



A CRUISE OF SUPPORT FOR A LONG TERM CARE FACILITY

Parishioners of Trinity, Cottam to the Country Village, with love.

Page 3

THEY HAVE TAKEN MY LORD AWAY

From St. Mark's, London: Reflections on Easter season in the times of lockdown.

Page 4



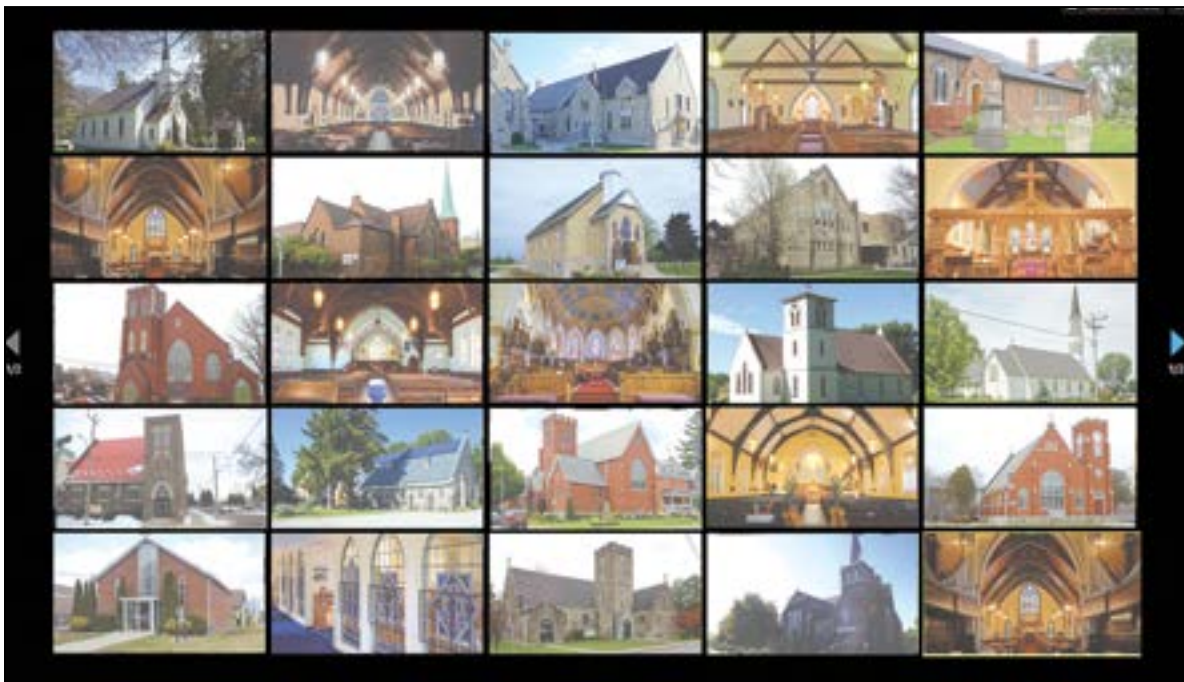
OUR DAILY BREAD STILL BEING GIVEN TO THOSE IN NEED

St. Paul's Social Services continue their mission.

Page 5

HURON CHURCH NEWS

ANGLICAN DIOCESE OF HURON • Huron Church News is a section of the Anglican Journal • JUNE 2020



ZOOMING IN:

How to reinvent Christ's presence when churches are closed and worship is offered online only – actions and reflections from across the diocese

And it came to pass, as he sat at meat with them, he took bread, and blessed it, and brake, and gave to them. And their eyes were opened, and they knew him; and he vanished out of their sight.

Two challenging months in Huron: a summary and view to the future

By Bishop Todd Townshend

We are only part way through this challenging season of COVID-19 but I thought it may help to quickly summarize where we've been and what may be in store over the months to come.

The transmission of this potentially deadly virus is mostly determined by human behaviour and I am grateful to God for the leadership and example shown in the people of our churches. We have all the resources we need to practice Christian charity (love of neighbour) in this time. God has been good to us, even in the midst of trouble. Here are some of the "moments" that shaped our response as a diocese.

See Page 5

Diocesan strategy: investing in one another on a case by case basis

Breaking bread: live from the kitchen floor

Inspired by the story of the walk to Emmaus and the way in which the disciples recognized Jesus in the breaking of bread, the recording of worship for the third week of Easter at St. Paul's Church, Essex and Trinity Church, Cottam happened in the rector's home, in the kitchen.

By Rev. Chris Brouillard-Coyle

Where do we encounter God?

It is a blessing that many can answer this question by references to our church buildings as we worship and in the various ways we experience our church families. It is also a blessing that God speaks to us in many different ways. In those times when we are unable to enter our church buildings or gather with the church family, we are challenged to be intentional in recognising that plethora of ways in which God meets us.

In the hopes of exploring this more deeply through the alternative worship provided via technology, during Eastertide, St. Paul's Anglican Church, Essex and Trinity Anglican Church, Cottam have been 'meeting' in alternative places and spaces. This includes worship recorded in the home of the rector.

Inspired by the story of the walk to Emmaus and the way

in which the disciples recognized Jesus in the breaking of bread, the recording of worship for the third week of Easter happened in the rector's home, in the kitchen. The kitchen is, after all, considered the heart of the home, where people gather and engage in fellowship through food. Thus it can be a meaningful space in which to explore fellowship with God who gives us food, family and friends. To further this experience, the sermon included the act of making bread.

It began with the 'stories' behind ingredients added as a metaphor for the stories of faith Jesus shared on the road to Emmaus. While each ingredient on its own is significant and important, so too is each of the prophets about whom Jesus spoke. As the ingredients were brought together, the act of kneading became the sign in which Jesus kneads together the entire history of God's relationship with the world and offers it in a new way to those open to receive it. Through

the 'magic' of video editing (services are pre-recorded) the sermon continued with a baked loaf of bread, a sign of who Jesus is and who we are called to be in this world.

Some say that when life hands you lemons, make lemonade. In this time when we cannot meet in the same places and spaces we so easily associate with God, we are given the opportunity to embrace the reminders that God's presence extends far beyond these spaces and places. We have the opportunity to seek God more intentionally in the ordinary and extraordinary moments of our lives. What that looks like for each individual and each community will be different. What is truly important is to know that regardless of where and how we look, we can encounter God. May your journeys be filled with wonderful moments of grace and awe that leave space for transformation and renewal.

Rev. Chris Brouillard Coyle is the rector at St. Paul's, Essex and Trinity, Cottam.



And this is how it's done: a spiritual recipe offered online by the rector on the third week of Easter

Seeing with the eyes of your heart enlightened



**BISHOP
TODD
TOWNSHEND**



*Almighty and everliving God,
who fulfilled the promises of Easter
by sending us your Holy Spirit
and opening to every race and nation the way of life eternal,
keep us in the unity of your Spirit,
that every tongue may tell of your glory;
through Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, now and for ever.*

It is possible that you are reading this issue of the Huron Church News in “Ascensiontide”—that ten-day Christian season between Jesus’ ascension and the Day of Pentecost. (May 21 to May 31, 2020).

Among other things, it is a season of disciples waiting for the coming of the promised Holy Spirit. New meaning for this season is revealed to us as we continue to live through a season of uncomfortable waiting and anxious/joyful anticipation of what is to come.

By the end of Luke’s gospel, it is clear that the risen Jesus has used many occasions to come alongside his loved ones and to reach out to them. He has opened their minds to understand the scriptures, reminded them that he was to suffer and rise from the dead, and commanded that repentance and forgiveness of sins is to be proclaimed. Finally, Jesus promises to send the Spirit and power, and he blesses them as he goes. These events open the door for the second book written by Luke, the Acts of the Apostles—or maybe, more accurately, it could have been

called “the Acts of the Holy Spirit with the Church” because nothing happens until the Spirit acts. Until then, there is a holy waiting and watching for what the triune God may do.

All of this reminds of me of a writing project in which I was asked to reflect on these things (Abingdon Theological Companion to The Lectionary, 2013). That work opened my eyes to the importance of the ascension of Christ. So often the story of Jesus stops at the resurrection and ignores the ascension but without the

ascension of Christ and the sending of the Spirit there is no Church, no “body” of Christ, only a society of philanthropists and philosophers who remember Jesus and whose individual interests are joined in common. At best.

However important, this season is not easy to understand. The ascension is simultaneously the absence and the presence of Christ. Try to bend your mind and heart around that. In the celebration of the day we hear Paul (Ephesians 1:15-23) encouraging the church to see

“with the eyes of your heart enlightened”. This is to see an ambivalent, ambiguous reality: that Christ’s body, the church, is the fullness of him who fills all in all. We ought not to put our hope in the church any more than God does, but the power of God is somehow at work in this ecclesial milieu making it a place where resurrection life happens. That is why the church will not be “gone in 2040”. It is still a broken place, but God has a hope for us.

In this season the disciples may continually hear Jesus say, “I am sending upon you what my Father promised; so stay here . . . until you have been clothed with power from on high.” At the same time, be busy! Be faithful! Let your faith bear fruit. Live according to the kingdom of God. Desire the reign of God, for it is the really-real. While we do these things, and wait, the Spirit initiates the Father’s will and finds someone to clothe with power so that it may be accomplished. The Spirit will do this. The Spirit finds a clearing into which God can come to be seen, heard, encountered. Wait, stay, expect, be healthy and faithfully busy, if you can. The gift is to know the right kind of busy to be!

May we cultivate in our life together a humility that allows us to hear the Spirit and perform the Gospel.

+ Todd

HURON CHURCH NEWS

Volume 70, Number 6

Submissions

Huron Church News welcomes news articles, commentaries, photographs and story ideas. Publication is at the discretion of the editor.

Editor

Davor Milicevic
huronchurchnews@gmail.com
519-434-6893, ext. 251
c/o Huron Church House
190 Queens Ave.
London, ON
N6A 6H7

Deadline

Friday, July 31
for the September edition

Subscriptions

To subscribe, unsubscribe, change address or name, report a delivery problem, contact:
Circulation Department
1-866-924-9192, ext. 245 or 259
Fax: 416-925-8811
Email: circulation@national.
anglican.ca
Via Web: www.anglicanjournal.
com/subscribe

Individual suggested donation:
\$15 per year in Canada.
\$23 in U.S. and overseas.

