



# BLESSED SACRAMENT PARISH FUNERAL LUNCH VOLUNTEERS' NEWSLETTER

April 2022

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## PRAYER CORNER

We hope that at this time of Easter, you will take a moment to say a daily prayer for all of the Parishioners of Blessed Sacrament.

Please also pray for the repose of the souls of those of our Parish who worked so hard to make a loving and vibrant Parish for us.

This is a little different prayer but we thought that it was pretty powerful!

*I woke up warm and safe in my bed,  
While someone else heard bombs over their head.  
I jumped into a nice hot shower,  
While someone else has lost all power.  
I hugged my Family; we were all together,  
While others said "Good-bye" - possibly forever.  
While I fear the money that I will spend,  
Others worry of losing the Country they defend.  
In the time it took for me to write this post,  
Many have lost the things they love the most.  
So when I start to whine and complain,  
I will stop myself and pray for Ukraine.  
Amen.*

Hi Everyone!

Welcome to Spring and some decent weather! It's hard to believe that we are already into April! March was a difficult month, but it's amazing how a few weeks of sunny weather can cheer us! April will finish off this nasty snow (I hope!). We are already looking through seed catalogues and dreaming of being in the garden, or just being outside for a walk in this warm fresh air! We always love the sight of a greenish tinge on the trees. That pale green is the signal that summer is just around the corner! Spring is not only a time of rebirth in the world it is also the time that we look forward to Easter.

As children, neither Chris nor I could remember having Easter Baskets with huge amounts of gifts and treats in them, like the ones that we hide for our children or grandkids. In those days (centuries ago!), the main idea of Easter was centred around Church and a Family meal. The Triduum of Easter is a very intense and Spiritual time for Catholics.

There is the re-enactment of Jesus' washing of the feet on Holy Thursday and the powerful message that we must also serve our companions on this journey of life. The Gospel readings, telling the story of the Passover and at the end of mass, the transfer of the Tabernacle, are such touching ceremonies.

Then, on Good Friday, we listen to the Passion of Christ and travel with Him on His sad but overwhelming journey of the cross. We remember Jesus through the Stations of the Cross and we often stay in the Church for a time of silent and private adoration.

The Vigil on Holy Saturday is such a joy-filled celebration that encompasses many aspects of our Faith. We love the lighting of the fire at the Entrance to the Church and then the lighting of candles throughout the whole Church, which is a moving and compelling sign to us about how God is the light of the world. Lighting the Pascal Candle and the Gospel readings telling the story of our Faith from the beginning right up to the Death and Resurrection of Our Lord is such a powerful message. Father Kevin has a vibrant and energetic way of presenting the Message of Jesus, and so we know that you will be inspired and filled with the love of Jesus at the Easter ceremonies.

We hope that if you have resisted coming back to take part in weekly Mass, that you will think about coming to our Easter celebrations. You will be blessed beyond measure!

Chris and I both wish all of you the best of this glorious Easter!



Dear friends,

The snow is dissipating, the birds are returning and the pot holes have arrived. Spring is in the air! Along with Spring, comes a rebirth in all of creation. We also celebrate the rebirth and resurrection of Our Lord, which is a promise of new and eternal life for us. We can also have rebirth in our lives too.

Let us rebirth our relationship with God by a little more prayer and maybe some time outside in creation, with Him. Maybe it's time to give rebirth to a relationship; like reaching out and calling someone you haven't talked to in a long time, or even many, many years. How about rebirthing thankfulness and gratitude in your heart? Sitting down, thinking, praying and being thankful rebirths joy within us?

During this season of rebirth, I pray you have a blessed Easter, filled with resurrection and new life filled with love in your hearts!

**Fr. Kevin**



### **EASTER EGG TRADITIONS AROUND THE WORLD**

**WHY THE EGG?** In many cultures the Easter egg is a symbol of new life, fertility and rebirth. It has become one of the most widely recognized Easter symbols, representing the rebirth of Christ as well as the coming of Spring, but the tradition of painting hard-boiled eggs during springtime actually pre-dates Christianity.

