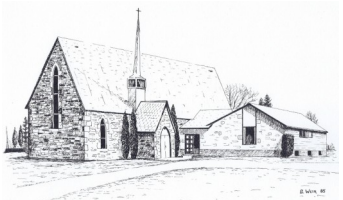


# THE GOOD NEWS

## INSIDE THIS ISSUE:

<i>Frank Marchington</i>	2
<i>Don't Forget God in Your Life</i>	
<i>Fitzroy Parish &amp;</i>	2
<i>Other Anglican Services</i>	
<i>Report on Parish Survey</i>	3
<i>Saluting St. Thomas'</i>	4
<i>Praise Ye The Lord</i>	4
<i>Report on Parish Survey</i>	5
<i>cont'd</i>	
<i>Thanksgiving Service</i>	5
<i>Parish Craft Group</i>	6
<i>Crosstalk On-Line</i>	6
<i>Cautious Opening in September</i>	6
<i>The Long Road to Racial</i>	6
<i>Report on Parish Survey</i>	7
<i>Summary of Parish Survey</i>	7
<i>Protection Guidelines</i>	8
<i>Prayer</i>	8



## REFLECTION:

SUBMITTED BY FATHER JOHN STOPA

I'm honestly tired of COVID-19 talk. How about you? COVID-19 dominates our life in all sorts of ways and rightly so, we should talk about it in various circles. In our context here, I am most grateful to Mary McNeill for the very important work she did in surveying the people of our parish about how they feel about coming back to church. You can also read up on what our Diocese is doing about COVID-19 preparedness and planning by going to <http://bit.ly/Dio19>. So, forgive me if I don't talk about it here.

Instead, I thought I would talk about the Old Testament. I can see you leaping off your seat, excited at the prospects of what this could be about! I mean, the Old Testament is so... old. And, isn't the God of the Old Testament so mean? And there's all those lists of people who begat people. Plus, all that violence!

For the longest time, in our Book of Common Prayer Sunday Communion Services, there would be no reading from the Old Testament – just a lesson from the New Testament and a

reading from one of the four Gospels. Mattins and Evensong might have Old Testament readings, but no one really paid attention to those, did they? Certainly, other than the commandments, clergy wouldn't preach on Old Testament stuff... it was too difficult. I know in my own preaching even now, it's not very often that I will preach exclusively on an Old Testament reading, and there are Sundays wherein I don't even touch upon it at all.

So why write about it? Why read it? Well, if we chose to overlook this Testament, it is at our peril. This is the Bible that Jesus knew, preached from and quoted, and the Bible that Paul, the Apostle to the Gentiles, also would have been familiar with and used. The Old Testament makes up roughly two-thirds of the Bible. The original text comes to us in Hebrew, Aramaic and Greek. It is meant to be seen as a library of books – and not as one book in and of itself: this is important, because in truth, the Bible contradicts itself, and that's okay – there is a reason why it does so.

In short, the Old Testament is very, very complicated. Wouldn't it be fun to untangle it a bit?

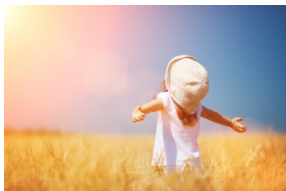
You may not know this about me: I am currently working on a Doctor of Ministry degree from Candler School of Theology at Emory University in Atlanta, Georgia. I am in my second year right now, and the course I am taking is on... you guessed it! The Old Testament! It has a boring title: "Issues in Old Testament Interpretation". But, the course offering is definitely not boring. I am looking to share what I learn with all of you as the term progresses. I will do that not just this fall but in any chance I get. For now, not just on Sundays, but also at other times, we will delve into the mysteries of this part of the Bible. Stay tuned – on Sunday, I will announce a fall ZOOM Bible Study on the Old Testament. I hope you can take part.

Let me end with this observation, the Jewish New Year begins at sundown on Friday, September 18, and ends at sundown on Sunday, September 20. L'Shanah Tovah!

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.

Clap your hands, all you nations shout to God with cries of joy, How awesome is the Lord Most High, the great King over all the earth

Psalm 47: 1-2



This is the day that the Lord has made, let us rejoice and be glad in it

Psalm 118: 24



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.

Psalm 61: 1-2



For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Romans 8: 38-39

## FRANK MARCHINGTON DON'T FORGET GOD IN YOUR LIFE

SUBMITTED BY LORRAINE MADORE



Congratulations to St. Thomas' Frank Marchington who celebrated his 90<sup>th</sup> birthday on July 2! He had a socially distanced party organized by his son David. After decades of juggling his many endeavors, Frank is still working hard: He had mowed his lawn just before speaking to me.

