

The West Wagga Wag

Issue 204

March 2020

Coming Events

Adoration of the Blessed
Sacrament, Holy Trinity
- 6 to 7am daily;
- overnight from 9pm Friday
through to 7am Saturdays

Monthly Cuppa, after 9am Mass
on last Sunday of the month.

1st Sunday of Lent	Sun 1
2nd Sunday of Lent	Sun 8
3rd Sunday of Lent	Sun 15
St Patrick	Tue 17
St Joseph Husband of Mary	Thu 19
4th Sunday of Lent	Sun 22
The Annunciation of the Lord Solemnity	Wed 25
5th Sunday of Lent	Sun 29



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Wag Contacts

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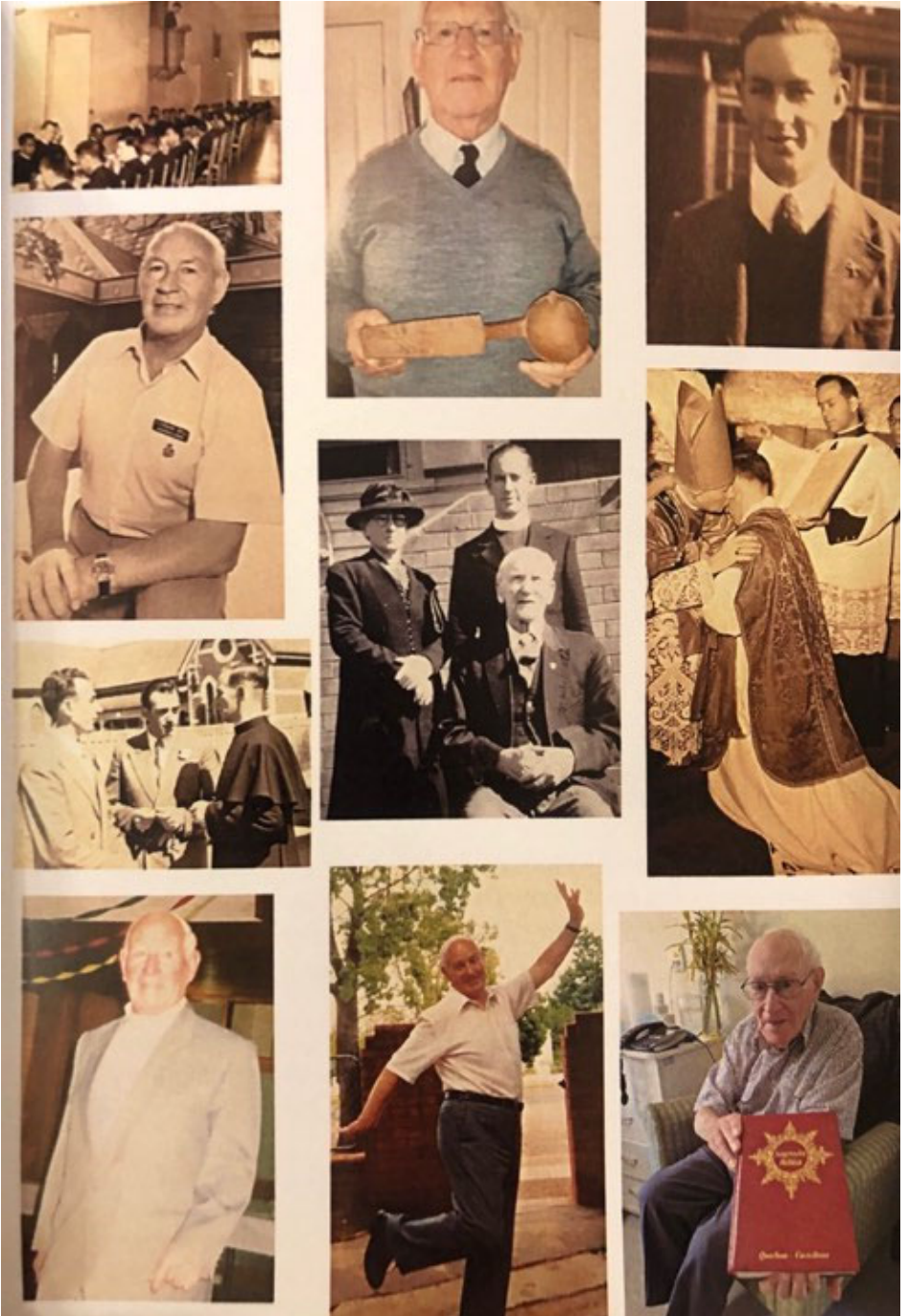
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The date for submissions for the next
Wag is: **Wednesday April 1st.**