#### **SCOTLAND – EGG ROLLING**

Although Scots participate in many customs associated with Easter, they have one tradition that is said to have originated in Scotland. On Easter Sunday, many families participate in an egg rolling contest. After they're boiled and painted, the eggs are taken to the park where they are rolled down a hill. The person whose egg rolls the farthest without breaking is the winner. Although it is generally considered a children's game, egg rolling actually has a religious meaning: the rolling of the eggs down the hill symbolizes the rolling away of the stone on Christ's tomb associated with his resurrection.

#### **GERMANY – EGG DANCE**

On Easter Sunday, German children receive a basket filled with eggs and chocolates that has been hidden in the garden, but there is one Easter tradition that dates back to medieval times. The egg dance game is played by setting eggs on the ground and dancing around them. The object of the game is to damage as few of the eggs as possible. Sometimes, the dancers are actually blindfolded. Another custom is the Osterbaum or Easter Tree, which is decorated with eggs that have been painted to look like fruits. The decorated eggs symbolize the end of winter and the return of warmer weather.

#### **GREECE – EGG TAPPING**

Although the Greek Orthodox Easter is not always celebrated on the same day as the Roman Catholic Easter, sometimes they are the same. In Greece, Easter is considered the most sacred holiday and is marked by many traditions. One of these is a game called Tsougrisma, when dyed Easter eggs are tapped together, believed to bring good luck. On Easter Sunday, each person takes a dyed boiled egg (usually red) and taps the pointed end of their egg with that of the person next to them. This continues until only one person is left with an egg that is still intact. The winner's prize is good luck!

#### **ARGENTINA – BIG CHOCOLATE EGG**

On Easter Sunday in Argentina, people exchange eggs. They also eat a special Easter cake decorated with, you guessed it, eggs. Argentinians usually end the day with a big family feast, after which children go hunting for the large, hollow chocolate egg, or Huevo de Pascua, that their parents have hidden. Most Argentinian families celebrate with an Asado, or a feast of grilled meats, usually with lamb and savory dishes. Along with Easter cake, desert often consists of breaking into a big chocolate egg.

#### **UKRAINE – EGG DECORATING**

Ukraine takes the prize for the best Easter egg decoration. The Ukrainian city of Kolomyia has a long tradition of decorating colourful Easter eggs using a wax-resistant batik method. Designs are first made in hot wax using a stylus, and the eggs are then dipped in dyes. The parts covered in wax resist the dye. There is a museum in Kolomyia shaped like a giant Pysanka, or a Ukrainian Easter egg. Built in 2000, it is the world's largest Easter egg and the only museum built for the sole purpose of displaying the beautiful Pysanka!

From our Recipe Box, courtesy of Janice Cummine:

## APPLE PIE BARS (makes 12 bars)



### Filling:

- 6 apples, peeled, cored and cut into even pieces.
- 1 cup white sugar
- 3 tbsp flour
- 1 tsp cinnamon (*or more, if you like*)
- 1 cup raisins (*optional*)

### Cake:

- 1 cup butter, softened
- 1 ½ cups sugar
- 4 eggs
- 1 tsp vanilla
- 3 cups flour
- 1 ½ tsp baking powder

### Directions

Preheat oven to 350°F. Grease a 9" x 12" baking pan. Mix filling ingredients together in a large bowl.

In a large mixing bowl, cream the butter, sugar, and vanilla. Add the eggs, one at a time. Add the flour and baking powder and mix well until the flour is incorporated.

Pour half of the cake batter into the baking pan, making sure that it is spread evenly. Add the apple filling mixture over the batter, then pour the remaining batter over the apples.

Bake for 40—45 minutes, or until the top and edges are golden brown.

From our Recipe Box, courtesy of Bill Duynisveld:

## BUTTERNUT SQUASH SOUP (serves 8)



### Ingredients:

- |                               |  |
|-------------------------------|--|
| 25 ml vegetable oil           | ¼ tsp turmeric                         |
| 2 onions, chopped             | 2 L butternut squash, peeled and cubed |
| 1 garlic clove, chopped       | 250 g carrots, diced                   |
| 2 celery stalks               | 5 small potatoes, diced                |
| 50 g fresh coriander, chopped | 1 tomato, peeled and chopped           |
| 1 tsp ground cumin            | 1 L chicken or vegetable stock         |
| ½ tsp each salt and pepper    | 500 ml milk                            |
| ¼ tsp lemon rind, grated      |  |

### Directions

In a large Dutch oven, heat oil over medium heat; cook onions, garlic, celery, coriander, cumin, salt, pepper, lemon rind, and turmeric, stirring, for 5 to 8 minutes or until onions are softened. Stir in squash and tomato; pour in stock and bring to a boil. Reduce heat to low, cover and simmer for about 20 minutes or until squash is tender.

