



BLESSED SACRAMENT PARISH FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

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January 2024

PRAYER CORNER

For the month of January, please remember to say a prayer for the former members of our Funeral Lunch Committee. Many of us are struggling with various health problems, as well as emotional and mental issues. Let's ask the Lord to be with us during this new year as we pray:

"Gracious God, please give healing to those of us who are sick in mind and heart. Restore those who are broken and in despair. Bring comfort to the lonely; give them strength to reach out to their neighbours and old friends. Help us, oh Lord to remember that many are struggling financially. Let us be generous to those who do not have enough, so they know that someone cares about their needs.

"Lord, our world seems to be in turmoil right now. Please help those who are in power to work towards peace. Let the warring nations see that their actions bring terrible suffering to many. Dear God, help them to find a better way of solving complicated problems by way of communication. We ask all these graces through Christ Our Lord."

Amen.



Hi Everyone!

Well, 2024 is underway! Chris and I both want to wish all of you the best of times as the New Year progresses. Alfred Lord Tennyson once said, *"Hope smiles from the threshold of the year to come whispering, 'It will be happier!'"* We certainly would like to think that 2024 will be happier!

Did you receive the booklet which was distributed in the Church at Christmas time? The book, called "The Rocking Chair Prophet" was donated by one of our generous parishioners, Lorraine Boily. What great little books they are! I've been reading mine almost daily, but I know that a few people are waiting until the hustle and bustle of Christmas time is over before they start. I really liked what the story has to say about our relationship with others.

The story of Daniel, the protagonist, is fascinating and he really speaks clearly about how we go through life thinking that everyone is different. We are all different, but the idea that some people are less than others is problematic. Daniel says, *"All human interaction is rooted in either acceptance or judgement. Acceptance leads human beings to flourish; judgement causes us to wither. When we believe that we are more intelligent, of higher character, better parents, more religious, better looking, more important, or superior citizens, we place comparison and judgement at the centre of the way we relate to others."*

Daniel is asked *"How do we look at others and accept them without bias or judgement?"* Daniel replies, *"The key to accepting people is to realize that how you treat me is how you treat yourself. What I do to you, I do to myself."*

Of course, we all have our own biases and some of us have spent a lifetime in judgement of others. This year would be the perfect time to stop judging others. As Daniel, in the book says, *"Let's try to be more accepting of others."*

Maybe this is a good time to reflect on how we relate to those people we meet, every day. Can we go through a whole day next week without saying a negative thing about another person? Let's try to develop a positive attitude about those with whom we interact on a daily basis.

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Maybe 2024 will be the year that we erase negativity from our personalities.

Daniel has such good advice about how to improve our relationship with others, and I would really encourage you to pick up "The Rocking Chair Prophet" and read it.

Chris and I don't really make New Year's Resolutions anymore, but if you are looking for some, here are a few:

Be more friendly and accepting.

Laugh a little louder this year.

Smile more often.

Express your love to those close to you.

Walk a little more slowly as you travel
on this journey of life.

Be grateful for everything you see, taste,
feel, hear, or can hold!

Answer to Cryptogram

*To him that waits all things reveal themselves, provided that he has the courage not to deny, in the darkness, what he
has seen in the light.*



1. What rodent gets to shine after the Chinese Year of the Pig?
2. What is the chief mineral removed from water in desalination?
3. What British Monarch had a nurse named Mrs. Innocent?
4. How many zeros are there in a trillion?
5. What Roman Procurator of Judea, from AD26-36, had a wife named Claudia?
6. What Explorer introduced pigs to North America?
7. With what appropriate ablution did sex researcher, Alfred Kinsey, begin each day?
8. Do cold showers really work?
9. What two NATO countries share borders with the Soviet Union?
10. What vegetable varieties include Snowball, White Horse, Igloo?
11. How many toes does an ostrich sport on each foot?
12. What did the Greek orator Demosthenes put into his mouth to improve his speech?
13. What makes up 96 percent of a cucumber?
14. What young man gushed, "Tastes great, Mom.", when swigging 7-Up in his first national television commercial in 1980?
15. Is there any useful purpose to a house fly's existence?