Huron Church News shall not be liable for damage arising out of errors in advertisements. Acceptance of advertising does not imply endorsement by the Huron Church News or the Anglican Church.

Publisher

The Right Reverend
Todd Townshend
Bishop of Huron
Diocese of Huron
Huron Church House
190 Queens Avenue
London, Ontario N6A 6H7
Phone: 519-434-6893

Huron Church News is published by the Diocese of Huron as a section of the Anglican Journal.
Approximate circulation 3,000

Printer

Printed and mailed by
Webnews Printing
North York, Ontario

This newspaper is printed on partially recycled paper using vegetable-based inks.

Praying during a pandemic

By Paul Dumbrille

This month the Anglican Fellowship of Prayer (Huron), is featuring one of the articles available from the Anglican Fellowship of Prayer (Canada). For more such articles, be sure to visit: <http://anglicanprayer.org/index.php/resources/> Special thanks to Paul Dumbrille, AFP (Canada) Executive member and Resource Coordinator, for sharing his thoughts.

Rev'd Canon Val Kenyon, AFP (Canada), Diocesan Contact.

In times of crisis, “Prayer Matters”. In this pandemic period people are turning to prayer.

One small indication that people are praying more than usual, is that the number of people visiting the Anglican Fellowship of Prayer website, www.anglicanprayer.org, has increased as rapidly as the COVID-19 virus pandemic has progressed. Is this an indication that people have suddenly become religious? I’m not sure that is the case, but it begs the

ANGLICAN FELLOWSHIP OF PRAYER



question. How and what do we pray for in times like this?

I think much of our prayer in times of trouble or stress is motivated by being afraid. We are perhaps afraid of several things. We fear being infected by the virus, particularly if we are older, and/or have underlying medical conditions. We are afraid that our family and other friends will be infected. We are afraid that we might not be able to obtain necessary medications. We are worried that we won’t be able to buy or otherwise obtain enough food and supplies. Often our knee jerk response to fear is to ask God to “Fix it!”. However, what happens when God doesn’t fix it to our satisfaction? At least in the short term we are disappointed, and perhaps we might be tempted to turn away from God.

However, prayer is much more than asking God to do

things for us. Prayer is the means by which we establish and maintain our relationship with God. This is a two-way relationship, in which God, the Divine Presence, is always with us and is a presence that offers “more than we can ask or imagine”. Of course, it is natural and okay to pour out our fears to God in prayer, but as Christians we need to be prepared to listen to God. We should listen to God telling us that there are others who are also afraid and are more in need of comfort and care than we are. We need to listen to God showing us the many ways we should be thankful for our situation and the many blessings we have been given. We need to find the ways of prayer that work for us, as individuals and as Christian communities, and to take the time to intentionally connect to God in prayer. One the positive

things that I have seen is that many people and communities are experiencing different ways of prayer during these times when our regular worship patterns are disrupted, and our daily routines are so different.

God is love and experiencing the presence of God can vanquish our fears. How do we pray?

One simple way is to use the acronym, ACTS: Adoration (praising God for His love); Confession (telling God where you have gone wrong); Thanksgiving (giving thanks for your blessings); and Supplication (asking for God’s help for others and self). We can trust that God is with us always, and God’s love will allow us to conquer our fears. One way I find useful is to substitute the word “trust” for the word “believe” in either the Nicene or Apostles Creed. In prayer we can “trust” God the Creator, we can trust Jesus and what his life, death and resurrection show us, and we can trust the Holy Spirit to be the constant loving Divine Presence in our lives. Love Conquers Fear.

A cruise of support for a long-term care facility

By Pat Jackson

A “cruise of support” and video prayers posted through social media were organized by Trinity Anglican Church, Cottam to express parishioners’ solidarity with residents and staff in a local long term care facility during the COVID-19 outbreak.

Country Village Long Term Care Facility has been the worst hit in Essex County area with many residents and workers infected.

Staff are working 10-14 hour shifts, six days a week, and many have chosen to live apart from their families for their safety. The morale at the facility was really low. How could it not be when the staff are exhausted and residents passing away?

In an effort to show support, parishioners of Trinity Church posted a video through social media which offered a prayer for staff, residents and families of Country Village and featured a song written by Ann Dresser, the choir director at Trinity Anglican Church. “Make me whole” has been used as a way to embody the



The Cottam community came together in a show of love during Trinity Anglican Church's "cruise of support": horns sounded, signs bobbed up and down, ribbons blew in the wind; the workers waved back, blew kisses from behind their masks.

prayers of the people in worship and created space to let those at Country Village know the community is grateful for all they are doing and continues to hold them in prayer.

One of the wardens at Trinity organized a "cruise of

support" for the residents and staff and what a turn out there was.

Almost three hundred vehicles travelled around the building, past residents' rooms and to the front where staff waited and watched.

Horns sounded, signs bobbed up and down, ribbons blew in the wind. Smiles could be seen in all of the cars. Residents sitting at the windows watched in wonder, waved and smiled. The workers waved back, blew kisses from behind

their masks, and some even took pictures/video. There were tears from the staff and from those in the vehicle parade.

Quoted from a parishioner: "What an experience! Cars were lined up on the shoulder of the road, each one waiting for their chance to join the long stream of people wanting to show their appreciation to the dedicated, hardworking, care workers. Words can't be found to express how deeply I was moved by the show of support for the Country Village workers. It will be something I'll remember for a long time."

Trinity, Cottam will continue with our outreach program at Country Village and will be gathering cards with words of encouragement for the residents and staff to be distributed.

The community came together in a show of love. Isn't that what we are all about?

Pat Jackson is the People's Warden at Trinity Anglican Church, Cottam.

Where there is a will – there is a way



St. James' Westminster Church, London, Ontario

With much talk about those serving on the front lines, St. James' Westminster in London found that a group very close to our hearts, had a need to help those in need that they were helping.

Let me translate that for you. Indwell is a Christian Charity that provides affordable housing, with supports, in various communities in Ontario. In 2019, Indwell opened their first facility in London on Dundas Street downtown; it's called Woodfield Gate. Space for just less than 70 people in a newly renovated building and a team determined to build a community.

Early on, St. James' provided support and we have been excited to help as we can since the facility opened. Given that parish member Julie Ryan is

on staff at Indwell, we have an open line of communication.

The Indwell staff really are front line workers in this pandemic. They work with vulnerable people and in fairly close quarters. The staff are fantastic and hard working. With the pandemic came new restrictions and extra work. It took a full team effort to keep up the pace. One staff member, who headed the food security program, needed to be away for a week. Could the staff pick up the extra duties? Then came another idea. Would St. James provide one of the meals in that week? Of course we would and did and so did three other churches in London.

It took a little bit of planning to arrive at the simplest solution. We bought the food and Julie came and picked it up! No social distancing issues.

But there was a second request, which was at least as important if not more so. As all of us struggle with the restrictions and fears surrounding COVID-19; it only makes sense that stress levels would be a little higher in a facility like Indwell. Would St. James' send some notes of encouragement? Of course we would. Ten pages in total. There were cartoons, favourite prayers, family sayings, stories of inspiration. All filled with the love of our community and sent to Indwell. Julie related how she posted all of our good wishes on the bulletin board by the front door at Woodfield Gate. A resident came along and surveyed all the notes and turned to Julie with a smile and said, "I think we'll need a bigger bulletin board!"

Our prayers continue for the staff and residents of Indwell as they together forge through these difficult and stressful times. Thank you for serving our community.

Oh, by the way, Indwell is working on a second larger project in London which will be a blessing to this community. They need all the help they can get to continue to reach out to those in need. Indwell truly is a wonderful organization with a brilliant plan to help those who need it most.

Rev. Canon Keith Nethery

Wool Gatherers step in to knit ear savers



Pretty and practical: "Ear savers" are designed to protect our frontline healthcare workers from developing blisters

Each week the All Saints' Wool Gatherers from All Saints' Anglican Church, Waterloo, would meet, knit and share fellowship. They would prepare prayer shawls for the clergy to take on hospital visits, hats and scarves to supply the Care and Share Community Center operated by Carizon Family and Community Services, and Alzheimer muffs for the Alzheimer Society.

Due to the Covid-19 Pandemic they could no longer gather physically, so they have begun meeting by Zoom. Each week they still gather, still knit, and still share fellowship. The only things that have changed are how they meet, virtually, and what they are knitting.

Recently they were asked to knit "ear savers". The PPE (Personal Protective Equipment) masks worn by health care workers were designed to be worn for a limited time only and not all day. As a result of wearing masks all day our front line healthcare workers are developing blisters and irritations behind the ears.

The Wool Gatherers got to work and produced dozens and dozens of these little additions to front line workers PPE kits. They were delivered to Trinity Care Village by Pastor Marty Levesque and received with much gratitude by the front line health care workers and their ears.

We may no longer be able to gather physically but that doesn't mean the church stops being the church. We find ways to gather, to support one another and to do ministry. The building may be empty today, but the church is busy.

Rev. Marty Levesque

St. Paul's Church hosts "Fun with Flags"

St. Paul's Anglican Church, located in Essex, is never afraid to push the envelope or get the "boots dirty" when it comes to making a difference.

On August 11, 2019, St. Paul's hosted a pride service to honour and celebrate the lives of queer and trans folks within the congregation and community. At the end of the service, congregants raised the rainbow pride flag as a way of recognizing our acceptance and love for all of God's children.

On September 1, 2019, St. Paul's received a letter from an unknown person within the Essex community requesting us to remove the rainbow pride flag as it was "promoting homosexuality". This person additionally claimed that we were "leading people astray", "mocking God", and that "homosexuality was an abomination".

Unfortunately, this was not the only backlash that we had received due to our choice to fly the pride flag. Though the ma-



Canadian and Earth Day flag in front of St. Paul's Anglican Church, Essex.

majority of people were very supportive, there were others who claimed via social media: "If you're going to fly that flag, what other flags will you fly?"

In response to these criticisms, our priest released a letter to the local newspaper affirming our decision to fly the pride flag and to continue to be an allied

church to those in the queer and trans community.

