



April 24, 2022
Bulletin #17

Our Lady of Lebanon Maronite Catholic Church

2216 Eoff Street, Wheeling, WV 26003

Rectory: 304-233-1688 • Fax: 304-233-4714

E-Mail: ololwv@comcast.net • Web Site: www.ololwv.com

Msgr. Bakhos Chidiac, Pastor

Mary Lee Porter, Ed.D. Organist



New Sunday

- ***Weekday Masses:** **Mondays and Wednesdays:** No Mass. Pastor's office work.
Tuesdays and Thursday at 12:00 Noon [*Rosary & Litany start 20 minutes before Mass*]
Fridays: No Mass. Pastoral visitations.
- ***Confession:** Saturday: 3:00 p.m. to 3:45 p.m. or any other time by appointment
- ***Baptism:** Please call the Pastor as soon as baby is born; at least one Godparent must be Catholic
- ***Weddings:** Please make arrangements at least **six** months in advance before any other plans are made
- ***Sick Calls & Anointing of the Sick:** Please notify the Pastor at 304-233-1688
- ***Parish Council:** Lou Kourey, Rita Strawn, Mary Stees, Susan (John) Burns, Mark McLaughlin, Liz Murad
- ***Choir Members:** Lou Kourey, Robert Harris, Joe Simon, Shelly Hancher, Holly Stahl
- ***Bulletin Coordinator:** Thomasina Geimer
- ***Altar Server:** Earl Duffy and Joe Roxby
- ***Altar Boy:** Christopher AlKhouri
- ***Cedar Club:** Linda Duffy, President
- ***Women's Society:** Jeannette Wakim, President



- ***Bulletin Announcements:** Submit all Bulletin Information to Msgr. Bakhos by Noon on Tuesday every week
- ***New Parishioners:** We welcome you with great joy & invite you to officially register as one of our parishioners
- ***Remember the Church in your Last Will & Testament:** Her prayers will accompany you to heaven

New Sunday

Readings: 2 Cor 5:11-21 and Jn 20:26-31

For John, the day of resurrection is also the day of the giving of the Holy Spirit, and so on “that first day of the week,” he appears to them saying, “Receive the holy Spirit” (20:19,22). He sends them forth, empowered by the Spirit, to continue the mission that he began.

The story of “doubting Thomas” becomes not only a word of blessing for those in the future who will not see but still believe but also the story of a believing Thomas. His statement of belief is the deepest expression of faith in the Gospel. He acknowledges Jesus as Lord (a statement of a relationship in faith) and God.

In what is considered to be the original ending of the Gospel, the evangelist tells us that there were many more works of Jesus, “but these are written that you may [come to] believe ... and that through this belief you may have life in his name” (20:31). This is an example of a theme found throughout the Gospel: God’s revelation in Jesus leads to belief, which leads to eternal life, summed up so beautifully in John 3:16, “For God so loved the world....”

In a story added to the text of the Gospel by a later writer, we hear of another post-resurrectional appearance, this time by the shore of the Sea of Tiberias (Galilee). This is a scene of reconciliation between Jesus and Peter; the disciple who denied knowing Jesus three times is now called to express his love for Jesus three times. Jesus tells Peter, who had expressed a desire to follow Jesus at the Last Supper, that he will in fact follow him, but the path will be one of suffering as Jesus predicts the apostle’s crucifixion.

As John’s presentation of Jesus is that of a glorified Christ even during his earthly life, the readings taken from this time present us with Christ in his glory. Jesus speaks of being the shepherd whose “sheep hear my voice ... they follow me. I give them eternal life, and they shall never perish” (10:27-28). These words only come to be fully understood after the resurrection. Mary Magdalene came to recognize him in the garden only when he called her by name (20:16). The good shepherd, who laid down his life for his sheep, is still with them.

At the Last Supper, Jesus already looks forward to the gift of the Holy Spirit, calling the disciples to follow his example of love. They have experienced this in the washing of their feet, and they will come to know the depth of this love when he gives his life for them. Only when he returns will they come to understand this fully, but he is preparing them. His promise of the coming of the Holy Spirit is a source of comfort, for he tells them that he will not leave them alone but will send the Spirit who will “teach you everything and remind you of all that [I] told you” (14:26). Whether on Easter or on Pentecost, the gift of the Spirit is gift to believers.

