



BLESSED SACRAMENT PARISH FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

March 2023

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PRAYER CORNER

A short time ago, we observed the one year anniversary of the Russian invasion of Ukraine. This month, let's say a prayer every day for Ukraine, and really keep the people of that courageous country in your heart and mind.

*"God of Peace and Justice,
We pray for the people of Ukraine today.*

We pray for peace and the laying down of weapons.

We pray for all of those who fear for tomorrow, that your spirit of comfort would draw near to them.

We pray for those with power over war or peace, for wisdom, discernment and compassion to guide their decisions.

Above all, we pray for all your precious children, at risk and in fear, that you would hold and protect them.

We pray in the name of Jesus, the Prince of Peace."

Amen.

This prayer was written by:

*Archbishop Justin Welby and
Archbishop Stephen Cottrell
The Archbishops of
Canterbury and York*



Hi Everyone,

Did you have a chance to come to Blessed Sacrament for Father Sam's Pre-Lenten retreat? It was well-attended and certainly well-received. I loved Sam's idea of breathing in the Lord first thing in the morning, before you have had a chance to take on the day's worries and plans.

Chris and I had a little discussion about the meaning of the breathing in the wisdom of the Lord and we decided that Sam was right - we totally depend on breath for our life. God breathed life into us and the Holy Spirit is often called the breath or the wind of God. We can make our breathing into a prayer, every morning as we awaken and thank the Lord for another day. We just have to breathe in the wisdom of God. This is also a way of reminding ourselves that we depend on God - for everything. We can turn this breathing exercise into a daily, early morning prayer by doing the following:

1. Breathe in the love of Christ and breathe out anxiety and tension.
2. Breathe in the love of Christ and breathe out fear.
3. Breathe in the love of Christ and breathe out negativity.
4. Breathe in the love of Christ and breathe out anger or resentment.

Breathe in deeply and exhale slowly.

Now just breathe in and out a few times and realize that the love of Christ is flowing through you.

As usual, Chris and I are trying to be faithful to our Lenten promises to Pray, Fast, and Give Alms. These three pillars of Lent are not always easy to observe and we struggle, as you probably do, but hang in there - especially when it comes to Prayer. After all, isn't that what Lent is all about??

We are at a time in our lives when we wish to be closer to God. Here are five questions for you to answer yourself, to help you get on with your Lenten journey.

1. What is really good in your life right now??
2. Where are you failing??
3. Where do you feel stuck?
4. What are you doing that's wrong? Be honest!
5. Where is God in your life right now?

Jesus wants us to lead lives of humble simplicity and great love. Let's try to follow in His footsteps by building bridges with all those we meet, by showing kindness, empathy and generosity this Lent!



Happy St. Patrick's Day



Christ be with me, Christ within me
Christ behind me, Christ before me
Christ beside me, Christ to win me
Christ to comfort me and restore me.
Christ beneath me, Christ above me
Christ in quiet, Christ in danger
Christ in hearts of all that love me
Christ in mouth of friend or stranger.

St. Patrick's Breastplate



17
March
2023



CRYPTOGRAM

SNJ DQLSEUJV TO PQUDAPWJV OAZQWC QWST XEQAMQWCV, OQUJV XEUWQWC, NECJ
VSUELSEUJV LTAAPDVQWC, NPYJ OQAAJM EV KQSN MQVXJAQJO, SJUUQXAJ VPMWJVW PWM P
FEQJS, EWZQJAMQWC PWCJU.

– George W. Bush

Hint: J decodes to E.

Silly Spot

- Light travels faster than sound.
That's why some folks appear bright until you hear them speak!
- Why did the cows return to the Marijuana field??
It was the Pot calling the cattle back!!
- What did the buffalo say to his son, when he left for University?
BISON!
- My friend Joe recently went on the Dolly Parton Diet.
It really made Joe lean, Joe lean, Joe lean, Joe lean.
- My Mom was cleaning out her old liquor cabinet last week. She offered me a bottle of vodka.
I felt obligated to take it, even though I didn't want it, but I knew that it was mostly water -
from me stealing it, then adding water. The things we do to our parents when we're 16!!
- Inside every older person is a younger person, wondering what happened.
- I was thinking about how older people seem to read the Bible a lot more as they get older
and then it dawned on me: they're cramming for their final exam!

