

**THE WORKER SISTERS OF THE HOLY SPIRIT**



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# **BULLETIN**

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**THE WORKER BROTHERS OF THE HOLY SPIRIT**



**THE FRUIT OF MEEKNESS**  
**September 2024**

**Bulletin Cover - Photo from Unsplash.com Andre Mouton**

*"Blessed are the meek, for they shall inherit the earth." Matthew 5:5*

*An act of the Fruit of Meekness: To pray for self-awareness and self-affirmation*

**Community Communication Contacts:**

**Prayer Requests and News Notes 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 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>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  
SEPTEMBER 2024**

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 28, 2024**

Eastern Regional USA & Southern Regional USA	Br. David, WBHS, brdavidwbhs1@gmail.com	12:30 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 AZ Time (11AM MT, Noon CT, 1PM ET)

**In-person Corporate Communion**

Pleasant Hill, Tennessee	Sr. Janeen Julian, WSHS	TBD
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**REGIONAL GATHERING/CORPORATE COMMUNION DATES**  
**September 28 • October 26 • November 16\* • December 14\***  
*\* Date changed to 3rd Saturday due to the holiday*

**Chapter Online Meeting – Sept 11, 2024**  
**Next Year's Retreat Dates:**  
**APRIL 24 – 27, 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:*

**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

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

Her mailing address is:

1677 Mount Vernon Drive, St. Charles, MO 63303



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**COMPANIONS AND FRIENDS CORNER**

*Let us Companions and Friends pray for our community.*

We are blessed to receive a note from Companion Peter. With thanks from all of us!

July 19, 2024

I have always been intimidated by the Holy Spirit because I have had a hard time understanding this concept. I once asked my mom who the Holy Spirit is. She said that I ask too many questions; obviously she was at a loss as well. Many years later, when I was visiting her in her independent living apartment in a large retirement facility called Good Samaritan Village in Kissimmee, Florida, she said "Do you remember asking me who the Holy Spirit is back when you were a kid?" I said "How in the world do you remember that, I think I was about 10?" She said "I was surprised to hear you ask that question because it had entered my mind several times as well and I didn't understand either but, after much thought, I think the Holy Spirit is the essence of God."

I think one of the things that made me accept Sr LaVerne's invitation to join WSHS/WBHS was that it was kind of an answer to my question of 1950, although I still do not have the meaning clear in my mind. In 1 Samuel 16:4 it states "Then the Spirit of the Lord had turned away from (departed) Saul and an evil spirit for the Lord tormented him." Okay, that I understand – The Spirit of the Lord . . . "

And then in Psalm 51:11 "Do not reject me! Do not take your Holy Spirit away from me..."; back to Holy Spirit again instead of Spirit of the Lord. Now it dawns on me, the Spirit of the Lord and the Holy Spirit are one and the same. Some sects do not believe in the Holy Spirit at all (Jehovah's Witnesses and Unitarian) but, to my mind, still not entirely understanding, the very essence of our belief in the Holy Trinity makes me so proud that I am a Holy Trinity and Holy Spirit person.

From now on, when I recite "In the name of God the Father, God the Son and God the Holy Spirit" I will add "of which I am not fully understanding." God will understand and will guide me, amen.

--Peter Brook, Companion




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**SPIRITUAL SHARING**

I loved what Marya said about the ear of your heart. That gives me a wonderful tool to use in meditation. What a wonderful way to help with discernment. She was a roommate at Retreat one year. I learned so much from her.

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One thing that has stayed with me verbatim for lo these six decades is Martin Luther's explanation of the eighth Commandment: "We should fear and love God so that we do not deceitfully belie, betray, backbite, nor slander our neighbor, but apologize for him, speak well of him, and put the most charitable construction on all that he does." In other words, we constantly look for goodness in others. In doing so, we grow in goodness ourselves. This paragraph is for me a touchstone.