A day after this article was published, our rainbow pride flag was stolen. Not wanting to give up on proclaiming the Good News of God's love to the LGBTQ2+ community, we decided to hang the rainbow pride flag in the sanctuary. Our parish

council also decided to use this as an opportunity to raise awareness about a variety of issues by flying flags to honour special days throughout the year. Thus, "Fun with Flags" was born.

We currently have approximately a dozen flags, including earth, feminist, United Nations, "coexist", winter, Easter, and peace flags. We also have a number of pride flags, including the rainbow, transgender, lesbian, agender, and pansexual ones, with bisexual, intersex, and asexual flags on the way. We are also actively seeking flags on the topics of reconciliation and mental health.

"Fun with Flags" has been an incredible opportunity to honour moments such as Remembrance Day, Earth Day, International Day for the Eradication of Poverty, World Day of Prayer, Sexual Assault Awareness Month, and the Transgender Day of Remembrance. We also ended up with another rainbow pride flag stolen after we chose

to fly it for National Coming Out Day back in October, but received a total of four new flags from donations of individuals and a church (St. James' Westminister) who support our simple effort to proclaim the Good News to a marginalized community. Our hope is to fly the rainbow pride flag throughout the month of June in honour of pride month.

With each flag that goes up, a description of the day and the flag is also posted on our bulletin boards (one on the flagpole, one in the entrance to the sanctuary and one in the hall) and our Facebook page as a way for people to further engage with this particular ministry. It has become a great educational opportunity for both those of us within the church and the wider community, who are always eagerly anticipating which flag will go up next.

Sydney Brouillard-Coyle, music director at St. Paul's, Essex.

They have taken my Lord away and I do not know where they have laid Him

By Frank Booth

Not long after Christmas, there was some mention during opening announcements before the church service at St. Mark's, London that we needed to rethink how flower donations were done. The poinsettias we had for Christmas didn't go as planned, and it was suggested that at Easter, we could not have Easter lilies as we had some allergies in the parish.

I remember the woman in front of me shaking her head and saying what a shame. And it was a shame. Easter has a fragrance and it is lilies. Easter has plastic eggs and empty cardboard tombs, crosses wrapped in white and a boisterous "Jesus Christ is Risen Today" with an "Alleluia" that somehow has 10 syllables.

Easter 2020, it turns out, I would have given anything just to be back at the foot of the altar. There was no plywood stone rolled away, no purple cloaked crosses, no lilies or tulips or paschal candles or foot washing or anything. And there was no Eucharist.

This Easter, feeling quite empty of those things that meant and mean so much, I sat in front of my little makeshift prayer corner and read the Gospel of John. So little in common with the Easters I know, having already skipped over the liturgies of Thursday and Friday, Sunday almost felt obnoxious, like the triumph of Coronavirus over our communities.

And as I read, something hit me square between the eyes. Mary Magdalene, leaning over the empty tomb, weeping: *They have taken my Lord away and I*



do not know where they have laid Him.

And then it was my turn to do the weeping. I cried as I read. Because that is my story now. Our story. This story can never have that little dash of a grin that it used to, we are no longer in on the joke. We have always known Jesus is risen, hiding behind her, ready to say: Mary! And change her tears to ones of joy and change our lives forever.

As I sit, alone, with my bible in my hand and a candle I purchased many years ago sufficing as a worship tool, pretending this is Easter, I am leaning against an empty tomb, crying: *They have taken my Lord away and I do not know where they have laid Him.*

As Christians, the Eucharist is the source and summit of our life. Yes, common prayer is wonderful; yes, being in community is wonderful; yes even worshipping God is a powerful thing. But the Eucharist is so much more than that. It is us coming to God, and God coming to us. A wonderful exchange of all that I am, all my failures and betrayals, all the love I have for God and all the love I have kept from Him...for all that he is. In that moment, we are not two but one. He in me and I in Him. All the strength that I need for this spiritual journey, all the love that I wish I had, all the love that I wish I could give, all that I am not and all that he already

is becomes intermingled. Such a lot of pressure to put on a wafer! But it is so much more than that. It is Jesus. It is Jesus in all his love, all his self-giving, crucified-died-and- was-buried love, all his on-the-third-day-he-rose-again glory all given to us out of this same love. To love us, and to teach us how to love him, and to teach us how to love others.

And we cannot have it. *They have taken my Lord away and I do not know where they have laid Him.*

One of the most painful pieces of the Good Friday church, with all its altar stripping the night before, is the tabernacle hanging open, the Eucharistic body of Christ taken away to an altar of repose, symbolically hidden. And then what glory to see Him put back where he belongs, the sanctuary light burning brightly before him once again when we return on Easter Sunday.

But that is what struck me, realizing that I know what she felt, Mary Magdalene. I am not smiling because she is weeping for what she has already gained back again, I can no longer chuckle and wonder why she didn't see Him standing there supposing Him to be the gardener. I am weeping with her because I know now. To wander in this brand new world, with latex gloves, N95 masks, 6 foot distances in-between us in the grocery store, and what's more no Eucharist. I am sure she

knew to pray. I am sure she was a good follower of Christ, knew her scriptures, some say it is she that sat at the feet of Christ listening to His words, wept on His feet, anointed Him, and watched Him suffer. But now this final indignity for someone she loved. There is anger in her voice. Anger in mine, too. When I see her in movies, she says in a little lost girl voice, they have taken my Lord away and I do not know where they have laid Him. But we know the same things she knows. How to pray. How to listen. How to do liturgy with all the bells and whistles. This is not what's missing. It is Him. Every liturgy of the word, every daily office, every devotion reminds me that they have taken Him away and I do not know where they have laid Him.

This particular Good Friday, where we are all alone and at best can watch online just like any other YouTube clip, stings. There was no Sunday in the taste of this Friday. The empty tomb is not exciting, it is not the happy ending to take the blood and nails and corpses away. This time I stood weeping with her. Do I continue to pray, read my bible, trust that he is somehow "in my heart"—whatever that means—while gazing at bloody linens and no Eucharistic, shared, sacramental, tangible, loving and lovely Jesus in sight?

But here is the hope. And the hope I am holding on to as we wander through this.

Mary Magdalene, through her weeping, through her rage, through her spinning around to who she thinks is the gardener—who has the audacity to stand in the middle of a graveyard garden and ask her why she was

crying—spits out if you have moved Him tell me where you have put Him and I will go and get Him. As if she, alone, could lift the wrapped body with all its hundreds of pounds of spices already packed on and just put everything back the way it had been before. She cannot. I cannot. We cannot. But it is Jesus she is saying this to. In her rage, her pain, her tears, it is not for nothing. It is the price of love. He is standing there, unrecognized, waiting, loving, calling her by name. And what happens next does not put anything back where it belongs. The tomb is not closed again so Jesus can decay and rot with pounds of expensive perfume and spices covering the stench. No, He is risen. He is not undead, un-died, reanimated or resuscitated, He is not back to business as usual, He is risen. Perhaps we won't go back to normal. Perhaps we never should. Perhaps this crucifixion of the way we used to do things was needed so that we can be raised up with Him into a body of Christ that knows itself much more than it ever did.

They have taken my Lord away, and I do not know where they have laid Him. But that doesn't mean that he isn't right here with me right now. I will weep with her, outside the empty tomb, but I will hold onto the hope that because it is empty Jesus is not locked up alone and dead but alive. Somehow. I do not know where they have laid Him. But still, He sees me, and wonders why I am weeping. And soon, somehow, someday, we will—all will—be together again in the Eucharist.

Frank Booth is a parishioner of St. Mark's, London.

St. Paul's Social Services Food Bank adapts to COVID-19

By Sarah Chase

Driving downtown London on a weekday morning is very different than it was just three months ago.

What were once bustling streets with folks in cars, buses and on foot, are now quiet streets with only the occasional pedestrian and few cars. The businesses and restaurants are closed, in some cases with boarded windows, quietly waiting for the people to come back. The scene would remind you more of a holiday Sunday morning than a typical workday in the core. However, there is one activity that continues amid the quiet, and that is the ministry of The Food Bank at St. Paul's Cathedral.

Barbara Symington, Manager of St. Paul's Social Services, explained that on the advice of the Health Unit, the distribution of food could continue, provided distancing precautions are observed. The safety measures put into place include regular handwashing and sanitizing, staff and volunteers using masks and gloves and, of



Shiella, Tom and Kevin ready to assist clients at the Food Bank

course, ensuring a safe distance between people. The steps of the Cathedral are cordoned off and clients line up in the parking lot at a safe distance. A volunteer then assists, leaving a pre-packaged bundle of items on the step for the client to come forward to collect.

Unfortunately, this process does not incite much conversation or interaction which is greatly missed by both clients and volunteers. There is a fear of uncertainty that is expressed through words and expressions. A fear that many of us are experiencing as we

travel through this time in history.

The Food Bank normally provides food for approximately 650 people a month. The month of March saw a little higher demand due to the uncertainty of the approaching pandemic. The numbers went down a bit in April, when the weather was bad, more people were self-isolating and families had more government help. There has been an increase of people coming who have not used the service before, including seniors, students and international students.

The generous donations from local churches and other community groups continue to help meet the need of those in our community that struggle with food security. Ms. Symington noted that in addition to the nutritious foods that the food bank consistently provides, local farmers and a bakery have donated cartons of eggs, fresh milk, cheese and freshly baked bread as their demands have been reduced due to restaurant closures. The Food Bank is extremely thankful for the plentiful donations and support that it continues to receive from churches and community partners.

A moving encounter for Ms. Symington came early this spring when it was a particularly wintry day. Two women came to request food and were clearly not dressed for the weather. The Food Bank occasionally has clothing available and previously there had been a donation of a couple of ladies' winter coats. Without a word, the coats were offered to the women who were overcome with gratitude. The Food Bank

also distributes knitted hats and mitts and gloves when they are available. The Food Bank is looking to provide clients with cloth masks as many who come may not have the option of consistently physically distancing, especially while riding on the bus.