Adios Fr Francis Bell



Rev. Fr. Francis Clifford Bell

"Fr Frank"

Born 29th May 1925

Called to Eternal Life on 17th February 2020

May he Rest in Peace

PASTOR'S PAGE - 3 MORAL MUSCLE GROUPS TO WORK ON



"Give in to God, resist the devil." (James Chapter 4)

Welcome to our yearly spiritual boot camp! I hope you are all ready and raring to go. Our Lady said to St Bernadette of Lourdes, "I do not promise you happiness in this life, but in heaven." Likewise, we could say, "I do not promise you happiness in Lent but at Easter", because this Lent will have its aches and blisters, but it will be worthwhile. St Paul says that physical exercise is beneficial but spiritual exercise even more so. Still, there is a happiness to be had during exercise.

While the chocolate of Easter is very satisfying, in its own way, so too is a well lived Lent. God has built us to work, and just as a toddler gets a thrill from the hard work of taking the first steps and learning to walk, so too we can enjoy "fighting the good fight" and "running the race", being spiritually active for good.

Ask anyone who gets up for the early Mass - it sets a wonderful, positive tone for the coming day, like beginning the day with a walk around Lake Albert. So with Lent, there is a deeper, more real, and lasting happiness that comes from working with this special challenge.

We have three spiritual muscle groups to work on: Prayer, Charity, and Fasting.

Good exercises to build up our prayer life may include attending Mass during the week, adding the Angelus to your day at 12pm, reading the Bible daily, ensuring that you do your Morning Offering, Rosary, visits to Jesus in the Church, and not least, saying small prayers during the day as you go about your business.

Some suitable charity exercises could include visiting the sick, elderly, lonely; calling a relative you may have neglected; helping more around the house (without seeking to be noticed); giving to a charity or to someone you know is struggling financially; volunteering to help read at Mass or clean the church; doing your job with a smile and as well as you can; letting someone else have the last say or the last parking bay.

Some good exercises for fasting: cutting down screen time, coffee, chocolate and sugar; drinking only water; sitting up straight; giving up using rough language; having a cool shower; doing the less enjoyable tasks in the day first; smiling when you feel like frowning; giving up criticising.

As well as those areas of spiritual exercise, a most important part of Lent is repentance, giving up sin. We should spend some time in prayer, asking God to help us know our sins and to be truly sorry for them. We should ask God's help to eliminate our sins from our life, and of course this includes a good confession. Don't be afraid if you have confessed the same sin before; as long as you sincerely want to overcome it, this is ok.

In the Sacrament of Confession you will receive not only forgiveness but special graces to work on your weaknesses, and to replace them with virtue; e.g. honesty replacing lying, generosity replacing selfishness, patience replacing impatience etc. If you haven't been to Confession for a long time,

remember you only have to say, "Father, it has been a long time, can you help me with this Confession?"

