



St. Hilda's By the Sea Parish Communiqué

21 MAR 2020

Sunday March 22 Lectionary Readings

1st Reading: 1 Samuel 16:1-13

Psalm 23

2nd Reading: Romans 5:8-14

Gospel: John 9:1-41

From Your Wardens

Dear Family of St Hilda's,

We hope and pray that you are keeping well, in every sense of the word. While we cannot be together physically, Fr. Ayoob, the Wardens, Karen and Katherine, and many volunteers in the Parish will continue to work together to make sure we stay connected to each other and to the God who is always near to us.

We need to let you know that Katherine, Karen, and Joshua attended a Scouts gathering on Friday March 13, and have learned that a fellow attendee has subsequently been confirmed to have a presumptive case of the COVID-9 virus. Katherine, Karen, and Joshua have no symptoms, but are self-isolating at home until at least Friday March 27. Although the risk is likely low, anyone who attended services at St. Hilda's on Sunday, March 15 should also self-isolate until we know that Katherine, Karen, and Joshua remain symptom free. Of course, we all need to continue to limit physical contact with others until the risk has passed.

Our heart's go out to Karen whose father died suddenly yesterday. Karen cannot travel to be with her mother and siblings at this time. Please pray for Karen, Jon, Joshua, and Karen's family.

St Hilda's website is a great resource for news of our parish and the Diocese, and for resources to keep you growing during this time of isolation. If you use the internet, visit it and take a look around. Thanks to David Moul for compiling great resources and for keeping us up to date! See www.sthilda.ca

If you are able, link to the live stream of worship at the Cathedral on Sunday at 10:30, with Archbishop Melissa as celebrant. <https://thecathedral.ca/worship/livestream/>

While we are unable to be together physically, we hope these weekly communiqués will help keep the parish connected and engaged, and we welcome your contributions. If you know of options for worship or spiritual growth, whether online or otherwise, feel free to contribute them and we can share in upcoming communiqués. Send to admin@sthilda.ca

We are continuing to discuss other options for worship. We'll have more to communicate over the next weeks.

The next communiqué will also provide options for financial giving.



Subject: Love

And when this has passed
May we say
That love spread more quickly
Than any virus ever could.
May we say that this
Was not just an ending
But also a place
To begin.

Christine Valters Painter, Abbey of the Arts

Message from Fr. Ayoob

As we are all aware, the global spread of the coronavirus, COVID-19, has become a central topic of discussion and concern for many of us. It has caused us to think about the things we take for granted and to re-think how we go about the practices of our daily lives. In the church, this pandemic has caused us to consider that our primary concern must always be to care for the spiritual, physical, and well-being of our fellow parishioners and people.

In time of crisis fear gives way to hate. Individuals are not responsible for the virus, and any of us could be carriers. Only perfect love casts out fear (1 John 4: 18). As people of faith, let your words and actions cultivate love all God's people.

Please follow all the guidelines to protect yourselves, families and friends, and for public health call 811 to provide more advise and for further instructions if needed.

Rather than live in fear, let us together approach this challenge in faith. We have an opportunity to model for our families and for each other what a faith-filled and faithful response can be. Instead of living in panic and in fear, being reactionary and taking a self-centered response, we have a chance to remain rational and reasoned and to approach this pandemic in a spirit of trust, love and compassion.

Stay in love with God, In times of uncertainty and vulnerability, human contact and spiritual connection are important. I encourage you to find creative ways (like social media) to keep in contact with your families and our friends in our parish of St Hilda's during this time.

Jesus calls every single person to Himself and back to wholeness of life that God intends for all. When He finds people broken by disease, He heals their bodies like in today's gospel story when he healed a man born blind.

The apostle Paul says it well. "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus" -*Philippians 4:6-7*

The Blessing

O God, source of healing, cast the light of health and well-being
on those who've been exposed to COVID-19,
those who have contracted the disease now and in the future.
Bless us, protect us and bring us speedily to full recovery.
Bless all who are ill with healing of body,
healing of soul and healing of spirit,
we ask in Jesus's name our healer and savior!

Daily Meditation Suggestion

Struggling to find peace and calm? How about a Parish Daily Meditation Practice?
Click on the link, watch the video, turn up the volume, and let's all join together.

<http://www.sthilda.ca/blog/daily-meditation-practice>

or

<https://www.facebook.com/sthilda/videos/196670258444148/>

*Peace before us, peace behind us, peace under our feet.
Peace within us, peace over us, let all around us be peace.
Repeat: Love, Christ, Alleluia, Peace.*

Suggested Dose: Take daily, as needed. For best results, **sing out loud with actions**. Good for heart, mind, body, and soul. Can be done inside, or outdoors for added benefits.

Parish Prayer for the Fourth Sunday in Lent	
Anglican Communion	The Hong Kong Sheng Kung Hui The Most Rev Paul Kwong - Archbishop of Hong Kong Sheng Kung Hui & Bishop of Hong Kong Island
Diocese & Partners	Dean The Archdeacons: The Venerable Kevin Hunt (Burrard) The Venerable Stephen Muir (Capilano) The Venerable Louie Engnan (Fraser) The Venerable Allan Carson (Lougheed) The Venerable Stephanie Shepard (Granville) The Venerable Richard Leggett (Westminster) The Venerable Douglas Fenton (Executive Archdeacon/Vancouver) The Venerable Bruce Morris (Archdeacon for Deacons) ----- Holy Trinity Mission in Bantey (twinned with St. Hilda's) Companion Diocese: Bishop Brent Alawas, & the Clergy & People of the Episcopal Diocese of Northern Philippines BC Synod of the ELCIC, Bishop Gregory Mohr
Local Agencies	Community Resource Centre
Local Churches	Christ the Redeemer
Justice Umbrella	This International Day for the Elimination of Racism, we pray for courage to examine our own hearts, and free ourselves from the shackles of discrimination. On this World Water Day, help us to be thankful for the gift of this life-giving resource, and to be mindful of how we use it. May all people in the world have access to safe, clean water.
Prayer Requests	Terry Aleck (Coyote): heart issues Fred Hibbard: comfort and peace Phil Hopkins: strength & peace while healing Karen, Jon & Joshua: comfort while grieving Janet McConnell Lorelei Reier: comfort & strength while undergoing treatment Sher & Morrie: comfort & encouragement Donna Walsh Wheeldon: heart disease investigation
Rest in Peace	The Rev. Ron Weatherington
Parish Families	Murray Peterson & Karen Berglund; Cassandra Pettman and children Casey, Cody, Sascha, Caleb; Bruce & Lisa Pond; Muriel Prior

Announcements

Trivia Night raised almost \$3500 for the Capital Campaign including \$1668 from the Silent Auction. From that, \$500 will be donated to the Food Bank. Thanks to the many volunteers at St. Hilda's, Rotary and others who made the evening tons of fund and a success. There are some leftover food/beverage items that will be sold at cost such as aerosol cans of whipped cream, non-alcoholic red & white wine, sparkling apple juice, tetra paks of juice, tobasco sauce & celery salt. If anyone is interested, contact Roslyn Mundy or Janet McIntosh to purchase.

Office Karen is taking some holidays Tuesday and Friday. She is working at home this week on Wednesday and Thursday morning. If you have any announcement for the communique, please get them to her by Wednesday morning. She will be checking the phone messages and the email from home.