

THE WORKER SISTERS OF THE HOLY SPIRIT



BULLETIN



THE WORKER BROTHERS OF THE HOLY SPIRIT



**THE FRUIT OF TEMPERANCE
(Self-Control)
October 2024**

Bulletin Cover - Photo by Bill Williams - Unsplash.com

*“For the grace of God has appeared that offers salvation to all people.
It teaches us to say “No” to ungodliness and worldly passions, and to live self-controlled,
upright and godly lives in this present age ... (Titus 2: 11-12)*

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, www.workerbrothers.org

Web Addresses: workersisters.org workerbrothers.org	
THE WORKER SISTERS AND BROTHERS OF THE HOLY SPIRIT	
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CALENDAR

**CORPORATE COMMUNIONS
REGIONAL GATHERINGS
OCTOBER 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

October 26, 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

October 26 • November 16* • December 14*

*** Date changed to 3rd Saturday due to the holiday**

Chapter Online Meeting – October 9, 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**



COMMUNITY CHANGES

Please make the following alterations to your Green Sheets:

Bulletin Update You will notice that we have changed the font size used in our monthly Bulletins. This is to make reading easier for those who have difficulty with smaller print.

Updates for your Green Sheets:

Mark Canfield and Teri Kelly have a new mailing address.

Teri Kelly, Comp., WSHS
Rev. Mark Canfield, Comp, WSHS
456 Yonside Drive
Sparta, TN 38583

Reminder to Sisters, Brothers and Workers:

1. Please email your entire "Yellow" letter to your Cluster Leader including Prayer Requests, Recommendations and News Notes.

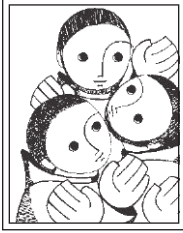
2. Email a copy of only your Prayer Requests, Thanksgivings and News Notes to:

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
1677 Mount Vernon Drive, St. Charles, MO 63303



SPECIAL NEWS NOTES

Barbie Richards, WSHS, recently came to the difficult realization that she could no longer keep her companion dog, Zinny.

After learning about this, I (*Sr. Nancy Teresa*) was at a party with my kids and (I truly believe) that the Holy Spirit placed Tracy and Dave in front of me when I mentioned Barbie's dog needed a new home. Dave simply said "We'll take the dog." And they did.

In August, Barbie was driven by her friend Dawn down to the country farm where my daughter Tracy and her husband Dave have been taking care of Zinny. There was much preparation needed because Barbie's van needed to be in running condition and a ramp was needed to get her in the house.

Plans were made and the trip was a success. My daughter texted me that "all went beautifully." Barbie also texted me a picture of her dog. The highlight of the trip was a temporary ramp that allowed Barbie to go inside the house and out onto the porch overlooking the property and the lake. She was able to see her dog swimming in the lake which was what she had hoped to do.



COMPANIONS AND FRIENDS CORNER

Let us Companions and Friends pray for our Community

We are blessed to receive a reflection from Friend, Annie Maud. With thanks from all of us!

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**Grieving**

No one gets through life without loss. The six-year-old whose goldfish dies, the teenager who loses his grandmother, the 58-year-old woman who loses her husband, her dog, and her mind in an accident.

That was me. A carbon monoxide accident killed my husband, almost killed me, and brought me face to face firsthand with grief.

In Elizabeth Ross's book, *On Death and Dying*, she describes five stages of grief. The book is helpful, but it doesn't explain that no two people handle grief the same way.

I began with a different stage: non-comprehension. Because of the brain damage by the carbon monoxide, I was told my husband had died, but I could not process that fact. I went through all the funeral stages, selecting a casket, selecting the hymns for the service, thanking my friends for attending the service.

My son and daughter-in-law took me to their house. They went to work every day. I walked the dog, read the newspaper, ran errands. And two weeks later while standing in line to return a package at Target I suddenly knew, comprehended, understood, that my husband was dead.

