

Email from Father Paul (July 21, 2023)

Albert Einstein was traveling from Princeton on a train, when the conductor came down the aisle, punching the tickets of every passenger. When he came to Einstein, Einstein reached into his vest pocket. He couldn't find his ticket in his coat pocket, pants pocket, briefcase, or anywhere. The conductor told him not to worry, "Dr. Einstein, I know who you are. I'm sure you bought a ticket." Einstein nodded appreciatively. The conductor continued down the aisle punching tickets. As he was ready to move to the next car, he turned around and saw the famous scientist down on his hands and knees looking for his ticket. The conductor rushed back and said, "Dr. Einstein, don't worry, I know who you are, no problem. You don't need a ticket. I'm sure you bought one." Einstein looked at him and said, "Young man, I know who I am. What I don't know is where I'm going."

Our journey in life is one in which we continue to discover and understand who we are and what God wants to do for us and what we can do for God. Just as important as this self-knowledge is knowing where we are going. This is especially true the older we become. Are we on the stairway to heaven or the highway to hell? The best way we can know is by staying connected with God in prayer and worship. We also benefit from taking advantage of opportunities to serve others and learn more about our Catholic faith.

Beginning this Monday July 24 at 5 PM (dinner) and 6-8 PM (activities), Blessed Sacrament Parish will hold Vacation Bible School. While the primary focus is small children, there will be a track for adults. Middle and High School youth will assist. We will be digging into Parables of Jesus. Come whether or not you signed up. Your children and grandchildren are welcome to bring their friends with them.

VIRTUS Certification Party (there will be food!) All adults who may interact with children while volunteering in our building must be VIRTUS certified. Catechists? Of course. Altar servers? Yes. Choir members? Yes. Pretty much every volunteer who could be present in the same room as a child. (It's not hard to do. We will not see the results of your background check. There is no downside to becoming VIRTUS certified. And if you join us Saturday, you'll get fed.)

Many of you are already VIRTUS certified. But you may need to have a new background check (these must be obtained every 5 years). Come to our get-together, have something to eat and fill out a background check form - easy peasy.

If you are not VIRTUS certified, join us after the 5:30 pm Saturday Mass. The program begins at 6:30pm. We'll have snacks, camaraderie, and take care of getting you certified. (If you cannot join us this Saturday evening, ask us how to become VIRTUS certified on your own following procedures developed by our diocese using online resources.)

Kindly remember the words of Jesus, "Whatever you do for one of these little ones you do for me." (Matthew 25:40)

Phone: Office (304) 744-5523 Cell: (304) 433-7472 Email: pjw424@gmail.com
Parish website <https://www.blessedsacramentwv.org>
Faith in West Virginia <https://faithinwv.org/latest-bulletin/>
This Sunday's Readings <https://bible.usccb.org/bible/readings/072323.cfm>
Wednesday Bible Handout will join VBS at 6pm (5pm dinner)
This Sunday's Bulletin <https://blessedsacramentwv.org/download/july-23-2023/?wpdmdl=1313&refresh=64bad715d63e41689966357>

A *Very* Franciscan Prayer

Lord, make me an instrument of Your peace.
Where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.
O, Divine Master, grant that I may not so much
seek to be consoled as to console;
to be understood as to understand;
to be loved as to love.
For it is in giving that we receive;
it is in pardoning that we are pardoned;
it is in dying that we are born again to eternal life.
— *attributed* to Saint Francis of Assisi

MYSTIC MORSELS by Sister Joyce Rupp

I heard a wise saying once that has helped me: "Negative feelings are like stray cats. The more you feed them, the more they hang around."

No matter how much light I carry within me, there will always be times of feeling lost, being confused, seeking direction. It is the way of the human heart.

POEM

May I Have this Dance?

there I am
in Ezekiel's valley,
one heap among many, just another stack
of old, dry bones.

some Mondays
feel this way,

and Tuesdays, too,
to say nothing of Wednesday, Thursday, Friday.

lost dreams
and forgotten pleasures,
sold like a soul
to a gluttonous world feeding on my frenzy and anxious activity.

but just when
the old heap of bones seems most dry
and deserted,
a strong Breath of Life stirs among my dead.

Someone named God
comes to my fragments
and asks, with twinkling eye:
May I have this dance?"

the Voice stretches into me,
a stirring leaps in my heart,
lifting up the bones of death.

then I offer my waiting self
to the One who s never stopped
believing in me,
and the dance begins

— Rupp, Joyce. May I Have This Dance, Notre Dame: Ave Maria Press,1994, pg. 11-12.

CARBONATED GRACE ***

To commemorate her 79 birthday, actress/vocalist, Julie Andrews made a special appearance at Manhattan's Radio City Music Hall. One of the musical numbers she performed was 'My Favorite Things' from the legendary movie 'Sound of Music'. Here are the lyrics she used - If you sing it, it's especially funny!!!

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favorite things.
Cadillacs and cataracts, hearing aids and glasses,
Polident and Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favorite things.

When the pipes leak, When the bones creak,
When the knees go bad,

I simply remember my favorite things,
And then I don't feel so bad.
Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bathrobes and heating pads and hot meals they bring,
These are a few of my favorite things.

Back pain, confused brains and no need for sinnin',
Thin bones and fractures and hair that is thinnin',
And we won't mention our short shrunken frames,
When we remember our favorite things.
When the joints ache, When the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad.

*** Anne Lamott calls laughter *carbonated grace*