



# BLESSED SACRAMENT PARISH FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

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June 2024

### PRAYER CORNER

For the month of June, let's remember our Dads and Grads. Both groups are worthy of our heart-felt prayers and as they celebrate this month, let us be thankful for their goodness in our lives. Let's continue a daily prayer for peace. It's hard to believe that the folks of Ukraine and Gaza are still suffering, as are people in war-torn countries:

*"Good and Gracious God, please be with those leaders who are continuing these senseless wars, and help them to see the folly of their actions. Please, Lord, hold those who are suffering in your heart and give them relief from the horrors of war."*

**Amen.**



Hi Everyone!

Don't you just love this warmer weather and the bright summery evenings? I'm always amazed that the sky is still light at 9 p.m. I said this to a friend a few days ago and she replied with, "Yes, but in a few weeks, after the summer Solstice, we'll start getting less light in the evenings." I decided that no matter how negative other people are, I am just going to enjoy the lovely bright evenings!

It seems that as we get older, some people become more negative. I wonder why. I've just had a milestone birthday and so I'm determined to keep on living life to the fullest, as far as I am able. I try to read a fair amount and to meditate as often as I can. I also walk almost every day. Chris and I were discussing how beneficial exercise is one day and we both admitted that some days our motivation to get out for a walk had got up and walked away from us! But no matter how difficult it is to get yourself "going", try to be faithful about exercise.

Experts say that you should exercise at least 30 minutes every day. That means that three short walks or sessions of in-house exercises per day would fulfill that requirement! If you have a friend to walk with, even better! Those experts who are encouraging us to move around every day, also think that socializing with other people on a regular basis is another way of keeping our mind sharp and our life in good balance. When you are accused of talking too much, just remind the person that you are looking after your health!!

So, shut the TV off, put the computer on "sleep", tuck your iPhone in a pocket and listen to an audiobook<sup>1</sup> as you go for a walk! The lilac bushes smell great! Chris and I commented on the lushness of the trees and grass the other day. However, she reminded me of the reason for that - copious amounts of rain!! Just like in England!

We've been praying for rain, since the last few years have seen the water table get fairly low and forest fires are such a worry. The table is rising, and all is looking better, but the tap seems to be turned onto high. Now we have to start praying for the good Lord to ease up! We are never happy with the weather! But let's be happy with the results of rain, followed by bright and warm sunshine! Our gardens will have bumper crops for sure!

<sup>1</sup> The Winnipeg Library has a great variety of audiobooks available for the Libby app. Books are free to download, are available for a period of three weeks, but may be renewed if the book is not on a hold list. If not renewed, books are automatically returned to the library. The Libby app is available from the App Store, Google Play, or amazon appstore.

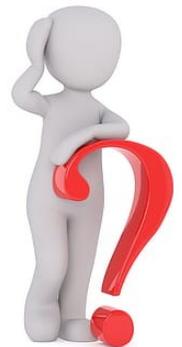
# PUZZLE PAGE

DO YOU KNOW WHAT THESE ABBREVIATIONS MEAN?

1. ASAP
2. BRB
3. BTW
4. DIY
5. FAQ
6. FYI
7. IDK
8. IMO
9. LOL
10. OMG
11. TBA
12. TBD
13. TGIF
14. OTW
15. TMI
16. BFF

W S Q D Y T F X U M Q T S P X C X O F V X W P  
 S Y P R S O W W L T O M A T O E S W H K O N W  
 E B W A R L E V O H S Y L Q B Q G A E O H S K  
 S N B C D U G S P I L U T I G X K U B F S M K  
 U B Z B S E L B A T E G E V L O E M O N G E S  
 O G S E O H Y M Y P W V Z F H I U I S Z T K U  
 H E P H O R T I C U L T U R E Y E Y K B L P N  
 N R D V C I C S C M A R I G O L D S J R T S S  
 E A U H X R G R Q Z J D F J A I S H C U F C H  
 E N Q Z Z S S E U Q R L U G E R C D G W L A I  
 R I B R Q E D W S E V O L G V Y K V I R P L N  
 G U P W U E E O F W O R R A B L E E H W B I E  
 R M T E Y D E L R L I O S I X M E S C Q R L E  
 R S R G N S W F H Y D R A N G E A H G P K R K  
 X Y G N R E T A W B G R O W S Q P G M T I X D  
 B S N O T R O W E L F D D N E D R A G U F Q B

