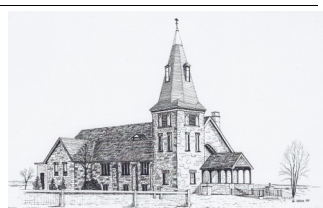


THE GOOD NEWS

INSIDE THIS ISSUE:

<i>Together at Home</i>	
<i>Nancy Grove</i>	2
<i>Ring the Bell</i>	2
<i>Karen Wilson</i>	2
<i>Sarah & Lisa</i>	2
<i>Making Pretzels</i>	
<i>Protection Guidelines</i>	2
<i>Pretzel Recipe</i>	3
<i>Together at Home (cont'd)</i>	
<i>Parish Craft Group</i>	3
<i>Pat & Gary Weir</i>	4
<i>Ann Lambert</i>	4
<i>Prayer - Isolation</i>	5
<i>Face Masks</i>	5
<i>Soup for Seniors</i>	5
<i>Hunger on the Hill</i>	6
<i>Prayer</i>	6



He Is Risen



REFLECTION:

SUBMITTED BY FATHER JOHN STOPA

Christ is risen! Alleluia!

Though it may not feel much like the Easter season, Easter is upon us. We're living in uncertain times. I know that now, whenever I go out, I see people wearing more facemasks than ever before. 'Social distancing' is a phrase that none of us would have ever imagined using a month ago, yet here it is deep within our consciousness. We have become islands in a social fabric.

I was reminded this morning of Julian of Norwich. Julian is actually Juliana – a 14th century mystic who on May 8th and 9th, 1373 had a series of visions received from God, that she spent the next 20 years writing about, published in *The Revelations of Divine Love*. We commemorate Juliana on May 8 each year in our church calendar. In our diocese, we even have a Parish named after her: the Church on Merivale Road and Withrow Avenue in Ottawa. The reason I was reminded of Juliana is of a simple prayer I

have learned that is attributed to her, one that is so appropriate in times like these:

All shall be well,
All shall be well,
And all manner of
things shall be well.

It is a prayer that is very simple and beautiful. Strangely, it is also a prayer that doesn't have the words "God", "Father", "Jesus",... It is not addressed to any of the Godhead. It is a prayer of trust, of simple faith. It is an acknowledgement that indeed, "All will be well."

I will be honest with you and share with you that of all the prayers I say, **this** is the one prayer I pray the most often. I pray it more often than I pray the Lord's Prayer. I pray it when I am worried about someone, or a situation. I pray it when depression strikes. I even pray it in good times as a reminder that indeed: "all shall be well." And, I pray it in uncertain times – like these – when what the future holds is not quite clear.

See, this prayer reminds us, us – not so much as God – that God is with us, and that we need just to have the faith to remember that. We need just to trust. This prayer does not mean that things are always going to go smoothly and wonderfully in life. It is not a magical incantation, a hocus-pocus if you will. No, it's a powerful set of words that reminds us that whatever happens in life, however deep and dark it gets, or however scary it may be, "all shall be well, all shall be well, and all manner of things shall



be well." We will pull through it, with God's help. We will be well. All will be well.

Amen.

We cannot meet in person, but we can meet virtually. Please watch past services on the Fitzroy Parish website: <http://www.anglicanfitzroyparish.com/videos> Simply click on the video and be inspired and challenged by the messages.



Hear my cry, O God; attend unto my prayer.

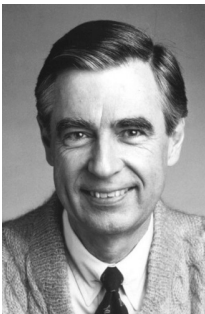
From the ends of the earth will I cry unto thee, when my heart is overwhelmed; lead me to the rock that is higher than I.

Psalms 61: 1-2



Jesus says simply: what you want people to do for you, do for them. Make sure that all others have what you think you need yourself.

Salt and Light



"When I was a boy and I would see scary things in the news, my mother would say to me,

'Look for the helpers. You will always find people who are helping.'

To this day, especially in times of 'disaster,' I remember my mother's words and I am always comforted by realizing that there are still so many helpers—so many caring people in this world."

—Fred Rogers

TOGETHER AT HOME

SUBMITTED BY LORRAINE MADORE

Lent is behind us and we are in the Easter period. Alleluia!! These are very interesting times when we need to find new and creative ways to minister to each other and to the world around us.

We are not able to meet in person right now at St. George's or St. Thomas', and we will not be able to meet for the foreseeable future. We are still fulfilling the purposes of God and doing the good works which He has prepared in advance for us to do. We are still gathering, virtually and at a distance. And we are still having fun.

Here are some of your stories and the activities you are enjoying from your home or online with friends and family.

