

Update from All Saints' **Email to the Parish from The Venerable Christopher Dunn** **4 March 2021**

This evening, the Mourning Doves are taking shelter from that cold wind at the bottom out our deck stairs. I looked out and it took a moment to sort out what the two brown lumps were on the deck. I don't think that they are appreciating this March weather!

The **Church School video** is now posted, and while this is intended for our Church School children, I think that Aaron Leach's message about what we are feeling and how we express it is valuable for all of us. How do we talk about our emotions? How do we express them? I encourage you to watch this great presentation; you will find it on our Facebook page at this link: www.facebook.com/allsaintswestboro/videos/461985244943519

A reminder that this evening is the second-last **Diocesan Book Study** gathering over Zoom. If you still would like to participate in this study of Richard Rohr's book here is the Zoom link for 7:00 pm: <https://ottawa-anglican-ca.zoom.us/j/81894293009?pwd=V1JoM1ZXZTZ2QmVmUmN1L1FoUERwZz09> (Meeting ID: 818 9429 3009 & Passcode: 683882)

A reminder that next Tuesday, March 9th, from 6:00 to 7:00 pm, you are invited to join in the **Mid-Lenten Virtual Dinner Gathering** via Zoom. We will share in a simple soup and bread dinner, pray, sing, and check in on how our Lenten intentions are going. Soup and bread will be available for pick-up at the Madison entrance to the Church, between 4:00 and 4:30 pm on March 9th.

Please let Simone or Julie (or Helen in the office) know, **by Sunday (March 7th) night**, whether you would like to pick up litres of vegetable soup and buns (or to have the recipes to make your own). The Zoom link for the **Tuesday dinner, at 6:00 pm**, is: <https://us02web.zoom.us/j/8741442482?pwd=OEI4V090MjVhTmU3N1VkMysvTkdTUT09> (Meeting ID: 874 144 2482 & Passcode: 12345)

Don't forget, **Morning Prayer with Simone** tomorrow at 9:00 am. This continues next week on Tuesday, Wednesday, Thursday, and Friday with the same Zoom link each time: <https://us02web.zoom.us/j/8741442482?pwd=OEI4V090MjVhTmU3N1VkMysvTkdTUT09> (Meeting ID: 874 144 2482 & Passcode: 12345)

This evening's prayer is from a Parish in England:

God, please give me the strength to make it through this day. I don't know what you're up to or what is going to happen, but you do. Please help me to trust in you in all things, even when the road isn't easy or clear. Amen

Be well and be good to yourself,

Chris