

Blessed Sacrament Parish

May 7, 2023



*We, Blessed Sacrament Parish, are a Christ-Centered Community, Committed to Worship the Father,
Committed to Respond to the Spirit's Gifts, Committed to Loving Service to All God's People.*

Mass Times & Intentions

Day	Date	Time		Intention
Saturday	05/06	5:30pm	+	Ann & Vincent Stricker by Vince & Carla Stricker
Sunday	05/07	9:00am	+	Alexa Mowrer by Missy Mowrer
		11:30am	+	Eddie Evans by Patricia Garnett
Monday	05/08			No Mass
Tuesday	05/09			No Mass
Wednesday	05/10	Noon		No Mass
Thursday	05/11	Noon	+	Tom Grishaber by Deborah Wright
Friday	05/12	Noon	+	Rich Harris by Fr Paul Wharton
Saturday	05/13	5:30pm		John Lordan by Friends from Noon Mass
Sunday	05/14	9:00am		Blessings for all of the: Mothers, Grandmothers, Godmothers, Stepmothers, Foster mothers.
		11:30am		For the people of our parish

We Remember in Our Prayers

Barbara Baldy, Bo Burdette, Elizabeth Coleman, Matthew Crabtree, Loretta DiGiorgi, Joe Eisel, Marietta Fenton, Rose Finch, Dante Geronilla, Joe Gregg, Bob & Kathleen Groom, Mary Lou Hammock, John & Arlene Hanna, Gary Hoskins, Rob Hrezo, John & Claire Johnson, John Lordan, Bob Lucas, Linda Lynch, Louann Lynch-Kelley, Sheila Kerns, Alec Mansfield, Barbara McCormick, Evelyn Miller, Keith Morgan, Bradley Smith, and Sandy Wheeler



First Communion

May 7th at the 9:00am Mass – **Scarlet Crane**

May 7th at the 11:30 Mass – **Madeline Malone**

This week at Blessed Sacrament

Saturday, May 6

- **Men's Bible Sharing-** 9:00am in room 5
- **Funeral Service for Donnie Mathena** – 11:00am in the church
- **Reconciliation-** 4:30pm in the reconciliation room

Sunday, May 7

- **Romero Book Study** – 10:15am to 11:15am in the community room

Monday, May 8

- **Hope Beyond Today** – 6:00pm to 7:30pm in the library

Tuesday, May 9 (The office is closed)

Wednesday, May 10

- **Bible Study** – 10:00 am Room 5
- **Lectio Divina** -1:00pm Conference Room

Thursday, May 11

- **Youth Meeting – HS** – 5:00pm by Zoom
- **Handbell rehearsal** – 6:00pm
- **Choir rehearsal** – 7:00pm

Friday, May 12

Saturday, May 13

- **Men's Bible Sharing-** 9:00am, Room 5
- **Reconciliation-** 4:30pm in the reconciliation room

Sunday, May 14

- **Pancake Breakfast** – 10:15am
- **Senior Sunday**

Hygiene Weekend – May 13th and 14th

Parishioners encouraged to donate hygiene products (especially sanitary napkins, shampoo and toothpaste). Our Tithe Fund uses monetary donations to purchase items for these kits. A hygiene kit is used to hold personal care items that clean, comfort, and groom a person's body. Most hygiene kits are used for homeless people, or emergency situations like natural disasters.

May 14th



When you've already started eating and somebody says, "Let's Pray."



Attention 2023 Graduating High School Seniors!

Our annual Senior Sunday is coming up on May 14 during 9:00 Mass!

All high school seniors should have received a letter in the mail with all the details. If you are graduating from high school this year and have not received a letter from our staff, please accept our apology and contact Mary Odin at wmodin@frontier.com as soon as possible! You are invited to send a picture of yourself and a short bio to be included in the worship aid that morning. Formal portraits and candid photos are equally fine. Send your photos to Mary Odin at wmodin@frontier.com, please!

Thanks in advance for allowing us to celebrate this achievement with you,
and **congratulations to all!**

May 18th

LUNCH BUNCH PIZZARIFFIC!!!

Who doesn't love pizza? Who doesn't have a favorite salad or side dish or dessert to make pizza a grand meal? Who would want to miss a FREE lunch of pizza+++ on Thursday, May 18 following the noon Mass? Who wouldn't want to bring along their special recipes (implemented and ready to eat, of course!) to enhance our time of warm companionship? Who isn't tired of someone who asks too many questions?