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If there is goodness, then there is patience, kindness, gentleness, joy, peace, faithfulness, self-control, and all flowing through Love.

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I'm trying to remember Mission as "if you have done this for the least of these you have done it for me." I had the opportunity to minister to a friend's Mom. As I minister to her, the Lord is ministering to me. He shields me from temptation.

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In Japan, sixty years ago, it was of prime importance never to cause another person to "lose face." That is, one's words or actions must never cause another to feel embarrassed or belittled or awkward in any way. This is gentleness, consideration of and respect for one another's personhood.

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Knowing the difference between giving from our hearts and expecting recognition is a lesson that we all learn from time to time. Giving from our hearts is the choice we make with God's loving arms around us. This is the path we should always take.

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I pray I am practicing goodness, though I admit I struggled Monday and Tuesday when I was fighting to get my body to cooperate with me. Needless to say I was

not in the best mood. Now I feel like myself again. I need to be gentle with myself on those days by practicing goodness towards myself. Funny and interesting how the fruits bend together like a smoothie. We are God's smoothies.

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Every morning as I say my prayers and do my readings, I find strength to face the day ahead. I thank the Lord for the previous day and the trivial things he has done to make my day smoother. At night I tend to pray for the future of my friends, community, and our country. Perhaps this is where goodness comes in. What can I do to help not only others, but also the community and our world? As I reflect, I realize often when I react in goodness it was not deliberate on my part. God inspired me and I followed his inspiration without realizing the where or why of my response until later. I then think "Why did I say or do that?" and then reflect it was God quietly moving to do what was needed in that situation or for that purpose.

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Dear God, help us to embrace life with profound gratitude. Guide us to find joy and contentment in the simple blessings we often overlook.

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I absolutely love the new Bulletin with all our pictures, so everyone is able to connect our names with our pictures. I believe that this new group picture of all of us at Retreat should be the picture on our Website. It is so very beautiful.

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I suppose if we all lived more "intentional" lives, we would be the "actors" bringing gentleness, kindness, goodness, etc. to those around us. Unfortunately, I'm more of a "reactor", so I respond to whatever I'm faced with. Oh, to be a perfect, saintly person. Maybe in my next life.

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I think back to Sr. Angela, Sr. Meredith James and other Community members who have passed on and I remember when I talked with them, they made me feel as if I was the most important person to them. They gave me their full attention and I felt at peace and comforted when I spoke with them.

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Sr. Christine visited Sr. Nancy Clare in early August. Sr. Nancy Clare invited Community members (and their spouses) of the Kansas City area to gather together for an in-person Corporate Communion on August 2. Fr. Harry Firth, Companion and Fr. David Lynch, Companion co-celebrated the Eucharist. Then we visited over a delicious lunch. It was wonderful to see each other!



Seated: Fr. Harry Firth, Frank Brooks;  
 Left to Right Standing: Joel Mack, Mary Mack, Fr. David Lynch, Sr. Nancy Teresa, Debbie Lynch Sr. Nancy Clare, Sr. Dorothy Cecilia, Jacque Chinnery and her husband Richard, Sr. Shirley Evangeline. Sr. Christine was taking the photo!



## FORMATION AND TRAINING

*The fruit of Meekness/Humility/Gentleness/Kindness is one of those fruits that gets given a number of names and definitions depending on which Bible translation you read. This month, we will look at the fruit from two different perspectives: Sr. Helen Joseph examines the fruit of Meekness and Br. David reflects on the fruit of Humility.*

### **The Fruit of Meekness** **By** **Sr. Helen Joseph**



The fruit of Meekness has many names. All bring different definitions of what this fruit is all about. Then it really gets confusing knowing what we need to strive towards.

