



Weekly Email from Father Paul Wharton

February 18, 2023

Lent is a 40-day season of prayer, fasting, and almsgiving that begins on Ash Wednesday and ends at sundown on Holy Thursday. It's a period of preparation to celebrate the Lord's Resurrection at Easter. During Lent, we seek the Lord in prayer by reading Sacred Scripture; we serve by charitable giving; and we practice self-control through fasting, abstinence, and other acts of self-denial. We are called not only to abstain from luxuries during Lent, but to a true inner conversion of heart as we seek to follow Christ's will more faithfully. We walk with adults preparing for initiation at the Easter Vigil. We recall the waters of baptism in which we were also baptized into Christ's death, died to sin and evil, and began new life in Christ. Everyone is invited to profess their faith during the Easter Vigil or Easter Sunday Mass.

Catholics and many Protestants begin Lent by receiving ashes on Ash Wednesday. When we leave them on our foreheads, people often ask what we are giving up for Lent. This sacrifice – doing without something we really enjoy – is way of remembering Jesus's death on the Cross. Here's a tip, giving up something you don't like is not a sacrifice. Catholic school children were and are never allowed to give up homework. Besides giving up something, Christians are invited to do and be more. Pray, read the Bible more, come to daily Mass, perform corporal and spiritual acts of mercy, take part in educational and spiritual Faith Formation opportunities.

Here are three opportunities to pray more this Lent. Choose one or more.
Daily Mass - Wednesdays (7am & noon); Thursdays and Fridays at noon
Lectio Divina - Wednesdays 1pm in the Conference Room
Stations of the Cross - Fridays of Lent at 5:30 pm

Phone: Office (304) 744-5523	Cell: (304) 433-7472	Email: pjw424@gmail.com
Parish website	https://www.blessedsacramentwv.org	
This Sunday's Readings	https://bible.usccb.org/bible/readings/021923.cfm	
Ash Wednesday Readings	https://bible.usccb.org/bible/readings/022223.cfm	
Faith in WV	https://faithinwv.org/	
This Sunday's Bulletin	https://blessedsacramentwv.org/download/february-19-2023-bulletin/?wpdmdl=972&refresh=63efc95d85d1b1676659037	

SURVEY MONKEY QUESTIONS: Make yourself heard.

- New Logo: link: <https://www.surveymonkey.com/r/ZL9GJPH>
 - Lenten Symposium Sign-ups: <https://www.surveymonkey.com/r/D9XDJGL>
 - Wednesday morning Masses: <https://www.surveymonkey.com/r/BGMJP7Z>
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COMING SOON TO BLESSED SACRAMENT PARISH

Pancake Breakfast between Sunday Masses February 19, 2023

Ash Wednesday “Get your ashes in church.” (Fr. John’s saying)

7:00 am - Brief Service with no Mass

12 noon - Mass and Ashes

6:00 pm - Mass and Ashes

Stations of the Cross - Friday at 5:30 pm

Lenten Symposium - Wednesday March 1 at 7:00 pm in the Parish Hall. Fr. Paul will talk about Habitual Sin (we struggle with) and Spiritual Dryness: Causes and Cures

POEM:

A Valentine from God

Beloved,
when you pray to me
set aside your prayers.
Just sit with me.

It gives me joy to be with you.
Of all my creations
in all the galaxies,
including the galaxies themselves,
none is any more precious to me
than you.

You delight me.
Unseen, unheard, unfelt,
I hold you. I enfold you.
I know at times I come on too strong,
at times too vague,
but dearie, I’m doing my best
to be just small enough for you.

Come sit in my lap.
Just let me look at you.

Be mine.



— Steve Garnaas-Holmes. *Unfolding Light* www.unfoldinglight.net

MYSTIC MORSELS

The sun, with all those planets revolving around it & dependent on it,
can still ripen a bunch of grapes as if it had nothing else In the universe to do.
— Galileo Galilei

Someday, after mastering the winds, the waves, the tides and gravity, we shall harness
for God the energies of love, and then, for a second time in the history of the world, man
will have discovered fire.
— Pierre Teilhard de Chardin, SJ

CARBONATED GRACE ***

Mrs. Gladys Dunn was a pillar of her church. She visited the sick, she greeted newcomers, she served on every committee, and substituted for the musician when necessary. After services one day, she noticed a stranger leaving the church. She went up to introduce herself. Extending her hand, she said, "I'm Gladys Dunn." The visitor responded, "Me, too! That was the longest sermon I ever heard!"

*** Anne Lamott calls laughter *carbonated grace*.

Thank you for the joke, Deacon John Hanna.