Volunteers Needed!

Literacy Volunteers of Kanawha County, an all volunteer non-profit, is looking for volunteers to tutor adult reading as well as English as a Second Language.

Thank you, Susan Leffler, Literacy Volunteers of Kanawha County

Free Tutor Training Webinar via Zoom

May 13, 10 a.m.-12 p.m.- 1-p.m.-3 p.m.

To Register Call 304-989-9481

Suggestions Box

Question: Can you change the Saturday Mass time from 5:30pm to 5:00pm?

Fr. Paul's Response: Can I change the Mass schedule on my own? Technically, yes, but I'm far wiser than that. As Social Security is the third rail of Washington, DC politics, the times for Mass are seldom changed without great heartache, anger, and bitterness. On the other hand, if parishioners were to approach members of the Pastoral Council about this, and if parishioners were surveyed, perhaps such a change could take place. Personally, I think it is a great idea.

31 Club this week

31 Club members commit to praying for vocations one day each month.

Sun	05/07	Philip Maramba / John Priestley
Mon	05/08	Peg Nagem
Tue	05/09	Carolyn Frye
Wed	05/10	Jane Roy
Thu	05/11	Joe Deegan / Tony O'Leary
Fri	05/12	Nancy McLaughlin
Sat	05/13	Mike Granata

MANNA MEAL/KROGER PICK UP SCHEDULE



MANNA MEAL
SO THE HUNGRY CAN EAT

May 10 John Ellison
May 17 Matt Leary
May 24 Tony O'Leary
May 31 Rob Schissler

June 7 Greg Ayers
June 14 Matt Leary
June 21 Tony O'Leary
June 28 Rob Schissler



Creation Care Recipe of the Month-May



Maple Nut Granola

A tasty breakfast snack, serve with (plant-based) milk or yogurt.

Ingredients

- 2 Tbsp flaxmeal
- 1/2 cup maple syrup
- 2 Tbsp oil
- 1 tsp vanilla extract
- 1 tsp ground cinnamon
- 1/4 tsp ground nutmeg
- 2 cups oats
- 1/2 cup pecans or walnuts
- Pinch of salt
- 1/2 cup golden raisins

Instructions

1. Preheat oven to 325°F.
2. In a medium bowl, whisk the flaxmeal with the maple syrup. Allow to sit for a few minutes, then whisk again until flax becomes sticky. Add the oil and spices and mix thoroughly. Add the oats, nuts, and salt and toss to coat completely.
3. Spread granola on a parchment-lined tray and bake 15-20 minutes. Allow to cool on pan. Toss in the golden raisins and store in an airtight container.

Enjoy with milk or sprinkled over yogurt and fresh fruit. Consider trying with non-dairy milks and yogurts. 8 servings.

Eating “lower on the food chain” is a powerful way to answer Pope Francis’ call to Care for Creation.

Why? It can help reduce the amount of water, land, energy, chemicals, transportation, refrigeration and packaging we use. It can also help reduce stress on our livestock and its handlers, lower grocery bills, improve personal health, and keep us in solidarity with people with less means.

How to do it? Choose ingredients that are in-season, organic, locally grown, with simple or no packaging, and contain no meat and little dairy.

Praise Be to God for His generosity — the soil and water, plants and animals that sustain us, and for the farmers who labor. Bon appétit!

Check <https://nebo.sistersofmercy.org/files/documents/resources/Justice/Mercy-Meatless-Mondays.pdf> for more recipes, reflections and information.



May 7, 2023 | Fifth Sunday of Easter

Acts 6:1-7 | 1 Pt 2:4-9 | Jn 14:1-12

Written by
THE
FAITHFUL
DISCIPLE

GROW AS A DISCIPLE | PRAY, STUDY, ENGAGE, SERVE

Recently, I went through a period of spiritual dryness, and I questioned my ability to make faith the central tenet of my life. Although I had always loved reading Scripture, I felt I needed reassurance that God was truly present with me. So I did what many people do: I asked God for a sign that he was real. Nothing happened. The sky didn't open; doves and rays of light didn't magically appear announcing God's presence. Although I didn't receive what I envisioned as a “heavenly sign,” I looked down at the Bible in my hands and realized that God's word, handed down through the millennia, had been my companion all this time and was indeed the “sign” I was looking for. Which is why Jesus' question to Philip in today's Gospel struck a chord with me: “Have I been with you for so long a time and you still do not know me?” If Jesus asked me this same question, I want to be able to answer, “Yes, Lord, I know you through your sacred word, through partaking of the Eucharist and through the strength and guidance of the Holy Spirit who is with me each and every day.”

