

# BLESSED SACRAMENT PARISH FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

March 2024

## INSIDE THIS ISSUE:

EASTER QUIZ	2
SILLY SPOT / CRYPTOGRAM	3
FROM OUR RECIPE BOX	4
CROSSWORD PUZZLE	5
SAINT PATRICK	6
ST. PATRICK'S DAY GROANERS / SUDOKU	7
OUR CLOSING THOUGHTS	8

## PRAYER CORNER

For the Month of March, please remember to pray every day, for Peace in our World.

Let us pray for Ukraine, Israel and for those countries in Africa where the children and civilians are being decimated by those who would seek to be in power, by the use of force.

Let us ask The Good Lord to bring a peaceful end to all worldly conflicts.

**Amen.**



Hi Everyone,

This yo-yo weather has me checking the weather on my phone a lot these days! One day it's -20 with a wicked wind out of the north, and two days later it's only -2 and I'm looking for a lighter jacket! I guess this fluctuation in the weather is just an indication that Spring really is just around the corner. It may be a very long corner, but Spring really is coming!

How is your Lent going? I have gotten into a routine of prayer, and it lasts for a few days before something important - like a friend asking me if I'd like to go for breakfast - interrupts my routine. I have been fairly good at picking myself up and getting back to my little schedule of prayer. I also promised myself that I would try to get to The Stations of the Cross, every Friday during Lent. I haven't made it yet, but aren't there still about four or five Fridays left? My Father always said that the road to hell is paved with good intentions I seem to be helping the pavers more than I should!

At the beginning of Lent, I was looking at the readings for the Sundays of Lent and I realized that the readings for this Liturgical Year are from Mark, but I have always loved the account from the Gospel of Luke, so I looked back a few years and found them. I have always loved the readings for Palm Sunday and as I read Luke's passage, I was struck by this Gospel, for some strange reason. (Luke 19-28-40):

*Jesus went on ahead, going up to Jerusalem. When he had come near Bethphage and Bethany, at the place called The Mount of Olives, He sent two of the disciples, saying, "Go into the Village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, "The Lord needs it."*

I hadn't thought much about Jesus riding a Donkey colt before, but I began to think about Jesus saying that he needed that colt.

*Continued on page 2*

*Continued from front page*

In the days of Jesus, a King rode a horse only if he was going into war; he rode a donkey if he came in peace. Jesus certainly came in peace, and when riding a colt - or a donkey that was less than 4 years old - the symbolic meaning was that a new King was being proclaimed.

In the Old Testament, Zechariah prophesied that the Messiah that was awaited to save the Jews, would make a triumphant entry into Jerusalem riding a lowly animal as a symbol of peace. Jesus seems to have fulfilled that prophecy.

I couldn't help but think about that lowly animal, the donkey. We sometimes think of this beast as a stubborn animal, who would be at the bottom of the list when thinking of intelligent beings. Chris and I have had a few good laughs when we thought about our "stubborn" personalities. Chris says we are just decisive, and I refer to us as determined. We are both of average intelligence though, and really shouldn't compare ourselves to the fine creature that Jesus chose to carry Him over the palms, into Jerusalem. They were accompanied by a raucous crowd, who yelled "Jesus, King of the Jews," and threw palm branches and cloaks down on the road in front of him.

The "lowly" donkey was just like Jesus: pure, innocent, and unbroken. He calmly carried Jesus down those noisy cobblestones of Jerusalem he was willing to be of service he was as peaceful as Jesus. Most importantly, he was willing to be of service. That donkey did not know, nor did he care, about status, or being celebrated. He trusted Jesus and he humbly did what was asked of him.

I guess I have come to regard the donkey as a good model. Maybe, we can finish off our Lent with the qualities of that donkey of Palm Sunday, that donkey that Jesus needed . Let's be more patient, more humble, and more willing to be of service to God and to others. Jesus may also need us.



## **15 QUESTIONS ABOUT EASTER**

1. What is the Sunday before Easter called?
2. When is Holy Week?
3. What is the Jewish Holy Day that falls about the same time as Easter?
4. During the Middle Ages, what food did the Church prohibit from being eaten, during Holy Week?
5. What country is Easter Island a part of?
6. In the Bible, what did Jesus and His Disciples eat at the Last Supper?
7. Who authorized the death of Jesus?
8. What food do Catholics traditionally eat on Good Friday?
9. Easter always falls between March 22 and April 25 - true or false?
10. The First Easter Eggs were dyed what colour?
11. Why were they dyed this colour?
12. Easter Sunday is sometimes called what?
13. Why is Easter called "The Moveable Feast?"
14. What woman found the tomb of Jesus empty on Easter morning?
15. What flower is a symbol of Easter?