Before he dies, Jesus is presented as having prayed what is traditionally known as the “High Priestly Prayer.” He prays first for the disciples, for he knows that they will encounter difficult times. But his prayer does not stop there; he also prays “for those who will believe in me through their word” (17:20). The evangelist wants future believers to know that no matter how far we are removed from the historical Jesus, the risen Christ is still present to us. Jesus’ prayer is one of unity for his followers, for he knows that they will encounter difficulties in the future that will risk their unity. For him, the unity of believers is a sign of the Spirit’s presence in their midst.

It is this same Spirit whose presence we celebrate on Pentecost when Jesus promised this Spirit at the Last Supper. Pentecost celebrates the fulfillment of that promise.

Bishop Zaidan's Visit and Pictures

The parishioners and friends of Our Lady of Lebanon Church had the honor of celebrating Vigil Mass with His Most Reverend Excellency, Elias Zaidan, Bishop of The Eparchy of Our Lady of Lebanon of Los Angeles on April 2nd and April 3rd. Bishop Zaidan celebrated Vigil Mass on Saturday and Sunday and had the opportunity to visit with Monsignor Bakhos, Parish Council, and our beloved parishioners. A luncheon was served on Sunday to share in fellowship as we give thanks for our many Blessings. The visit also served as an opportunity to celebrate the Silver Jubilee of our Eparchy and launch the Vision for the Future Mission for Today Capital Campaign at our parish in Wheeling. To know more about the Vision for the Future Mission for Today Capital Campaign please call our church at 304-233-1688 or any Parish Council member.

Beautiful pictures are posted on the [Our Lady of Lebanon - Maronite Catholic Church](#) Facebook page. Please view the pictures and "Like" us on Facebook.

This Weekend, April 23-24: New Sunday

Saturday, April 23 at 4:00 p.m.:

- ✠ John F. Kukula (Birthday) by his wife Mary Rose Kukula
- ✠ William M. Yeater (Anniversary) by Chris & Jeannette Wakim and Family.

Sunday, April 24 at 10:30 a.m.:

- ✠ Nicholas & Nimnoom Ghaphery and their daughter Wadad by the Ghafari Family in Michigan
- ✠ Our parents Joe & Nell Duffy and George & Rose Fadoul by Earl & Linda Duffy
- ✠ Robert L. Hunter Jr., (Anniversary) by Thomasina Geimer
- ✠ Louie & Cecilia Ammar by Ron & Susan (John) Burns

Next Week Mass Schedule

Monday, April 25: No Mass. Office work.

Tuesday, April 26 at noon:

- ✠ Jerry & Leslie McGlumphy (Wedding Anniversary) by Jerry McGlumphy and Children
- ✠ Sylvia Long, her husband Arthur, and her son Mark by her last will

Wednesday, April 27: No Mass. Office work.

Thursday, April 28 at Noon:

- ✠ Rosella Saseen, parents Nancepe & Helen, grandparents Shikrey & Helen Saseen by her last Will
- ✠ Diane Palotay by Matt and Vickie Gompers

Friday, April 29: No Mass. Pastoral visitations.

Next Weekend, April 30- May 1st: May Crowning

Saturday, April 30 at 4:00 p.m.:

- ✠ Leslie McGlumphy (Anniversary) by Jerry McGlumphy and Children
- ✠ Jillian & Alex Hunter (Wedding Anniversary) by Jerry McGlumphy and Children
- ✠ Betty Joseph (Birthday) by Larry & Becky Ferrera

Sunday, May 1 at 10:30 a.m.: May Crowning

- ✠ Diane Palotay by Matt and Vickie Gompers
- ✠ Living & Deceased of Tom & Judy Brock, Jr.
- ✠ Khalil & Sadie & Maria Harb and Annette & Al Togliatti by Jamil Harb (Troy, MI)

Schedule of Coming Events

May Queen	Sunday, May 1 st following Mass. Isabella AlKhouri will be the 2022 May Queen. All Families having children willing to share in the procession, please call 304-233-1688 so that we can prepare flowers for everyone.
Bake Sale	Pick-Up orders: Saturday, May 7th
Mother Day Masses	From Saturday, May 7 until Friday, May 13
Rummage Sale	Saturday, June 4 th from 8:00 a.m. until 2:00 p.m.
Father Day Masses	From Saturday, June 18 until Friday, June 24