HORTICULTURE	TOMATOES	LILACS	HOES
WHEELBARROW	FLOWERS	LILIES	HOSE
VEGETABLES	FUCHSIA	WEEDS	SOIL
GREENHOUSE	GARDEN	GNOME	
GERANIUMS	SHOVEL	WATER	
MARIGOLDS	GLOVES	SPADE	
HYDRANGEA	TULIPS	SEEDS	
SUNSHINE	TROWEL	GROW	



## CRYPTOGRAM

DQO UYTGVC AN TKOMVXTS GVNO KYJD IOOB BTXO LVDQ DQO UYTSVDC AN TKOMVXTS ZAAFJ.  
 DQVJ XAYSDMC XTSSAD TNNAMF DA WO KTDOMVTGGC MVXQ TSF JBVMVDYTGGC BAAM.

— John F. Kennedy

*Hint: O decodes to E.*

## PUZZLE ANSWERS

- |                        |                               |                      |                          |
|------------------------|-------------------------------|----------------------|--------------------------|
| 1. As soon as possible | 5. Frequently asked Questions | 9. Laugh out Loud    | 13. Thank God its Friday |
| 2. Be right back       | 6. For your information       | 10. Oh my God        | 14. On the way           |
| 3. By the way          | 7. I don't know               | 11. To be announced  | 15. Too much information |
| 4. Do it yourself      | 8. In my opinion              | 12. To be determined | 16. Best friends forever |

## Cryptogram

The quality of American life must keep pace with the quantity of American goods.  
 This country cannot afford to be materially rich and spiritually poor.

# Silly Spot

- ◆ Today's three-year-olds can turn on laptops and use apps.  
When I was three, I ate mud.
- ◆ I had the rudest, slowest, nastiest cashier today.  
I guess it's my own fault for using the self-check-out lane.
- ◆ Last week, I was in Vancouver. I was driving a rental car to the Airport.  
I accidentally switched the GPS voice from female to male. When I asked for instructions to get to the Airport, it said, "It's around here somewhere, just keep on driving!"
- ◆ Got up at 5am, 8km run completed, then prepared a vegetable smoothie for breakfast.  
Don't remember the rest of the dream.
- ◆ When your child says, "Daddy, I want Mommy",  
that's the kid version of "I'd like to speak to your supervisor."
- ◆ I wasn't sure what to make for dinner,  
so I opened a bottle of wine and now I don't care. A lesson for all of us, I think!
- ◆ When a man says he'll do anything for a woman, he means he'll fight bad guys or kill a dragon,  
not do the vacuuming or load the dishwasher.
- ◆ I couldn't afford a DNA Ancestry Kit,  
so I announced that I had won the Lottery and found out who all of my relatives are.

## LEXICONIC HUMOUR

1. What do you call a row of rabbits hopping backwards?  
A receding hare line.
2. The most beautiful thing about friendship is that we can  
grow separately without growing apart.
3. I've just finished reading a book about the world's greatest  
basement. It was a best cellar.
4. It's my first week working at the bicycle factory and they  
already made me a spokesperson.
5. My laptop caught pneumonia, apparently because I left  
the Windows open.
6. I thought swimming with dolphins was expensive until I  
went swimming with sharks. It cost me an arm and a leg.
7. The main function of your big toe is to make sure all the  
furniture in the house is in the right place.
8. Horses have lower divorce rates.  
It's because they are in stable relationships.
9. It's pretty obvious that if I run in front of a car I will get  
tired, but if I run behind a car will I get exhausted.
10. My teachers told me I'd never amount to much because I  
procrastinate so much. I told them "Just you wait."
11. 90% of bald people still own a comb; they just can't part  
with it.
12. Every morning, I get hit by the same bicycle.  
It's a vicious cycle.
13. I've been experimenting with breeding racing deer.  
People have accused me of just trying to make a fast buck.
14. The other day I yelled into a colander,  
and I strained my voice.