*Answers on back page*

# Silly Spot

A Truck, loaded with Vicks VapoRub, turned over on Highway #1 today. Amazingly there was no congestion for eight hours!



*For those of you who don't like the thoughts of Alexa listening in on your conversations, rest assured that help is on the way! They are in the process of making a male version. You can be sure that he won't listen to anything!*

I found that I have been happier since I changed from a few cups of strong coffee every morning to a big glass of orange juice. My doctor is convinced that the vitamin C is cheering me up. I think it's the Vodka!



*An older woman in France had run a small convenience store in her village for a number of years, when a large chain of grocery stores opened across the street. On a rather large sign, they advertised "Butter - 10 Euros." The next morning, the woman had put a sign in her front window that read, "Butter - 9 Euros." A day later, the large chain store was advertising "Butter - 8 Euros." A long-time customer of the convenience store spoke to the woman who owned it.*



*"Be careful of trying to keep up with those big conglomerates: they have unlimited buying power and you can't fight them. You will be losing money on that butter pretty soon." The woman replied, "Don't worry! I don't even sell butter!"*

When the dentist married the manicurist, they began to fight tooth and nail!

*What do you call a boomerang that doesn't return?? A Stick.*

I just realized that Cottage Cheese isn't really cheese at all. It's just a curd to me.



## CRYPTOGRAM

VSY HVMVJY ZO AXFYDVT XH KZV VSMV UZKJUYKV'H KMUY. XV XH AXFYDVT YKAXCSVYKXKC  
VSY EZDAR.

— Deane Jordan

*Hint: Y decodes to E.*

*Solution on back page*

From our Recipe Box, courtesy of Carol Engstrom

## EASY RECIPE FOR BREAD OR BUNS



When we lived in the Arctic, I had to make my own bread. Every Saturday, I spent the morning and part of the afternoon making eight loaves of bread. The first few loaves were not very edible and could have been used as bricks to build a shed but, as time went on, my bread became pretty good, even if I do say so myself! My recipe then was fairly complicated and took hours.

A few years ago, a friend asked me over for lunch and she had lovely buns set out. They were delicious and I was surprised when she said that she had made them herself. Of course I had to have the recipe, since she said they were a breeze to make - and they are!

### Ingredients

2 cups flour

1 package (2½ tsp) instant yeast

**Mix these two ingredients together in a large bowl**

2 eggs, beaten

½ cup sugar

½ cup oil

3 cups warm milk (or water)

1 tsp salt

4 additional cups flour (reserve 1 cup for kneading)

**Beat these ingredients together in a second bowl**

### Directions

Add the wet mixture to the flour and yeast, in the larger bowl. Stir and mix until you have a fairly stiff dough. Spread a cup of flour onto the counter top and dump the dough onto it. Begin to work the dough by kneading it until the dough is no longer wet. Knead the dough for about 10-15 minutes. Then place the dough into a large, greased bowl. Brush oil on the top of the dough and cover it with a tea towel. Set it in a warm place and let rise for 1 hour.

Dump the dough onto the countertop and punch it down. Form into small balls for buns, or make into loaves. You can also make cinnamon buns at this time (see note below). Place buns into a cake pan or a cookie sheet, and loaves into their loaf pans. Cover and let rise again for 1 hour.

