

# Father Paul's Weekly Email

August 18, 2023

In the stage version of director and comedy writer Jane Wagner's *The Search for Signs of Intelligent Life in the Universe*, Lily Tomlin plays a bag lady named Trudy. Delightfully quirky and uncommonly wise, Trudy suggests that all people should do *awe-robics* every day. Praying Psalm 8 is a good way to begin. Use Psalm 8 as a prayer of awe and wonder. Stand outside in nature or in the presence of a baby and express your awe and thanksgiving to the Creator.

There is much for me to be grateful to God about these days. Mike Granata, Mary Odin, and Natalie Zellers are a joy to work with. Monica Patton, Karen Lewia, and John Priestley have been amazing helpers. Vacation Bible School had many youth and adult volunteers under the leadership of Liz James. Jennifer DePond has organized a group of willing workers to prepare refreshments after the 9am Mass. The school hallway is nearly completely clear, and the classrooms are being decluttered and spiffed up. We have several people who have stepped forward to help with Faith Formation for our children, youth, and adults on Sunday mornings at 10:15 starting September 17. Many volunteers enable the fellowship provided by Lunch Bunch and Funeral lunches. No matter how you volunteer here at Blessed Sacrament, it makes a difference.

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Faith in West Virginia	<a href="https://faithinwv.org/latest-bulletin/">https://faithinwv.org/latest-bulletin/</a>	
This Sunday's Readings	<a href="https://bible.usccb.org/bible/readings/082023.cfm">https://bible.usccb.org/bible/readings/082023.cfm</a>	
Wednesday Bible Handout	<a href="https://blessedsacramentwv.org/download/bible-sharing-08-23-23/?wpdmdl=1427&amp;refresh=64dfc9ba80f521692387770">https://blessedsacramentwv.org/download/bible-sharing-08-23-23/?wpdmdl=1427&amp;refresh=64dfc9ba80f521692387770</a>	
This Sunday's Bulletin	<a href="https://blessedsacramentwv.org/download/8-20-2023/?wpdmdl=1428&amp;refresh=64dfc9ba763701692387770">https://blessedsacramentwv.org/download/8-20-2023/?wpdmdl=1428&amp;refresh=64dfc9ba763701692387770</a>	

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## PRAYER

I love You, O my God,  
and my only desire is to love You  
until the last breath of my life.  
I love You, O my infinitely lovable God,  
and I would rather die loving You,  
than live without loving You.  
I love You, Lord and the only grace I ask  
is to love You eternally...  
My God, if my tongue cannot say  
in every moment that I love You,  
I want my heart to repeat it to You  
as often as I draw breath.'  
— Saint John Vianney (1786-1859)

## REFLECTION

A concert pianist was once asked:  
"What is your secret to playing the piano?  
How do you play so beautifully?"  
The pianist answered: "Everyone can play the notes.  
The trick is learning when to pause between the notes.  
. . . That is where the art resides."  
The pauses between the notes.  
We all create music with our lives.  
But the secret to meaningful living is learning when to pause.  
To give our souls time to breathe;  
to allow our minds time to reflect;  
to stop and notice the beauty that  
we often miss while we play the notes of life.  
The feel of an embrace.  
The kindness of a smile.  
The gentle word and sympathetic ear.  
The peaceful sounds of silence.  
Learn to enjoy the moments of life.  
Press down on the keys of living but never forget the  
value of lifting the fingers and learning to pause.  
You will create a symphony for your soul.  
— Rabbi Victor Urecki based on a prayer from Likrat Shabbat

## CARBONATED GRACE \*\*\*

An elderly couple had been shopping at a grocery store, and the wife decided to steal a can of peaches. The inevitable happened and she was caught. Upon her court date, the judge asked her what she had stolen. "Your Honor, I stole a can of peaches." The judge replied, "How many peaches were in the can?" She said, "Six." The judge then said, "I will sentence you to six days in jail." Her husband stood up behind her and replied, "Your Honor, she also stole a can of peas."

\*\*\* Anne Lamott calls laughter *carbonated grace*