GO EVANGELIZE

PRAYER, INVITATION, WITNESS, ACCOMPANIMENT

What does “knowing Jesus” mean for me in my everyday life? It means hearing his words and acting on them: “I am the way and the truth and the life ... If you know me, then you will also know my Father.” In following Christ, we know that Jesus is in the Father and the Father is in him. Jesus Christ is God! And as we heard in the second reading from Peter, we are not Christians on a lonely road; we are living stones that form a spiritual house. We are “called out of darkness into his wonderful light,” as he describes it. Therefore, let us not be afraid to lean on our fellow Christians when we need support. And then, of course, we turn to Jesus, the cornerstone, the bedrock of our faith, and rejoice in his love for us.

ACTION Faith is rarely a straight path – sometimes there are sharp curves, steep hills, or roadblocks. If you feel lost or could use someone to talk to about faith, reach out to your parish and ask about contacting a spiritual director. *Come, Holy Spirit, and fill me with your grace.*

Spiritual Icebreakers and Soup Starters 44

Icebreakers give us something to talk about. Soup starters make for a good start. Here is some spiritual kindling to use, think about, and pray with this week.

POEM Many rooms

In my Father's house there are many dwelling places.
—John 14.2

There's room for you.
There's room for everybody.
There are many ways to be at home in God.
Make yourself at home.
In God's house you have many roommates.
God's house is wherever God is.
God is infinite.
Everywhere you ever are is a room in the house of God.
Take off your shoes.

— Steve Garnaas-Holmes

www.unfoldinglight.net



STORY

Once there was an old woman who used to take long walks with the Lord every day. And on these walks she and the Lord would talk. They talked about the happy as well as sad events of her life. She often talked about the day she married, the birth of her children and grandchildren, and special holidays the family spent together. Then one day, after an especially long walk, the Lord said, "You are closer to my house than to yours. Why don't you come home with me?" And that is exactly what she did.

PRAYER: The Grail Prayer

Lord Jesus, I give you
my hands to do your work.
my feet to go your way.
my eyes to see as you do.
my tongue to speak your words.
my mind that you may think in me.
my spirit that you may pray in me.
my heart that you may love in me
your Father and all mankind.
I give you my whole self that you may grow in me,
so it is you, Lord Jesus may grow in me,
who live and work and pray in me. Amen

Liturgical Ministers – May 6 & 7

	5:30 pm	9:00 am	11:30 am
Lectors	Philip Maramba	Laura Jennings	Kathy Lester
Altar Servers	Karen Lewia	Chip Counsil	Jeanne Jarrett Eip Shawler
Cantors	Mary Odin	Jack Dever	Heather White
Communion Principal	Vince Stricker	Terry Mathias	Todd Witsberger
Chalice Minister	Diane Lordan Ted Streit	Jackie Aluise Susan Churchill	Jo Midkiff Kathy Lester
Communion to the Sick		Missy Summey Tom Aluise Ann Bradley	
Greeters/Ushers	Mike Granata David Lewia	Brian Cornell Shelley Nason	Ken McNeil Emilie McNeil

Liturgical Ministers – May 13 & 14

	5:30 pm	9:00 am	11:30 am
Lectors	Ro DiBias	Diane Burgess	Diane Lordan
Altar Servers	Rick Brennan Jeff Borman	Eli Simonton Nathanial Simonton	Jeanne Jarrett
Cantors	Joe Deegan	Rory Isaac	Olivia Hayes
Communion Principal	Christine Fernandes	Terry Mathias	Kathy Lester
Chalice Minister	Anne Davis Mary Pat Peck	Peggy Musilli Sr. Fran Kirtley	Jo Midkiff Pat Gernett
Communion to the Sick		David Elliott Molly Linehan-Belcher Mike Burgess	
Greeters/Ushers	Pat & Mike Habenschuss	David Elliott Sue Manahan	Greg Ayers Anna Sites

Our Nursery

Lori Waller has offered to care for children 3 years old and younger in the nursery during the 11:30am Mass. This great service will happen for 4 weeks. (4/30, 5/7, 5/14, and 5/21)

Christine Fernandes has offered the same wonderful service for children 3 years old and younger in the nursery during the 9:00am Mass on 5/14 and 5/21.