The pain tore through my chest with such ferocity that I walked out of the line, walked out of the store, sat down on the curb next to my car and cried with an anguish beyond anything I had ever felt before. I knew.

I took my dog and myself back to my home in Tucson.

But it wasn't grief I felt, it was fury. I couldn't sleep. At night I paced my backyard, looking up at the sky and yelling at God. I remember one night telling God, "I want my husband back, I want my dog back, I want my life back, and I want it now!"

God listened, but he didn't answer. Every night for weeks I walked my backyard. After a while I stopped yelling, I started telling Him how I felt, how lost I was, how scared I was.

I didn't resume any of my activities. I walked my dog, cleaned my house, wrote the obligatory thank you notes to friends who had sent meals, flowers, and sympathy.

Then I received a phone call from one of the men in my running club, "If you're not at running club tomorrow, we're all running to your house and we'll wait for you."

The next morning, I put on my running clothes, drove down to the clubhouse where we all met, and braced myself. My friends were a little unsure of how to treat me, I think. But as we began running, I felt as if I might, somehow, survive.

And that night in my backyard I told God about my day, and for the first time I felt comfort, reassurance. God answered me. He didn't give me what I wanted, he gave me what I needed: a way back to life, and to Him. ~ Annie Maud, Friend

*Annie resides in Tucson, AZ and came to be a Friend through her association with Sr. Ginny Francis, WSHS. I met Annie at Retreat this year and found out her love for many things, including writing. Thanks for sharing such a shattering and profound experience. ~ Marya*

### **Questions to ponder:**

What has caused your grieving? Where is this one in the line of "griefs"? I once heard that if we don't deal with a loss, especially one that is dear to our being, it keeps popping up affecting the next losses, maybe in ridiculous ways. For example, if I just push away the loss of my mom and dive into work or evasions of some kind, then several years later I might lose my favorite doll I've saved from childhood. All of a sudden, I'm wailing at the loss of the doll or yelling at everyone I meet, or? If that sounds familiar, then maybe spend time with God, with a friend, with a guide on losses that have come before now.

If you are touched by griefs presently, how are you meeting it? What are you saying to God, to others, to yourself?

How do you approach others who are in the midst of their grieving? What have you found helpful? What was not so helpful?



I'd love to receive one paragraph/story/poem/artistic rendering on any questions posed in our Bulletin corner during the last year. Or maybe something else. What's bubbling up in you?

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




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**SPIRITUAL SHARING**

There are people in the Community who show goodness in all they do. I enjoy being with them, talking and interacting with them. I remember Sr. Angela and Sr. Meredith. They always showed goodness which has had a lasting impact on me. Now I try to give people my full attention when we are speaking. I know I often fail, but I am working on it with God's help.

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Although I had faith prior to becoming part of Worker Sisters/Brothers of the Holy Spirit, being part of the Community gave me the opportunity to speak about my faith and my journey with people who have become like family to me. I have found that I can share my story and my faith with anyone in the Community and it continues to help me grow in my journey with Christ.

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I know that one day things will change at Church as new people move into leadership positions and I will be stepping back from ministry. At that point I will still have the Community to talk to and interact with in faith. I am thankful to God for this blessing.

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It's encouraging to know that our involvement in the Worker Sister / Worker Brother Community has given us the ability and desire to share our faith with others. I view WSHS/WBHS as a major support group for us in our separate ministries. Knowing I am held in prayer by my Brothers and Sisters is a great comfort to me.

\*\*\*\*\*

For centuries we have been saying the Lord's Prayer just as the translators of the Bible have presented it. I noticed a few weeks ago, as I was saying it in church that I tend to say it by rote. So I set out to rewrite it in my own words, asking myself, "what does this prayer really ask for, what does it mean?" I found it to be a really fun spiritual exercise.

O God, whose presence surrounds us.

You are holy.

We long for a time when only good will rule,  
where love reigns, and justice prevails, as only you could provide.

Humble us to ask for only what we truly need, and  
help us to treat others with grace and forgiveness,  
because we know we need it too.