Frank is Ottawa born and bred, growing up in the Woodroffe area of the city. He married Ruth Davis who hailed from Merrickville. After a brief stint in Toronto, they settled in Ottawa, where they raised their children Linda, David and Jim, and mourned the loss of their Marilyn Jean.

Frank is a self-described "guy who sold cars for a living." In fact, he built a solid career working in



and owning several garages and dealerships across the region. He worked with his brother on several initiatives, and enjoyed a long-term working partnership with Ottawa leader Hyman Bessin. Frank cared for his staff and colleagues. He recalls, in particular, a dealership that he once owned in Renfrew. When it came time to sell the place, he made sure that each member of his staff had jobs to go to before they left.

In the 1960s, Frank and Ruth bought a farm in Dunrobin where he kept cattle. That was their

home until Ruth passed away in 2006. He has also built and sold other homes in the area, including Constance Bay.

Frank was involved in all three levels of government. He ran several times, unsuccessfully, for the solidly blue provincial riding of Carleton. At the federal level, he worked for Liberal MP Lloyd Francis. Frank was his campaign manager successfully getting him elected in 1963, and subsequent elections, with a couple of defeats too. Frank continued working for Lloyd when he was elected Speaker of the House of Commons in 1984.

It is Frank's work at the municipal level where we know him best. He started out as a councilor in the late 1960s before Fitzroy, Huntley and Torbolton merged into the Township of West Carleton. Following the merger in 1974, Frank became the second mayor of the new Township. He held office from 1978 to 1982, his last year in politics.

Frank has been involved with St. Thomas' for over 50 years, since he and Ruth moved to the community in the 1960s. Frank was a warden for several terms, as well as a server. Ruth taught Sunday School. Frank is very proud of the fact that Ruth's name is on the Memorial Board at the back of the church.

Frank moved to the city following Ruth's passing, but remains a member of St. Thomas'. Looking at his community and his very busy life, Frank has no regrets. He admits to being sad at the loss of many families at the church. But he is proud to say that "whatever I did, I always did it with the interests of the people I was trying to help." His word of advice to us is:

**"don't forget God in your life."**



## Fitzroy Parish and other Anglican Services

Fitzroy Parish continues to meet virtually at 10:00 am on Sunday mornings. Please join us by Clicking on the Fitzroy Parish website: <http://www.anglicanfitzroyparish.com/videos> Videos of past services are available on the same page.

Our Parish is active on social media. You do not have to have 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 clicking on the following page:

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

# REPORT ON PARISH SURVEY

SUBMITTED BY MARY MCNEILL St. George's rector's warden

August 2020 was the fifth month of dealing with the COVID-19 pandemic. We went from a complete lockdown in March to the beginnings of a return to more normal activity. During these months we learned to live with physical distancing, wearing face masks, and avoiding much social contact. The changes to our daily routines affected all of us.

Thinking that this would be a good time to "take the pulse" of the parish, your wardens developed a survey of several open-ended questions that asked about parishioners' experiences during this period. Survey invitations were sent to 80 parishioners by mail, email, and phone. We thank each of the 26 people (16 from St. Thomas' and 10 from St. George's) who put time, effort, and thought into completing the survey. You've provided valuable insight into how we as a parish are dealing with this time of pandemic.

This report summarizes the responses and attempts to draw some conclusions about how we're doing. Many of the responses to each question could be grouped into themes. I've identified these themes and added some comments about them. I've included some pertinent quotes, paraphrasing if needed to avoid identifying who said them.

For some questions there was an "outlier" response—something that didn't fit any of the themes but which I felt was significant enough to be noted.

## Question 1: What have you learned during these months? (about yourself, your church community, anything else)

An overall theme to the answers is that people are learning what is truly important to them. As one person said, "things that were always close to my heart have become much more central and vital."

Not surprisingly, over one-third (nine responses) mentioned that they have realized the importance of in-person interaction, especially with their families.

Almost as many said they have learned to appreciate what they have. They mentioned good health, access to fresh air and nature, our resilience and flexibility, and being thankful for what they have. A couple commented that they realized they don't need as much as they thought they did, and can do just as well with less.