During this challenging time when many of the daily events of our life have changed or have had to adapt, to ensure our community's safety, it is comforting to us all that the church's ministry of providing for the hungry will adapt and continue. There is no doubt, that throughout our diocese, country and world, that the outreach of the church, to help our brothers and sisters, is being answered even in the midst of a pandemic, just as it is in London, Ontario at St. Paul's.

To learn more <http://stpauls-socialservices.ca/>. They are also on Facebook (St. Paul's Social Services) with a link to requested donations.

Sarah Chase is a member of Huron Church House staff and a St. Paul's Social Services volunteer.

Diocesan strategy: investing in one another on a case by case basis

Bishop Todd Townshend, from page 1

On March 13, in consultation with the bishops of our province and in order to help keep vulnerable people safe, I ordered the temporary suspension of all public worship services, effective Sunday, March 15. Remarkably, with such short notice, clergy and lay leaders responded with alternatives and resources to support worship in our homes, and loving mutual care increased exponentially, and in new ways, over the weeks to come. The hope at the time was that we could reassess this by April 8, with Easter approaching.

The next day, video messages from the bishop began and continued weekly.

On March 24, we extended the suspension of gatherings for worship through the season of Easter. Here, we were encouraged to "feast on the Word" of God in our homes and resources for Holy Week and Easter were provided both electronically and by mail/delivery. A wonderful diocesan-wide Easter liturgy was created by people from around Huron for viewing on Easter Sunday morning.

Throughout this time as many as three communications per week came from the diocesan Church House staff with support and guidance for clergy, wardens, lay delegates, treasurers and others.



Bishop Todd during one of his weekly video messages

On May 2, I summarized the current situation by noting that, "we're staying at home for a while longer. Your diocesan leaders and team are working away co-ordinating spiritual, physical, and financial helps for congregations, and a plan for 'meeting together again' that will be linked to the phased approach that the government of Ontario has sketched out. So, we are sketching it out too, and giving detail to several potential options. However, it looks like we're not ready to wade into those waters yet, in Ontario."

Through this time, I have felt the extraordinary love and support of those who serve with me and of those who are "at a distance". You have a new bishop and, as usual, the Holy Spirit has surrounded the episcopal ministry with many

people who competently lead it and share it—people with long experience, well-honed expertise, and deep wisdom. I am very grateful.

This is extra important because Synod will not be able to meet in May (we are planning for a day in September, it is hoped) and Diocesan Council is also too numerous to gather in person. (Thankfully, the sub-committee of Diocesan Council has been able to meet electronically for some business.) Therefore, I wanted to communicate with you about the adaptations for governance and leadership that have been temporarily made and to summarize some of the actions and strategies that are being used.

Day to day diocesan work is overseen by the bishop with a small executive staff consisting of the Dean of Huron (Paul+

Millward), the Archdeacon of Huron (Tanya+ Phibbs) and the Secretary-Treasurer, (Canon Paul Rathbone). The staff of Church House has quickly and ably moved their work to their homes and virtually all of the services remain intact. I thank them all.

Our diocese is blessed with eight "territorial" Archdeacons (and two non-territorial Archdeacons) who brilliantly carry out leadership in each region on top of their service in a parish or congregation. These are the people who really know how people are doing and they are in direct contact with each community through Regional Deans, Incumbents, and lay parish leaders. Regular meetings with Archdeacons (as a group and one-on-one with me) has been invaluable two-way communication.

It has also been invaluable for me to have a few conversations each day with Regional Deans and Lay Co-chairs, clergy, diocesan Chancellors, and many other wise and able leaders and servants across the diocese.

The effect of this pandemic will continue for a long time. The strategy for mutual support in our diocese is different from some of our neighbouring dioceses but I am convinced that it's the right one for us. Basically, we are investing in one another on a case by case basis for the sake of the long-term health of our Angli-

can network in southwestern Ontario. Especially when it comes to financial support, this means that the resources of the diocese of Huron will be made available to the greatest extent possible over the next six to eighteen months. Some dioceses have decided to give immediate support in a large measure over the short term (ie. two months) in order to relieve strain and worry.

While Huron is healthy financially, we are not rich, so our plan is to help people and communities as the need arises. Some congregations will be suffering now, and we will help them now. Some congregations may start to feel it later in the fall or early next year, and we will be able help those communities then. This strategy, and other responses, continue to be open for discussion—especially as our formal decision-making bodies are allowed to gather.

We don't know much about the what the immediate future will hold but it seems like this pandemic will hurt many vulnerable people and it will accelerate change—for good and for ill. In communion with God and the rest of the Anglicans across the province, country, and world, we will get through this together! May the peace of Christ be with you.

(Please see the COVID-19 resource hub for access to all of the documents and resources - a page on the diocesan website found at www.diohuron.org)

ANGLICAN CHURCH WOMEN

Sightless among miracles



*"Days pass and years vanish,
and we walk sightless among miracles."*

So begins a Jewish Sabbath prayer: as true today as it was 2000 years ago. Why can we not see? There are so many things that we take for granted in everyday life – everyday miracles. We no longer notice them. We forget their miraculousness. So often, it is only when a gift is taken away that we see its value.

In good times, when we are happy and life is easy, we rarely take note of the uniqueness of creation. Many think that their good fortune is due to their own initiative. Those for whom life brings wealth and fame often feel that it is deserved, that they are so much more bright or skilled than others. They rarely question where they got that brightness or those skills. They do not see how easily those gifts can be taken

away. While they may see their peers stumble and fall, they refuse to believe that they may fall into the same traps – indulgence, avarice, superiority, pride.

When we pass through darker times, it is easier to see the light. The COVID-19 crisis touched everyone, great and small. Social isolation brought unique anxiety to people who are not used to being alone. Thoughts of contracting disease brought great fear to many – often a mindless fear out of proportion to the actual danger. There was true danger to some, yet how many let mindlessness – blindness – rule over reality?

How many of us counted our blessings? How many of us took the time to meditate? Certainly, both the faithful and faithless prayed that they would be spared. Heaven was flooded with prayer requests. God has seen this happen over and over again. People turn to him in times of need, rarely in times of thankfulness.

Hopefully, the shortages in daily commodities opened eyes to the reality of need. Some people hoarded; some people made do. Some people used their ingenuity to manage their lives. Some took the opportunity to rekindle family life – cleaning and cooking together, having family meals, playing games together, getting to know each other. Dads and Moms brushed up on their parenting skills – how many parents today actually take care of their kids 24-7? No day care, no babysitters, no school, no after school activities, no movies, no playgrounds. Many, no doubt, prayed that this disruption of their lives would end soon.

Crises bring out the best and the worst in people.

Our Lenten and Easter observances were curtailed and sorely missed. Did you make use of the opportunities our church arranged to use social media to pray and enjoy liturgy "together" virtually? What was it like for you, to be alone with yourself and God? Did you feel His presence, or can you only feel that in church? Have you never learned to be with God one-on-one?

Perhaps we did learn that we take a lot for granted. Perhaps we are now grateful for the humble things in our lives that make life easier. Perhaps we now see that we must work together for our society to function, that we are dependent on the cooperation of each other. Perhaps we now see that we need Him more than ever.

For those of us that are surviving unscathed, to those of us who have recovered, thank God. To those of us who are grieving the loss of loved ones, take comfort that they are in the arms of our Lord.

Be grateful – thankful – for what you have. Try not to take it for granted. Keep the lessons we learned – helping each other through the times of trial and how easily what we have can disappear. Keep them in mind as we get back to normal, hopefully soon.

Open your eyes to what is around you. It is not there by accident, but through the Grace of God. Praise Him.

*Bonnie G. Rees, President
ACW Diocesan Council*

God will bring us through this ordeal

It has been a most unusual Lent and Easter.

Though we were unable to gather to celebrate this most Holy Day, we could watch service on TV or social media (even in our pjs). For fifty days we are still in the Easter season – let us be joyous!

The Bible says our bodies are God's temples and as such we can still give him praise and adoration even though the church buildings are closed. We patiently wait for those doors to reopen so we can congregate together and offer praise and thanksgiving to him for our many blessings.

After planning our ACW Diocesan Annual Conference for a year, it was a major disappointment to have to cancel this event. Many of us look forward to this spiritual time each year. I always returned home uplifted and refreshed. Sitting in the Cathedral and listening to one hundred fifty or more voices raised in song and praise of our Lord is a most spiritual and rewarding experience. I hope and pray I may be able to enjoy these conferences for many more years.

Since joining and becoming active in the ACW, I have learned so much, and my faith has been strengthened more than I ever thought possible. I have had the privilege of meeting and working with so many talented generous and wonderful ladies. I have been honoured to work alongside ladies from the local church, the deanery, the diocese, and nationally. We communicate our different ideas to help improve the ACW and the churches many of which are struggling financially. We hear the ideas that work and those that do not. We try to implement the positive ideas to see what will work in our churches.

Church of the Ascension, Windsor is blessed to be financially stable and has five clergy – three are retired but still participate in the services, especially Archdeacon Ron Matthewman who will soon be 90. Our rector is Rev. Canon Lance Smith, and our deacon Fred Eldridge who are both active. We are very blessed to have so many caring clergy.

Although we are separated, we are still together in all the good and unselfish things people are doing for each other as God wants us to do.

When we remain true to God, he will lead us through every barrier. God will bring us through this ordeal and give us a better understanding of himself.

This is a time when we need our faith to shine through brightly and mightily.

I live directly across the street from Windsor Regional Hospital's Ouellette campus emergency room. It has been very noisy but uplifting to hear and see all the tributes to our first responders. Parades of vehicles pass by honking horns and waving "thank you" signs.

The first two parades were old classic cars. The next group was Canada Post trucks, then at least 150 vehicles waving flags and honking horns. A few days later a procession of tow trucks that clear away accidents and mechanical breakdowns passed by sounding their airhorns. One Sunday a long parade of vehicles flying Canadian flags expressed their appreciation as did the school buses...

Let us keep in our prayers all those afflicted with COVID-19, all the nurses, doctors, paramedics, police officers and fire fighters, those working in grocery stores, the truckers bringing our food and supplies, all who are on the front lines. We give to you a huge and very sincere "thank you" and we will keep you in our prayers for your health and safety and many blessing for all your loving care of others. Thank you! Thank you! Thank you!