Nancy Grove: During this time of imposed isolation, the world has come to a halt and I am forced to face what is truly important in my life. I don't know what God's doing...and this can be hard, and frightening, some days...

That is when I just have to trust God, do my bit, and stay put. His faithful Holy Nature gave His life for me. He is with me in this time, as He is with all who hope in Him. By faith I grasp on to that hope-not of what I want Him to do-but in Who He is.

I also tell Him how I feel, honestly. (one worship song that helps me is 'Another in the Fire' by Hillsong, on YouTube).

I get up early each morning, get dressed, put on some music and dance. (Up beat and positive - Just like the Psalmist David). I eat well and take the dogs for a couple of neighbourhood walks in the day, waving from afar to those I meet (Both strangers and neighbours) with a hollered greeting that I sincerely mean.

I'm writing more letters, making more phone calls, FaceTiming/texting more people than my introverted nature would normally be comfortable with. To my surprise these efforts have been appreciated and I have benefitted from stepping out of my comfort zone.

I try to limit my news/social updates to morning, noon, and supper (3X) and, after wards, I definitely talk to God about the world situation, our leaders and those dear to me.

And I am reading through the Psalms before turning out the light for the night

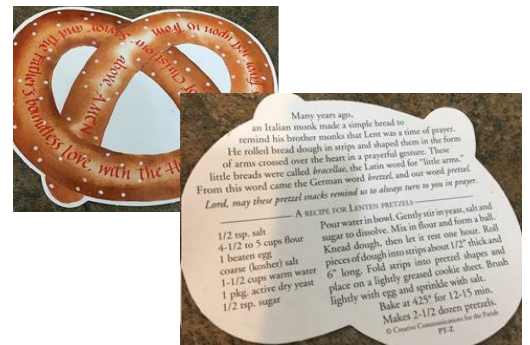
Ring the Bell: Here is a video of St. Thomas' wardens Sherry Wiedman and Carolyn Beeton ringing the bell one Sunday in Lent: <https://www.facebook.com/1770080553216019/posts/2681023762121689/>

Karen Wilson: What I have been doing is baking & dividing it into plastic bags on a tray. Then I take them to the meeting place near the entrance & leave them on the bench. A little while later I look down the hall & they are gone. The treats could be cookies, small muffins, squares etc. First come first served. Makes me Happy.

Sarah and Lisa Making Pretzels at a distance

Lisa Probst shared a special recipe and coarse salt, allowing Sarah Madore to make her first ever yeast bread. Here is the recipe and the story of how pretzels first came into being, courtesy of Lisa, along with a picture of Sarah and her pretzels

Many years ago, an Italian monk made a simple bread to remind his brother monks that Lent was a time of prayer. He rolled bread dough in strips and shaped them in the form of arms crossed over the heart in a prayerful gesture. These little breads were called bracciale, the Latin word for "little arms." From this word came the German word bretzel, and our word pretzel. Lord, may these pretzel snacks remind us to always turn to you in prayer.



(Cont'd Page 3)

PROTECTION GUIDELINES

SUBMITTED BY CANADIAN GOVERNMENT

If you have been out—Self Isolate

If you have been in contact with anyone who has tested Positive—Quarantine Yourself

Wear a mask in public to protect others

Stay at least 2 meters (6 feet) distance from others

No conversations longer than 10 minutes

Wash Hands often

If cannot wash hands use sanitizer

Stay Home as much as possible (exceptions Grocery Store, Drug Store or Doctor Appointments)

Stay in contact with family and friends

PRETZELS

SUBMITTED BY LORRAINE MADORE



Pretzel Recipe:

½ tsp. salt	4 ½ to 5 cups flour
1 beaten egg	coarse (kosher) salt
1 ½ cups warm water	1 pkg. active dry yeast
½ tsp. sugar	

Pour water in bowl. Gently stir in yeast, salt and sugar to dissolve. Mix in the flour and form a ball. Knead dough, then let it rest one hour. Roll pieces of dough into strips about ½" thick and 6" long. Fold strips into pretzel shapes and place on a lightly greased cookie sheet. Brush lightly with egg and sprinkle with salt. Bake at 425 degrees for 12-15 min. Makes 2 ½ dozen pretzels.

TOGETHER AT HOME (CONT'D)

SUBMITTED BY LORRAINE MADORE

Fitzroy Parish Craft Group

Margo Kealey shares the work and fun of this group as it continues to meet virtually



Prior to our Covid distancing requirements our parish craft group were meeting at St. George's, Amy Newell Hall, bi-monthly. It's an open invitation to anyone who might like to connect with others to spend some time working on a project or just enjoying the company of friends. Our group has a wide variety of talents and we can always look forward to seeing the projects progress and our show and tell. From quilts and blankets, crocheted bags and hooked rugs we have seen dolls and beautiful coloured pictures along with needle point and knitted sweaters. It's nice to share our interests. The time together always brings a few laughs and at least a helpful tip or two. Thanks to tech savvy Carolyn, we are now connecting through

Zoom on a weekly basis. We are doing our best to keep our group together and this 'check in' helps us to focus on something fun. If you would like to stop in, please join us Thursdays at 1:00 for our virtual get together. <http://zoom.us/j/294349432>

We look forward to connecting with you!