The Mass readings the day before Ash Wednesday this year had a great passage from the Letter of St James in which he said that we should "resist the devil", which we all understand, but also "Give in to God". Too many times we do the opposite: we resist God, His inspirations to change, to pray more, to forgive etc. The saints became saints because they stopped saying "no" to God, and so He led them from grace to grace, from strength to strength. St Mother Teresa actually made a vow always to say "Yes!" to God, no matter what He may ask of her. She taught her MC sisters, "Give what He asks and accept what He gives - with a big smile".

To give in to the devil, or our addictions, laziness, impulses, anger, etc, only leads to regret, emptiness, more addiction. We are giving in to one who hates us and wants only to destroy. But to give in to God is to cooperate with our Loving Father, who knows us better than we know ourselves, who loves us more than we can imagine, who has an incredible plan for us, and knows the amazing Saint we can become.

Jesus said, "I have come that they may have life and have it to the full", and "that My joy may be in them, and their joy become complete". Our "giving in" to God is being docile to the Holy Spirit and cooperating with God; it takes nothing from us. It is the dying to self Jesus speaks of which leads to truly finding ourselves and truly coming to life.

May God bless our Lent so that it may lead us to our best Easter ever, and onwards to eternal life.

Fr Thomas Casanova
CCS

March Merries



The farmer's son was returning from the market with the crate of chickens his father had entrusted to him, when all of a sudden the box fell and broke open. Chickens scurried off in different directions, but the determined boy walked all over the neighbourhood scooping up the wayward birds and returning them to the repaired crate. Hoping he had found them all, the boy reluctantly returned home, expecting the worst.

"Pa, the chickens got loose," the boy confessed sadly, "but I managed to find all twelve of them."

"Well, you did real well son," the farmer beamed. "You left with seven."

What do you get if a chicken lays an egg on top of a barn? An eggroll.

What do you call a group of chickens clucking in unison?
A Hensembles.

What does a chicken need to lay an egg every day? Hendurance.

A librarian was very sad and alone in the library one day as there was no one around for her to help. These two chickens came through the door screeching "bouk bouk." The librarian quickly got up and gave them each 5 books. The two chickens left satisfied. Just a few minutes later the same two chickens come through the door with no books screeching "bouk bouk." The librarian once again jumped up and gave each chicken 15 books this time. The chickens leave satisfied once again. Then for the third time the chickens returned screeching "bouk bouk", but this time being suspicious the librarian gave each chicken only one book and explained that they could only

borrow more books once that had returned the others. As the chickens left the librarian slowly followed behind to see where all the chickens and the books were going. The chickens came to a stop by a pond and started throwing the books into the water. Appalled the librarian ran forward to tell them to stop but she suddenly noticed there were some frogs in the pond grabbing the books and throwing them back croaking behind "red-it... red-it".

Q: What do you call a snake who works for the government? A: A civil serpent!

Q: What did the snake give to his wife? A: A goodnight hiss!

Q: Why did the snake laugh so hard she started to cry? A: She thought the joke was hisss-terical



Q: What's the wrong time to reason with a snake? A: When it's throwing a hissy fit.

Q: How can you revive a snake that looks dead? A: With mouse-to-mouth resuscitation!

Why didn't the viper, viper nose ?
Because the adder, adder hankerchief !

Q: What do you call taking a selfie with a rattlesnake? A: A missssss-take.

What do you get if you cross a snake and a lego set ? A boa constructor !

What do you get if you cross a bag of snakes and a cupboard of food ?
Snakes and Larders !

There where two snakes talking. The 1st one said Sidney, are we the type of snakes who wrap ourselves around our prey and squeeze and crush until they re dead? Or are we the type of snake who ambush our prey and bite them and they are poisoned? . Then the second Snake says "Why do you ask?" The 1st one replies: "I just bit my lip!"

What do snakes have on their bath towels ? Hiss and Hers !

Q: What do snakes do after they fight? A: Hiss and make up!

What did the mother snake say to her crying baby ? Stop crying and viper your nose !

