



# FATHER PAUL'S WEEKLY EMAIL

January 12, 2024

Friday January 12 is the birthday on two remarkably successful and wildly popular personalities: Rush Limbaugh 1951 and Howard Stern in 1954. They both managed to attract huge numbers of followers who eagerly accepted the wise words and warnings of their fearless leaders as if they were prophetic utterances. However, each of them also had millions of folks who despised and detested them as though they were disciples of the Devil or the spawn of Satan.

They engaged in exaggerations, hyperbole, gaslighting (sewing doubts are what is really true), parody, satire, sarcasm, vitriol (cruel and bitter criticism) and acerbic nicknaming that was hateful, hurting, and - at times - humorous. It has been my belief for many years that they and those like them are responsible in large part for the lack of civil discourses. People like Howard and the late Rush have actually inspired hate so strong in some people they feel the need to confess it in the Sacrament of Reconciliation.

Jesus is clear on the right and wrong uses of speech.

- “Stop judging, that you may not be judged. For as you judge, so will you be judged, and the measure with which you measure will be measured out to you.” (Mt. 7:1-2)
- “But I say to you, whoever is angry with his brother will be liable to judgment, and whoever says to his brother, ‘Raqa,’ will be answerable to the Sanhedrin, and whoever says, ‘You fool,’ will be liable to fiery Gehenna.” (Matthew 5:22)

In my homily for September 10, I shared what the ancient Greek Philosopher Socrates said, “Before saying anything about anybody, ask yourself three questions: ‘Am I sure that what I am going to say is true?’ ‘Is what I’m going to say a good thing?’ and ‘Do I really need to say it and is it useful?’” Some unknown person suggests we remember to T.H.I.N.K. before we speak.

1. *Is it **true**?* Make only comments that are true — true to what you feel, true to your beliefs, and true to what you know about the world.
2. *Is it **helpful**?* Always give the most helpful comments, especially when someone is asking for your opinion/advice. “Helpful” here includes helping the person feel better, helping them gain clarity, helping them take action, and/or helping them reach a decision.

3. *Is it **inspiring**?* Words can tear down or build up. Choose words to inspire what is positive and possible.
4. *Is it **necessary**?* Will it add value to the person's life, and that will further the conversation.
5. *Is it **kind**?* As we live in a digital age where everyone is quick to make knee-jerk reactions and criticize vs. appreciate, being kind is more important than ever. With every comment you make, online or off, strive to be kind. Don't speak with the intent to hurt or wound; but rather, speak with the intent to connect and love.

Here's a resolution with keeping always: think before we speak.

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Faith in West Virginia    <https://faithinwv.org/latest-bulletin/>  
This Sunday's Readings    <https://bible.usccb.org/bible/readings/011424.cfm>  
Wednesday Bible Handout <https://www.blessedsacramentwv.org>  
This Sunday's Bulletin

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## **Live, Local, and Late-breaking**

This weekend is **HYGIENE SUNDAY**. Your gifts of shampoo, rinse, toothpaste, toothbrushes, etc. will help people trying to get and stay clean in local treatment centers. Please put them in the bins in the Gathering Space.

This Sunday at the 9 am Mass 3 people will be celebrating the **RITE** of **ACCEPTANCE** into the Roman Catholic Church. Although not yet able to receive the Sacraments, they officially become members of the Church and our parish. Congratulations to John and Janie Adkins and Judy Bailey. God willing, they will profess their faith, be confirmed, and welcomed into Full Communion with the Catholic Church.

**LUNCH BUNCH** begins this Thursday, January 18th, with Mass at noon followed by a Mexican-themed luncheon. Main dishes will be provided, so our need will simply be salads and desserts. For more, please read your bulletin.

### **PRAYER**

Send your peace O Lord, which is perfect and everlasting,  
that our souls may radiate peace.

Send your peace O Lord, that we may think, act, and speak harmoniously.

Send your peace O Lord, that we may be contented and thankful for your bountiful gifts.

Send your peace O Lord, that amidst our worldly strife, we may enjoy your bliss.

Send your peace O Lord, that we may endure all, tolerate all,

in the thought of your grace and mercy.  
Send your peace O Lord, that our lives may become a divine vision,  
and in your light, all darkness may vanish.  
Send your peace O Lord, that we your children on Earth  
may unite in one family.  
- Hazrat Inayat Khan

### **CARBONATED GRACE \*\*\***

It's so cold . . .

- I'm drinking hot sauce instead of coffee.
- Ice cubes are coming out of my faucet.
- Trees are chopping themselves into firewood.
- I'm thankful for hot flashes
- The ice cubes in my drink have goose bumps.

\*\*\* Anne Lamott calls laughter *carbonated grace*