



Weekly Email from

Father Paul Wharton

March 04, 2023

I hope and pray the Season of Lent is off to a good start for you. Last week I shared part of a Litany of Fasting and Feasting. It reminds us that for Christians, it is not enough just to refrain from sin, we must feast and let the light of Christ shine through our words and actions.

The Stations of the Cross is a long-standing Lenten tradition. It is an invitation to walk with Jesus through the events of his suffering, death, and resurrection. It is held on Fridays of Lent at 5:30 pm. On Good Friday, the stations will be presented by some of our children and youth. Daily Mass is scheduled on Wednesdays, Thursdays, and Fridays. There are a series of presentations on most Wednesdays of Lent at 7 pm in the Parish Hall.

Lenten Litany on Fasting and Feasting — Part II

Fast from self-concern; Feast on compassion for others.
Fast from personal anxiety; Feast on eternal Truth.
Fast from discouragement; Feast on hope.
Fast from facts that depress; Feast on truths that uplift.
Fast from lethargy; Feast on enthusiasm.
Fast from suspicion; Feast on truth.
Fast from thoughts that weaken; Feast on promises that inspire.
Fast from shadows of sorrow; Feast on the sunlight of serenity.
Fast from idle gossip; Feast on purposeful silence.
Fast from problems that overwhelm; Feast on prayer that undergirds.
- William Arthur Ward (American author, teacher and pastor, 1921-1994)

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Parish website

This Sunday's Readings

Faith in West Virginia

This Sunday's Bulletin

<https://www.blessedsacramentwv.org>
<https://bible.usccb.org/bible/readings/030523.cfm>
<https://faithinwv.org/latest-bulletin/>
<https://blessedsacramentwv.org/download/march-5-2023/?wpdmli=997&refresh=640234786b41a1677866104>

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<https://www.blessedsacramentwv.org>

<https://bible.usccb.org/bible/readings/030523.cfm>

<https://faithinwv.org/latest-bulletin/>

[https://blessedsacramentwv.org/download/march-5-](https://blessedsacramentwv.org/download/march-5-2023/?wpdmli=997&refresh=640234786b41a1677866104)

[2023/?wpdmli=997&refresh=640234786b41a1677866104](https://blessedsacramentwv.org/download/march-5-2023/?wpdmli=997&refresh=640234786b41a1677866104)

SURVEY MONKEY QUESTIONS: Make yourself heard.

- Coffee, Cocoa, and Questions: <https://www.surveymonkey.com/r/252W85K>
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Live, Local, and Late Breaking

COMMUNION from the CUP will be an available option beginning on Holy Thursday according to a letter from our Bishop Mark Brennan. You can see this letter in the weekly bulletin or the latest edition of Faith in WV Ebulletin.

Mollie Linehan Belcher and Nancy McLaughlin will give a presentation and lead a discussion on the Woman at the Well (John 4:5-42) as part of our LENTEN SYMPOSIUM this Wednesday at 7pm.

MYSTIC MORSEL

You do not need to know precisely what is happening, or exactly where it is all going. What you need is to recognize the possibilities and challenges offered by the present moment, and to embrace them with courage, faith, and hope.

— Thomas Merton

CARBONATED GRACE ***

There was an old country preacher whose son had just turned thirteen, and it was getting time the boy should give some thought about choosing a profession. Like many his age, the boy didn't really know what he wanted to do and wasn't in a hurry to choose.

One day, while the boy was away at school, his father decided to try an experiment. He went into the boy's room and placed on his desk three objects: a Bible, a silver dollar and a bottle of whiskey. "Now then," the old preacher said to himself, "I'll just hide behind the door here and wait to see which of these three objects he picks up.

"If he picks up the Bible, he's going to be a preacher like me, and what a blessing that would be! If he picks up the dollar, he's going to be a businessman, and that would be o.k. too. But if he picks up the bottle, he's going to be a drunkard - a no-good drunkard and Lord, what a shame that would be."

The old man was anxious as he waited. The boy came in the house whistling and headed back to his room. He put his books on the bed and saw the objects on his desk. With a curious look on his face, he walked over to inspect them.

The boy picked up the Bible and placed it under his arm. He picked up the silver dollar and dropped it into his pocket. He uncorked the bottle and took a big drink. "Lord have mercy," the old man whispered, "He's gonna be a politician!"

(-■_■) Disclaimer: This IS a joke and does not refer to ALL politicians, but only those who disagree with our occasionally thoughtful, sometimes unreasonable, even illogical, but heart-felt opinions that we hold onto with possibly preposterous passion!

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