A police officer sees a man driving around with a ute full of guinea pigs. He pulls the guy over and says... "You can't drive around with guinea pigs in this town! Take them to the zoo immediately." The guy says "OK"... and drives away. The next day, the officer sees the guy still driving around with the ute full of guinea pigs, and they're all wearing sun glasses. He pulls the guy over and demands... "I thought I told you to take these guinea pigs to the zoo yesterday?" The guy replies... "I did . . . today I'm taking them to the beach!"

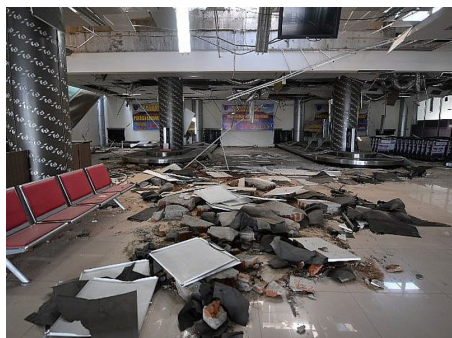
Q: What do you call a guinea pig with three eyes? A: A guinea piiig.

Why was the Guinea Pig upset with his job? It didn't pay enough salary (celery).

Q: What do you call a guinea pig that can pick up an elephant ? A: Sir!



Christian pilot heard God's voice and saved hundreds of passengers



Jan 14, 2020

A Christian pilot heard God's voice and saved hundreds of passengers.

On September 28, 2018, series of earthquakes struck the province of Central Sulawesi, Indonesia with the strongest magnitude of 7.5.

Following the mainshock, a tsunami struck Palu City. The dreadful event was the deadliest earthquake that struck Indonesia since 2006 with over 4000 casualties.

But a few minutes before the tragedy, a miracle happened! Captain Ricosetta Mafella of Batik Air is feeling uncomfortable during that Friday and he didn't know why. He sang praises as hard as he can as he was flying from Ujung Pandang to Palu.

"Usually I only hummed, but that day I wanted to praise the Lord as best I could", he said. Before landing at the Palu airport, he said he heard the Lord whispered in his

heart to circle again before landing. The Palu airport was referred to as the "valleys of death" by other pilots since it is situated between two mountain ranges. Captain Ricosetta was then reminded of the Psalms 23: 4: "I may walk through valleys as dark as death but I won't be afraid. You are with me and your shepherd's rod makes me feel safe."

A moment after landing, he felt again that God told him to be quick. He didn't leave the cockpit and instructed his crew members to just take a 20 minutes break before the plane returns to Ujung Pandang.



The captain requested the control tower to depart 3 minutes ahead of schedule and upon receiving the permission, they prepared to take-off.

Captain Ricosetta confessed to breaking the flight procedure just to speed up the take-off. He didn't know an earthquake had already hit Palu City but he did notice that the

plane swaying a little.

A few minutes after taking off, he communicated to the tower of Palu Airport but there was no response. He looked down and saw a strange phenomenon, the seawater was forming a large hole.

Upon landing at the Ujung Padung, he was told that there was an earthquake and a tsunami in Palu Airport. The traffic controller, Anthonius Gunawan Agung, who stayed in the tower to help them take-off died shortly. If they weren't able to take-off three minutes ahead, all the passengers aboard Captain Ricosetta's plane should have died.

Captain Ricosetta and traffic controller Anthonius are being hailed as heroes for saving 140 passengers during that tragic day.

"And whatever happens we must be calm, not in a panic so that we can clearly hear the voice of God coming to us by the Holy Spirit," Captain Ricosetta said.




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West Wagga Catholic Parish



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“Not a Dead Object”: The Powerful Spiritual Moment This Priest Saw Jesus in the Eucharist



Fr. Gabriel Lickteig - Jan 19, 2020

ChurchPOP

“Blessed is he who takes no offense at Me” (Mt 11:6)

I’ll never forget the day. It was around 2006-2007. It had been only a matter of time since I stumbled into making a general confession at the Newman Center on the University of Missouri’s campus because of Our Lady’s intercession.