Several also noted the importance of a caring church community for support in tough times. They mentioned that the Zoom services have helped to keep us connected, and gave some folks the opportunity to recognize parishioners from the other congregations. One person recognized their ability to be more involved in the church

## Question 2: If you attended online services (at our parish or elsewhere) what are your reactions?

Of the people who answered this question, 16 used phrases such as "really like" to describe their reaction to the Zoom services. Some, in fact, were surprised at how much they liked them. They mentioned that it was great to see other people's faces, and a couple mentioned that it was nice not to have to drive to church.

Another six were a bit less effusive in their replies, and said the Zoom format was "just okay" and only partially filled the void of in-person services. Only one person had not attended.

Even those who said they liked the Zoom services had reservations, however. They had concerns about the technical issues with group prayers and singing, but also noted that many of the kinks got worked out. Many missed being in the church buildings but appreciated getting better acquainted with those from the other congregation. Two people mentioned the lack of Holy Communion while acknowledging that this is the current reality. One person expressed concern for the people who are not able

## Question 3: What are some good things you've seen or experienced over the last few months?

So many of us had good things to report!

Eight responses specifically mentioned they were glad to be able to spend more time with family. Another nine commented on people taking care of each other and helping each other out, with specific mention of meals delivered to neighbours, and neighbourhood entertainment events. One person felt a closer connection to people in the other congregation.

Three people mentioned that they appreciated the way life had slowed down a bit for them. They mentioned having more time to be patient, and to reflect or meditate. There was time to do more walking, baking, and learning to use technology. No-one mentioned making sourdough bread, though.

Two people said they appreciated the quick response of our federal and provincial governments, who worked together to "keep Canadians safe, healthy, and with an income".

Some of us saw an opportunity to try something new. This includes taking on new roles in church services, reading the

Be still and know that I am God

Psalms 46:10



"The Scotch catechism says that man's chief end is 'to glorify God and enjoy Him forever.' But we shall then know that these are the same thing. Fully to enjoy is to glorify. In commanding us to glorify Him, God is inviting us to enjoy Him."

C.S. Lewis

## Question 1 (cont'd)

services. Several sounded surprised at their enjoyment of the Zoom services, despite initial reservations. One person recognized that "Sunday worship is deeply augmented by being inside the church building" but "God is not more distant in everyday life" when we are not in the building.

Seemingly in contradiction to the need for more in-person contact, four people learned that their quiet time was important; one of these specified "be still and just listen".

## Question 2 (cont'd)

to attend online.

One respondent appreciated the informality of the service; another lamented it.

Two people said they appreciated Carolyn's work in displaying the service pages and organizing the music.

One person suggested that we could have organ music playing before the service, to set the mood for reflection.

Outlier response: [We] "must find a new MO and this is really helping us explore a type of new normal"

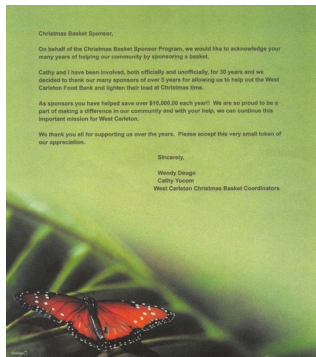
## Question 3 (cont'd)

Bible from the beginning, and learning "a lot about various technologies".



Defend the poor and fatherless: do justice to the afflicted and needy.

Psalm 82: 3



I believe in Christianity as I believe that the sun has risen; not only because I see it but because by it I see everything else

C S Lewis



Above all sing spiritually. Have an eye to God in every word you sing. Aim at pleasing Him more than yourself, or any other creature. In order to do this attend strictly to the sense of what you sing, and see that your heart is not carried away with the sound, but offered to God continually; so shall your singing be such as the Lord will approve here, and reward you when he cometh in the clouds of heaven.

John Wesley

## SALUTING ST. THOMAS' CHRISTMAS BASKET SPONSOR PROGRAM

SUBMITTED BY LORRAIN MADORE PICTURES SUBMITTED BY CAROLYN BEETON

For the past 16 years, St. Thomas' has supported the Christmas Basket Sponsor Program, an initiative of the West Carleton Food Access Centre. St. Thomas' does this through the Angel Tree that sprouts up at the back of the church each Christmas, decked with tags specifying items needed by the Sponsor Program. Bob Buck started the Angel Tree, and the tradition has since been taken up by Karen Wilson. A certificate of Appreciation was recently awarded to the Church for this longtime service to the community. A letter from West Carleton Christmas Basket Coordinates Wendy Deugo and Cathy Yocom states:



*On behalf of the Christmas Basket Sponsor Program, we would like to acknowledge your many years of helping our community by sponsoring a basket. [...] As sponsors you have helped save over \$10,000 each year!! We are so proud to be a part of making a difference in our community and with your help, we can continue this important mission for West Carleton.*

Here are a few photos of last year's Angel Tree. Year 17 of the Angel Tree, Real or virtual, please support the Christmas Basket Sponsor Program, which is just around the corner.