*Barbara Jackson, Vice-president
ACW Diocesan Council*



COVID-19 RESOURCE HUB

ON DIOCESAN WEBSITE

<https://diohuron.org/covid-19-resource-hub/>

- **MESSAGES FROM THE BISHOP**
- **PARISH RESOURCES**
 - Livestream and service resources
 - Faith Formation
 - Stewardship Resources
 - Mental Health Resources
 - Pastoral Care Guidelines
 - Resources for Clergy, Wardens and Treasurers
- **DIOCESAN & PARISH EVENTS CANCELLATIONS**
- **HEALTH RELATED GUIDELINES AND UPDATES**



Lockdown in our fellow Diocese of Amazonia



Since the COVID-19 lockdown has started Bishop Marinez has been entering the Cathedral in Belem once a week.

By Nigel Challen

The Diocese of Amazonia is struggling there much as we are enduring.

The Cathedral in Belem has been in lockdown since the start of Holy Week. Similarly to us Bishop Marinez is entering their Cathedral once a week and broadcasting a Sunday service from her office once a week. In Manaus, in the eastern part of the Diocese of Amazonia they

normally have a 1000 deaths a month, and they currently have 4,000 due to COVID-19.

Amazonia predominantly uses "Facebook" as their platform. Their services include local music. They are also broadcasting morning prayers through Rev. Carlos, Rev. Marcos, and Bishop Marinez. As well as Liam in Manaus. Joseane continues to join Morning Prayer via Zoom at St. Marks, Brantford.

On the ground in Brazil the people are supposed to be in lock down and self-isolation. Stores are closed apart from essential shops. ie, supermarkets and drug stores, similar to ourselves. Joseane says that trips to a supermarket are a struggle. They also have empty shelves. Does that sound familiar?

Brazilians, affected by COVID-19 are in a different age bracket, reporting deaths in people aged 25 to 40 with no underlying health issues as per Bishop Marinez, whereas we are observing cases in an older age bracket 65 years and over.

The Brazilian administration opposes lockdowns and social distancing; it is more interested in economic gains rather than health concerns, mental health, or the homeless. There is a lot of political struggle amongst the people during these times. Massive rallies opposing restrictions are happening.

I ask that we continue to pray for them. They need our support in these difficult times.

Nigel Challen is a member of the Companion Diocese Committee.

PASTORAL PROGRESSIONS

Appointments

Bishop Townshend appointed The Reverend Dr. Lisa Wang as Vicar to the Parish of the Transfiguration (Church of the Advent, Ridgetown; St. Matthew's, Florence; St. John's-in-the-Woods, Aughrim; Church of the Redeemer, Highgate; Christ Church, Dresden, Trinity Chap-

el of Ease, Howard) effective April 1, 2020.

Rest in Peace

The Reverend Dr. Tom Bonema died on Saturday, April 11, 2020. Tom was ordained a deacon on May 13, 1999 and priested on December 7 of that year. He served at the Priest Assistant at St. Michael and All Angels,

London until his retirement from active ministry on September 10, 2012. A private family internment was held with a memorial service.

Mrs. Dorothy Parker, wife of The Reverend Canon Harvey Parker (retired), died on Wednesday, April 15, 2020. A private family internment was held with a memorial service.

Diocesan Golf Tournament cancelled

The Golf Committee of the Diocese of Huron has cancelled the diocesan Annual Golf Tournament for Outreach in Huron. The tournament was scheduled for September 12.

Due to the virus outbreak and the cancellation of our May Synod this year, plans for Synod are currently being organized for a September event. Avail-

abilities of dates for this and other planning has forced us to cancel our golf tournament for this September.

On behalf of the Committee and the Diocese, many thanks to all supporters of this tournament who have helped to raise over \$100,000 since its inception. This has allowed us to have supported many organizations

and church ministries during this time with over \$91,000.

Thank you for all of your past tournament support. We welcome and encourage your future support of our tournament for outreach. Please look forward to next year's announcements.

Your Golf Tournament Planning Committee



Join us as we explore the natural wonders of the world, places and peoples who will inspire us in joy & wonder to love and care for Earth, our island home.

Swim and splash in Lake Huron. Run and play amongst the trees. Marvel at a sunset and the starry night sky. Stand shoulder to shoulder with friends both old and new, feet planted on our beautiful camp, arms outstretched around the world!

Camp is waiting for you to join the fun! The world is waiting for all of us to make a difference!

One Week Camps

ages 6-14, grades 1-8 \$520 + \$67.60 HST

Session 1	Deep & Wide	July 5-11
Session 2	Dazzling Light	July 12-18
Session 3	Living Waters	July 19-25
Session 4	Just Keep Swimming	August 2-8
Session 5	Safe Harbor	August 9-15
Session 6	Up, Up & Away	August 16-22

Senior Camp

graduating from grade 8 \$1250 + \$162.50 HST

Session 1	July 5-18	Companions on a Journey 1
Session 2	Aug 2-15	Companions on a Journey 2

Leader in Training

ages 14-16, grades 9 & 10 \$1835 + \$238.55 HST

July LIT1	July 5-25	FULL
July LIT2	July 5-25	
August LIT1	August 2-22	FULL
August LIT2	August 2-22	

In the wake of the COVID-19 pandemic we are still hoping to offer our summer programs and await direction from the government. As we learn more will provide updates on our website

www.huronchurchcamp.ca

For more information contact us at huronchurchcamp@gmail.com or call 519-434-6893 ext 217



Huron Synod postponed for the fall of this year

Bishop Townshend and the Honorary Secretaries of Synod announced on March 28 that the Synod planned for May 24-26, 2020 has been postponed until the fall.

More details to follow in the next edition of the Huron Church News.

The times, they are a-changing

By Rev. Canon Robin Lyons

Every so often in the course of our individual lives and – on a larger scale in the course of our collective history – circumstances arise which throw everything into confusion.

These days are of that ilk. COVID-19 has changed everything. Familiar behaviours, comfortable 'taken-for-granted' habits, the precious every-day delights of being together and being out and about in the company of others, family times, even the joy of a 'heart and soul affirming' hug with a loved one or an 'in-person face-to-face' conversation over drinks and dinner – all of these things so essential, once so usual and normal and accessible – are now beyond our ready grasp. Things have changed.

Suddenly, life is dangerous. Extreme measures are in effect to protect us from the threat both we and others may represent. We wear masks. We self-isolate. We socially-distance. We refrain from all but necessary shopping and limit even a simple walk taken for fresh air and exercise.

Disinfecting and sanitizing and handwashing are the new mantras. Even more dreadfully, broken hearted family members cannot watch with dying loved ones in hospitals. Senior citizens in retirement and nursing homes are separated from their children and grand-children just when they most need their support. The challenges faced by homeless folks and those dependent on food banks have become more difficult and dangerous. The supports once typically offered by churches and charitable organizations and welfare agencies are no longer 'offer-able' in the usual ways. Things have changed.

Then into the midst of this strange new COVID-19 in-



duced existence comes news of a heart-breaking act of cruelty and evil – the mindless mass murder of 22 folks in a violent and inexplicable rampage of destruction in Nova Scotia. Those most directly affected are left reeling without benefit of the once typical expressions of support and consolation. The natural gatherings for wakes and funerals, families and neighbours embracing in mourning, even the face-to-face dropping off casseroles and flower arrangements to convey love and concern and express support and the sharing of grief – all of these are denied. How things have changed! And every day, all day, we are left to answer the pressing questions: How much more can we take? How can we cope?

Yesterday morning in a study group with some friends, I listened as members reflected on the declaration in Hebrews 13:8, "Jesus Christ is the same yesterday, today and forever." In times like these, so constrained by COVID-19 and so anguished by the unthinkable violence in Nova Scotia – a world so changed and changing and overwhelmed by sorrow, and individuals forced to bear such heartbreak and heavy burdens – in this world and these times, this kind of declaration of something permanent and dependable and constant and substantial and unyielding is something we want and need to hear. Even more, it is something we need to cling

to, to appropriate, to activate, and to employ. Christians are being called to incarnate, live, and share this truth precisely in these times, in response to these current challenges, so that our neighbours may both see – and begin to understand and claim – what God offers to help us cope with the soul-crushing and heart-anguishing aspects of these changing times.

It falls to us Christians to find ways to proclaim and exhibit and share Jesus in these times despite the changes and climate – to find ways to circumvent and defeat the constrictions placed on interaction and engagement because of COVID-19 and particularly in the face of so much suffering. Thankfully, many of our leaders are doing just that – and the technology which has been such an asset in business and communication to this point, has become an essential tool for ministry and witness and worship. Thanks be to God for these resources, and these leaders in ministry who are so lovingly and creatively working to serve Christ and all of God's beloved in these changing and trying times!

But the mantle of responsibility does not fall only on the shoulders of our exemplary leaders. We have a part to play in this ministry – it is ours now as the people of God, in these changing and trying times, just as it has always been. All we who believe are a priesthood – and we share responsibility with our leaders to shine with

the light of Christ in service to God and for our neighbours' sake. Our worship and work must continue as the Body of Christ – and so must our witness as individual members of that body. We are called to follow the example of our Lord now as always.

To that end, and among the gifts related to that task of witness, we have the resource of our testimony. In the course of our lives, there are certainly times which may not have been characterized by the all-pervasive challenges of COVID-19, nor by the crushing heartbreak of the Nova Scotia shootings – but nevertheless have been impacted by personal suffering and heartbreak and anxiety and fear and loss and grief and helplessness. In my life, those are the times that have contributed most to the formation of my faith. They are the times when I have most intimately felt the presence and power of God – sometimes with the benefit of retrospection. They are the times when God's faithfulness and unrelenting love have been most real and life-saving and tangible. It is in these kind of times that Jesus Christ, who is the same yesterday, today and tomorrow – has revealed Himself to and for me, as ever-present; unchanging in love and grace; and always working for good. I hope and pray it is the same for you!

And if by God's grace it is true for you, you have a message your neighbours need to hear right now. You have a truth the world needs to be told right now. You have a life-preserver, a hope, a means to cope, a saving resource your friends and neighbours need for living right now... and you can share it, by word and deed projected into the reality of this very moment – these changed, changing, and anguished times.