Still grasping and feeling my way through much bewilderment due to such a dramatic turn of events in my life, God managed to direct me to the Church that day. To be honest with you, I can’t recall why I went there or how I found out about it. I assume it was to receive the sacrament of confession again.

I do remember sitting there in the pews in the middle of the Church with only a few other people around.

The Newman Center was staffed by Dominican Priests, and one of them silently sat in the back looking towards the altar. I looked around at the few people sitting in the body of the Church and kept looking back towards the priest, wondering what we were supposed to be doing.

After the third or fourth time looking back at father, I suspect he got a little perturbed. He probably wondered why I wasn’t facing the altar.

Here’s the deal: the reason I wasn’t facing the altar is because I didn’t realize what was going on there.

For whatever reason, (and there were probably a multitude of them) I was blind to the reality taking place. Just naturally though, picking up on the fact that the priest faced that way, I turned around... partly due to the fact that I didn’t want to be an annoyance to the priest.

Catching on to the general direction of everyone in the Church, I looked at the altar. When I looked at the altar, I noticed that there was a golden instrument of some sort standing erect in the middle of it—this drew my attention.

Finally, as if in slow motion, I looked towards the middle of said golden instrument and I saw the Eucharist.

Once again, to be completely honest with you, I was extremely unsure of what I believed about the Eucharist up until that point. I went to Catholic schools for the majority of my life and was an altar server for many years. For whatever reason, the Eucharist was not a living reality in my understanding.

I was one of those people who treated the Eucharist, as Our Lord once told St. Faustina, as “a dead object” (Diary, 1385). Then I experienced the “Eucharistic pop”.

The Eucharistic pop wasn’t audible, but if I may say so, it was one of the loudest things that’s ever happened to me.

All of a sudden, as in the moment of a thunderclap, my eyes were opened and I knew exactly what everyone was doing in the Church: they were adoring and worshipping Jesus Christ, the King of Kings and Lord

of Lords.

Looking at the Eucharistic Lord in the monstrance, I now knew a Person was there. I knew that this Person was just as real as any living breathing person around me.

To my astonishment, I heard deeply within my soul, “the Eucharist is a Person.”

That moment left such an imprint, that eventually, I began attending daily Mass, making a daily Holy Hour, joining the seminary and becoming a Catholic Priest. I’ve been ordained for four years now.

The greatest treasure of my life is being in union with the Eucharistic Lord, whether receiving Him in the Holy Sacrifice of the Mass or spending intimate hours with Him in the tabernacle or monstrance.

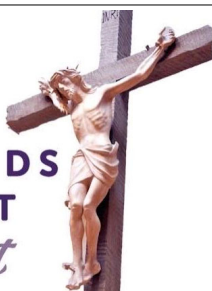
I share this story because I want every Catholic on the face of the Earth to experience the Eucharistic pop. I know from personal experience that many, many people, even those who go to Mass every Sunday for many years still haven’t experienced this for whatever reason.

The steps I give you are simply what made it happen for me: go and make a heartfelt, sincere and soul-searching confession, receive Jesus as often as you can in a state of grace, and finally spend time with Him outside of Mass, whether in the tabernacle or in an adoration chapel near you.

Spending time with Jesus outside of Mass will awaken you to the reality that this He is a Person that time is to be spent with, not a dead object, but the living and glorious Lord!

“Blessed is he who takes no offense at Me.” (Mt 11:6)

YOU ARE
THE HANDS
AND FEET
of Christ



WHAT ARE YOU DOING FOR LENT?

THE DARK BEAST OF RESENTMENT



If you want to understand 98% of the unhappiness in the world—whether it is on the stage of international politics or the stage of your kitchen ... or wherever your arguments happen, continue reading...