Flowers to the Blessed Mother during May

Week of 05/01/22	The Alkhouri Family
Week of 05/08/22	Liz Murad & Susan John-Burns
Week of 05/15/22	Linda Duffy, Becky Ferrera, & Luane Frazier
Week of 05/22/22	Mary Lee Porter, Veronic Mushet, & Jeanette Wakim

May Bake Sale (*Pick-Up orders: Saturday, May 7th*)

Our much anticipated May Bake Sale is scheduled and preparations are underway. You will receive your Order Form in the mail soon. You can also find orders forms on our website at www.ololwv.com or call the church at 304-233-1688.

The Bake Sale will offer: Kibbee, Meat Pies, Spinach Pies, Zaatar Bread and Sweet Bread for purchase. As in the past, you will pre-order and pre-pay for your food items.

Baking dates: Wednesday, May 4th & Thursday, May 5th

Hall set-up: Friday, May 6th

Order Pick-up (1-day only): **Saturday, May 7th 11:30AM - 4:00PM**

Customers may select their pick-up time on the Order Form. The OLOL May Bake Sale is the perfect opportunity to stock up on our delicious homemade food items or plan a special Lebanese dinner for your loved ones on Mothers Day! Mark you calendars now! We look forward to seeing you on May 7th.

Mothers' Week Masses (*Saturday, May 7 until Friday, May 13*)

✠ Cecilia Ann Murad by her daughter Luane Frazier

✠ Louise N. Khourey & Gladys Howard by children Lou & Charlotte & grandchildren Emmalena & Louie

✠ Emma Nader & Nabihah "Lena" Khourey by Lou, Charlotte, Emmalena & Louie Khourey

✠ Minnie Church Riggs & Cassandra "Cassie" Howard by Lou, Charlotte, Emmalena & Louie Khourey

✠ Sadie Chidiac (mother), Kathrine & Hasibi (grandmothers) & all my sisters by Msgr. Bakhos

✠ Sylvia Long, her husband Arthur, & her son Mark by her last will

✠ Catherine Arthur by her daughter Carole Burkhart

✠ Deceased of the Thomas, Splatt & Nutter Families by John & Kathy Thomas (MN)

✠ Rosella Saseen, parents Nancepe & Helen, grandparents Shikrey & Helen Saseen by her last Will

✠ Susie Fadoul by her husband Millet and Family

✠ Ray McLaughlin Sr., by Mark & Barb McLaughlin

✠ Mary K. Ferris by her daughter Denise Ferris

✠ June Fahey by George & Patty Fahey

✠ Agnes Jacovetty by George & Patty (Jacovetty) Fahey

✠ Cecilia Mays & Saada Habdo by Carol Dougherty

✠ Nell Duffy & Rose Fadoul by Mickey & Linda Duffy

✠ Charlotte George by her daughter Margaret George

✠ Cecilia John by Ron & Susan Burns

✠ Sadie John, Tamammie Joseph and Sarah Burns by Ron & Susan Burns

✠ Martha & Ginny Shia by Sue Jochum and her grandchildren

✠ Anna Shia by Sue Jochum

✠ Ruth Shiben and Clara McFarland & Minnie Shiben by John & Dee Shiben

✠ Mary Joseph Shipley & Salema (Awed) Joseph by Thomasina Geimer

✠ Sophie Moses by her son Jim Moses

✠ Pearl Nolte Shutler; Clara Shutler; Isabelle Fry Nolte (great-grandmother) by Janet Shulter

✠ Siham Frenn and Laverne Thomas by Dr. Adel & Diane & Justin Frenn and Andreah & Zack Riedel

✠ Margaret Schlog and Helen Saseen by Fran Saseen

✠ Beloved mother Elizabeth Gaudio by her loving daughter Shirley Bine

✠ Shirley Elias Nickerson and Amelia Elias by their loving Family

✠ Wanda Nickerson (grandmother) by her loving Family

✠ Georgette Joseph by Vickie Joseph

✠ Betty Allen and Nancy Valles by Vickie Joseph

✠ Rhoda Marie (Ginger) Perilli and Annunziata Perilli by Paula Perilli

✠ Mary Jane Chance by Paula Perilli

✠ Lottie Elwartoski by her son Richard Elwartoski

Living Mother's Day Masses

Please remember your mothers on Mother's Day by offering Masses for their souls.