Silly Spot

- The fact that jellyfish have survived for 650 million years without a brain, gives hope to many people!
- I'm staying up on New Year's Eve - not to see 2024 coming in, but to make sure that 2023 leaves.
- For Toronto Maple Leaf Fans:

Two Canadian guys die and end up in Hell. Satan decides to pay them a visit, so he walks into their room and sees they are talking and laughing. Confused, he asks them why they are so happy. They tell him, "Well, we're so sick of the cold in Canada, but this place is toasty and warm."

Satan is most annoyed, and he storms off, heading to the boiler room where he turns up the temperature even higher. He goes back to the Canadians' room and all along the way, many people beg him to tone down the heat a bit. When he enters the Canadians' room, he sees that they are having a barbeque.

"What are you doing," he shouts. "Well," they said, "we just couldn't pass up this great heat wave without getting out the barbeque!"

Satan realizes that he has been doing the wrong thing. He goes back to the boiler room and turns off the heat and turns the AC on to the coldest temperature that he can manage. He knows that it is now colder than it has ever been - so cold that there are icicles all over, and ice covers all of the floors and hallways. Satan knows that he has won now and so he goes back to the Canadians' room, only to see them jumping up and down in joy and excitement.

"Why are you still happy?," he shouts.

The two Canadians look at him and shout together, "Hell froze over! That means that the Leafs won!"

- Remember, when cooking that first great meal of 2024, that the most important step in any good recipe is adding wine to the cook!
- You know that you were raised Catholic when, every time you watch Star Wars and you hear, "May the Force be with you.", you reply, quietly in your head, "And also with you!"

CRYPTOGRAM

XJ IQR XIWX HWQXF WZZ XIQKDF AGMGWZ XIGRFGZMGF, YAJMQUGU XIWX IG IWF XIG
SJEAWDG KJX XJ UGKB, QK XIG UWANKGFF, HIWX IG IWF FGGK QK XIG ZQDIX.

— Coventry Patmore

Hint: G decodes to E.

Quiz Answers

1. Rat
2. Salt
3. Queen Victoria
4. 12
5. Pontius Pilate
6. Christopher Columbus
7. Cold Shower
8. No
9. Norway & Turkey
10. Cauliflower
11. 2
12. Pebbles
13. Water
14. Wayne Gretzky
15. No

Our closing thoughts ...

This last part of 2023 has been very tumultuous in many ways. Chris and I often talk about how difficult the nightly news can be, because the newscasts are almost always very troubling and cause a huge amount of anxiety.

We both have learned to separate the items that are just beyond any control and those for which we can act on, in order to help the situation. This poem turned up on Facebook and I thought that it reflected the way that many of us are feeling.

In the face of war I'm so small. Yet love is big.

*I can't make the
world be peaceful*

*I can't stall tanks
from roaring down roads*

*I can't prevent children
from having to hide in bunkers*

*I can't convince the news to
stop turning war into a video game*

*I can't silence the sound of bombs
tearing neighborhoods apart*

*I can't turn a guided missile
into a bouquet of flowers*

*I can't make a warmonger
have an ounce of empathy*

*I can't convince ambassadors
to quit playing truth or dare*

*I can't deflect a sniper's bullet
from turning a wife into a widow*

*I can't stave off a country being
reduced to ash and rubble*

I can't do any of that

*the only thing I can do
is love the next person I encounter
without any conditions or strings*

*to love my neighbor
so fearlessly that
it starts a ripple
that stretches from
one horizon to the next*

*I can't force peace
on the world*

*but I can become a force
of peace in the world*

because

*sometimes all it takes
is a single lit candle
in the darkness*

to start a movement

*"Lord, make me a candle
of comfort in this world*

let me burn with peace"

- john roedel



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