The book I have finished is called *Immortal Combat- The Way of the Christian Warrior* and my thinking for this book has been much influenced by Rene Girard and the German philosopher Max Scheler. Scheler's little book *Ressentiment* is stunning. ... Both Germans use the French word *ressentiment* because they didn't have a German word for their concept.

I simplify it in my discussions by capitalizing the word "Resentment". This Resentment is not just feeling bad because Henry got a bigger piece of pie or Sally called me a bad name. Instead Resentment is the brooding review or a grievance over and over again in our minds. I call it a "Resentment Loop". We go over a conversation in our mind..."Next time I'll really tell her what I think...I should have said...He never should have done that. Next time I'll teach him a lesson...You wait and see." This inner monologue is really an inner dialogue. We play a scene out in our minds over and over again in what can be an endless cycle of bitter resentment.

I think most everybody has moments like that, but most people who are struggling for maturity move on. The Resentment Loop is

no more than a way of venting or coping with a grievance. If the person has faith they learn how to hand it over to God and seek forgiveness which breaks the Resentment Loop. They learn to give the other person the benefit of the doubt and to see their own Resentment Loop as an immature and prideful bit of stupidity.

But not all of us do that. In fact, we often continue to run the Resentment Loop and we become addicted to it. It becomes "Our Precious". We cling to the Resentment Loop.

One of the brilliant details in Peter Jackson's film version of *Lord of the Rings* is his portrayal of Gollum locked in a resentment loop—talking to himself and going over the same Resentment continually like an addict in love with his drink or drug.

Why do we do this?

We feed the addiction for the same reason we feed all addictions: because it feels good.

When we are in the Resentment Loop we are powerful again. We're in control. We've told that other person exactly what we feel. We've put him or her in their place. We're on top of the world. We have the answers. We've shown him who's boss. In the Resentment Loop we've got power and if we have been abused or hurt—if we are on the bottom of the heap or lack self esteem—if we're down and out and lowly it feels great to be on top. When we're in the Resentment Loop we're on top and that feels great.

Now, here's where it gets really interesting...Like all addicts, the high we get from the Resentment Loop doesn't last. We need another fix and a bigger dose, so we let the anger grow within us and we start to generalize about the person who has hurt us. It's not that white man. It's all white men. It's not that woman it's all women. ... It's all the people in that group.

Now the target of our Resentment is bigger and the Resentment Loop is no longer a Resentment Loop it's a Resentment Spiral—getting bigger and bigger in our minds. Now we are powerful and strong against all those people. We're better than all those people. We're the tops. We're superior to them all! Boy, that REALLY feels good.

Then the flip happens. The flip is when the Resentment stops being bitter and negative in our lives and we start to see Our Precious as a good thing. This curse is a blessing. We see that we are a martyr to a cause. We have been persecuted by all those bad guys out there. The Resentment Spiral becomes a source of self esteem for us. It not only makes us feel good. It makes us believe that we ARE good, and not only good, but superior to all others.

The next step is that we find other people who are on the same Resentment Loop and we either join a campaign, a political party, an activist group or a pressure group or we start one. It becomes our life. It becomes our ideology. It becomes our false religion. It becomes our campaign.

Along with the others in the group we have something to live for. Our lives have meaning and purpose. We are righteous warriors and courageous campaigners. We might even do good things in our campaign. We might achieve justice. We might feed the hungry. We might bring down the mighty from their seat. We might do great things—but they will all have been achieved through Resentment and Hatred—not through charity and grace.

We can spot this sort of Resentment Campaign because once they win a battle they are not appeased. They can never be satisfied just as Gollum and every addict can never be satisfied. If they do win a campaign very often they will sabotage their success because they don't really want to win. If they were to win their Resentment Loop

Resentment continued ...

would be destroyed and their meaning and purpose in life would be destroyed.

That is why, if they do not sabotage their own success, they will immediately, on the heels of their success, launch into a new campaign. Any appeasement by their enemy will be tossed aside as they continue their campaign of hate—and it is a campaign of hate even though it is cloaked in faux victimhood, self righteousness and crybaby tactics.