- † Charlotte Khourey by her children Emmalena & Louie
- † My sisters & their daughters in law by Msgr. Bakhos
- † Susan Board by her daughter Ingrid Hendrickson
- † Diane Frenn & Brenda Riedel by Dr. Adel & Justin Frenn and Andreah & Zack Riedel
- † Shirley Bine by loving son Ken and Family
- † Nancy Valles by Vickie Joseph

Birthdays Wishes in the Coming Month:

- April 28: Ann Marie Weisner Serafin
- April 29: Linda Hostutler, Jeannette Wakim
- May 5: Eden DeMuth
- May 6: Nikki Lenz
- May 9: Mark Thomas
- May 15: Austin Musilli
- May 16: Jacqueline Petros
- May 17: Tina Kitlak, David Weisner
- May 18: Millet L. Fadoul
- May 20: John Fadoul
- May 21: Ella George,
- May 23: Jim George Jr.,
- May 27: Emmalena Khourey, Brad McLaughlin

Your Church Support Last Week

\$2,938.00	Sunday Collection
225.00	Diocesan Appeal
218.00	2 nd collection: Holy Land
10.00	Bake sale
42.00	Candles
135.00	Donations to the church
280.00	Mahrajan
150.00	utilities
\$3,998.00	Total Deposits: <i>May God reward you abundantly for supporting your spiritual home!</i> Finance Committee: Lou Khourey, Mary Stees, Linda Duffy, Susan Burns, Liz Murad

Please Pray for Those on Our Prayer List

(Note: Please call Msgr. Bakhos if you need your name added to our Prayer List. HIPPA regulations)

Joe Bryan, Regina Hancher, Thomasina Geimer, Mary Stees, Rex & Rita Strawn, Viola J. Yeater (mother of Jeannette Wakim), Mary Thomas, Jack Hogan (infant son of Mark & Michaela Hogan & great nephew of Lou Khourey), Justin Frenn, Elia Frenn, John Shibben, Patty Fahey, Fred Schweizer (brother of our organist Mary Lee Porter), Ted Olinski, Patricia Corder,

What's New?

Diocesan Appeal

Many Thanks to Nettie Seidler, Gary Weisner, PJ & Nicky Lenz and Janet Shutler who fulfilled their Easter Obligation. Happy Easter.

Rummage Sale (Saturday, June 4 from 8 a.m. until 2 p.m.)

Dear Parishioners and Friends, while you are sitting still during winter time, we have something for you to do. Please collect the items you want to donate to our church Rummage Sale and bring them with you on Saturdays and Sundays. Let Msgr. Bakhos know that you have things, so the basement door can be opened for you. Please remember that NO CLOTHING. For any questions, call Linda at 304-242-6853

2022 Mahrajan (Festival) (Sunday, August 14, 2022)

Please mark your calendars for Sunday, Aug 14, 2022 and plan on spending the day with us celebrating the Lebanese Mahrajan (Festival) at Oglebay Park!

The Lebanese Festival will begin with an outdoor Mass at 10:00 a.m. followed by the Mahrajan which will begin at 11:30 a.m. (or after mass) and close at 7:00 p.m. The committee will keep you updated on planning progress in the weekly bulletin. We also ask that you please feel free to make any suggestions or share your thoughts with any committee member.



- **Logo.** We have a **NEW Lebanese Festival Logo!** Please log-on to the Lebanese Fest Facebook page to view our NEW logo. **Please "Like" us on Facebook.**

- **Band & Singer** have been booked and contract signed.

- **50/50 Raffle** announcement has been mailed. The 50/50 Raffle will give you an opportunity to win \$5,000 if all tickets are sold! We are only selling 500 tickets. Tickets are \$20 each. You can purchase tickets from any Festival Committee member or call the church at 304-233-1688 for details. We will also be selling tickets after mass on Saturday's and Sunday's leading up to the day of the festival.

- **Festival Ad Book.** We are accepting ads for the Ad Book. If you have purchased an ad in past years, you should have received information in the mail. We are asking you to please consider renewing your previous ad or purchase new ad space for this year.

- **Menu items:** All your favorite Lebanese food items are planned. More details to follow.

- **Volunteers:** We love and need our volunteers! No event can be successful without the help of our volunteers. If you are able to volunteer, please contact any committee member.

