



## Weekly Email from Father Paul Wharton

February 25, 2023

“So, what are you giving up for Lent?” is something that many Catholics ask one another on Ash Wednesday or any Sunday of Lent. Many years ago, an American Christian pastor, teacher, and writer wrote this Litany on Fasting and Feasting. It is a longer version of what Saints like John Chrysostom, Augustine, and many others have suggested. One of the basic principles of the Catholic faith is that we are not for the most part, an either/or religion, but one that a both/and. So, this Lent fast, feast, and come together to join us at Blessed Sacrament Parish.

### ***Lenten Litany on Fasting and Feasting*** – Part I

Fast from judging others; Feast on the Christ indwelling them.  
Fast from emphasis on differences; Feast on the unity of all life.  
Fast from apparent darkness; Feast on the reality of light.  
Fast from thoughts of illness; Feast on the healing power of God.  
Fast from words that pollute; Feast on phrases that purify.  
Fast from discontent; Feast on gratitude.  
Fast from anger; Feast on patience.  
Fast from pessimism; Feast on optimism.  
Fast from worry; Feast on divine order.  
Fast from complaining; Feast on appreciation.  
Fast from negatives; Feast on affirmatives.  
Fast from unrelenting pressures; Feast on unceasing prayer.  
Fast from hostility; Feast on non-resistance.  
Fast from bitterness; Feast on forgiveness.

- William Arthur Ward (American author, teacher and pastor, 1921-1994)

---

Phone: Office (304) 744-5523

Parish website

This Sunday's Readings

Faith in West Virginia

This Sunday's Bulletin

[https://www.blessedsacramentwv.org/download/february-26-2023/?wpdmdl=976&refresh=63f91beca76d51677269996](https://www.blessedsacramentwv.org)

Cell: (304) 433-7472

Email: [pjw424@gmail.com](mailto:pjw424@gmail.com)

<https://www.blessedsacramentwv.org>

<https://bible.usccb.org/bible/readings/022623.cfm>

<https://faithinwv.org/>

[https://www.blessedsacramentwv.org/download/february-](https://www.blessedsacramentwv.org/download/february-26-2023/?wpdmdl=976&refresh=63f91beca76d51677269996)

---

SURVEY MONKEY QUESTIONS: Make yourself heard.

- Lenten Symposium Sign-ups: <https://www.surveymonkey.com/r/D9XDJGL>
- Coffee, Cocoa, and Questions: <https://www.surveymonkey.com/r/252W85K>

# Live, Local, & Late Breaking

**LECTIO DIVINA** (Sacred Reading) is a way to read, listen to, experience, and respond to God's living Word along with others in the presence of Jesus Christ & the Holy Spirit. Come feast on God's Word from next Sunday. **Wednesday 1pm** in Conference Room.

**HABITUAL SIN & SPIRITUAL DRYNESS** are experiences we all seem to have. Fr. Paul will share some of his story as well as causes and remedies. **Wednesday 7pm** in the Parish Hall. Please sign up, so he knows how many handouts will be needed.

Another **COFFEE, COCOA, & QUESTIONS** is scheduled for March 19 from 10:15 - 11:15 am in the Parish. Questions can be submitted online or write it down and placing it in the collection box. The questions to be answered will be posted ahead of time. Here is the link to the Survey Monkey Poll: <https://www.surveymonkey.com/r/252W85K>

## **PRAYER:**

*At that time Jesus was led by the Spirit into the desert.*

(MT 4:1)

Most holy and merciful God,  
Your Word reveals to us a simple truth:  
that sin entered this world through human folly  
    in believing we could be like you,  
    and permeated history  
    through envy, selfishness and greed.  
Yet sin, which holds us tight within its grasp  
    cannot resist a heart that is touched  
        by your grace through Jesus Christ,  
    cannot contend with Living Water  
        pouring into hearts and souls.  
Your Word reveals to us a simple truth,

    that sin is defeated and we can become  
the people we were always meant to be,  
    by your grace through Jesus Christ our Lord. Amen.



## **MYSTICAL MORSELS**

*Go within . . . and wait upon the Lord*

In the desert the most urgent thing is – to wait. The desert does not take kindly to those who tackle it at breakneck speed, subjecting it to their plans and deadlines. Instead, the desert welcomes those who shed their sandals of speed and walk slowly in their bare feet, letting them be caressed and burnt by the sand. If you have no ambition to conquer the desert, if you do not think you are in charge, if you can calmly wait for things to be done, then the desert will not consider you an intruder and will reveal its secrets to you.  
– Alessandro Pronzato

Not everyone can or should live as a hermit.  
But no Christian can do without an inner hermitage in which to meet his God.  
– A monk

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

Four men are in the hospital waiting room because their wives are having babies.

A nurse goes up to the first guy and says, "Congratulations! You're the father of twins."  
"That's odd," answers the man. "I work for the Minnesota Twins!"

A nurse says to the second guy, "Congratulations! You're the father of triplets!"  
"That's weird," answers the second man. "I work for the 3M company!"

A nurse tells the third man, "Congratulations! You're the father of quadruplets!"  
"That's strange," he answers. "I work for the Four Seasons hotel!"

The last man is groaning and banging his head against the wall.  
"What's wrong?" the others ask.  
"I work for 7 Up!"

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