Most frightening, those who are in the Resentment Campaign are invulnerable to criticism of any kind. They are right. They know they are right. They cannot be wrong. To be wrong in any way would be to undermine their

Resentment addiction. They must be right. All. The. Time. If you dare to criticize—even in the most diplomatic, gentle and kindly way—you will be rejected and cast down among their worst enemies for the only person worse than the real enemy is the “friend” who betrays them by criticizing.

If you have read this far you will have spotted these behaviors in a whole range of political, religious, educational and relational conflicts. You see these behaviors within the family, within the school, the military, the parish, the church, the academy, within business and international relations.

It is everywhere. It is wherever people meet.



It is the heart of darkness in man and it only takes a few moments' thought to realize that this Resentment eventually leads to bloodshed.

Cain takes his brother Abel out into the field and enacts the Final Solution.

Kyrie Eleison. Christe Eleison.

God designed it all - it's more amazing than we know!

DiscoveryCSC

Mountains of Complexity

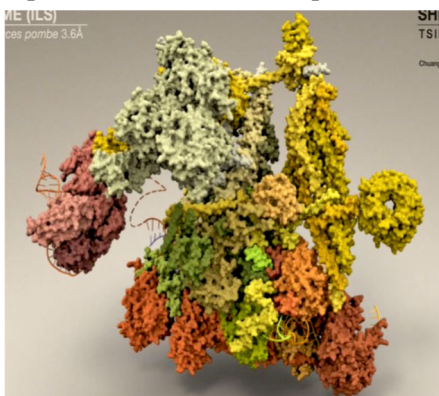
... Paul Nelson likened a graph of mounting discoveries about life to a sharply rising mountain range. Darwin proposed his theory on the flatlands, unaware of the peaks his theory would have to explain. In the last fifty years, scientists have encountered mountain after mountain of complexity in life that [was] never anticipated back out there on the flatlands. “We can’t see the top of the mountains yet, but we know that we’re still not there, and we won’t be for a long, long time,” Nelson says. As scientists continue up the mountains, we anticipate with awe more wonders of design that will likely come to light in the next decade. Here are some recent developments.

Sugar Code

Certain forms of sugars (polysaccharides called chitosans) trigger the immune system of plants. Biologists at the University of Münster are “deciphering the sugar code.” ... These polysaccharides, also found in animals, are “perhaps the most versatile and functioning biopolymers,” the scientists say.

Condensed Code

DNA is becoming known as a more of a team member in a society of biomolecules. In some ways, it is more a patient than a doctor. It gets operated on by numerous machines that alter its message. One of the most important “doctors” that operates on RNA transcripts is the



spliceosome [see image], says a review article in *The Scientist* about alternative splicing. This complex molecular machine can multiply the messages in the coding regions of DNA by cutting out introns and stitching coded parts called exons together in different ways. ...

Astoundingly, some genes can be alternatively spliced to generate up

to 38,000 different transcript isoforms, and each of the proteins they produce has a unique function.

Beyond Methylation

... Biologists knew about how methyl tags on RNA transcripts regulate the ways they are translated. Now, Professor Chuan He and colleagues [University of Chicago] have found that some RNAs, dubbed carRNAs, don’t get translated at all. “Instead, they controlled how DNA itself was stored and transcribed.”...

Genes Jumping for Joy

... A discovery at the Washington University School of Medicine [says] “‘Jumping genes’, also called transposable elements, play [a] surprising role: stabilizing the 3D folding patterns of the DNA molecule inside the cell’s nucleus.

It appears that by moving around, these genes can preserve the structure of DNA while not altering its function. ...