In a blender or food processor, puree soup in batches, until smooth. Return to saucepan and reheat until steaming. Stir in milk; heat through.

# *Memories and Thankfulness*

I was walking through the Bio-reserve one day last Fall. There were many fallen leaves and the grasses were flaxen gold. It was a beautiful scene and I slowed down to enjoy the peaceful setting. It was so beautiful, with small bunches of late flowers still poking up and wild asters waving in soft purple clusters. The sides of the pathways were lined with dying weeds and grasses, but there was almost no litter. I was impressed. As I walked along, I noticed a couple who were just ahead of me and they kept stopping so I was quickly overtaking them. As I drew closer, I noticed that they had a black garbage bag and one of those "grabbers" that allow you to pick up things without really touching them. I realized that they were doing an unselfish act of picking up litter from the path. I greeted them and congratulated them on their good deed and wonderful sense of community. They were modest and I walked away, feeling like a slacker, but started thinking about how many people in our lives go ahead of us, making our life experiences so much better.

I looked into one of the early Directories from the Parish and thought about how many fantastic "pioneers" we have had who paved the way for so many interesting and faith-filled activities to take place. So many people from the Parish led the way so that we could follow and

have a beautiful and symbolic Church for our worship. They also started programs and ceremonies that we have built on and enlarged and so we continue to learn and grow in our faith, through these activities.

One day I overheard Father Val talking to two gentlemen who were on the building committee at Blessed Sacrament. One of the guys was talking about a problem with some plumbing and he said that a professional would have to be called in and he thought that it was going to cost a ton of money. "That's Okay! Go ahead and get it done! I'll just get the money from the Social Club." said Father Val.

Do you remember the Crescent Social Club? This was a large group of Parishioners who kept the Bingo going in the Hall and they also planned and carried out a ton of activities that not only raised funds for Blessed Sacrament, but, built Community among all of the Parishioners. People like **Blake and Noella Moreau, Shirley and Ed Postello, Jenny and Frank Tino, Ernie Wilks, Keith and Shirley Allen, Bill and Elsie Duynisveld, John and Lavina Greenizan, Stephie and Cas Wilgosh, Faye Serofin and Jeanette Zolondek** kept the Parish solvent and had fun doing it. There were many more members from the Social Club, but I knew about these folks. You probably remember more folks who worked so hard for us in

those early days.

Some of the Ladies who made a big impact on me, during my early years at Blessed Sacrament were: **Kay Barrett**, who worked tirelessly to keep the Brownies and Girl Guides active at Blessed Sacrament. She also sang in the choir and always invited people to come to our church and to try the new Catholicism after Vatican 2. **Una Pelletier, Celeste Zeigler, Frances Lubilanecki, Peggy Broderick, Yvonne Thompson, Maureen Hanson, Evelyn Supleve, Helen Sambrooke, Therese Everton, Francis Rasmussen** and **Rita Foot** were just a few of the Ladies of the Parish who took on so many jobs of feeding us after ceremonies or planning activities from Bazaars to Smorgasbords to raise funds for the Parish. Their friendly and cheerful ways encouraged many of us to join in and to also become involved at Blessed Sacrament.

The **Graces - Mike and Joyce** - were one of the couples who manoeuvred the invitation to L'Arche so that they would become part of our Community. I think that most of the Congregation benefitted more than the group of handicapped folks from L'Arche. Others were involved but Mike and Joyce had an on-going influence on the Parish for all of their lives.

