

# Father Paul's Weekly Email

August 25, 2023

In the classic *Christopher News Note Live the Golden Rule*, there's a story about Elizabeth Cody Newenhuyse, who wrote a piece for *Today's Christian Woman* about her struggle to overcome a judgmental attitude towards others. "The other day," she recalled, "a rather shabbily dressed young woman walked by our house while I was working in the yard. I literally thought to myself, 'Be kind.' I smiled and said hello, and she gave me a beautiful smile in return. It just lit up her face. It was a small but significant encounter, because it represented a victory over my old negative pattern of judging people by external appearances."

Processing what she learned from that encounter, Newenhuyse concluded, "When you're tempted to think or act critically, stop and consciously substitute a positive response. Pay a compliment. It may seem artificial at first, but after a while, it will become a habit, and a God-honoring habit at that. "What a beautiful way to honor God! By showing kindness through small gestures, they turn out not to be small at all. *Anxiety weighs down the human heart, but a good word cheers it up.* (Proverbs 12:25)  
— Christopher News Notes

It seems that people are meaner and more judgmental these days than ever before. Talk Radio, the Internet, and the pandemic are some reasons for so much hatred, vitriol, and so-called "trolling" which seems so common these days. The motto for The Christophers is "It is better to light one candle than to curse the darkness." Some suggestions for us all: be more positive this week than negative; give more compliments than criticisms; smile more than frown; and remember that everyone of us is blessed and loved by God whether we realize it or not.

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Phone: Office (304) 744-5523    Cell: (304) 433-7472    Email: [pjw424@gmail.com](mailto:pjw424@gmail.com)  
Parish website    <https://www.blessedsacramentwv.org>  
Faith in West Virginia    <https://faithinwv.org/latest-bulletin/>  
Wednesday Bible Handout    <https://blessedsacramentwv.org/download/bible-sharing-08-30-23/?wpdmdl=1430&refresh=64e8fed906d331692991193>  
This Sunday's Bulletin    <https://blessedsacramentwv.org/download/august-27-2023/?wpdmdl=1434&refresh=64e8fed8f16dc1692991192>

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## Coming Soon

- Thursday September 7 Voice Choir begins practicing at 6:00 pm in the church
- Monday September 11 the OCIA begins at 6pm in the Library
- Sunday Sept. 17 at 10:15 am Faith Formation Orientation for parents & students
- Sunday Sept. 24 at 10:15 am Faith Formation Begins for children, youth, & adults

## **WISDOM**

Live a Life that Matters

Ready or not, some day it will all come to an end.  
There will be no more sunrises, no minutes, hours, days.  
All the things you collected, whether treasured or forgotten, will pass to someone else.  
Your wealth, fame and temporal power will shrivel to irrelevance.  
It will not matter what you owned or what you were owed.  
Your grudges, resentments, frustrations, and jealousies will finally disappear.  
So, too, your hopes, ambitions, plans, and to-do lists will expire.  
The wins and losses that once seemed so important will fade away.  
It won't matter where you came from,  
or on what side of the tracks you lived.  
At the end, whether you were beautiful or brilliant, male or female,  
even your skin color won't matter.  
So what will matter?  
How will the value of your days be measured?

What will matter is not what you bought, but what you built;  
not what you got, but what you gave.  
What will matter is not your success, but your significance.  
What will matter is not what you learned, but what you taught.  
What will matter is every act of integrity, compassion, courage or sacrifice  
that enriched, empowered or encouraged others.  
What will matter is not your competence, but your character.  
What will matter is not how many people you knew,  
but how many will feel a lasting loss when you're gone.  
What will matter is not your memories,  
but the memories that live in those who loved you.

Living a life that matters doesn't happen by accident.  
It's not a matter of circumstance but of choice.  
Choose to live a life that matters.  
— Michael Josephson

## **MYSTIC MORSELS**

Be not angry that you cannot make others as you wish them to be,  
since you cannot make yourself as you wish to be.  
— Thomas à Kempis (1380-1471)

At the Day of Judgement we shall not be asked  
what we have read, but what we have done;  
not how well have we spoken, but how well we have lived.  
— Thomas à Kempis (1380-1471)

## **CARBONATED GRACE \*\*\***

The Pillsbury Doughboy died yesterday in Minneapolis of a yeast infection and traumatic complications from repeated pokes in the belly. He was 71. Doughboy was buried in a lightly greased coffin. Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, the Hostess Twinkies, and Captain Crunch. The gravesite was piled high with flours. Aunt Jemima delivered the eulogy and lovingly described Doughboy as a man who never knew how much he was kneaded. Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with Turnovers. He was not regarded as a very smart cookie, wasting much of his dough on half-baked schemes. Despite being a little flaky at times, he still was a crusty old man and served as a positive roll model for millions. Doughboy is survived by his wife, Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart. The funeral was held at 3:50 for about 20 min. If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.

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