Blessed Sacrament Parish

Weekly Email — September 19, 2025

If anybody had an excuse for worrying, it was the Apostle Paul. With the struggles we frequently have just in growing up, we might well wonder how it was that Paul lived life so well that we name him a saint. After all, in his letters Paul speaks of

- being spiritually crushed beyond endurance;
- despairing of life itself;
- feeling like a man condemned to death;
- trials, difficulties, distresses, beatings, imprisonment s, riots;
- hard, sleepless nights and fasting;
- stonings, shipwrecks, hunger, thirst, cold, nakedness.

Yet, St. Paul persevered both because of the grace of God and the connection he felt with the rest of the Church. He wrote his Letter to the Philippians in jail, awaiting trial, just before being put to death for his faith. Earlier in his letter Paul writes , "*Do not be anxious about anything*."

The word translated "anxious" means to be pulled in two different directions, to have our energies divided. It comes from an old English root that means "to strangle." It is a kind of unhealthy fretting that pulls us in two directions and dilutes our energies. The root of the word fret is to erode or eat away at.

There are many causes for anxiety today: constant noise; busy schedules; fractured, even dysfunctional families; unreasonable expectations imposed on us or self-created; war, weather, temptations, politics; and let's not forget one of the biggest causes: peer pressure whether in school or "Keeping up with the Jones." Chances are that the almost all of us find ourselves anxious to at least some degree. We heard the words of Jesus, "Do not worry about your life." The risen Lord promised to be with us always, especially during times of trial.

In his last epistle Saint Paul gives us directions in how to deal with our anxiety and worry. Here are several suggestions for us.

- "*Rejoice in the Lord always*!" Don't dwell on your worries, but seek the joy that God wants us to have.
- Respond with gentleness. When we say hurtful things to or about others, we make life more difficult.
- Remember that Jesus is always with you. *The Lord is near."*
- Refuse to be anxious. Don't feed your anxiety.
- Pray to God for help.
- Meditate on - think about - God's Word. Focus on the blessings in your life and not the troubles.
- Seek to live as Jesus taught us to live, love as he commands us, and give generously as he did, and we will be filled with the peace God alone can give.

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Faith in West Virginia https://faithinwv.org/latest-bulletin/
This Sunday's Readings
https://bible.usccb.org/bible/readings/092125.cfm
Wednesday Bible Handout
This Sunday's Bulletin

Now Hear This

There will be brief **LISTENING SESSION** (10-15 minutes) after the weekend Masses on September 20/21 and 27/28 on the topic of Evangelization — sharing the light of our faith. Responses will be sought to three Questions. Then, we hope to develop an online survey to help us understand **WHY** we find this difficult so we can develop tools to **HELP** us to share the light of faith.

There are many **OPPORTUNITIES** to pitch in and help the parish. Please read the bulletin to find out more.

MYSTIC MORSELS by Saint Francis DeSales (1567-1622)

Do not look forward in fear to the changes of life;
Rather look to them with full hope that as they arise,
God, whose very own you are,
will lead you safely through all things;
And when you cannot stand it,
God will carry you in His arms.

Do not fear what may happen tomorrow;
The same everlasting Father who cares for you today
will take care of you today and every day.
God will either shield you from suffering
or will give you unfailing strength to bear it.
Be at peace and put aside
all anxious thoughts and imaginations.

POEM

When you see a sunset,
Do you say to yourself,
It's too bright?
There's not enough color?
Probably not! You just accept it

And maybe thank God for the sunset.

When you walk through a forest,
Do you say to yourself.
These trees are too tall?
There are too many leaves?
They are the wrong shade of green?
Probably not! You just accept it
And maybe thank God for the forest.

You are one of God's Children.
You are greater than any sunset
Any forest.
Why do you beat yourself up
Instead of knowing how wonderful you are?

(I believe I wrote this, but I am not sure any more.)

WIT, **WHIMSY**, and **WHATEVER**

Back during the Great Depression, Stumpy and his wife Martha went to a State Fair every year, and every year when Stumpy saw the antique bi-plane he would say, "Martha, I'd like to ride in that airplane." And Martha always replied, "I know Stumpy, but that airplane ride costs 10 dollars, and 10 dollars is 10 dollars." One year Stumpy and Martha went to the fair and Stumpy said, "Martha, I'm 81 years old. If I don't ride that airplane, I might never get another chance." And again, Martha replied, "Stumpy, that airplane ride costs 10 dollars, and 10 dollars is 10 dollars." The pilot overheard them and said, "Folks, I'll make you a deal. I'll take you both up for a ride. If you can stay quiet for the entire ride and not say a word, I won't charge you; but if you say one word it's 10 dollars." Stumpy and Martha agreed and up they went. The pilot did all kinds of twists and turns, rolls and dives, but not one word was heard. He did all his tricks over again, but still not a word. When they landed, the pilot turned to Stumpy and said, "By golly, I did everything I could think of to get you to yell out, but you didn't." Stumpy replied, "Well, I was gonna say something when Martha fell out, but 10 dollars is 10 dollars."