Music has been so important in the life of Blessed Sacrament. We

were so blessed to have fantastic music at mass right from the beginning and many of us remember **Cleve Langford, Helen Torchia, Ted Hicks, Bill Atherton,** and so many others. **Darryl Torchia** played the guitar with passion and so did all of the musicians, that led us in our worship services over the years. Mass was always a joyous occasion, whether it was the wonderful harmonies at 9am mass or the exuberant singing of various groups at 11:30 mass, or the soulful groups that led at the 5pm mass on Saturdays.

One of the most wonderful members who was such a good influence on the formation of Blessed Sacrament, was Bob Oliver. Bob was very interested in Ecumenism and he and Father

Fred believed that this was the path for the Catholic Church and so Bob led many programs with our Parishioners as well as with St. George's Anglican Church. Bob was so active in every aspect of the Parish and was interested in helping us to see the programs like Renew as the new way for us to look at our Faith.

They say it takes a village to raise a child, but I believe that it takes a Town to build up a Church. The building is not as important as the Community itself, but with love, patience and perseverance, Blessed Sacrament has not only survived, but has thrived!

We have so many "pioneers" to thank. They paved the way for us and we owe them a huge debt of Gratitude.

We worship in a Church which we did not build.

Our Families take part in programs that were started by those who came before us.

We forget, oh Lord, to remember those who started this Community.

We give thanks today for all of the brave people of Blessed Sacrament who worked hard so that we could worship, sing and pray in a loving and all-encircling Community.



Yvonne Telgarsky passed away peacefully on March 11. We were so sorry to hear that another of our devoted Funeral Lunch Volunteers had gone home.

Yvonne was so much fun and always had an amusing comment about what was happening. She worked well with everybody and enjoyed the company of the other workers.

Rest in the peace of the Lord, dear Yvonne.



We were so sad to find out that Irene LaBelle had passed away on March 18. Irene and her husband Rolly sometimes helped out at Funeral Lunches and we always enjoyed their company and appreciated their help. Irene was friendly and gregarious and helped make the work of preparing food a real joy!

Rest in peace, dear Irene!

# Our Lenten Journey 2022

We prepare the Newsletter a few weeks before you receive it, so that as I look out my window, with Easter on my mind, I see only fading snowbanks that still carry the mess of winter! Easter is often celebrated in the midst of snow, but it's difficult to concentrate on being true to your Lenten promises when the car doesn't want to negotiate the ruts in the driveway and when walking, the slipping and sliding has become a dangerous way of navigating the streets and parking lots.

Chris and I are both still struggling with our Lenten aims. We ruefully realized in one of our recent conversations, that neither of us has done anything remarkable about Lent this year! How are you doing? Those three pillars of Fasting, Almsgiving and Prayer haven't been foremost in our minds this Lent! We keep saying that Lent is the time for change. We see change every day - one day the snow is melting, the sun is so hot that you can sit out and enjoy heat on your face, and the next day you are rushing out to plug in your car because colder weather is returning! But the kind of change that we need is a change of heart!

Every year, during Lent, we are called to return to God, especially in prayer, and to have a deeper and more meaningful relationship with Him. Re-turning means to turn around and to get back to a comforting place with God - a loving place that we try to maintain with Him. Sometimes we

lose our way, just a bit, and so we neglect our good intentions.

We always seem to examine ourselves more closely during Lent. "Am I living the life that God wants for me? Why did I eat so much? I shouldn't have criticized my friend for her extravagant way of dressing. Why did I have that last glass of wine? I shouldn't have spent so much money on that new table!" We berate ourselves over the least assumed transgressions. Of course, Lent should be a time of examining our lifestyle and our devotion to the way of Christ, but sometimes life gets in the way of our vows to lead better lives.

Chris and I both confessed to lacking in resolve and we have decided that since we still have 2 weeks left to experience Lent, we will try to do better. The Lord knows us, of course, and doesn't expect perfection. Being kind, helping others whenever we can, encouraging those who are in need of a caring word, and generally just trying to walk in the footsteps of Jesus is what we are aiming for. Falling down in our journey is something that is common. Getting up and starting again is the way to feel at peace.

I read a motivational story from Max Lucado, when he tells about the followers of Jesus who were gathered in upper rooms, cowering in fear, after the resurrection. They didn't know what to do, so they gathered and

sat, afraid.