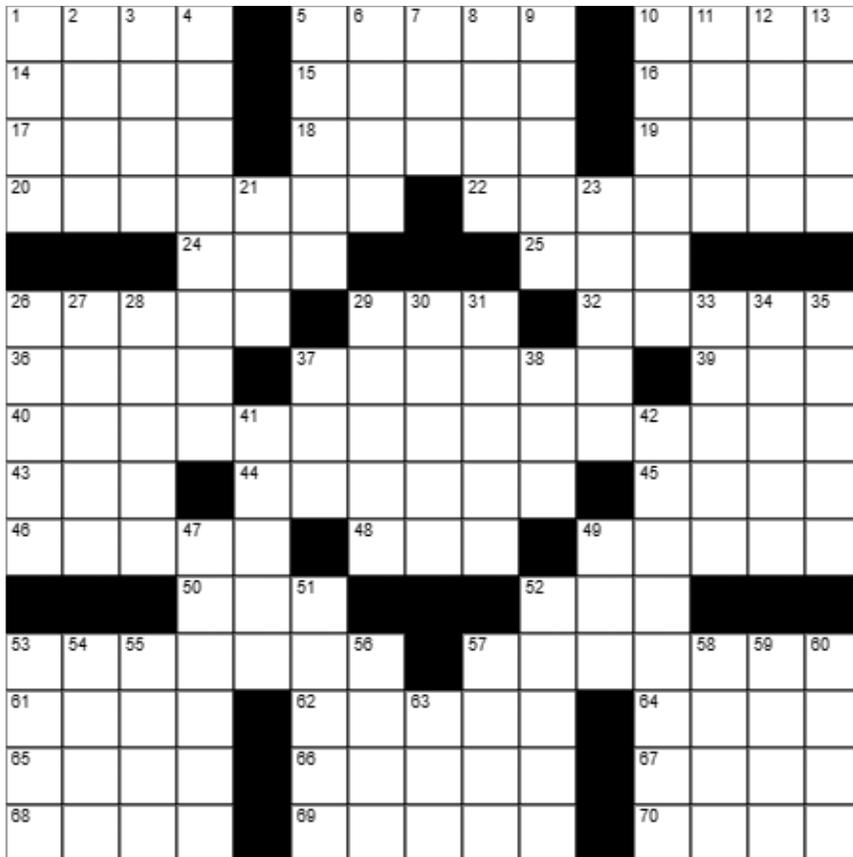
Place into a 350°F oven and bake: 20-30 minutes for buns, or 35-45 minutes for loaves. As soon as you remove the bread from the oven, brush the tops with melted butter or oil. Enjoy!!!

### Notes

**Cinnamon buns:** roll out half of the dough into a rectangle and add brown sugar, raisins, and a tablespoon of cinnamon. Roll up the rectangle, cut into slices and place into an 8x8 cake pan; let rise for 1 hour, then bake.



## CROSSWORD PUZZLE



### Down

- 1- Jam-pack
- 2- Circle of light often seen around the head of saints
- 3- The doctor \_\_\_
- 4- Woodcutter power tool
- 5- ... who lived in \_\_\_
- 6- Blacken
- 7- Hurried
- 8- Archer of myth
- 9- Paris divider
- 10- Self-defense method
- 11- Actor Estrada
- 12- Lavish affection (on)
- 13- Fly high
- 21- Lunar New Year
- 23- City on the Ruhr
- 26- Pertaining to the moon
- 27- Wear down
- 28- Take \_\_\_ at (try)
- 29- Barbecue leftovers?
- 30- Anwar's successor
- 31- Chorus section
- 33- Mrs. Gorbachev
- 34- Prongs
- 35- Aquarium buildup
- 37- "The Addams Family" cousin
- 38- \_\_\_ Kapital
- 41- Magazine copy
- 42- Absence of light
- 47- Womb
- 49- Tricky curve
- 51- Govt. security
- 52- Goose genus
- 53- Suckers
- 54- 1963 role for Liz
- 55- \_\_\_ avis
- 56- Whirl
- 57- Popular fashion magazine
- 58- Suit to \_\_\_
- 59- Gossipy Barrett
- 60- Terminates
- 63- ABA member

### Across

- 1- Fashionable
- 5- Land measures
- 10- Sneakers brand
- 14- Impulsive
- 15- Stock unit
- 16- Buck follower
- 17- Inter\_\_\_
- 18- Capital of Vietnam
- 19- Meter maid of song
- 20- Warning device
- 22- Athletic shoe
- 24- Originally named
- 25- Cornerstone abbr.
- 26- Fewest
- 29- So that's it!
- 32- Perfect Sleeper maker
- 36- Bear in the sky
- 37- Tristan's love
- 39- Feel poorly
- 40- In spite of
- 43- Toothpaste tube abbr.
- 44- Shorthand pros
- 5- Between ports
- 46- Puzzle in pictures
- 48- Bro's counterpart
- 49- Rub out or remove from memory
- 50- Boy king of Egypt
- 52- Pop the question
- 53- Sieves
- 57- Catch
- 61- Banned apple spray
- 62- October birthstones
- 64- 007's alma mater
- 65- Andean country
- 66- Name
- 67- Transport, mail
- 68- In order (to)
- 69- Computer key
- 70- Oceans

*Solution on page 7*

# Saint Patrick



Soon, on March 17th we will observe St. Patrick's Day. There are many myths about St. Patrick and people all over the world celebrate his Feast Day. They often do so with parties and gatherings that have the participants dressed in green clothes, decorated with shamrocks as well as green top hats and other regalia that supposedly the Leprechauns of Ireland wear. Many establishments offer green beer as a way of celebrating St. Patrick's Day. The idea of St. Patrick and his legend has disappeared, and the Day has turned into a big March Party! There really was a St. Patrick and as one of the founders of Catholicism in Ireland in the fifth Century, he was respected by the Church. His story has been embellished and built up into an unrecognizable chronicle, so here's the real story of St. Patrick!