## Praise Ye the Lord excerpt from Church of God in Christ Mennonite

<https://churchofgodinchristmennonite.net/praise-ye-the-lord/>

We read in [Acts 16:22-26](#) of the account of Paul and Silas in prison. There was much evil arrayed against them. They had been arraigned before the magistrates of the city, beaten with many stripes, and cast into the inner prison. There, locked in the stocks, Paul and Silas had to make a choice. They could have lamented their difficulties, focused on their hurts, and doubted that God cared about them. Instead, at midnight they prayed and sang praises to God. God's heart must have rejoiced to see His children turning to Him in praise and adoration. Suddenly a

mighty earthquake loosed the bonds of not only Paul and Silas but also of all the prisoners. And the end result of the prayer and praise of Paul and Silas was that searching souls found the Lord and were added to the Kingdom. If we have praise in our hearts, it will shine forth as we come into contact with our neighbors, as we frequent places of business, as we come in contact with the wayfarer stranger on the street, and as we share with burdened and hurting souls that our lives touch.

### Praise ye the Lord; the Lord's name be praised!

"Rejoice in the Lord, O ye righteous: for praise is comely for the upright" ([Ps. 33:1](#)). Recorded here is a command of God that we as Christians may sometimes overlook in our daily battle to do right.

Praise to the Lord the Almighty the King of Creation; O my soul, praise him, for he is thy health and salvation; All ye who hear, Now to his temple draw near Joining in glad adoration.

## REPORT ON PARISH SURVEY (cont'd)

SUBMITTED BY MARY MCNEILL St. George's rector's warden

**Question 4: What are some bad (or negative) things you've seen or experienced over the last few months?**

The responses to this question reflect our concern for others. Masks, distancing, and self-isolation are measures that are intended to keep everyone safer, and depend on participation from a large part of the population. Seven responses specified annoyance at those who aren't following the rules. Two people were very concerned about residents in long term care homes, and their families who were not allowed to visit them. Another two mentioned other parishioners who don't use computers and who miss the interaction with others at Zoom church services. One person mentioned worry about younger people.

Uncertainty and tension causing people to be snappish and short with each other were mentioned by four people.

There were four mentions of personal negative things. One person hates wearing a mask. Three regretted not being able to enjoy some important family moments.

Outlier response: "The present amount of white supremacy is shocking...the food system and the environment are broken"

**Question 5: What do you miss the most?**

What we miss the most, by far, is human contact. Sixteen of us said we miss hugs, fellowship at church and with friends, and visiting with far-off family members.

Four people mentioned missing church services and Communion. Two mentioned missing the work we do together at church. Three responses indicated missing a certain spontaneity and freedom; the examples mentioned were shopping, travelling, or getting together with friends.

Outlier response: "publicly available washrooms...[now] more aware of this as a need"



**Question 6: What, if anything, do you look at differently?**

Most of the responses to this question reveal that respondents do look at things differently now, with two mentions of "we look at everything differently now". Four responses mentioned not taking things for granted. Two mentioned appreciation for everything we have, especially good health and front-line workers. One remarked on a greater awareness of being privileged.

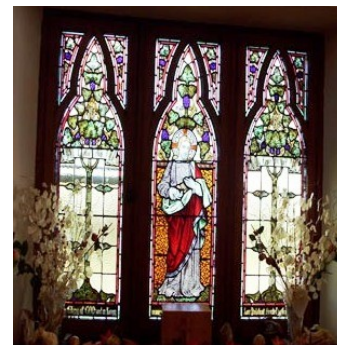
For three people, there was recognition that life has become simpler, with a renewed awareness of what is really important.

Physical distancing rules led three people to say that they are now cautious of being around other people.

And two replied "not much" or "not sure" about changes.

One reported looking differently at how we do church and "will miss this when we go back to the regular way". Another person now sees our church as a parish rather than two separate churches.

Outlier answer: "Zoom should be the way we have parish central and congregational meetings...vestries should be at church".



Trust in the Lord with all your heart and lean on your own understanding; in all your ways acknowledge him, and he will make your paths straight.

