



BLESSED SACRAMENT PARISH

FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

September 2023

INSIDE THIS ISSUE:

LITHIUM	2
FROM OUR RECIPE BOX / SILLY SPOT	3
OUR CLOSING THOUGHTS	4

PRAYER CORNER

Every Day in September, let's remember our Students and the Teachers who are leading them into the world of learning. Let's also think about and say a special prayer for all of those folks who have been affected by the wildfires this summer. Many will have lost everything and many will live with the trauma of escaping terrifying and dangerous situations.

"Please be with those people who have gone through such difficult times during the Forest Fires, this summer. Give them hope and faith that their lives will return to normal and that they can live happily in peace again!"

"We ask this through Christ our Lord."

Amen.



Hi Everyone,

Hasn't the Summer slipped away more quickly than we wanted? I know that we needed rain, but the downpour on Labour Day evening seemed to introduce Autumn with a bang! At least there was no hail!

I'm feeling a little angst about moving on to the Fall. I just looked at my summer clothes and thought about putting everything away and hauling out my winter clothing. I really just looked at the shorts and t-shirts and just couldn't see myself tucking them away for another season so I sat down for a few minutes and took a big breath. Why get into a panic about this change of season?

Summer has been such a wonderful time of growth and we see so many examples in the bounty of flowers, fruit trees and garden produce. I think that sometimes we are so eager to be organized that we forget to savour the moment. Summer may be on the way out, making room for Fall,

but there are still many lovely parts to focus on and to enjoy!

The days are definitely getting shorter but look at the fantastic sights that the Moon has offered us this past weeks.

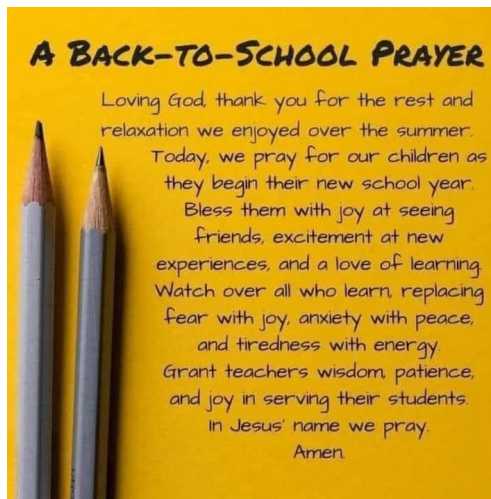
Flowers still abound and while walking we can concentrate on lush trees and appreciate the green grass. Take some time during September, to appreciate our summery surroundings and the mass of greenery that is still flourishing!

When we look at our earth with love and appreciation, we feel a real sense of gratitude and joy for the wonderful world that God has given us. By focusing on the here and now, we live in the moment.

Let's not lose sight of today because we are so intent on looking ahead. Let's thank the Lord for all he has given us and let's just enjoy today!

A BACK-TO-SCHOOL PRAYER

Loving God, thank you for the rest and relaxation we enjoyed over the summer. Today, we pray for our children as they begin their new school year. Bless them with joy at seeing friends, excitement at new experiences, and a love of learning. Watch over all who learn, replacing fear with joy, anxiety with peace, and tiredness with energy. Grant teachers wisdom, patience, and joy in serving their students. In Jesus' name we pray. Amen.



LITHIUM

A while ago, Chris and I were having a discussion about the unending forest fires that had done so much damage this summer and our conversation turned to climate change, and how terribly we have treated our only living space: our beloved Planet Earth.

We talked about the years of mining and the results of coal-burning, the effects of our gas-guzzling cars and trucks, and how thoughtlessly we have been taking minerals from the ground. The removal of oil from the ground has gone from bad to worse and our indiscriminate use of oil and gas came into our conversation.

We discussed ways of getting around without leaving such heavy footsteps on the planet. Then Chris mentioned electric vehicles and the impact that they will make. It seems that nothing that we consider for maintaining our extravagant life-style comes without a cost.

We talked about the search for Lithium and how this newly sought mineral is available in Canada, but what effect would its removal have on the planet and on climate change. I really wasn't sure about Lithium and where it is found, so I researched a little more and this is what I found.

Lithium is the key element which is used in rechargeable batteries used in electric vehicles. Bloomberg business reports that by 2040, probably more than half of all passenger vehicles sold will be electric vehicles.

Lithium is found in pegmatite rock and so it can be mined. It is also

found in the brine deposits which are accumulations of saline groundwater, which contain dissolved Lithium, as well as other minerals.

Select regions in the world contain brine and Manitoba has a number of these deposits - many situated in Western Manitoba, all along the area close to the Riding Mountains. These deposits run haphazardly along the geological formations from the Dauphin area, north as far as Snow Lake.

The Lithium is removed from the brine by pumping the lithium-filled water into holding ponds, letting the water evaporate in a succession of ponds, and then using a chemical lab for the final processing.

When Lithium is extracted from pegmatites, it is mined in the conventional way. The pegmatite rocks are intrusive rocks, which have been created in ancient times with the cooling of magma. These metal-infused rocks spread into seams from a few centimetres to hundreds of metres wide. These methods of extracting Lithium are difficult and require huge amounts of water. Pretty hard to be environmentally-friendly when you are mining!

Both methods of extraction are pretty effective, but what will the eventual cost of all of this mining be? There is no doubt that the world is trying to find better ways to be more responsible, but sometimes we wonder if we are just going from the frying pan into the fire.