Help us to choose the right path,  
even when it's hard, for our strength comes from you,  
Sovereign of our hearts. Amen.

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In some ways, Japan strengthened my faith - there's so little Christianity around, and I found myself really looking to find Christ while I was there. I feel a little more grounded in who I am and what my faith means, but at the same time, I struggle with the complexity of the hurt (historical and current) that people bearing the name "Christian" have done and are doing.

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We need joy as we need air. We need love as we need air. We need each other as we need the earth we share. From Maya Angelo

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Dear God, May we take a moment to slow down and check in with ourselves. Help us to turn inward so that we can find a way forward and believe in the possibilities that lie ahead. Amen

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After my third husband died I gave up. I asked God to take me too. In meditation, the answer came to me that God had put the oxygen into my lungs and He would take it out in His time. Since that day, I have had many very bad times but my Faith that God is with me never fails.

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I was raised in an atheistic family. As my journey was beginning, my mother was diagnosed with a tumor in her heart. I was new to any form of faith, I simply did what I had been told and prayed to God to have her cured. Two days before her surgery, she called and showed me a lump on her hand. It was the tumor, an x-ray confirmed this. She then asked me why my God would do this for her. My answer shocked even me..."Because I asked Him." It was then that I understood Faith.

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Faith comes to us at different times in our lives and we embrace it, if and when we realize that it comforts us. When your mother became ill, you reached out for help hoping that your prayers would be answered. God is here to give us that comfort and healing force to enter our lives.

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I absolutely love the new online WSHS/WBHS Photo Directory with all our pictures. Everyone is now 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 beautiful!

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I am enjoying going to the United church. What a breath of fresh air. I didn't realize how spiritually starved I was until now. I actually "want" to go to church on Sunday which is a BIG change from last year. We take our 84-year-old friend with us and she feels the same.

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Next month I am going to Cleveland, Ohio for a remembrance service for my best man's son. His name was James Joseph Rorimer, and he was only 37 years old. He passed away from esophageal cancer. I solicit your prayers for his parents, widow and child. I also ask for your prayers that I get to Cleveland, rent a car, stay at a suitable motel, drive to the remembrance venue, drive back to the airport, and fly back home. This would not have been a big deal when I was younger, but now that I'm in my late seventies, I approach this trip with some trepidation.

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I don't know that my daughters are ever gonna let me drive again. I will see. Maybe I'll come out of this OK, there's always hope!

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The Holy Spirit had been my "staying power" even when I didn't know it! I couldn't understand my childhood and a lot of my early adulthood. I didn't know why I was going through so much hurt. I understand why young children commit suicide – I was kept from that! I have other problems, now, but I can handle them because I am being helped – FAITH.

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I liked the image of the church cross at St. Mary's Episcopal Church that you can see from your window. I am glad the view is unobstructed and that it maybe brings you some peace and hope in the midst of what must seem chaotic much of the time.

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Things are quite chaotic here at the moment, but there is no way I'm going to revert back into my silence again, so here I am trying to figure out how to be concise. God IS still in charge, but I also know that He tends to let things happen to stretch us beyond our comfort levels. This time, though, the stretch feels about ready to snap.

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We place our trust in God, yes. I woke up this AM with this familiar psalm wording in my head: "Be still and know that I am God." Thanks be to God for putting that in my frazzled brain. You probably know how it works as a breath prayer, shortening it as you breathe:

"Be still and know that I am God"

"Be still and know that I AM

Be still and know  
 Be still  
 Be

\*\*\*\*\*

What spoke to me most in the Bulletin this month was a quote from Saint Paisios of Mount Athos that Br. David shared in his article. "The only thing Christ is asking from us is our humility. The rest is taken care of by His Grace." It was so appropriate to be reminded God's Grace is at work. And I do not have to do everything I think is on my list in this overwhelming season in my life. My part is to entrust the heavy burdens to the strength of God's Grace.



