

Update from All Saints'

Email to the Parish from The Venerable Christopher Dunn

19 February 2021

Happy Friday everyone! I know that for many of us one day is just like another, but I am looking for the small things right now.

In this weekend's **Church School Video**, Julie looks at the story of Noah and his Ark, and the promise that God makes to both Noah and to each of us. You can watch the video and join in the craft, making your own Noah's Ark, at this link to our Parish Facebook page: www.facebook.com/allsaintswestboro/videos/804899420100055

I have received a list of **special need items for the Westboro Region Food Bank**. These are items that we do not receive from the Ottawa Food Bank on a regular basis and that we do not normally go out and buy. They are items that our neighbours are often looking for though when they come by for support.

If you are out shopping this weekend perhaps you could pick up some of these items and drop them off at the Madison street door on Monday, between 10:00 am and 1:00 pm (even though you can not enter the building, Paul will meet you at the door).

Here is the list:

- **Food Bank Needs:**

- toothbrushes, toothpaste, and Polident;
- shampoo and conditioner, soap; and deodorant;
- warm wool socks;
- oil (always welcome: cooking oil, olive oil); milk alternatives (soya, rice, oat, almond); grains (quinoa, bulger, cracked wheat, couscous);
- Similac (Step 2) or Enfamil baby formula (Step 1)—both brands meet Halal requirements; baby food (fruit or vegetable only . . . **no meat**); baby wipes

- **Food Bank wants:**

- condiments (ketchup, mustard, salad dressings, honey, pancake syrup, hot sauce);
- dried fruit;
- sardines;
- pancake, cake, and muffin mixes; spices;
- large family size peanut butter;
- 100% shelf safe juice (apple juice, cranberry juice, etc.);
- house cleaning supplies

So, a prayer for today:

Eternal God, you comfort the afflicted and heal the broken. You have fed us this day by your Word of grace, freedom, and hope. Teach us to walk the ways of gentleness and peace in your world. Keep your people from callous indifference to racism, sexism, and violence, that your children from all four directions may flourish in the beautiful life that is your intention for creation. Amen.

Take care and stay well,

Chris