Chris and I are concerned about the way we are treating our world, but

have decided that worrying about these new developments is futile and that there is a better way - we are just going to pray. We know that the Lord has a plan for all of us on this glorious planet. Let's all try to keep politicians in our prayers and ask God to help them in their plans for the future.

In the meantime, both Chris and I drive fairly tame vehicles and so our guilt about gas-guzzling cars is minimal! We used to think that an e-vehicle would be so much better, but now we wonder where all of the used batteries will go after they wear out?

We are optimists and so we think that the problems of climate change will all work out as part of God's plan. Of course there are those who are optimists and believe that we live in the best of all possible worlds. Those who are pessimists fear that this is true!

The articles about Lithium came from M. McKinnon, The Atikokan Progress and from NewAgeMetals.com



From our Recipe Box, courtesy of Doris Neufeld:

MEXICAN BLACK BEAN AND CORN SALAD



If you were at the Parish Feast Day celebrations in June, you will likely have tasted this delicious dish!

Ingredients

1 can black beans - drained	3 tablespoons avocado oil
1 can corn - drained	1 clove garlic - minced
1 avocado - diced	2 limes - juice of
1/3 red onion - diced	1/3 bunch cilantro - minced
1 Roma tomato - diced	sea salt and pepper
1 red pepper - diced	

Directions

Drain and rinse the black beans and corn then place in a large bowl.

Add the diced tomato, red pepper, and red onion along with the avocado oil, lime juice, minced garlic and cilantro and season well with sea salt and fresh ground pepper.

Give the salad a good mix to combine, then add the diced avocado and gently mix through.

Notes

If preparing the salad ahead of time, save cutting and adding the avocado until you are ready to serve. Canned corn can be substituted for fresh or frozen if that's what you have on hand.

Silly Spot

THE CAKE - GOD IS GOOD!

Have you ever told a white lie? You are going to love this, especially all of the ladies who bake for church events:

Alice Grayson was to bake a cake for the Baptist Church Ladies' Group in Tuscaloosa, but forgot to do it until the last minute.

She remembered it the morning of the bake sale and after rummaging through cabinets, found an angel food cake mix and quickly made it while drying her hair, dressing, and helping her son pack up for Scout camp.

When she took the cake from the oven, the centre had dropped flat and the cake was horribly disfigured; she exclaimed, "Oh dear, there's not time to bake another cake!"

This cake was important to Alice because she did so want to fit in at her new church, and in her new community of friends. So, being inventive, she looked around the house for something to build up the centre of the cake. She found it in the bathroom - a roll of toilet paper. She plunked it in and then covered it with icing. Not only did the finished product look beautiful, it looked perfect.

Before she left the house to drop the cake by the church and head for work, Alice woke her daughter and gave her some money and specific instructions to be at the bake sale the moment it opened at 9:30 and to buy the cake and bring it home.

... continued on page 4

... continued from page 3

When the daughter arrived at the sale, she found the attractive, perfect cake had already been sold. Amanda grabbed her cell phone and called her mom. Alice was horrified - she was beside herself! Everyone would know! What would they think? She would be ostracized, talked about, and ridiculed!

All night, Alice lay awake in bed thinking about people pointing fingers at her and talking about her behind her back.

The next day, Alice promised herself she would try not to think about the cake and would attend the fancy luncheon and bridal shower at the home of a fellow church member and try to have a good time. She did not really want to attend because the hostess was a snob who more than once had looked down her nose at the fact that Alice was a single parent and not from the founding families of Tuscaloosa, but having already RSVP'd, she couldn't think of a believable excuse to stay home.

The meal was elegant, the company was definitely upper crust old south and to Alice's horror, the cake in question was presented for dessert! Alice felt the blood drain from her body when she saw the cake!

She started out of her chair to tell the hostess all about it, but before she could get to her feet, the Mayor's wife said, "What a beautiful cake!"

Alice still stunned, sat back in her chair when she heard the hostess (who was a prominent church member) say, "Thank you, I baked it myself."

Alice smiled and thought to herself, "God is good."

Our closing thoughts ...

One of our former Parishioners, Anne Gooding, passed away on June 21. In the first developing years of our Parish, Anne was very involved and played a big part in the area of Music, RCIA and youth programs. She was an original thinker and will be missed by her family and the Community of Transcona. This verse was read at her Celebration of Life and I thought that it was very interesting.

Decide to be a Spiritual Person

Render others Spiritual

Treat every moment of your life with divine respect

Love passionately, your God-given miraculous life

Be endlessly astonished at your brief, breathtaking consciousness of the universe

Thank God every moment for the tremendous gift of life

Lift your heart to the Heavens, always

Be a cosmic, divine being, an integral, conscious part of the universe

Contemplate with wonder the miraculous Creation all around you

Fill your body, mind, heart and soul with divine trepidation

Know that you are coming from somewhere and that you are going somewhere in the universal stream of time

Be always open to the on-fire universe

Know yourself and the Heavens and the Earth

Act spiritually

Think spiritually

Love spiritually

Treat every person and living being with humanness and divine respect

Pray, meditate, practice the art of spiritual living

And be convinced of eternal life and Resurrection.

As we go to press with this newsletter, we have learned that Anne's husband, Gord, passed away on September 5. May God grant eternal rest to Anne and Gord, and give comfort to those who mourn their loss.

Carol and Chris

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