Above is a snip from a recent meeting of the ladies, some of who are making medical caps and masks for friends, families and local long-term residences. Note that Carolyn is wearing her latest creation - the fair isle sweater

(Cont'd page 4)

Not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day drawing near.

Hebrews 10:25

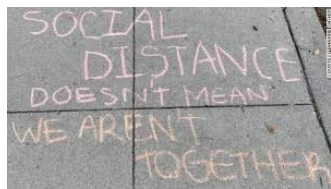


O come, let us sing unto the Lord: let us make a joyful noise to the rock of our salvation.

Let us come before his presence with thanksgiving and make a joyful noise unto him with psalms.

For the Lord is a great God, and a great King above all gods.

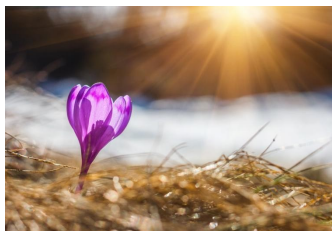
Psalm 95: 1-3



O Praise the Lord, all ye nations: praise him, all ye people

For his merciful kindness is great toward us: and the truth of the Lord endureth for ever. Praise ye the Lord.

Psalm 117



TOGETHER AT HOME (CONT'D)

SUBMITTED BY LORRAINE MADORE

Pat & Gary Weir

Gary & I are doing just fine. Of course, we are blessed to live in the country with lots of space to be outside but away from people at the same time. Gary is preparing for spring planting, hopefully no setbacks in the supply chain for seed, fertilizer, etc. I am certainly getting through my list of 'to-do's' for a rainy day.

I would like to put out a huge thank you to those people in our own congregations who continue to be essential workers. Just from St. George's there are retail workers, farmers, firemen, hospital workers (she has been reassigned from her regular work to be part of

the team dealing with COVID). Of course, not to overlook the ongoing hours for those who volunteer both with the Arnprior Foodbank and the WestCarleton Foodbank.

There are also those people who are actively sewing headbands with buttons for hospital staff to hold their masks and avoid wear on their ears. Also they are sewing masks for individuals.



I think our parish should be encouraged to pick up the phone and actually call people in our parish to check in. There is nothing to replace the actual sound of someone's voice. It is

way too easy to click the 'like' button.

Also here are some links to Anglican services that we can watch. Gary & I have watched the following:

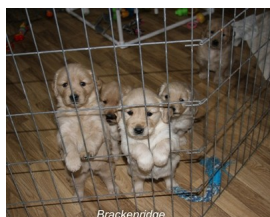
Easter Sunday: <http://www.anglicancommunion.org/>
St. Paul's, Kanata <http://stpaulshk.org/webcast/>

Everyone is trying to do 'their bit' but as time goes on, it will take a concentrated effort to stay connected with each other, so anything you can do to encourage us at this time would be most appreciated.

Ann Lambert

It is certainly a very strange time especially when we should be celebrating Holy week together. There are very good services online from Christ Church Cathedral. I read the service aloud and sang along with the hymns. The dogs looked at me as if I have 2 heads!!

I have a litter of puppies so they have kept me busy as no visitors have been able to come.



I have also been feeding the birds



and a fox came by for several mornings.



We also tapped some maple trees so were kept busy collecting sap and boiling. I walk my 5 Golden Retrievers every day in the fields and they come back wet and muddy!!! It's their highlight!!

My son's family of 4 young grandchildren are in Perth so we Zoom regularly. We played bingo one day and every Friday they give a presentation on a project they have worked on during the week. Even Molly who is 4 said a couple of sentences on Unicorns! It's a great way to keep in contact. I also Zoomed with the craft group last Thursday so it was good to see all the faces.

I hope you and your family are staying healthy and safe.

Our Parish is active on social media. You do not have to have any special accounts to view any of the posts:

Twitter: <https://twitter.com/AnglicanFitzroy>

Facebook (St. George's): <https://www.facebook.com/stgeorgesfitzroyharbour/>

Facebook (St. Thomas'): <https://www.facebook.com/stthomaswoodlawn/>

You can also find worship services across the Diocese by checking out the following page:

<https://www.ottawa.anglican.ca/images/COVID-19/ADO-Virtual-Service-Schedule-1.pdf>

TOGETHER AT HOME (CONT'D)

SUBMITTED BY LORRAINE MADORE

Beth Portt

Beth Portt is praying for our congregation using this pray.

