



## A Note from our Rector.

### WHAT ARE WE DOING AS A CHURCH COMMUNITY

My dear brothers and sisters,

I pray you are all well. I pray that you are managing to keep well physically and mentally during these very difficult times. I want you to know that you have ALL been in my prayers. I have taken to praying for 20 households a day. This means every nine days your family is remembered with special intention. You all matter. Each of you is one of God's beloved. We are in an unprecedented time and I understand that it is easy to be given to despair. That said, we have hope in the Lord Jesus, and we remain united as the Body of Christ. More, now than ever, we need to hold on to the assurance that each of us, as members of that one Body, are connected to and important to the other members. As we hear in Paul First letter to the Corinthians:

**"Indeed, the body does not consist of one member but of many. If the foot were to say, 'Because I am not a hand, I do not belong to the body', that would not make it any less a part of the body. And if the ear were to say, 'Because I am not an eye, I do not belong to the body', that would not make it any less a part of the body. If the whole body were an eye, where would the hearing be? If the whole body were hearing, where would the sense of smell be? But as it is, God arranged the members in the body, each one of them, as he chose. If all were a single member, where would the body be? As it is, there are many members, yet one body. The eye cannot say to the hand, 'I have no need of you', nor again the head to the feet, 'I have no need of you'. On the contrary, the members of the body that seem to be weaker are indispensable, and those members of the body that we think less honourable we clothe with greater honour, and our less respectable members are treated with greater respect; whereas our more respectable members do not need this. But God has so arranged the body, giving the greater honour to the inferior member, that there may be no dissension within the body, but the members may have the same care for one another. If one member suffers, all suffer together with it; if one member is honoured, all rejoice together with it. Now you are the body of Christ and individually members of it"**

As Paul has made clear, if one member suffers we all suffer. This is such an important message for us right now. Important because some of our folks are sick, some are in despair, some are lonely, some are working as nurses, doctors, hospital staff, pastoral care workers, delivery workers, and other manners of essential work, some of our members are youngsters worried about not getting back to school and worried for their grandparents, some are elders who are isolating for safety sake, some of our members are immunocompromised

It is with that in mind that I urge you all to do your part to look after the others members of the Body of Christ.

On a very practical level:

**\*STAY AT HOME:** As I write this we are hearing that all non-essential businesses in the province are closing. We should have no need to go out apart from trips to grocery stores and pharmacies.

**\*PHYSICAL DISTANCING:** 6 feet 7 inches apart. Kawhi Leonard is 6.7. When you are out for essential reasons, or to get fresh air and exercise, are you keeping 'Kawhi distance'?

**\*CALL ON FRIENDS/FAMILY/NEIGHBOURS:** Make sure those around you are ok too. Call that neighbour who lives all alone. When you are out for groceries pick up a little something for someone else who is too vulnerable to go out.

**\*PLEASE DON'T HORDE:** we have been reassured over and over again that the supply chain will not be compromised. Consider others who will be shopping after you.



# St Aidan's Church

## ANGLICAN

**\*KEEP WASHING THOSE HANDS:** The most important tool in our kit at this time is good personal hygiene. Wash your hands after you come in, before you eat, after you eat with soap and water. Sing the doxology and you will have washed long enough. Use hand sanitizer where soap and water are not available.

**\*READ:** This is a great time to dive into the bible. For the Benedictines they would read the 150 psalms in a week. That's just over 20 psalms a day. Perhaps you could start with Luke and the book of Acts. These narrative books are a great place to begin. (Need a bible? Let me know and I'll make sure one is delivered to you) If not the bible, revisit a favorite book, or take up a new one.

**PRAY:** consider setting aside time each day for quiet, for prayer, for a conversation with God. If you don't know words to say, turn to our prayer books which can be found at the Anglican Church of Canada's webpage under resources. And if silence works best for you. Sit...be silent. It too will be prayer

**BE KIND:** I will borrow again from St. Paul. Who advised the people of Ephesus to remember that they are marked with the sign of the cross and to be kind to one another..

**"So then, putting away falsehood, let all of us speak the truth to our neighbors, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labor and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you."**

We have been working hard to do our part to be as present to you as a community as we can. These measures include:

**\*GATHERINGS SUSPENDED:** At the direction of our Bishop, Todd Townshed, we have suspended all public gatherings. We have not CANCELLED Church. The Body of Christ will not and cannot be cancelled. We continue to be the people of God and more than ever can now declare that we are more than a building in which we gather.

**\*ONLINE SUNDAY WORSHIP:** Each week we have been and will be using Facebook Live to bring you worship at 1030 am. This is not an adequate replacement for the love, care, and formation that we know when we gather together under one roof - but it the best we can do at this time. The same service will be on the parish's YouTube channel each Sunday by 4 pm. I extend my gratitude to Iain Stevenson, David Weaver, Catherine George, and Anne Jaikaran for making this happen.

**\*20/20/20:** Our young people have been remarkable during this crisis. Hearing kids express how they are trying to be patient with stressed parents has given me incredible hope, Our young people matter greatly. Each week at 1130, I will gather via ZOOM with our 11-15 year old kids to talk about the scripture for that Sunday.

**\*SUNDAY SCHOOL MATERIALS:** Morgan Sherlock has been emailing the Sunday School material to all our families so that you might consider taking some time on Sundays to discuss those materials and grow together in faith.

**\*MORNING PRAYER AND COFFEE:** Each Tuesday and Thursday at 830 am I will be hosting a morning prayer service using Zoom. I will send an invitation to any and all who would like to attend. The prayer service is brief and many stay on for a time with a coffee or tea to catch up with others in the community.

**\*656 PM VESPERS:** Each Wednesday at 656 pm am I will be hosting a morning prayer service using Zoom. I will send an invitation to any and all who would like to attend. The prayer service is brief - 30 minutes max.

**\*EfM VIA ZOOM:** Those studying EfM will continue together - virtually- using Zoom.



**\*LENTEN BOOK STUDY:** Will resume for both morning and Evening groups via Zoom.

**\*REGULAR PHONE CONTACT:** Morgan, Anne, Pat Ferguson and I are serving as Team Captains of telephone Disciples. There are 14 people who have raised their hand to minister in our community by calling members on our list. The four captains will call our folks in the alternate weeks. If you have not received a call from someone PLEASE CALL Celina at 519-471-1430. We are finding our list incomplete. We may not have your number. PLEASE be in touch so we can add you.

**\*DELIVERY OF ESSENTIALS:** We have a team of people ready to bring things that you cannot get out to get yourself. We are considering our seniors here as the highest priority. Please let those who call you know if you need something.

**\*LEADERSHIP MEETINGS:** With the challenges we are all facing your pastoral leadership (myself, Anne, Pat, and Morgan) is meeting frequently via Zoom to keep on top of your needs and also to keep each other well.

**\*VIRTUAL VISITS:** If you require a pastoral visit, I am available by phone, FaceTime, skype, or zoom. If there is a pastoral emergency, the bishop has put guidelines in place for us to be available to you

All of this to say, that we continue to BE the church. We are here doing what we can to support you at this time. I do not want any of you to despair.

My love for you all remains.  
Please pray for me as well...

Kevin