Mahrajan Committee:

Liz Murad, Mahrajan Committee Chairperson, Monsignor Bakhos, Lou Khourey, Susan John-Burns, Nick John, Ryan Storm, Ava Murad

Spirituality: Prayer in Kansas

An interesting prayer was given in Kansas at the opening session of their Senate in 1996. It seems prayer still upsets some people. When minister Joe Wright was asked to open the new session of the Kansas Senate with prayer, everyone was expecting the usual generalities, but this is what they heard: "Heavenly Father, we come before you today..."

The response was immediate. A number of Legislators walked out during the prayer in protest. In six short weeks, Central Christian Church, where Rev. Wright is pastor, logged more Than 5,000 phone calls with only 47 of those responding negatively. The church is now receiving international requests for copies of this prayer from India, Africa, and Korea. Commentator Paul Harvey aired this prayer on "The Rest of the Story" on the radio and received a larger response to this program than any other he has ever aired.

Heavenly Father, we come before you today to ask your forgiveness and seek your direction and guidance. We know your Word says, "Woe to those who call evil good," but that's exactly what we've done. We have lost our spiritual equilibrium and inverted our values.

We confess that we have ridiculed the absolute truth of your Word and called it moral pluralism.

We have worshipped other gods and called it multiculturalism.

We have endorsed perversion and called it an alternative lifestyle.

We have exploited the poor and called it the lottery.

We have neglected the needy and called it self-preservation.

We have rewarded laziness and called it welfare.

We have killed our unborn and called it choice.

We have shot abortionists and called it justifiable.

We have neglected to discipline our children and called it building esteem.

We have abused power and called it political savvy.

We have coveted our neighbors' possessions and called it ambition.

We have polluted the air with profanity and pornography and called it freedom of expression.

We have ridiculed the time-honored values of our forefathers and called it enlightenment.

Search us O God and know our hearts today; try us and see if there be some wicked way in us; cleanse us from every sin and set us free.

Rev. Joe Wright of Central Christian Church of Wichita, Kansas, delivered this invocation before the Kansas legislature in 1996. Several lawmakers complained. Some even walked out. Pastor Wright later told reporters, "There are some areas you draw the line in the sand and you aren't willing to compromise."

Wisdom: Friends

There are very few people with your special warmth and understanding, Your ability to listen and give good advice and your sensitivity to others.

And I just want you to know how much I appreciate the difference your friendship has made in my life.

Story: Learning Story

"Giving When it Counts"

Many years ago, when I worked as a volunteer at a hospital, I got to know a little girl named Liz who was suffering from a rare and serious disease. Her only chance of recovery appeared to be a blood transfusion from her 5-year-old brother, who had miraculously survived the same disease and had developed the antibodies needed to combat the illness.

The doctor explained the situation to her little brother, and asked the little boy if he would be willing to give his blood to his sister. I saw him hesitate for only a moment before taking a deep breath and saying, "Yes, I'll do it if it will save her."

As the transfusion progressed, he lay in bed next to his sister and smiled, as we all did, seeing the color returning to her cheek. Then his face grew pale and his smile faded. He looked up at the doctor and asked with a trembling voice, "Will I start to die right away?"

Being young, the little boy had misunderstood the doctor; he thought he was going to have to give his sister all of his blood in order to save her.

A Time to Laugh (7)

Selfishness

An old woman died and was taken to the Judgment Seat by the angels. While examining her records however, the Judge could not find a single act of charity performed by her except for a carrot she had once given to a starving beggar.

Such, however, is the power of a single deed of love that it was decreed that she be taken up to heaven on the strength of that carrot. The carrot was brought to court and given to her. The moment she caught hold of it, it began to rise as if pulled by some invisible string lifting her up towards the sky.

A beggar appeared. He clutched on to the hem of her garment and was lifted along with her; a third person caught hold of the beggar's foot and was lifted too. Soon there was a long line of persons being lifted up to

heaven by that carrot. And, strange as it may seem. The woman did not feel the weight of all those people who held on to her; in fact, since she was looking heavenward, she did not see them.

Higher and higher they rose until they were almost near the heavenly gates. That is when the woman looked back to catch a last glimpse of the earth and saw this whole train of people behind her.

She was indignant! She gave an imperious wave of her hand and shouted, “Off! Off, all of you! This carrot is mine!”