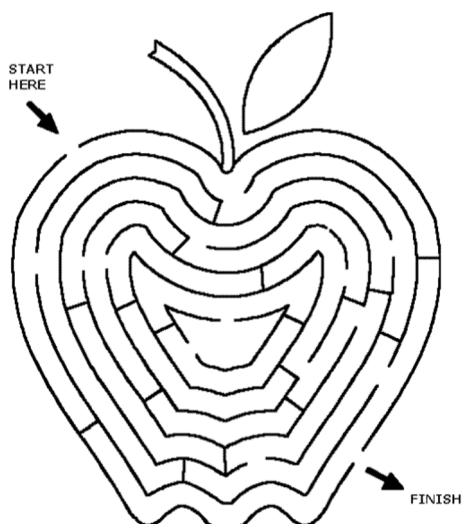
So while [people] had expected junk and simplicity, Wang says the opposite has occurred. “We have uncovered another layer of complexity in the genome sequence that was not known before.”

The West Wagga Wag

West Wagga Parish



**Serving: Ashmont,
Collingullie,
Glenfield, Lloyd,
and San Isidore**

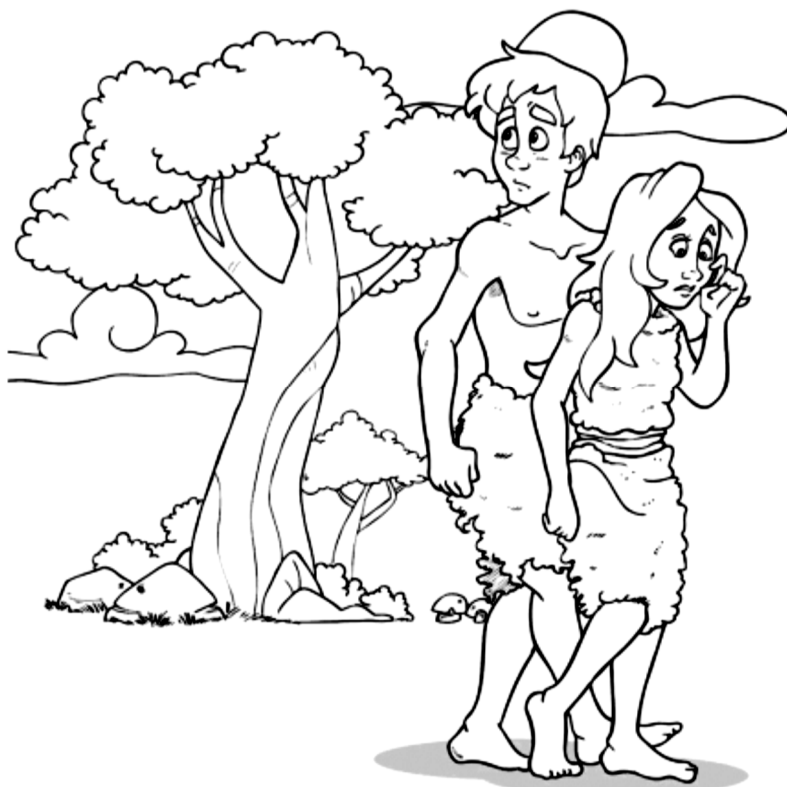


**Find the words below
hidden in the 225 letters
to the right.**

HUSBAND	TREES
ANIMALS	KNOW
SERPENT	FRUIT
WISDOM	FOOD
GARDEN	GOOD
CRAFTY	EVIL
MIDDLE	EYES
WOMAN	WILD
TOUCH	EAT
NAKED	DIE

Temptation in the Garden

"You will not surely die," the serpent said to the woman. "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil." Genesis 3:4-5 (NIV)



X	E	A	T	E	Z	N	L	L	T	L	S	Y	G	I
S	E	R	P	E	N	T	A	O	G	O	X	C	J	P
G	V	O	T	P	S	N	D	K	V	K	U	H	G	Y
O	R	X	K	Q	D	N	J	Y	E	Z	V	C	A	E
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K	R	I	P	S	E	S	T	G	A	R	D	E	N	M