We need volunteers to help Lori and Christine during these nursery sessions.

Parents, grandparents, and others experienced in babysitting – please let Lori know you are ready to help: lorimay@earthlink.net or 1-717-542-7184.

May 18th St. Baldrick's Head Shaving Fundraiser

In 2016, we started the annual celebrating 25-year St Baldricks head shaving fundraiser at TOPS OFF BARBERS in downtown Charleston. In the 7 events we have held to date, we have raised over \$160,000. These funds have been raised by volunteers shaving and soliciting donations to support childhood cancer research. Our 8th event will be held again at TOPS OFF on Thursday May 18, 2023, during the ARTWALK event in Charleston.

One point I would like to make to all in my network. In 2020, with many events cancelled and/or postponed, you stepped up to the table and donated the greatest amount of our events. In 2020, we raised over \$38 thousand dollars. We need to continue that support since national donations remain down.

When we started our efforts in Charleston, the numbers above were 35 kids each day diagnosed and 7 dying. So although the survival rate is going down the number of deaths remains the same. We are making progress but we need to continue our efforts.

How can you help?

1. Continue your generous donations.
2. Join us as volunteers or shavees and help us to raise awareness and funds.
3. Join us at TOPS OFF on May 18 to show support for the shavees and barbers for their efforts.
4. Use your own personal network, especially social media, to share this information.

I continue to be grateful for your support in our efforts. Remember, it's not about me or my son. It is about the kids and family fighting today.

Let me know if you have any questions or want to help. I can be reached at 304-546-1657 or billcovle58@gmail.com.



(The latest project of the Blessed Sacrament Youth)

Faith in Action of the Greater Kanawha Valley is a volunteer program providing free services to older adults, including transportation to medical appointments, grocery shopping assistance, weekly reassurance calls, and minor home repairs. Faith in Action's main fundraiser each year is a Virtual 60+ Mile Challenge to be completed between May 1 - May 31st. You can bike, walk, run, roll, or move however you choose, log your miles on your own profile page, and watch as you hit milestones on the map along the way.

The youth of Blessed Sacrament are forming a team, and we invite you to join us!

You can become a member of the Blessed Sacrament team, or you can simply donate and help us spread the word by going to this website: <https://runsignup.com/Race/WV/Charleston/PedalwithPurpose>

Thank you for helping our youth to live the principles of Catholic Social Teaching, especially #2: Call to Family, Community, and Participation; #4: Option for the Poor and Vulnerable; and #6: Solidarity!



From our Partner in Community Service – WV Institute for Spirituality

Retreat House Manager Needed

WVIS is looking for a Retreat House Manager to work full- or part-time between September 1st and January 1st. This is a live-in position and there is a stipend. Please contact Sister Carole Riley, C.P.D. for additional details at wviscr@aol.com or call 412.901.4259.

3-Day Silent-Directed Retreat at WVIS Retreat House in Charleston, WV

Arrive Monday, June 12th (afternoon) and leave Friday, June 16th at 10:00 am

Questions: email PJ Scarr at pjloehrscurr@gmail.com

You will be directed through a 3-day silent retreat using The Hebrew Names of God. During this retreat, you will spend time in silence, prayer, spiritual exercises, and daily meetings with a retreat director. Praying the Hebrew Names of God, you will engage in meditation and contemplative prayer rooted in the Sacred Scriptures and the Ignatian Tradition.

Donation: \$350 (includes retreat, four nights at the retreat house, and all meals).

Register: email wvisreg@gmail.com

Embracing My Personal Journey: Learning the Art of Aging and Dying Well via Zoom

Saturday, November 11, 2023, 8:00 am – 3:30 pm EST

Questions: email Sr. Carole Riley, C.P.D., PhD at wviscr@aol.com

To live is to change. Age is a gift. Dying is an art. During this program, reflective strategies are provided to assist participants in coming to terms with life and death for themselves or a loved one. Hospice, palliative care, caregivers, and those in the helping profession will benefit from time to process. Topics of grieving diminishment, companioning those dying, and the resources for personal integration are provided.