Maewyn Succat was born in Britain in the late 4th century. At the age of 16, he was kidnapped from his home on the west coast of England by Irish pirates, who carried him off to Ireland. The pirates forced him to work as a shepherd.

When Maewyn was 22, he escaped his harsh life in the wilds of Ireland, by walking through the wilderness areas until he reached the shore, where he persuaded sailors to return him to Britain. Maewyn was very happy to be home again and he was sure that God had intervened and protected him and indeed, saved him.

In a dream, Maewyn was called to spread the Gospel of Our Lord Jesus Christ, in, of all places, Ireland! In order to prepare himself for his calling to become a Missionary, he studied for over 10 years. Once he was ordained as a Priest, Maewyn took the name Patricius. Then he set out for Ireland.

In the 5th Century, most of Ireland was still Pagan, so that Patricius had a very difficult time to explain Jesus' teachings. He prevailed, however and soon towns were building churches and people were converting. As more people saw that others were devoting themselves to the new Faith, even more citizens left their Pagan ways behind and became practicing Christians.

The green plant, the Shamrock was prolific in Ireland, and it has become associated with St. Patrick because, apparently, he taught the theory of the Trinity - Father, Son and Holy Spirit as three Divine Persons in One, using the Shamrock as a tool. The three separate leaves of the plant, making up just one plant was a visual tool that the Irish could see and understand.

St. Patrick became a beloved Saint and the folks from Ireland claimed him as their own!

Beannachtaí na  
Féile Pádraig  
oraíóh!

*(I'm trusting Google Translate that this says  
"Happy Saint Patrick's Day")*



### Answers to 15 Questions about Easter

- |                                 |                                     |  |
|---------------------------------|-------------------------------------|--|
| 1. Palm Sunday                  | 7. Pontius Pilate                   | 13. The date changes every year: Easter Sunday is the first Sunday after the first full moon after March 20 (the spring equinox) |
| 2. Palm Sunday to Holy Saturday | 8. Fish                             | 14. Mary Magdalene   |
| 3. Passover                     | 9. True                             | 15. Lily   |
| 4. Eggs                         | 10. Red                             |  |
| 5. Chile                        | 11. To represent the blood of Jesus |  |
| 6. Bread and wine               | 12. Resurrection Day                |  |

### Answer to Cryptogram

*The Statue of Liberty is not that monument's name. It is Liberty Enlightening the World.*



#### Our closing thoughts ...

Yeast is a funny ingredient in bread. It makes the other elements in your recipe rise up, and causes tiny bubbles to form, making the bread soft, pliable and delicious on the tongue. In Matthew's gospel, he says that "... the Kingdom of God is like the yeast that a woman took and mixed in with three measures of flour til it was leavened all through." (*Matthew 13:33*)

In her book, [Seasons of Your Heart](#) by Macrinda Wiederkehr, she compares Christians to yeast and says that we are meant to be leaven for the world. We must rise in the many situations that we find ourselves in, and bring hope of God's love to the hopeless. We are encouraged to bring hope to those around us. Just as yeast and baking powder give the parts of the bread the energy to rise and become something good to the other components of the dough, so should we try to bring hope to our family, friends, and the people that we meet in our daily lives. Every day we are given a new chance to spread hope. It's important to notice the good things we see in others and to affirm them, to give them hope and love. Don't forget, in these last few weeks of Lent, to be yeast to all you meet! Encourage, show warmth, gentleness and love, but most of all help those we meet to rise and to be all that God wants them to be. This kind of yeast will also cause our own rising and help us to be transformed into something wonderful!

The Month of March has been trying in some ways, but isn't March always a surprise? No matter the weather, Chris and I both wish you sunny days, filled with energy and hope! May the brighter skies and the warmer winds bring you fun and laughter!

As you continue your Lenten journey, we hope that your Faith strengthens and deepens.

Don't forget to be a little like the Donkey - hard-working, patient, determined, willing to be of service and trusting in Jesus!

*Happy Easter!*

*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*