Here are just some definitions of Meekness:

1. from Cruden's Complete Concordance:
  - gentle, kind, not easily provoked, ready to yield rather than cause trouble.
2. from the Cambridge Dictionary:
  - the quality of being quiet, gentle and unwilling to argue or express your opinion.
3. from the Merriam Webster Dictionary:
  - the quality or state of being meek; a mild, moderate, humble or submissive quality
4. and from Wikipedia (not sure how many of you put stock in this source)
  - an attribute of human nature and behaviour that has been defined as an amalgam of righteousness inner humility and patience.

Now here is an interesting piece of information about meekness: Wikipedia gives animal analogues! The classical Greek word used to translate meekness was also that for a horse that had been tamed and bridled.

"To Buddhists the buffalo holds a lesson in meekness." So, if your animal spirit is a horse or a buffalo, you have it made as far as meekness goes.

Of course, if you take that a bit further, we could discuss whether the horse's nature was naturally meek or whether that wasn't its choice, as in, by being tamed and bridled. Is the Buffalo naturally meek? However, that is another whole different tangent that I won't cover here.

I tend to like the definition from the Cruden's Concordance myself. The Merriam Webster definition seems a bit vague and I don't care for the word submissive! I think being meek doesn't necessarily mean that we should keep our opinions to ourselves. We just need to be aware of how we express our opinions.

So why is Meekness likened to a Kiwi of all things?

If you went through the Applicant Program, you would have studied about the Fruit of the Spirit. At one of our Retreats several years ago, we studied the Fruit of the Spirit and one of the exercises was to come up with a fruit that would best

symbolize each Fruit of the Spirit. So hence the Kiwi for Meekness.

A Kiwi with that dull brown hairy skin doesn't seem very appealing. One could easily ignore a Kiwi. But take off that outer layer and inside is an amazing tasty green fruit. Even the seeds are laid out in a very special pattern. It is beautiful on the inside!

Like the skin of a Kiwi, a person who exhibits the fruit of Meekness is tougher than they seem. There is a strength that goes along with Meekness.

Meekness does not mean weakness. With Meekness one has a teachable spirit, putting other's interests above one's own and exalting God in everything we do. Meekness understands our place in the grand scheme of things. Meekness is the fruit of power because God is always at the centre of what we do. This power is not the heady, dominant type of power. This is the power of the Holy Spirit working in us.

"The growth of meekness opens us to the continual awareness of God's presence and the acceptance of everyone with their limitations." (Fruits and Gifts of the Spirit, Thomas Keating)

We also need to accept our own limitations. Keating goes on to state that we are also content with our inability to change ourselves as we would like while continuing to do what we can to improve, all the while relying more and more on God and less on our own efforts. Meekness is never about ourselves.

It isn't easy to develop the fruit. The Fruit of the Spirit develops as we mature in our spiritual journey. And we all know how much work that takes! It is in our daily awareness of our relationship with God, practicing, sometimes without even being aware of it, the acts of the Fruit. Sr. Angela in her wisdom as our Founder, gave us cheat sheets. Here is the one for Meekness.

- ✓ to seek a level of deep honesty in our relationship with God, others, and self
- ✓ to not be oversensitive to criticism
- ✓ to not beat ourselves over mistakes – willing to see our faults without grovelling in them

- ✓ to recognize our dependency on one another
- ✓ to open our lives to the healing power of Christ
  
- ✓ to pray for self-awareness and self-affirmation
  
- ✓ to model the servanthood of Christ
  
- ✓ to recognize that we cannot always be self-sufficient
  
- ✓ to have a willingness to say "I'm sorry"

I'm sure we could add a few more acts of Meekness to that list. Notice how these acts help us turn our attention from ourselves and our own neediness. We learn to look outward. As we mature in our own spiritual growth, we become more and more far-sighted realizing that we really aren't that different than anyone else on this planet.

The Fruit of the Spirit are eternal, God-Oriented. They are the foundation for exercising the Spiritual Gifts. The Gifts of the Holy Spirit, unlike the Fruits, are temporal and can over time disappear. The Gifts are task-oriented. Without the Fruit of the Spirit, the Gifts are worthless.