In making her imperious gesture she let go of the carrot for a moment -and down she fell with the entire train.

Love

The little daughter of an engineer was killed by a neighbor’s dog. The cruel loss turned the community against the dog’s owner and drove the father almost insane. At first it shattered his faith. Shortly afterward the region was stricken with famine conditions. The engineer took some of his meager supply of seed corn and planted it in the field of the neighbor whose dog had slain his little daughter.

Here is the love of enemy Jesus talked about. Nothing sentimental or philanthropic about it. Just the Grace of God can come and reward even those who have been shoved to the outermost port of great sorrow.

Love

A guru asked his disciples how they could tell when the night had ended and the day begun. One said, “When you see an animal in the distance and can tell whether it is a cow or a horse.”

“No”, said the guru. “When you look at a tree in the distance and can tell if it is an apple tree or a mango tree.”

“Wrong again,” said the guru. “Well, then, what is it?” asked the disciples.

“When you look into the face of any man and recognize your brother in him; when you look into the face of any woman and recognize in her your sister. If you cannot do this, no matter what time it is by the sun it is still night.”

Manipulation

A wealthy Jewish farmer burst into his home one day and cried out in an anguished voice, “Rebecca, there is a terrible story in town: the Messiah is here!”

“What’s so terrible in that?” asked his wife, “I think it’s great. What are you so upset about?”

“What am I so upset about?” the man exclaimed.

“After all these years of sweat and toil we have finally found prosperity. We have a thousand head of cattle, our barns are full of grain and our trees laden with fruit. Now we will have to give it all away and follow him.”

“Calm down,” said his wife consolingly. “The Lord our God is good. He knows how much we Jews have always had to suffer. We had a Pharaoh, a Haman, a Hitler -always somebody. But our dear God found a way to deal with them all, didn’t He? Just have faith, my dear husband. He will find a way to deal with the Messiah too.”

Famous Quotes (8)

America:

--America is one place where the people have complete control over how they pay their taxes—cash, check, or money order.

--America is still the land of opportunity. Where else could you earn enough to owe so much?

--Americanism means finding fault with other countries for not solving their problems, while we wait without hope for the Government to solve ours.

--I only regret that I have but one life to lose for my country. (Nathan Hale)

--Americans are like a rich father who wishes he knew how to give his son the hardships that made him rich. (Robert Frost)

Amusement:

--I am a great friend to public amusements, for they keep people from vice. (Samuel Johnson)

Ancestry:

--I would rather make my name than inherit it. (WM Thackeray)

--I don't know who my grandfather was; I am much more concerned to know who his grandson will be.
(Abraham Lincoln)

Anger

--Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else... You are the one who gets burned. (Buddha)

--Never answer a letter while you are angry. (Chinese proverb)

--It is easy to fly into a passion—anybody can do that—but to be angry with the right person to the right extent and at the right time and with the right object and in the right way—that is not easy, and it is not everyone who can do it. (Aristotle)

--Had Narcissus himself seen his own face when he had been angry, he could never have fallen in love with himself. (Thomas Fuller)

--An angry man opens his mouth and shuts up his eyes. (Cato)

--He that is slow to anger is better than the mighty; and he that rules his spirit than he that takes a city.
(Proverbs 16:32)

--Never go to bed mad. Stay up and fight. (Phyllis Diller)

--I never work better than when I am inspired by anger; for when I am angry, I can write, pray, and preach well, for then my whole temperament is quickened, my understanding sharpened, and all mundane vexations and temptations depart. (Martin Luther)

--An angry man stirs up strife. (Proverbs 29:22)

--Anger is a better sign of the heart than of the head; it is a breaking out of the disease of honesty.
(Marquess of Halifax)

--Anger is never sudden. It is born of a long, prior irritation that has ulcerated the spirit and built up an accumulation of force that results in an explosion. It follows that a fine outburst of rage is by no means a sign of a frank, direct nature. (Cesare Pavese)

--Anger rests in the bosom of fools. (Ecclesiastes 7:9)

--Let not the sun go down upon your wrath. (Ephesians 4:26)

--If you would cure anger, do not feed it. Say to yourself: "I used to be angry every day; then every other day; now only every third or fourth day." When you reach thirty days offer a sacrifice of thanksgiving to the gods.
(Epictetus)