Proverbs 3: 5-6



**Thanksgiving** (*French: Action de grâce*), or Thanksgiving Day (*French: Jour de l'Action de grâce*), sometimes called Canadian Thanksgiving to distinguish it from the American holiday of the same name, is an annual Canadian holiday, occurring on the second Monday in October, which celebrates the harvest and other blessings of the past year.

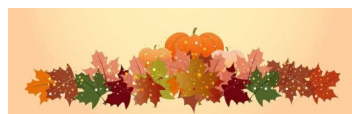
Thanksgiving has been officially celebrated as an annual holiday in Canada since November 6, 1879. On January 31, 1957, the Governor General of Canada Vincent Massey issued a proclamation stating: "A Day of General Thanksgiving to Almighty God for the bountiful harvest with which Canada has been blessed – to be observed on the second Monday in October."

Wikipedia

Report on Parish Survey – cont'd on page 7

## Thanksgiving Sunday Service, October 11

SUBMITTED BY FATHER JOHN STOPA



Two service options will be available on Thanksgiving Sunday, October 11, 2020.

9:00 am - An online virtual service will take place through Zoom.

11:00 am - An in-person service will take place at St. Thomas. Social distancing measures will be in place. There will be communion, but it will only include the bread and not the wine.



Make a joyful shout to the LORD, all you lands! Serve the LORD with gladness; Come before His presence with singing. Know that the LORD, He is God; It is He who has made us, and not we ourselves; We are His people and the sheep of His pasture.

- Psalm 100:1-3



Be Just  
Merciful, and  
Brave

C S Lewis



*There's still a lot of work to do with the church on many levels."*

Canon Hilary Murray

## Fitzroy Parish Craft Group

SUBMITTED BY MARGO KEALEY

The Fitzroy Parish Craft Group continues to meet, online, Thursday at 1:00 pm.



As Margo Kealey shared in the last newsletter, "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."

Click here to join the crafters: <https://us02web.zoom.us/j/86743754435?>

## Crosstalk Online:

SUBMITTED BY LORRAIN MADORE

The September edition of Crosstalk, from the Anglican Diocese of Ottawa, is available online here: <https://www.ottawa.anglican.ca/images/Crosstalk/September-2020-Crosstalk.pdf?type=file>

As always, it contains plenty of interesting information, not just for local Anglicans, but for all of us living in the Ottawa region. A couple of articles may be of interest to those in Fitzroy Parish.

## Cautious Opening in September

"Diocese plans to begin cautious opening in September," discusses the Diocese of Ottawa's plan toward reopening as it moves from its former "red" response to the COVID-19 pandemic to "amber." Here are a few highlights from the plan:

Services are limited to no more than 50 people or 1/3 the capacity of the church, whichever is less, to ensure there is enough space for two meters of separation on all sides between households or individuals.

Communion must be in one kind only: wafers. The celebrant must be the only communion administrant.

Weddings, funerals and baptisms can resume in church buildings under all the same restrictions as worship services.

Everyone entering must provide their names and contact information (phone number and email or mailing address).

Mark or block off seats to ensure physical distancing between individuals who are not members of the same household.

## The Long Road to Racial Equality

"Ottawa clergy reflect on the long road to racial equality," reflects on events and protests sparked by the death of George Floyd as he was being arrested in Minneapolis on May 25 this year. The writer interviews three local priests of colour about "racism and the ways individual Anglicans and the Church can help work for justice and racial equality". Canon Hilary Murray, formerly of Fitzroy Parish, was one of those interviewed. She states,

*"[It] doesn't matter who we are or what colour we are or what background or culture we come from, we all have our prejudices,*

*and we all in a sense discriminate. [...] It's one thing to speak the words, but faith goes deeper into our hearts. If we can't speak the faith from that heart level even in terms of our attitudes toward other people who are different from us, that's where we fall down and this is where the work comes in. In order to do that..., we need to repent, basically admit what we aren't doing and what our prejudices are. In acknowledging this, and then taking responsibility for it, in terms of our attitudes and such, and then asking for forgiveness, is what I believe leads us to gaining true reconciliation.*



## REPORT ON PARISH SURVEY (cont'd)

SUBMITTED BY MARY MCNEILL St. George's rector's warden

### Question 7: What are your thoughts and feelings about re-opening our churches?

By far, most respondents are very hesitant about re-opening our churches at this point. Eighteen of the 26 used phrases such as "not comfortable", "no rush to return", "not until it is completely safe", and "ok with zoom church for a while".

The six who are ready to go back to church now are very specific about wanting to see people in person, hear the service, and possibly sing.

