

## Update from All Saints'

### Email to the Parish from The Venerable Christopher Dunn

**13 May 2020**

The blue sky and warmer temperatures are a sign of good things to come. I am learning to look for signs of hope and joy wherever I go.

Adam has prepared an **Evening Prayer** service for you. The bulletin for the service is attached to this email and you will find the video on our Parish Facebook page with this link:

<https://www.facebook.com/allsaintswestboro/videos/554247092184707/>

I was reminded by Susan Gates that May 12th was also the International **Myalgic Encephalomyelitis (M.E.) Awareness Day**. It shares Florence Nightingale's day because it is the illness which caused Florence Nightingale to become an invalid. Often called Chronic Fatigue Syndrome it is now more accurately called Myalgic Encephalomyelitis (M.E.). Susan and many others suffer with this every day and she would be happy to share more information with those that would like to understand more about the disease.

I have been trying to help out a parishioner who has moved back to Ottawa and is trying to re-establish a small bachelor apartment here in the city. They move in on May 30th and are **looking for certain items**. If you can help with any of the following please let me know and I will put you in contact with the individual to see about arranging pickup. They are looking for: *a square kitchen table and two chairs (small scale, as this is a bachelor apartment); a microwave oven; 3 bookcases; two outdoor chairs; a handcart/shopping cart for groceries; and an iron.*

Tonight's prayer:

*"God of mercy, deliver those who are weighed down by fear and depression, and give them joy and gladness in your presence. We ask this in the name of Jesus Christ the Lord. Amen"*

Take Care

Chris