"Daring to dream that the Master had left them some word, some plan, some direction, they came back to be together. But little did they know their wildest dream wasn't wild enough. Just as someone mumbles, "It's no use", they hear a noise. They hear a voice, "Peace be with You!" The one betrayed sought his betrayers. What did he say to them? Not "What a bunch of flops!" Not "I told you so!" No "Where were you when I needed you??" speeches. But simply one phrase, "Peace be with you!" The very thing they didn't have was the one thing that Jesus offered them: Peace.

Let's all stop beating ourselves up for not quite living up to our own expectations, and just start all over again! God is all-forgiving and understands our imperfections and loves us unconditionally anyway! Chris and I have resolved to be as angelic as we can, for the next few weeks! When we celebrate the miracle of Easter, we will welcome the Risen Lord with glad hearts and a renewal of our love and dedication to Him. Trying to live the life that we are called to, can be difficult at times, but these last few days of Lent call us to really commit ourselves to a more lasting relationship with God!

Let's try to be the people that the Lord calls us to be!!



## Did You Know ...

1. 85% of plant life is found in the ocean
2. Rabbits like licorice
3. Armadillos have 4 babies at a time and are all the same sex
4. Cats can jump up to 7 times their tail length
5. Over 2,500 left handed people are killed a year from using right handed products
6. The doorbell was invented in 1831
7. Oak trees don't produce acorns until they are 50 years old
8. Niagara Falls could fill 4,000 bathtubs every second
9. Brazil got its name from the Brazil nut (not the other way around)
10. When your face blushes so does your stomach lining

## Silly Spot

- ◆ Never argue with left-handed people! They are not right!
- ◆ Gas prices are so high that I have no Monet for Degas to make the Van Gogh, because I'm Baroque!
- ◆ A motorist was mailed a picture of his car, speeding through a radar post in Red Deer, Alberta. A \$90 speeding ticket was included. Being a bit of a smart Alec, the motorist sent the Police Department a picture of four twenties and a ten dollar bill. The Police responded with a picture of a pair of handcuffs.
- ◆ In the small Community of Indian Hills, Colorado, Vince Rozmiarek , a volunteer at the Community Centre started putting up inspirational quotes on the marquee, facing the highway. These quotes have become famous and once they were added to the Internet, people from many countries have seen and loved them. Here are a few:
  - ◇ I went to this horrible Bar called The Fiddle. It was really a vile inn!
  - ◇ The finest shoes are made of smooth leather. My opinion will not be suede.
  - ◇ Where did The Terminator find toilet paper?? Aisle B, back!
  - ◇ Someone threw a jar of Mayo at me. I was like, "What the Hell, man"?
  - ◇ My resolution was to exercise. No, wait. I mean extra fries!
  - ◇ I wanted to be a Monk, but I never got the chants.
  - ◇ Of course I'm an Organ Donor! Who wouldn't want a piece of this???

Carol and I chat about many different things, one of which was how much COVID-19 has restricted many of us! I am still cautious about where I go and with whom I associate.

I don't know about you, but I have really missed feeling the heartwarming embrace of a good hug. If you are lucky enough to be hugged every day, then return that hug with all your might! If not, here's a virtual hug from us to you:



### *Our closing thoughts ...*

A number of weeks ago, Father read the Gospel of Mark and it really spoke to me. This Gospel told of the paralyzed man who was carried by four friends and then lowered through the roof to let Jesus heal him. "What great friends", I thought at the time. On further contemplation, I realized that I too have had great friends, here at Blessed Sacrament. Sometimes I have been carried by kind-hearted strangers, too! I always like to think that I could be more helpful to others. But when I am feeling down or when life has treated me roughly and I lose a loved one, or I have been diagnosed with a life-threatening illness, or if I just feel forgotten and alone, my friends and people in our Community have stepped up and carried me.

Sometimes we help, and sometimes we need help! Easter is a time for all of us to realize how abundant God's mercy and help has been. You may also have been carried by those generous folks in the Parish. Take a few minutes during these last weeks of Lent, to give a quiet prayer of thanks for all of those people who have carried you along and been with you on this complicated journey of life!

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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*

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