Two people are concerned about meeting the diocesan standards for re-opening and about how the distancing requirements would change the service.

Three people were comfortable with continuing the Zoom services, and another suggested one parish-wide service each month.

One person expressed concern that "Covid has added another element to our already failing finances and we may not recover or afford to reopen."

### Question 8: Which congregation is your home church?

Of the 26 responses to the survey, 16 identified St. Thomas' as their home church. Ten identified St. George's.

### Question 9: Anything else to say?

Fifteen people responded to this question. About half expressed thanks—to the parish leaders working to keep us connected, to those who prepare the Zoom services, and for having this opportunity to share their thoughts.

Other responses provided suggestions about re-opening for services and what our future might look like. Rather than try to categorize them, I'll list excerpts.

Maybe in the future we will look back at this and realize it has made us stronger and more connected to each other...keeping our faith strong will see us through the dark times. Having an open mind to new decisions will make this easier for everyone.

...if it would be possible to keep

the Zoom services going and perhaps have one service a month and rotate between churches

When church resumes, I am undecided on whether I will attend. I have a family member who is vulnerable.

I feel like the church is preparing for challenges that will be coming. If we do start meeting in person... have an online Evensong or prayer meeting or something...rethink Communion entirely

If the main draw to return is communion, can we address that need while keeping the main services online? If the main draw to return is fellowship, can we improve that? Can we encourage the next generation to help their offline family to participate in the online services?

Communion would – or should be discouraged

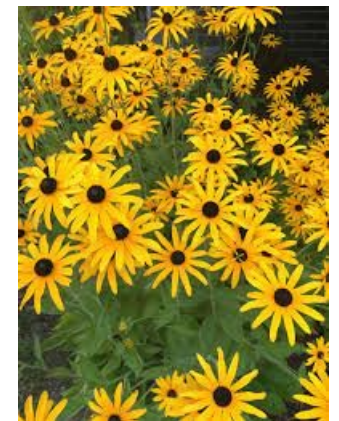
Fellowship is such a gift

Look after each other and spread the love from above

I'm grateful for how good things are right now, knowing how much worse they could be



Color Me



## SUMMARY OF PARISH SURVEY

SUBMITTED BY MARY MCNEILL ST GEORGE'S RECTOR'S WARDEN

As I stated in the introduction, this survey was an attempt to "take the pulse" of the parish. In this section I have tried to summarize, very briefly, the feelings that came out of the survey responses.

I see a positivity in the responses, in spite of the current difficulties.

We have taken the time to identify what is really important to us, and we've realized that we can't take it for granted. Specifically, what is important is our relationships with others, and with our church. We continue to be a caring Christian community that finds the positive in a difficult situation. We care for our neighbours, and we're grateful for the good things we've learned in the past months.

While it bothers us not to have real personal contact or services in our churches, we recognize that there is a reason for these restrictions and we try to wait patiently. While we're waiting we have found ways to experience these things that matter to us. We still talk to others, even if we keep our distance and don't hug. We still go to church, even if it's in front of a computer and doesn't include Holy Communion.

While we're waiting, and coping, we are also wondering what the future holds. To use phrases from two respondents, we worry about "our already failing finances" but we also need to "discern what He [God] wants us to learn and do in this new environment".

Show me the right path,  
O Lord; point out the  
road for me to follow.  
Lead me by your truth  
and teach me, for you are  
the God who saves me.  
All day long I put my  
hope in you.  
Psalms 25:4-5



What does the future hold?

## Parish of Fitzroy Harbour

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

Check out our parish  
twitter feed  
@AnglicanFitzroy

[facebook.com/stthomaswoodlawn](https://facebook.com/stthomaswoodlawn)



If you know  
of or have  
any pic-  
tures of

events that you would like to  
have included in the next  
newsletter please send them  
to Cathy or Lorraine at church  
office



Behold, I come quickly

Revelation 22:7

**STAY SAFE  
STAY HEALTHY**

## 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.

## 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

# **Wear a Mask**

## **Help Keep Your Community Safe**

## LET US PRAY

Submitted by Father John Stopa



We say "*forgive our trespasses*"

But we hold on to grievances.

We say "*thy will be done*"

But we fail to let God move us.

Forgive us, God of Mercy.

Softens our hearts, free us to respond

In the generosity of your spirit.

Amen.

Hear the good news: God is merciful and full of compassion. God has patience. God will guide us as a loving parent teaches a beloved child. In the name of Jesus, we are forgiven.