That message and that truth –

which speak of a God who is always compassionately involved in our lives, fiercely loving, and unrelenting in the effort to embrace us even when we can't lift our arms to embrace Him – is validated and empowered by our experience. So speak it! Share it! Show it! Proclaim the loving Saviour who is the same yesterday, today, and tomorrow; with whom there is no variation or shadow due to change(-James 1:17). (Use technology as needs be!)

My experience – and I pray yours as well – is unique and individual, but falls into a collective shared pattern. Perhaps an accurate summary is offered by Psalm 139:8-9:

"If I ascend to heaven, you are there; if I make the grave my bed in Sheol, you are there.

If I take the wings of the morning and settle in the farthest depths of the sea, even there your hand shall lead me, and your hand shall guide me and your right hand hold me fast.

If I say, "Surely the darkness will cover me, and the light around me turn to night,"

Even the darkness is not dark to you, the night is as bright as the day, and the darkness is light to you."

In this fierce, unrelenting, abiding, and active love – and with this unfailing divine grasp of our selves, our souls and bodies – our Lord is the same yesterday, today, and tomorrow. Christ's present love and Christ's expansive embrace are real right now. We who have personally faced troubled times like the ones we live in right now, know this to be true. So let us speak this truth – rooted in our experience – into these days of challenge and heart break. The times are changing – but the love of God remains.

Rev. Canon Rob Lyons is a retired priest in the Diocese of Huron.

What to do now when the plate cannot be passed?



MEDIA
BYTES

REV. MARTY
LEVESQUE

By Rev. Marty Levesque

Social distancing has meant that the church has had to change and change rapidly. We are no longer able to gather each Sunday for worship physically. So many of us gather around our computers and watch live streams or pre-recorded YouTube videos.

This has also meant that the finances of parishes have been



deeply affected. Simply put, the plate cannot be passed. Many have chosen to take this opportunity to sign up to Pre-Authorized Giving, while others mail cheques for their offering.

Thankfully there are online solutions that can be quickly integrated with social and web platforms. CanadaHelps is a

popular and easy solution as a web portal for charities. In one quick stop, you can set up a page for your parish and integrate the online donation platform with your existing channels.

The downside to CanadaHelps is the fee structure. CanadaHelps applies a 4% fee

to any onetime donation and 3.5% to any monthly donation. That means if I donate \$100 to a church I will get a tax receipt for \$100 but the church only receives \$96.

PayPal Giving Fund is another solution. It is the charitable arm of Paypal. First, you will need to open a PayPal account for your parish and then link that with PayPal Giving Fund. Once approved, you can accept donations to your charity through PayPal Giving Fund at 0% fees, which means my entire gift goes to the charity of my choice.

It is a little more complicated to set up than CanadaHelps, but the time put in today will

reap rewards in the future from the fee-less base service and the assurance that every cent goes to the parish and the building of the kingdom of God.

Rev. Marty Levesque is the diocesan social media officer and rector of All Saints' in Waterloo.

martylevesque@diohuron.org

Donate online to your parish or to the diocese:

www.diohuron.org/covid-19-resource-hub/

This is the day the Lord has made...

By Ven. Rev. Raymond Hodgson

This is the day that the Lord has made. This day is the Lord's. What will we do with...

- ... This day full of inconveniences.
- ... This day full of disappointments.
- ... This day full of isolation.
- ... This day full of frustration.

This is the day that the Lord has made. This day is the Lord's. What will we do with...

- ... This day full of creative solutions.
- ... This day full of other choices being made.
- ... This day full of opportunities to connect.
- ... This day full of things no longer taken for granted.

This is the day that the Lord has made. This day is the Lord's. What does God want us



- to do with...
- ... This day full of people who are afraid.
 - ... This day full of people who are suffering.
 - ... This day full of people who are hungry.
 - ... This day full of people who are tired.

This is the day that the Lord has made. This day is the Lord's. We are the body of Christ in this day. What does the body of Christ do with...

- ... This day when many struggle.
- ... This day when many need to hear words of hope and comfort.

- ... This day when many mourn.
- ... This day when many are alone.

This is the day that the Lord has made. This day is the Lord's. We are the body of Christ in this day. And we do what we have always been called to do. We will share Good News. We will teach and nurture new believers. We will respond to human need. We will seek transformation where there is injustice. We will safeguard the integrity of creation.

The cans and boxes of food may not be gathered in front of the altar. Our monetary gifts

may not be placed in a brass plate. They are still blessed. Our invitations to join in worship may require the click of a mouse and our Bible Studies may be on screens. God is still there. Our prayers and supplications may be spread over many hours and square kilometres. They are still heard.

When this article is read, things may have changed. We may be able to safely gather again physically. Or we may not. What will not have changed, what will remain constant is this:

This is the day that the Lord has made; let us rejoice and be glad in it.
(Psalm 118:24, NRSV)

Rev. Raymond Hodgson is a member of the Stewardship Committee.

raymondhodgson@diohuron.org



A. Alvarez/Unsplash

Reclaiming our balance through this challenging time

By Ven. Perry Chuipka

When I was ten years old, I remember my older brother getting a brand-new bike for his birthday. After the celebration inside we all went outside to watch him ride his new bike.

When he came back from the ride, my whole family (two other brothers, my older sister, my mother and father and I) were still outside watching him. Then my brother got off the bike, turned to my Dad, who we had never seen ride a bike, and said, "Dad how about you trying it out?"

My Dad's first reply was a stern "no". Then all my brothers and my sister chimed in, "Aw come on Dad, we have never seen you ride a bike before", to which he replied laughing, "I am not sure I remember how." Then my mother said, "Come on Nes, you used to drive a bike all the way to Copper Cliff (10 miles) to see me when we were dating." My Dad's reply still chuckling, "I did that, thirty years ago!!" Then my mother said, "Oh go ahead and try it, you know the old saying, you never forget to ride a bike." And to our surprise my Dad got on the bike.

Now we all watched intently as my Dad at first wobbled on the bike, put his foot down, stopped but got on again. Pretty soon he was going up and down the street with a huge grin on his face. When he finally got off the bike, he said to us, "I had trouble finding my balance at first, but then I got it!"

As I think back on that story, I would like to look upon my



Dad's experience as reclaiming his balance. From time to time we all need to find the balance in our lives. I think our experience of this pandemic period is a time to reclaim our balance.

The other day I discovered through some research, that there have been several other pandemics in the past two centuries. But what I really found interesting is this poem that had been written at the time of the Russian Flu Pandemic in 1889 and put in the paper near the end of the Spanish Flu Pandemic in 1920.

This is Timeless... History repeats itself
*And the people stayed at home
 And read books
 And listened
 And rested
 And did exercises
 And made art and played
 And learned new ways of being
 And stopped and listened more deeply
 Somebody meditated, someone prayed
 Someone met their shadow
 And people began to think differently
 And people healed.
 The earth also began to heal
 And when people found themselves*

*They grieved for the dead
 And made new choices
 And dreamed of new visions
 And created new ways of living
 And completely healed the earth
 Just as they were healed.*

Notice the caption "This is Timeless... History repeats itself". It may well be history repeating itself but I would like to think of it in another way. This pandemic is about us reclaiming the balance in our lives.

Let me give you this analogy about life. Our journey is like driving down a road in a hurry to get somewhere. Then there is a curve. Sometimes we manage the curve well while other times we end up heading off the road. When we head off the road, we get out of balance and end up in trouble. While we are in trouble we reflect inward and we also reflect outward. When we finally get back on the road we have learned some new ways on how to drive. We are not going as fast and we learn to handle the curves better.

This challenging time can be looked at as negative, but it can also be a really positive thing for us. We have been given the gift of time to reflect and to find our centre again. How we use this time is very important.

The other day, while out for a walk, I met one of my neighbours on the street. I knew him before but really didn't know much about him. We stood six feet apart for what turned out to be over an hour (we were both surprised when we looked at the time). We got to know each other in a whole new way. This all happened because of the pandemic as I had more

time to look at my relationships—look at where I live—look at my neighbourhood in a whole new way.

In our coaching team we have been looking at the Joining God initiative which encourages churches to establish new relationships in their neighbourhoods. This can still happen even in this time of self isolation and social distancing. I see the ideas we are learning from Joining God as helping us as a church to reclaim our balance. The mission of the church was never about just looking inward, it was also about looking outward. It was balancing the two perspectives.

When I spoke to Sara Jane Roxburgh Walker from the Joining God initiative, she shared her idea about this challenging time:

"There are certainly lots of legitimate worries and issues for us to be dealing with at this point in our lives. We are all dealing with various anxieties on a daily basis. When anxieties are managed, disruption, like we are experiencing now, can open people up to new ways of seeing and experiencing God at work among us. These are some of the questions that I am thinking about in terms of using the Joining God principles that we learned. What are

you and I learning about our neighbours through Covid-19? What are some of the stories we are hearing about "being with" during this physical distancing? How are we experiencing or hearing stories of people receiving from others in our neighbourhoods? If these are questions people are able to engage now (or in the near future) this helps you and I continue to lay the groundwork for a different imagination about being with others and joining God at work among us."

Let me go back to the story about my father finding his balance again in riding a bike. Reclaiming our balance is a life long journey. This pandemic is enabling us to find our balance for the mission of the church. We all have heard the reason why Jesus created the faith community—the church. He lived it with his life.

"He didn't come so that others could serve him. He came to serve and to give his life so that others would be free."

Free to help others reclaim the balance in their lives. In this time of reflection and introspection let's think of new ways that we can free people with God's power of love.

Ven. Perry Chuipka
 Archdeacon of Congregational Development.



What happens when this crisis is over?

By Rev. Chris Brouillard-Coyle

SOCIAL AND ECOLOGICAL JUSTICE



How has your experience been during this time of social distancing? Are you vulnerable due to age or pre-existing conditions and have been blessed to be able to shelter safely at home while others bring you everything you need? Have you been able to embrace the slower pace of life to engage in meaningful hobbies – perhaps even make masks or volunteer to support others? Are you able to work from home, albeit in a different way that introduces new challenges and stresses but keeps you away from the risks of being out in public? Are your children safely sheltered at home – if so, how are they adjusting to the new learning routine? Or have you found yourself on the ‘frontlines’ of this pandemic – serving the community in significant ways while placing yourself at risk?