ANAGRAMS

An anagram is a word or phrase which is formed by transposing the letters of another word. By doing this, you create a whole new word. An easy example of an Anagram is the word sneak. By rearranging the letters, you can make the word snake. If you rearrange the letters in the word torte, you will get the word otter. Here are some clever anagrams, using longer words or phrases.

| | | | |
|--------------|----------------|-----------------|--------------------|
| PRESBYTERIAN | Best in Prayer | THE MORSE CODE | Here come dots |
| ASTRONOMER | Moon Starer | SLOT MACHINES | Cash lost in me |
| DESPERATION | A rope ends it | SNOOZE ALARMS | Alas! No more Zs |
| THE EYES | They see | A DECIMAL POINT | I'm a dot in place |
| GEORGE BUSH | He bugs Gore | | |

Here are a few easy words that can you turn into completely different words by rearranging the letters. Remember that every letter must be used.

balm can become _____ shore can become _____ listen can become _____ break can become _____
below can become _____ night can become _____ adobe can become _____ binary can become _____



A SIMPLE QUIZ

1. Apples, not caffeine are better at waking you up in the morning? True or false?
2. Alfred Hitchcock did not have a belly button. True or false?
3. A Pack-a-day smoker will lose about 2 teeth every 10 years. True or false?
4. When you sneeze, all bodily functions stop - even your heart. (hence the saying "Bless You!") True or false?
5. 40 people are sent to the hospital for dog bites, every hour. True or false?
6. Babies are born without kneecaps. They appear when the child is 2-6 years old. True or false?
7. The average housefly lives for about 1 month. True or false?
8. Most of us have eaten a spider in our sleep. True or false?
9. Prince William and King Charles never travel together in a plane just in case there is a crash. True or false?
10. In most TV commercials, advertising milk, a mixture of white paint and a little thinner is used instead of milk. True or false?
11. Humphry Bogart was related to Princess Diana. They were 7th cousins. True or false?
12. If colouring wasn't added to Coca-Cola, it would be green. True or false?

Answers to Anagrams:

BALM = LAMB; SHORE = HORSE; LISTEN = SILENT;
BREAK = BAKER; BELOW = ELBOW; NIGHT = THING;
ADOBE = ABOBE; BINARY = BRAINY.

Answers to True or False

We hope you will be pleased to find out that all of these statements are true!

Our closing thoughts ...

HOLY MOLEY! We are now entering into our third year of publishing this little Newsletter! Chris and I are amazed that we are still "in Business"! Our idea of just trying to be in contact with that special gang of folk - who faithfully came out to the Parish Centre to prepare open-faced sandwiches, cut up veggies and fruit, display desserts on fancy plates, and serve those who came together to mourn a loved one. After the Funeral lunch, when all of the guests and Family had left, another group collected all of the used cutlery and china, set it up in the kitchen, added numerous loads to the dishwasher, then removed the sterilized china and cleaned up, rolled up tablecloths, and left the Parish Centre as clean as we found it. The work was tiring at times but it was a labour of love and we really felt that the group was such a wonderful part of our Parish. It has been rewarding to hear from so many of you and so Chris and I will keep on writing and sending out our little love letter for as long as we can! Thanks for your interest and your time - we love your comments, but remember that if you have any concerns or suggestions, please contact one of us.

Lent is well underway and both Chris and I are struggling with our attempts to grow closer to God during our Lenten journey. We both try to do something good for a charity and to pray more. The Social Justice group has suggested that we take something from our abundant cupboards every day to make a special donation to the Transcona Food Banks. I really don't keep a huge stock of groceries on hand but I decided to choose seven items on my shopping trip every week and to place my load of groceries into the box at the entrance to the Church every Sunday during Lent. Chris has also chosen this act of Charity for Lent.

Fasting has been non-existent in my case and my efforts at extra prayer have been pretty poor. I do pray daily, but my first great spurt of enthusiasm had me thinking about meditating every day for at least 30 minutes. I'm not sure when this meditating will start. I was trying to focus on this a few days ago and got to thinking how great it would be to have a desert close by, where I could just go to be alone and to really be able to spend time in prayer, listening to what Jesus was saying to me. Of course, I could almost hear Jesus chuckling. If I was in the desert, I'd find some reason not to pray either: too much sun, sand in my shoes, too hot, uncomfortable sitting on a dune etc., etc. I always did enjoy meditating though and a few mornings ago, I watched a short video from Pope Francis, where he asked people to read their Bible for two minutes every day. Just two minutes. It hit me like a proverbial ton of bricks! Of course, just start small. So this morning, I decided that instead of reading the Bible for two minutes every day, I would try to meditate and listen to what God was saying to me - but only for two minutes. My timer went off, but I ignored it and after 10 minutes, I got up and poured another cup of coffee. That's not quite what God had said to me, but I was content. I realize that it doesn't matter how long we manage to pray, but God listens to us and so we should be very attentive to Him - even if only for a short time, every day.

Chris and I both hope that your Lenten Journey is going well and that you are able to keep the three pillars of Lent in mind at this time: Prayer, Fasting and Almsgiving. I usually pray in my own words but I found this prayer from a book called "Lenten Longings" from the old "Arise" presentation. It spoke to me and maybe it will be of help to you occasionally during this time of lent.

"God our Father, be with us as we strive to see your face in all people this Lent. Help us to grow in our love of our companions in life, especially the weak and vulnerable of this world. Speak to us through the poor and defenseless, the addicted and the abused. Turn our hearts from hearts of stone into hearts of love. Help our communities become safe places of welcome to all. Let us breathe in your wisdom, oh Lord! We ask this grace through Christ Our Lord. Amen."

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

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