## FORMATION AND TRAINING

### The Fruit of Faith By Melanie Toboyek, WSHS Temperance



*Melanie lives in Mosinee, Wisconsin. She was admitted as a Lay Worker in April 2023 at our annual Retreat at Mercy Center.*

Temperance or "Self-Control" or "Mastery Over Oneself" is one of the nine fruits of the Holy Spirit. It is a virtue that holds a significant place in a Christian's Life. It is a virtue that reminds us to practice moderation, restraint, and discipline. Temperance is rooted in the bible reminding us to stay on a righteous and purposeful God-given path. Egkratesia is the Greek word meaning "possessing power over oneself, self mastery". Self-control in the widest sense, is mastery over our passions.

Temperance is the practice of self-control, restraint, self-mastery sacrifice, refrain, reasonableness; habitual moderation in the indulgence of a natural appetite or passion. These are the words that make up and define temperance according to several sources outside the Bible.

First, I believe that we all understand the basic definition of temperance and what it takes to practice this virtue. Even if temperance isn't a common word we use, I believe we know the definition of self-control or what "in moderation" means. When I was asked to write about this fruit of the Holy Spirit, I had a strong desire to dig deeper than the basic teachings or definitions of the word.

My first instinct and thought was the Ten Commandments. I asked myself, could this be God's way of giving us specific guidelines and "rules" that should be followed for a righteous and a self-controlled life? I turned to the Holy Bible, seeking out where and how temperance is referred to and the meaning that is given. I find that temperance is referred to often in several books: i.e. Paul writes and describes temperance in 1 Corinthians 9:27; then there are the books of Galatians, Titus, Proverbs, Peter, and John. They all mention God's message of how temperance/self-control will give us a more purposeful and fulfilling life. That reminded me of my initial thought process - the gift of the Ten Commandments.

What I found through my studies and readings is that biblical temperance is so much more than the social movement. I am familiar with what advocates the legal prohibition of alcohol. The Temperance Movement; tem-per-ance: abstinence from alcoholic drink (according to the Webster dictionary definition.) This social expression of moralism (promoting moderation), in my opinion, is only one example of how one can live a life when self-control, restriction, refrainment is practiced. I feel the temperance movement era did an excellent job of reminding people that by controlling and avoiding over-indulgence (whether it would be from food, drink, materialism, money, exercise, etc.), we will have a better chance to live a righteous, purposeful life allowing us to walk closer to God.

It sounds simple enough to "just do the right thing", "moderate your experiences", "avoid self-indulgences" keep distractions less and life should allow us to practice the fruit of the Holy Spirit. But for me, that doesn't sound like very much fun!

I found a source that referred to believing that God doesn't want us to not enjoy life. What if this fruit could be seen or viewed as a form of protection? Something God gave us so that we remain happier, safer, and more fulfilled? Could it be that following a consecrated lifestyle by answering God's calling would be fulfilling this fruit of the Holy Spirit? Whatever that might look like (not necessarily a religious life but a life remembering we are a child of God), by practicing habits and actions out of respect for our Creator.

I believe and know we are all doing the best we can every day. Some days are better than others. Some temptations are easier to avoid than others. Some habits take practice to change with time. Temperance or self-control is “work in progress.” Sometimes we must remind ourselves that there is goodness in this fruit. I say, keep praying for the intervention of the Holy Spirit during those times that we should be refraining, restraining, with-holding, moderating, and mastering our paths. Keep working on keeping moderation in all actions.

*Thank you so much Melanie, 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. Melanie mentions one source indicating that God wants us to enjoy life and she asks, what if the fruit of temperance could be seen as a “protection” for us so that we could enjoy life, be happier, safer and more fulfilled? This view promotes temperance in a more positive light. How might this view make temperance seem more like freedom to really have quality of life going forward?
2. Melanie believes that we are all doing the best we can. Reflect on how you view this fruit of temperance (moderation or balance.) Are you gentle with yourself when you slip? Describe a time when you were “stuck” and needed the power of the Holy Spirit in order to go forward in a more healthy and balanced way?
3. Do you see any connection between the Ten Commandments and a more temperate or balanced life? Share your views.