A lot has changed since the country went on lockdown back in March. How individuals experience these changes depends significantly on our circum-

stances. For example, some say one of the most anxiety producing activities right now is going shopping. As a result, people are being more conscientious about how often they go to the store, planning trips more efficiently, making due when necessary and wearing masks to protect themselves. Such opportunities to reduce risk by changing our behaviours are privileges. The same opportunities to minimise risk are not as readily available to those who work on the front lines.

While many are anxious about shopping in a store right

now, imagine those who work in one! Generally speaking those who work in grocery stores make minimum wage which is far below a living wage – that is the pay required for the basic necessities. This often results in having multiple jobs, or making difficult decisions about how to reduce expenses in order to make ends meet. These individuals can't easily afford to lose their jobs and so they continue to show up to work despite the risks to themselves and their families. No doubt the increase in pay for some workers has helped

to make this time easier – but what will happen when it is decided the crisis has sufficiently passed, and these individuals are expected to go back to a wage that is insufficient to meet their needs?

Similar arguments are now being made for those who work in senior's facilities. As the number of cases of COVID-19 explodes in these homes, people are becoming more aware of the inadequacies of funding, staffing and supports. Once again, temporary relief is being offered to these individuals as a way of acknowledging the risk they face doing their jobs each day – but what happens when it is decided this crisis is over?

Much has been said about the heroism of medical personnel who care for those with COVID-19 and others who find themselves in need during this time. Their care, concern and wisdom are deeply appreciated. As time goes on and we are exposed to more stories, we continue to discover that there are heroes beyond the nurses and doctors we see on the front lines. Hospitals and health

care facilities have a significant number of staff with vital roles that can place them at risk. Questions are being asked about how to support these as well. Will these questions remain relevant when we go back to 'normal'?

This time has helped to shine a light on some of the vulnerabilities in our world. As the government tries to step up and offer support to those who find themselves struggling right now, we are catching glimpses of the injustices that exist. Life isn't fair. Our economy isn't just. There are many who have been suffering because of this reality. That suffering won't simply disappear with the end of the quarantine. The respect and dignity that provides the foundation on which support is offered to many individuals right now needs to be part of our new normal. It is, after all, a part of our Baptismal Covenant.

Rev. Chris Brouillard-Coyle is the Social and Ecological Justice Huron chair.

chrisbrouillardcoyle@diohuron.org

The Bible talks to me where I am

By Rev. Canon Val Kenyon

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart.

Hebrews 4:12



Education for Ministry is spiritual, theological, liturgical, and practical formation for laypeople. EfM is about integrating faith and life, and communicating our faith to others.



I never fail to be amazed at the precision with which God's word impacts our lives.

I suppose I should not really be that surprised as the message found in verses such as the one quoted above in the book of Hebrews is quite clear. The word of God is far more than simple marks written on a page, benignly conveying information to the reader.

Instead, God's word is alive, able with shocking exactness to hit upon that place in our hearts and in our minds, most needing attention and transformation, providing us with an impression of what God is saying to us in the very moment in which we find ourselves.

This of course is made possible as God's Spirit wields this instrument, far "sharper than any two-edged sword", before

whom our hearts are open, and our desires known, and from whom no secrets are hidden. In the simplest of terms, we are an open book to God – who then opens his book to us.

I was recently reminded of this astounding quality of God's word at a virtual Education for Ministry (EfM) meeting where one participant would share, "the Bible talks to me where I am". Later that

morning in the theological reflection portion of this same meeting, the group went on to discuss the place of yearnings as found both in Scripture and in us. What followed was a conversation about our fundamental yearning to be awake to God in and all around us and how ultimately this yearning was an integral part of our never-ending spiritual growth and development. As we put ourselves in the way of being awake to God in this precise moment of our lives through the tool of theological reflection our relationship with God is nurtured and nourished, meeting us precisely where our need is greatest and supporting transformation and growth of all kinds.

With this final EfM article of the 2019/2020 season, we

are already looking forward to September with new groups forming, and current groups returning. In June we will again be opening registration for the upcoming sessions of EfM beginning in September 2020. And while it is entirely true that exactly what all of this will look like in our Covid-19 aware world, please consider your involvement in EfM and beginning a journey of fresh discoveries in God's word.

For more information on EfM and how you might become involved, please contact Libi Clifford, the Diocese of Huron EfM Coordinator or myself Val Kenyon at EFM@huron.anglican.ca

Rev. Canon Val Kenyon is EfM Animator in Huron.



ANGLICAN FOUNDATION OF CANADA UPDATE:

Huron College is now accessible

Huron College is the founding institution of Western University, whose alumni are making outstanding contributions in every aspect of civil society around the world. At present, Huron is spearheading an unprecedented model of education allowing students to address our world's most complex challenges. Hence the need to let everyone in with an outdoor ramp and accessible doors.

Self-trust in a relationship



AS I SEE IT

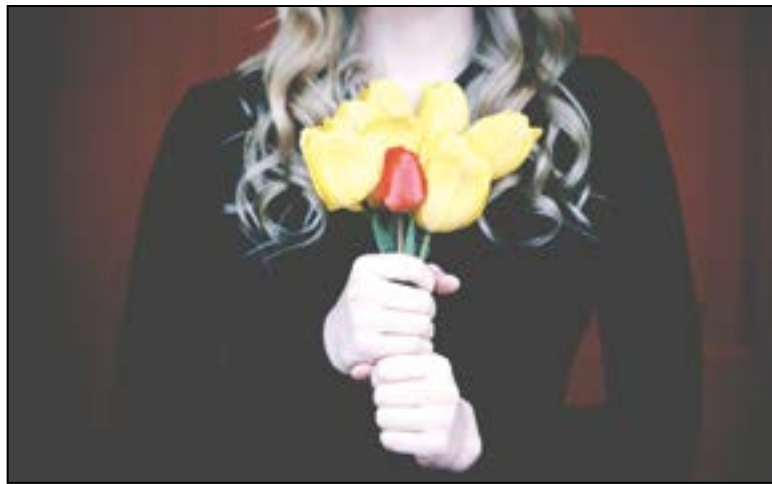
REV. JIM
INNES

As COVID-19 pulls us into self-isolation (which may be lifted by the time of this publication), many will experience the constant presence of loved ones.

Relational (and personal) issues may arise. I thought of sharing a personal journey... building 'Trust.'

Trusting someone means that you think they are reliable; you have confidence in them, and you feel safe with them physically and emotionally. Unfortunately, it takes less time to lose Trust in someone than it takes to build it. When Trust is present, things go well; but when Trust is lost, the relationship is at risk.

The ability to Trust (going forward) is based on a few essential factors. Alongside the ability (or desire) to forgive



Sharon McCutcheon/Unsplash

recent hurts, a necessary element in building a trusting relationship are our early childhood role models and experiences. For example, children of divorced parents, or those from abusive households, may struggle, to a greater or lesser degree, with building a solid foundation of Trust.

A solid foundation begins with learning to trust ourselves. Particularly, believing that our needs are legitimate. For example, many are in a relationship without ever putting their needs on the table.

Not because they don't have needs, but because they are uncertain as to their legitimacy. And in a relationship that has become dominated by the other's needs, we quickly take the backseat. That is, until the day we finally blow up!

It can be easier to follow another's lead than it is to trust ourselves. For some, when our needs conflict with a friend, or a partner, or an authority, or even our children, we will doubt the legitimacy of what we want. There is the fear of making the wrong choice and

a tendency to criticize our own decisions after we make them.

Our needs can be tricky to figure out. Needs can be confused with wants. And this can lead to conflict and an increasing lack of Trust in ourselves (and consequently in others). For example, someone might overburden their partners with demands for closeness. It may be a demand that arises because of unmet needs from childhood (possibly because their parents were not very affectionate or warm). And because we naturally tend to seek fulfillment of these needs (which are definite 'wants'), we might overwhelm our partners with demands. Pushing these demands can too often lean on manipulation and possibly, condemnation.

It can become quite confusing separating the past from the present, and discerning appropriate need from past wounds. And this process of discernment can leave us less than confident in trusting our needs. It is helpful if we have built a relationship with a

confidant, or a therapist, or a pastor. They can 'reparent' us by providing realistic expectations of what we ought to expect in a healthy relationship.

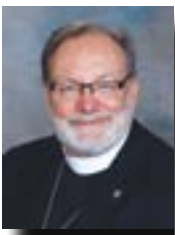
Building self-trust in a relationship is about building confidence. Particularly, developing and maintaining a good set of boundaries. These boundaries will keep us safe (under normal conditions). For example, knowing how much of ourselves to give, and how much to ask for, enables you (and your other) to be your selves. Establishing such parameters prevents the feeling of being swallowed up.

As I see it, trusting ourselves is a significant anchor in holding down healthy relationships. Without it, we blow directionless. And, unless the other enjoys, or greatly benefits, from our continual self-denial, we will burden the relationship with confounding demands.

Rev. Jim Innes is the rector of the Regional Ministry of South Huron.

jiminnes@diohuron.org

Looking for some good news in the times of crisis



A VIEW FROM
THE BACK PEW

REV. CANON
CHRISTOPHER
B. J. PRATT

We need some good news.

As I write these words, weeks have gone by where much has been written and offered through the media with a focus on little else but illness, death and sadness. Quarantine restrictions and regulations offer reminders of those moments, growing up, when a stern parental voice could be heard, saying, "Stop doing that!"

At a time and in a world, where there is a common desire and prayer for healing, health and wholeness to be a reality in our global village, some people, out of the depths of their isolation, have begun to envision what the future holds for us. They look, with hope, to an unknown future.