Donation: \$50

CEU credits are available for Social Workers (5.0 CEU), Registered Nurses, and Licensed Professional Counselors (5.75 CEU)

Register: email wvisreg@gmail.com

Almost Heaven Retreats. These retreats are given in-person or via Zoom. They can be a 1-day retreat or a 3, 5, 8 days retreat. These are directed one-to-one retreats from April 14- August 12 and can also be scheduled at any time during the year. For more information, please visit our website: www.wvis.org and click Retreats in the banner, scroll down to the Almost Heaven Retreat and click on it.

Contemplative Prayer via Zoom (Monday through Friday)

You are invited to join us each evening at 7:00 pm via Zoom for Contemplative Prayer. We are blessed to have a variety of individuals who volunteer to lead each evening. Prayer begins promptly at 7:00 pm when the leader opens with a brief chant followed by 20 minutes of silence. Sign up to receive the weekly reminders and the Zoom link. Come as often as you are able, it is always good to see those who attend.

Questions/Register: email wvis_sally@aol.com

Thomas Merton Charleston West Virginia Chapter via Zoom (3rd Tuesday each month)

You are invited to join the Charleston, West Virginia chapter of the International Thomas Merton Institute on the 3rd Tuesday of the month from 7:00 – 8:30 pm via Zoom. Each month, the group discusses recent material from the International Merton Society and/or information from the Book of Hours.

Questions/Register: email Father Bill Petro at frbpetro42@gmail.com

The West Virginia Institute for Spirituality offers opportunities for on-going spiritual direction, silent directed retreats and “The Retreat in Everyday Life”. These are offered throughout the year. If interested, please contact Sister Carole Riley, CDP, PH.D. at (412) 901-4259 or by emailing wviscr@aol.com.



HOPE
A Service of
Charleston Catholic High School
1033 Virginia Street, East
Charleston, WV 25301
304-342-8415

March 7, 2023

Blessed Sacrament Church
Fr. Paul Wharton
305 E Street
South Charleston, WV 25303

Dear Fr. Paul Wharton,

Thank you very much for your generous support of Charleston Catholic High School's **Housing Outreach Project Express - HOPE**.

During the week of June 25-30, 2023, work teams of Charleston Catholic High School students, teachers, alumni, and parents will travel to Wayne and Mingo Counties, West Virginia, to help **low-income families and seniors** make repairs to their homes. Some of our work teams will also assist in the construction of a new house for a family in need.

We are committed to raising \$25,000 toward the purchase of the materials needed to construct this new house. Cabwaylingo Appalachian Mission in Dunlow, WV, with whom we are partnering again this summer, will supplement our efforts with the materials needed to make substantial repairs at the homes of several other families.

Your generous donation of **\$1,000** will go directly toward the purchase of the materials which will be used to construct a new house for a family in need of a decent and affordable home.

Your contribution is tax-deductible for Federal income tax purposes. For your records, the Federal Tax Identification number for Charleston Catholic High School is 55-063-0688.

HOPE would not be possible without the generosity of people like you. On behalf of all of us who will participate in HOPE 2023, thanks again for your support.

Sincerely,

Molly Linehan Belcher

Molly Linehan Belcher, HOPE Co-Coordinator
Charleston Catholic High School

*Thank you, Fr Paul
and All!*

Blessed Sacrament Catholic Church
305 E St
South Charleston, WV 25303
www.blessedsacramentwv.org
Phone: (304) 744-5523
E-mail: BSCCWV@gmail.com



**Our New Neighbor
Beneath the Deck**

Our parish office is open on
Monday and Wednesday-Friday
from 9:00am to 3:00pm.

The South entrance doors are unlocked during office hours.
The North entrance doors are unlocked on days that there is a Mass.

<p>Pastor: Rev. Paul Wharton</p> <p>E-mail: pjw424@gmail.com Cell Phone: 304-433-7472 (for emergencies only after 8:00pm)</p>	<p>Office Manager: Natalie Zellers</p> <p>Office E-mail: BSCCWV@gmail.com</p>
<p>Music & Youth Director: Mary Odin E-mail: wmodin@frontier.com Phone: 304-767-9479</p>	<p>Director of Religious Education Mike Granata E-mail: mikegranata3@gmail.com Phone: 304-561-8063</p>
<p>Blessed Sacrament Parish Pastoral Council: Chip Counsil, facilitator, Rick Brennan, Pam Counsil, Jackson Davis, Matt Davis, Anne Dever, Jack Dever, Christine Fernandes, David Lewia, Molly Linehan-Belcher, Philip Maramba, Terry Mathias, Katie Smithberger, and Charlie Wilson</p>	



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