. These valuable resources often direct me to a place I can't easily get to on my own.

\*\*\*\*\*

There is so much needless cruelty and pain being inflicted on so many people and my heart is so heavy for all those who are suffering. I wake up in the middle of the night and pray for them. I pray almost constantly for the prisoners being deported, that the Holy Spirit will be with them and protect them, that the Lord will send people to them to bring them home to their families. I pray for the people of Gaza. I pray for immigrants and for our country.

\*\*\*\*\*

My gardens are green with new life, in bloom with so many wondrous plants. The different greens and the lushness calm my soul. It is calming for me to look out my windows and see all the green, to work in the gardens and smell the lilacs. So much new life and beauty! It replaces the pain with gratitude and calm.

\*\*\*\*\*

I came home from Retreat and was very sick with strep throat and my lungs were also affected. I was laid up for a month and had no energy. And then I got well, thank God. I am doing fine now, but then it hit me. The plumbing in my house has cracked and collapsed. I am thankful for the amazing plumbers who are working on my house. I'm not doing any cleaning until it's all said and done. They are kind enough to hire a cleaning lady to help me out. I'm thankful that I have my health and keep myself active to stay in good shape. I'm doing well for an 85-year young gal.

\*\*\*\*\*

You know how life works. We can find ways of moving forward, despite ourselves. I know there are significant plans for you. Remember Jeremiah 29:11 – "For I know the plans I have for you, to prosper you and not to harm you, plans to give you hope and a future.

\*\*\*\*\*

O Lord, may we look towards heaven where our true freedom lies. May we continue to bring heaven into the world, so others get a glimpse of your love, grace, and mercy. May we never forget our true citizenship belongs in your kingdom. Walk beside us through Jesus Christ and the Holy Spirit as we continue this pilgrimage in the world. Amen.

\*\*\*\*\*

On June 23, 1965 I was blessed by God to be the mother of a precious baby boy named Jim. I adopted him when he was just three and a half months old. He was my special little boy who I loved and cared for over the years. I lost him five years ago this coming November. He had brain cancer and lasted a month after his surgery. I went to the hospital to visit him when he was in a comma. I held his hand and hugged him and said to him, "thank you son for letting me adopt you

and being your mother." He squeezed my hand and I cried and prayed for him. He was a 56-year-old loving son. This past June 23, 2025 was the anniversary of his adoption.



## FORMATION AND TRAINING

### Seeking God: Our Journeys

By

Pat Cashman, WSHS



*Pat lives in Lansdale, Pennsylvania. She was admitted as a Lay Worker in April 2025.*

I think of my *Spirit* journey as beginning outside of time, before I was born into this body, created as Soul, as Light, an extension of Eternal Light, extending itself into my life as "Pat". Jesus' teachings on the Light speaks to me strongly now that I am in my seventies. I associate Light with Love. Listening to speakers from IANDS (Internation Association for Near-Death Studies) is a source for me to learn about Near-Death Experiences (NDEs). The speakers tell of the Light and the Love they experience with indescribable awe. The Christ Light, the Christ Consciousness is the faith I hope to carry to the world. But I can't do it on my own, I need the Holy Spirit.

The other night I woke up thinking about how hard it is to be the Christ Light in this world, to see the Christ Light in others. Then, the Holy Spirit put in my mind the story of the Princess and the Frog. I am the frog. I see a world of frogs. How hard it is to accept being a frog, loving a frog! I've worked hard to remake myself into something important, but at the end of the day I'm still a frog.

But the Holy Spirit teaches: Kiss the frog, love the frog, allow the frog to fully embrace "frogness." Remember, God loves you just the way you are. The tale shows that after accepting the frog, royalty makes an appearance. In traditional Christi-

anity, we learned this, that each of us is a child of the Most High God, a member of the royal family.

For me to sustain the Christ love, identity and light, for as much as I am able, motivates me to have more silence, more meditation and more honesty about my own thoughts. And still, I resist surrendering or asking for help. I read somewhere recently that if a person did not see the Christ, the Light in me, it was because I had not seen the Christ, the Light, in them. To make the shift, I'm going to need a lot more help from the Holy Spirit.

The Holy Spirit knows my superficial consciousness as well as my inner most secret thoughts. My ordinary flow of thoughts, made of perceptions, opinions, judgements, beliefs, obsessions and memories, are like cloudy weather. Every day it is cloudy weather. Where is the Light? I know the Light is on the other side of the clouds.

Prayer is asking the Holy Spirit to lead me through my clouded mind and raise me up to a different mode of consciousness, to the Light. Light is the Source, to clear weather. In the Light, I cherish myself and every person. All are loved with an indescribable kindness.

In 2014 I had a dream that the Holy Spirit keeps bringing to my mind. In this dream, I was at the gate of heaven. An Angel spoke to me, saying I "could go on as "Pat" or eliminate "Pat". The Angel said one was not better than the other. The thought of being "erased" so terrified me that I began to fall back to earth. Just as that happened, I saw, out of the corner of my eye, a white, Erase board. Gleaming white, bound by a wooden frame, it tilted upward and sped away. I woke up, heart pounding, still astonished to think I could choose to cease to exist!

I have worked with this dream many times. I've come to understand how my human life is made by a split reality. Humans have two hemispheres of the brain, two natures, body and soul, two understandings of self, (a frog self, a royal self) two homes, earth and heaven. Spiritual teachers talk about duality and the struggle to reconcile the opposites. I struggle with these experiences and understand them as my spiritual journey toward wholeness, toward blending with Eternal Light.

As I think about my life, I recall a summer night, when I was about 4 years old, standing on a street corner looking up at the full moon over the New York City region. I remember the absolute confidence I had as I spontaneously said the "Our

Father". But in my heart, I was saying, God, I know where you are! You are not hidden from me! I know Heaven is on the other side of the moon! I wasn't thinking about the light of the moon that night, but now as I muse on that memory, I wonder if it was the moon's light which inspired my childish expression of faith. I believe I'll find the confidence to undertake the rest of my earthly journey in paying attention to the Light.

*Thank you so much Pat, 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. Pat shares that throughout her life she's been drawn to the powerful image of Light, signifying the Light of Christ in her and others. This powerful image is a lens through which she now sees her purpose to be a light bearer in this world.

*Share an image that has spoken to you powerfully over the years  
an image that has sustained and motivated you to move forward  
and deepen your spiritual journey.*

2. Pat also shares the story of the Princess and the Frog as a means to help us understand how a person struggles between their "frog" self and their "soul" life hidden with God. We spend most of our lives struggling to bring all parts of our self into one healthy light-filled and loving whole.

*Reflect on your challenges with loving yourself and others. Share any  
progress integrating more parts of yourself into the Christ Light.*

3. Pat also shared a piece of wisdom she heard recently – that if a person did not see the Christ Light in her, it was because she had not seen the Christ Light in them. We have all heard the command to love one another as I have loved you.

*Reflect on the progress you are making and the challenge you are facing in seeing the Christ Light within yourself and others.*

4. Pat speaks of her dream and the choice she had to erase herself. Does this speak to the death of the small ego in order to live the fuller God Life available to all of us at each moment? Dying to self is very scary to most of us, our little egos want to hold on with all the strength we can muster.

*But we are promised a more abundant life when we let go. Pat finds more silence, more meditation and more honesty is the path to ensure we let in more Light. Reflect on what helps you to go deeper in a more genuine way.*