

Update from All Saints'
Email to the Parish from The Venerable Christopher Dunn
20 April 2020

Some days you just ride an emotional roller coaster—nothing serious—you know that you will stay on track, but everything just goes up and down. Perhaps that is the story of life today.

All of us were shocked by the news coming out of **Nova Scotia** and the 17 people that were killed by a lone gunman posing as a police officer. I think our hearts and prayers go out to all those who struggle in the face of this outrageous action. We are learning more about the victims, but we hold up in prayer all the family members left behind to grieve, and those in the communities affected. We pray as well for Constable Heidi Stevenson of the RCMP and all her colleagues.

I did spend a few hours today at the **Westboro Region Food Bank** and had some great conversations with some of our neighbours (recipients). It is interesting that the biggest challenge we face right now is getting their food hampers home. So, once again, the Food Bank has purchased some much needed collapsible Grocery Carts. A number of those receiving food help do arrive by car, but many are on foot and walking in some cases from Kirkwood Avenue at the “outer limits” of our region. They were very pleased to receive the carts to help them carry their hampers home.

When I arrived home from the Church today, I stopped at the “Snail Mail” mailbox and got a wonderful surprise. Today I received this wonderful **drawing from Cormac** (the Grandson of Andi). It shows the Empty Tomb and a wonderful tree with green leaves growing.



Thank you Cormac for brightening my day!!

So tonight's prayer:

*God our Father, glorious in giving and restoring life, do not hide your face from your people overcome with loneliness and fear; turn our mourning into dancing and raise us up with your Son, that we may rejoice in your presence for ever. **Amen***

Take Care everyone and stay well.

Chris