## Our closing thoughts ...

I was talking to my daughter a few days ago and we hit on the topic of having to leave your place of residence in a hurry, as some apartment folks in the west end of Winnipeg did, a few weeks ago. For most, it was a shock and a major trauma. A few left without packing their extra medications and one person even forgot that slippers, although comfy, are not going to be very useful for a long walk or on a rainy sidewalk! My daughter asked me if I had an emergency bag packed in case I had to leave my apartment suddenly. I do have an emergency bag, of sorts, but said that I wouldn't need it, probably. She then asked me a prickly question. "What would you do if the Chemical Plant on Gunn Road had a chemical spill or what if a railroad car on the CNR tracks somehow had a loss of Ammonia or some other toxic chemical and you had to get into your car and leave immediately?"

These are the ideas that usually come to me at three in the morning and interrupt my peaceful sleep! I resolved to check out my "Emergency Kit" and bring it up to date. I went home and looked up "Emergency Supplies." According to the Red Cross, you should have a kit ready and stored near your front door or back door closet. Use an old suitcase or a tote bag large enough to hold the following:

**CLOTHING:** A spare pair of running shoes, a few pair of socks, a change of clothes - older jeans or sweatpants, a few tee shirts and a long-sleeved shirt, sweater, or tee. Put in a hoodie or older heavier jacket. Also add a few sets of undies. A toque and scarf would be good for colder weather. They recommend putting in a blanket for each person in the house. I found it easy to put a few plastic ties around a rolled-up blanket to make to easier to fit in.

**LIGHT and HEAT SOURCES:** Matches, BBQ lighters and candles are recommended. Bring flashlights as well as a few extra batteries. Many people prefer to use their phone light, but the battery will quickly run down, and you should save your phone for communication. Don't forget to put in a charger for your cell phone. If you can, pick up a foldable butane heater, and a pot or two. A heater will allow you to heat up water and soup or to make tea, etc.

**FOOD and WATER:** Pack a few cans of soup and beans or tomato-pasta meals. Bring along a can opener and a bit of cutlery. Bring crackers, and dry goods. Add energy bars, nuts, raisins, tea bags, and dried coffee. Tuck in any favorite snack foods that you wish! If you are sitting in a school gym for a few days, you may be thankful for a handful of trail mix or a bag of potato chips. The most important part of your food supply is water, so have a few one litre jugs as well as a few smaller water bottles. Every few months, replace them with fresh.

**FIRST AID & HYGIENE ARTICLES:** Put together a kit including bandages, safety pins, large gauze bandages, gloves, cleaning wipes and Polysporin. Don't forget Tylenol or Aspirin as well as hand sanitizer. Place all of your prescription meds into a plastic container and keep them all together in your bathroom. Attach a large sign on the outside of your Emergency bag that says "PILLS." When you are making a fast exit from your home, you will see the sign, run to the bathroom, and put the whole container with all of your meds in with your other supplies.

We really aren't trying to frighten you about having to leave home in a hurry, but with all of the people who have had to evacuate their homes because of wildfires and floods, we thought that it's always better to be safe than sorry!

Mark says in the Bible, "Come away to a deserted place, all by yourselves and rest awhile." (Mark 6:31) That's what Chris and I are going to do during the summer months! We will do our own thing, and probably just meet occasionally to visit and have a bite of lunch together, but basically, we are ready for a summer hiatus! Chris has been busy with Parish affairs, and will be glad to have a break from trying to put this newsletter together in readable format, as well as finding graphics and spotting errors in my writings. We have enjoyed being in contact with you and hope that your summer is full of enjoyable activities and quiet moments! Tend your gardens, go for walks, get together with family, or just sit on your deck in the sunshine and be grateful for the wonderful life that we are allowed to live in Canada! Have a lovely summer! See you in September!

*Carol and Chris*

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That's all for now, but let's continue to pray for each other and to keep in touch as much as possible!

*Carol Engstrom and Chris Klassen*