As we begin to consciously work on developing the Fruit of the Spirit in our lives, we might find that we can't have one fruit without having some measure of the others. We can liken them to water drops on a window when it is raining. As the water drops slide down the window they bump into other water drops. Sometimes leaving a bit of themselves behind with that drop and sometimes taking a bit from another drop and expanding their own size.

*Thank you so much Sr. Helen Joseph 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. Sr. Helen Joseph speaks of a meek person as having a teachable spirit, meaning they understand their place in the grand scheme of things. An example might be the phrase: *"God is God and I am not."* But Sr. Helen also uses the word "power" in tandem with "meekness" stressing that this "power" is God's power working in us. Take a moment to reflect on how "teachable" a spirit you have. Describe a time when you allowed God's power to work through you. In what way does this differ from those other moments when you seemed to act mostly in your own strength?
2. Do you see a connection between healthy self-acceptance, knowing you are loved just as you are, with accepting another in that same way? Reflect on times when it was easier or more difficult to accept another. Any clues as to why?
3. Review some of the "cheat sheet tips" given to us by our founder, Sr. Angela. Pick one or two that are the most meaningful to you and explore how they might help you with growing the fruit of meekness in yourself.



## Humility By Br. David, WBHS



The dictionary defines humility as “freedom from pride or arrogance: the quality or state of being humble.”

The importance of humility is directly related to the deadly consequences of pride. Pride separates us from God because we do not acknowledge and appreciate the eternal sovereignty of our Lord. Therefore, humility is important in our deep gratitude for properly recognizing God’s divinity and love for us. Humility is also important in recognizing our flawed nature as humans on earth and our susceptibility to sin, if not vigilant against temptation.

Many people see humility as being meek and withdrawn, afraid to stand up for oneself. I have known people who show true humility and I look back at people in the Community, some who have passed on, but they always showed and are showing true humility. People who seem very caring and concerned with others will give you their total attention and commitment when they are speaking or working with you in any situation.

A humble person is never rash, hasty or perturbed, never has any hot and volatile thoughts, but at all times remains calm. Even if heaven were to fall and cleave to the earth, the humble man or woman would not be dismayed. Not every one is humble, but every humble person is quiet. No humble person is not self-constrained; but you will find many who are self-constrained without being humble. This is also what the Lord meant when He said, “Learn of Me, for I am meek and humble of heart, and you shall find rest into your souls.” [Matt 11:29]

As we grow older, I think we have a greater appreciation for humility, through our life experiences. Both good and bad experiences help us to understand that we need to put others first and consider their feelings and situations at all times. This action helps us to show humility or at least work to achieve humility and by doing so, we try to follow Jesus’ invitation to pick up our cross and follow him. Humility is a state of knowing yourself and being confident in God’s direction to your life. Humility is often mentioned in the Bible.

Here are some quotes from various people:

"I am persuaded that love and humility are the highest attainments in the school of Christ and the brightest evidence that He is indeed our Master." - John Newton

"I saw the snares that the enemy spreads out over the world and I said groaning, "What can get through from such snares?" Then I heard a voice saying to me, 'Humility'" – Anthony the Great

"The only thing Christ is asking from us is our humility. The rest is taken care of by His Grace." – Saint Paisios of Mount Athos

*Thank you so much Br. David 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. Br. David begins his article with this statement. "The importance of humility is directly related to the deadly consequences of pride." Can you imagine a spectrum between humility and pride? Are you able to recognize those times when you have veered toward pride more than humility or visa versa? Recall and share an experience you may have had on this spectrum.
2. How has your life experience enabled you to become more honest with yourself in recognizing these "give-aways" or "clues" so that your proper relationship to God is restored sooner?
3. Br. David describes some of the qualities of a humble person with words such as: calm, quiet, self-contained, attentive to another, compassionate and loving. Describe your feelings when you are with someone who is truly humble. How does their humility affect your ability to accept yourself?