



# Father Paul's Weekly Email

July 19, 2024

In last week's letter, I shared some suggestions on *How to Find Peace of Mind*. It made me think of something else I read years ago and saved. More than one cook has been accused of leaving out a key ingredient of an asked-for recipe. Try as one might, one never seems to produce the same results as the original cook. Something vital is missing. Here is a recipe for "contented living" or what we might call "happiness." It was written by Johann Wolfgang von Goethe (1749-1832) who some believe to be the greatest writer in the German Language. He was a German poet, playwright, novelist, scientist, statesman, theatre director, and critic.

Goethe identified nine requirements for contented living:

**HEALTH** enough to make work a pleasure;  
**WEALTH** enough to support your needs;  
**STRENGTH** enough to battle with difficulties and forsake them;  
**GRACE** enough to confess your sins and overcome them;  
**PATIENCE** enough to toil until some good is accomplished;  
**CHARITY** enough to see some good in your neighbor;  
**LOVE** enough to move you to be useful and helpful to others;  
**FAITH** enough to make real the things of God; and  
**HOPE** enough to remove all anxious fears concerning the future.

We cultivate these virtues by following the examples of good people, praying for the graces of God, reading inspirational writing, and practicing them in our day to day lives. As I look at this list, it seems clear to me that I need to cultivate patience most of all. What do you need most?

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Phone: Office (304) 744-5523  
Parish website  
Faith in West Virginia  
This Sunday's Readings  
Wednesday Bible Handout  
This Sunday's Bulletin

Cell: (304) 433-7472.      Email: [pjw424@gmail.com](mailto:pjw424@gmail.com)  
<https://www.blessedsacramentwv.org>  
<https://faithinwv.org/latest-bulletin/>  
<https://bible.usccb.org/bible/readings/072124.cfm>

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Noteworthy News

Are you or someone you know interested in **BECOMING CATHOLIC**? For more information, please contact Tommy Ross (304) 590-5003 or Fr. Paul at (304) 433-7472. Weekly meetings begin on September 16 at 6pm. Please spread the news.

**VACATION BIBLE SCHOOL** is set for July 22-26 from 5:30 until 7:30 pm. Details are found in the bulletin. Please keep in mind:

- All children in Kindergarten thru Grade 5 are welcome to come any and all nights.
- Older children and youth are needed and welcome to be volunteers.
- Adults are needed to help any or all nights.
- There is a scripture study opportunity for adults.

Registration forms are in the Gathering Space or call the office (304) 744-5523.

### **MYSTIC MORSELS**

Johann Wolfgang von Goethe

There are only two lasting bequests we can hope to give our children.  
One of these is roots, the other, wings.

Every day we should hear at least one little song, read one good poem,  
see one exquisite picture, and, if possible, speak a few sensible words.

### **POEM**

Is our world broken  
Beyond repair?  
Will we always meet violence  
With more violence?  
Death with death  
Hate with hate?  
What has happened to love  
And the call to care for others  
As we do ourselves?  
What have we done with Jesus,  
The One who holds it all together,  
And promises to fix  
All the broken and dislocated pieces  
Of the universe.  
The One who told us  
Love your enemies,  
Let them bring out the best in you,  
Not the worst.  
Live out your God created identity  
Live generously and graciously towards others.  
Be loving in all circumstances.  
Shout out for justice where wrong is done.  
Tread lightly on the earth  
Care for creation.

Join God in kingdom work.  
Enable all life to flourish.  
— Christine Sine

## **CARBONATED GRACE**

## Letters from Little Girls to God

- \* Dear God, Thank you for the baby brother, but I prayed for a puppy. Joyce
- \* Dear God, My father told me about being born, but that doesn't sound right. He was kidding, right? Marsha
- \* Dear God, Did you mean for the giraffe to look like that or was it an accident? Norma
- \* Dear God, We read Thomas Edison made light. But in Sunday School they said you did it. So I bet he stole your idea. Sincerely, Donna
- \* Dear God, I bet it is very hard for you to love all of the people in the whole world. There are only four people in our whole family and I can never do it. Nan
- \* Dear God, In Bible times did they really talk that fancy? Jennifer
- \* Dear God, What does it mean you are a jealous God?  
I thought you had everything. Jane