

Update from All Saints' **Email to the Parish from The Venerable Christopher Dunn**

4 May 2020

It has been a relatively quiet day today; I am just getting my head around the Polar Vortex that is bringing in the cool weather again.

We were in the **Westboro Region Food Bank** this morning and because it is only the fourth of the month there were not a lot of visits. Lori put out a list of items that we are looking for in the Food Bank. We need: Cooking oil (vegetable oil, canola, safflower etc.); Olive oil would be wonderful; Toothpaste and tooth brushes and dental floss; Personal hygiene products (pads, tampons etc.) and toilet paper; Nut free spread (Wow butter); and Canned tomatoes. It would be nice to have products for Ramadan and Eid, for our Muslim guests. These include: Honey; Dried Dates and Apricots; Pistachios and Walnuts; Tahini; Ghee; and Garlic. We are open again on Thursday so dropping things off to me between 4:00 and 7:00 p.m. on Thursday evening would be great.

Tonight's prayer:

"God of saving power, remember us in times of sorrow and despair. Redeem us with your strength and guide us through the wilderness. We ask this in the name of Jesus Christ. Amen"

May the fourth be with you,

Chris