As people of faith, we are reminded that Jesus spoke to his disciples and told them not to be afraid. We, like them, may feel that to live in response to those words, is a challenge. There are those who have found in isolation a peace and tranquility for which they have



Marc Olivier Jodoin/Unsplash

Grasping the future without fear, stepping out with faith into the unknown is a transitional moment for us all.

yearned. Others feel as though they are living on the edge. Social media provides an opportunity to view idyllic scenes of individuals taking time to read, meditate, or lose themselves in creative time in the kitchen, preparing gourmet delights which cause viewers to salivate. These images stand in sharp contrast to families whose budgets are stretched beyond imagination. In other settings the vivacious activity of young children does not diminish unless they are glued to some screen or when their heads touch their pillow at the end of the day. In those

settings, adult energy is tested, emotions fray and relationships may become stretched.

We need some good news. Often, especially in times of crisis, people of faith have turned to the 23rd Psalm for strength and comfort. The words, "Surely your goodness and mercy shall follow me all the days of my life", gives us all the opportunity to claim that we are not experiencing these challenging days alone. We walk through them. We pray that as we walk through "the valley of the shadow of death", however unique that experience may be for us as individ-

uals, that we do not undertake that journey alone. The words of the Psalmist allow us to exclaim to our God the gratitude we feel knowing "you are with me".

As she wrote "Sad Cypress", the mystery writer Agatha Christie allowed her little Belgian detective, Hercule Poirot to muse: "There is, sometimes a deep chasm between the past and the future. When one has walked in the valley of the shadow of death, and come out of it into the sunshine - then, mon cher, it is a new life that begins."

Part of the good news for the Family of the Diocese of Huron, is that in the midst of our individual isolation, parish clergy, all across the diocese have shared our journey through innovative ministries and the use of social media. Whether or not they offer reflections from the setting of their homes, or if they are vested in the familiar surrounding of the parish sanctuary, the consistent message they offer is that we are not alone.

The success of this new style of ministry may serve the Church well in the future.

Ongoing contact throughout the week, may indeed be the kind of support which many people will be able to lean on, as they move out, "into the sunshine". Freed up imagination and innovation bal-

anced by and nurtured by the foundation of faith which the Church has offered for centuries, will only be limited by our openness as we move into whatever the "new normal" may prove to be.

Perhaps the greatest challenge for us all as we move forward into the future may prove to be the temerity which may be holding us back from the opportunities which are yet to be defined. Grasping the future without fear, stepping out with faith into the unknown is a transitional moment for us all.

Years ago, in a different century, and in what feels now, like another world, I was asked to provide a quotation for my high school yearbook which I envisaged as a framework for my future. I turned to a work called "The Unknown Country", by Bruce Hutchison. As we look towards our collective future, I share these words with you:

"We are young, my (friends), and full of doubt, and we have listened too long to timid men. But now our time is come and we are ready."

As the future unfolds before us, may that sentiment be true for us all.

Rev. Canon Christopher B. J. Pratt has retired from full time parish ministry, but continues to offer priestly ministry in the Diocese of Huron.

chrisspratt@diohuron.org

Random musings about life in a pandemic: the good, the bad and the downright silly!



**MOSTLY ABOUT
RELIGION**

**REV. CANON
KEITH
NETHERY**

So once again I write the best part of a month before you will read. I am sure the new normal will have changed several times in the 30-day gap between the two. However, I think most of these thoughts should stand the test of "distancing".

Two things happened on Easter Sunday that were quite moving. We were invited to ring the Church Bells on The Day of Resurrection and, given that St. James Westminster is so equipped with said bells, I was there at 9 am to pull the cord. Rather unexpectedly, I experience a significant flash back in the seconds before I launched the bells to ring. I remembered clearly a lad of maybe ten years old who was allowed to ring the bell in his home church of St. Paul's in Wingham. A yank downward on the rope set things in motion. What the boy wasn't ready for was when the rope, which he gripped tightly as instructed, went up, so did he. Memory might not be perfectly accurate too many years later; but it seems the feet left the ground. It was moving to ring the bells on an Easter unlike any other that I have experienced. But the deep contemplation didn't stop there. Given that I was already



in the church, I chose to say the Morning Office. As I sat at the prayer desk looking outward, I could picture people sitting in what were empty pews. I could hear the thunder of the pipe organ and the sweet harmony of the choir! As I read the Scriptures, it was if a full church was hanging on the very description of the scene at the empty tomb. Each time, the thoughts faded and I was again in the glimmer of light through stained glass windows in an empty church. When I finished the prayers, I stayed for a while in silence. Thinking of all the people who have attended Easter Sunday services over the near 150 year history of St. James. It seemed impossible to comprehend an Easter so devoid of people in church; yet all the while feeling the prayers of the congregation rising from their homes as at that same time, they listened to a prerecorded Easter service.

Not all my musings are so spiritual in nature. I have decided the first person I want

to see when this physical distancing ends is, Kelly. She cuts my hair. She may need garden shears to begin! Inspired by a Facebook post about the changing elements of importance during isolation, I parked my razor. The wild beard makes the hair look normal! I couldn't help but remember a long ago conversation with my dad. I was 15 and certain my peach fuzz needed to be shaved. He told me not to be so anxious. There would come a day when you wished you had never had to shave. As always – he was right!

Marty Levesque, when you read this, sit down and hang on before proceeding. I tried Zoom, several times, and I like it!!! Truly it is hard to imagine that an expanded use of social media is not part of our future as we have experimented while unable to meet in person. Wow, it has come to this!!!

I was immensely proud to read an article about Laurent Duvernay-Tardif. Who? The

Montreal native is a 6 foot 7 inch offensive lineman for the Kansas City Chiefs, who just happened to win the Super Bowl this year. (You knew I'd work that in somehow!) After a brief vacation, Larry, as his teammates call him, went back to Montreal. He is just a residency away from being a medical doctor. When the call went out for volunteers with medical training to help in Nursing Homes, Laurent was quick to volunteer, and then thought, "What will the Chiefs say?" Apparently, without a second of hesitation, the Chiefs said go help your community. Duvernay-Tardif joined his new team to battle COVID-19.

As I have shared before; I am a card carrying introvert. Part of me thought this social distancing thing would be easy. No small talk, no having to be outgoing. Perhaps I need people a little more that I realized. I've talked to many people who have struggled with being alone, and continue to pray for all those whose mental health is suffering during a time when life seems to be unravelling while the usual human supports are not easily accessible.

Some strange notes. I went the entire month of April without once putting gas in my car. I may have a lot of TV channels, including some bonus ones during the pandemic, but there usually isn't much on. I was very happy when MSN-BC was added to the line up. I have missed watching Rachel Maddow. I do believe I may have set a record for the most games of Solitaire played in a

single month! I have been surprised how much recording an audio service each week, took me back to my days in radio. I amazed people who have experienced much fewer days than I on this planet, with the fact that we used to use grease pencils and razor blades to edit audio tape. Digitally, three or four clicks of the mouse can do in seconds what used to take 15 or 20 minutes. You always knew how terribly you had performed by the pile of tape left on the floor after editing a show.

As someone who enjoys walking, I have probably walked more kilometres in the last month than I have driven. But it has been amazing to see so much wildlife. For two full weeks the same two Canada Geese noisily welcomed me to the park I walk through each day. It has also been interesting to greet an increasing number of walkers, as we all scramble to distance properly.

I have been reading Richard Rohr during this time. First a reread of the "Divine Dance" and now "The Universal Christ." It seems appropriate that in a time when all seems a little bit off, I should read words written by someone who has given me new hope for humanity, Christianity and the world. With a new spiritual perspective, perhaps it will seem a little easier to dive into the new normal!

Rev. Canon Keith Nethery is the rector at St. James' Westminster, London.

keithnethery@diohuron.org

What a wonderful world!



**LAUREL
PATTENDEN**



The calendar is empty but it is amazing how I feel like I am living the life of a whirling top. Spinning. Around and around, doing what I am not sure. I know it is not laundry, and yet I thought at least at this time, I would catch up. It is not housework because I am not looking at a spotless house. Even though the calendar is empty I still seem to have a to-do-list that is just as long as before.

When the shutters came down in Ontario, I thought of all the books I would finally read. A pile of books on how to write. Books I am sure you would like me to read (pronto!), just to save you from my disjointed sentences, books that

remain piled. Large art projects remain unfinished and no new ones started.

Instead, I had been doing endless scurrying about. Playing Scrabble online. How much Scrabble can one play during a pandemic? Studying grocery lists and reading them twice before submitting for a home delivery. Tense that I forgot something and will have to wait a week or so to place the next order. Who knew how intense grocery shopping would become? Walking most days in our large yard, albeit, in a circle. We all know this feeling.

This new angst in our lives. Then I got the call from my cardiologist informing me that

I have the mild beginnings of heart failure. Medications to take along with lifestyle changes. It all felt like too much. How about you? Is "this time" feeling like too much?

"This time" has pushed unwanted limits on us and pulled the everydayness, perhaps dreariness, of our lives to the forefront. The virus has become a bully in our lives, pushing and pulling, and making us ache in places we have never felt sore before. Our world has tilted and we are off center.

So what can I do to stop spinning? How can I find a new center in my life? I need to stop lamenting my endless circle walks and rejoice in the

virtual, Facetime walks with my grandson. Watching him, at three and a half, walk the trails on a beautiful B.C. island several times a week. His dad picking him wild flowers along the way.

I need to stop lamenting the laundry and the household chores. Start to rejoice in gratitude the ordinary, daily life. Like monks in a cloistered life.

I need to stop lamenting the halt on visiting and realize there has been no restrictions placed on visiting God.

I need to stop lamenting my frail heart. We need to stop lamenting because we all have frail hearts now.

The writers of the Psalms lamented when their worlds were turned upside down. However, the difference is that they would always end their laments with lifting up their hearts to God with praise. Finding a renewed strength in God. So, I need to stop lamenting without the praise. We will always lament but we

don't always praise. Perhaps, the psalmists knew that it's the praise that keeps the world from tilting.

So, shall we sing together after our lamenting. Will you join me?

Laurel is retired and likes to spend her time in her art studio.

*I see trees of green
Red roses too
I see them bloom
For me and you
And I think to myself
What a wonderful world*

*I see skies of blue
And clouds of white
The bright blessed day
The dark sacred night
And I think to myself
What a wonderful world*

*Yes, I think to myself
What a wonderful world*

Oh yeah

**Louis Armstrong lyrics*