Isolation

Lord, we confess that each of us has known times when we have
felt alone, empty and abandoned.

We have experienced a sense of isolation from you and those
around us.

We confess that we easily become anxious about ourselves, our
families, our health, and our possessions.

We confess that we are too easily brought low by our concerns
and by our reliance on the false security of earthly things, and we
do not stand on the rock you have provided.

Lord, set our feet again on the path of life where you would have
us walk.

Be still and know that I am
God

Psalm 46:10



Logic will get you from A—Z
Imagination will get you
everywhere

Albert Einstein

FACE MASKS

SUBMITTED BY ARNPRIOR AND DISTRICT MEMORIAL HOSPITAL

The Hospitals are still in need of face masks. The Arnprior and District Memorial Hospital will accept as many as you make. Just drop them off at entrance "B".

This tutorial was recommended by an employee at the hospital and can be found on YouTube by searching "best fit mask tutorial" by Brittany Bailey



Best Fit Face Mask—Pretty Handy Girl
prettyhandygirl.com

A Free YouTube video and pattern for
fitted masks (not for healthcare)

<https://www.youtube.com/watch?v=kHZ03CETsQ>



I made extra large and large. I angled the
elastic up towards the ears. I recommend
making one and then adjusting as
needed before you make the rest. I
downloaded and printed the pattern then
watched the video again. Kathryn



We will meet again

Queen Elizabeth II

The ultimate measure of a
man is not where he stands
in moments of comfort and
convenience but where he
stands in times of challenge
and controversy.

Martin Luther King Jr.



Defend the poor and father-
less: do justice to the afflicted
and needy.

Psalm 82: 3

SOUP FOR SENIORS

SUBMITTED BY SUSAN SMITH

Good morning everyone,

I hope this finds you all well and staying safe in these very trying times. I just wanted to touch base to see how everyone is doing. Needless to say, we will not be making soup anytime soon but I look forward to the day that we can once again spend time with others. If you know of anyone in need of soup, there is still soup in the freezers at St. George's and St. Gabriel's.

Take care and God bless.

Parish of Fitzroy Harbour

192 Shirreff St.
P.O. Box 191
Fitzroy Harbour, ON
K0A 1X0

Phone: 613 623 3882
E-mail: stthomas.stgeorge@live.ca

[www.anglican
fitzroyparish.com](http://www.anglicanfitzroyparish.com)

Check out our parish
twitter feed
[@AnglicanFitzroy](https://twitter.com/AnglicanFitzroy)

facebook.com/stthomaswoodlawn
facebook.com/stgeorgesfitzroyharbour



If you know
of or have
any pictures
of events
that you would like to have
included in the next newslet-
ter please send them to Cathy
or Lorraine at church office



Behold, I come quickly
Revelation 22:7



The Parish of Fitzroy Harbour is a community inspired and strengthened by the Holy Spirit guided through spiritual discernment, to Support, Share and Serve in the World

St. George's and St. Thomas' are strong churches, beautifully warm sanctuaries brimming with history, love and devotion. The sacred religious traditions are carried out by Father John Stopa. The dedicated congregations, actively keep the church-going practices alive.

HUNGER ON THE HILL

Submitted by Lisa Probst

HUNGER ON THE HILL

March 12, 2020

This was the day before social/physical distancing!

Canadian Foodgrains Bank (CFGB) staff, Executive Committee members and volunteers spent two days in Ottawa packed with political engagement work. We met 34 individual members of Parliament (MPs) and Senators. We had a lovely visit with our MP Karen McCrimmon. On the left is David Adcock of the Toronto Pentacostal Assembly of Canada and also board member and secretary of the CFGB. He was part of the team along with Jim Cornelius CEO of CFGB and myself. Karen wishes to visit the WC Growing project at some point. Gary was on another team but, unfortunately, I don't have a picture.

There were seven executive committee members, seven Foodgrains Bank staff, and six volunteers divided into five teams.



We expressed gratitude for the Government of Canada's ongoing support for the CFGB, and urged more support for overall aid for agriculture, within a growing aid budget.

COVID 19

Prayer for all who are affected by this Pandemic
Prayer for all Health Care Workers
Prayer for all First Responders
Prayer for all who have died in this Pandemic
Prayer for all who are recovering from this Pandemic

PRAYER, BASED ON FR. JOHN'S REFLECTION

Submitted by Father John from For All the Saints

Source and Partner of the eternal Word,
who brought to birth in the Lady Julian
many visions of your nurturing and sustaining love, move our hearts, we pray,
to seek your will above all things,
that we may know the joy of your gifts
and embrace the gift that is simply yourself; through Jesus Christ our Lord,
our Saviour, Brother, and Mother,
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever.