



## Caradoc Presbyterian Church - eNews week 1



### Warm greetings Everyone!!

I hope this eNews finds you healthy. Franck and I wanted to let you know we are well and had a great trip! San Pedro, Belize is a beautiful part of the world as most Caribbean countries and islands are ... we enjoyed the company of my parents and new friends, the beach right out our front door, sunsets and sunrises, native fruit like mango pineapples, jicama and bananas, as well as seafood and spicy island food!



As you all know worship will be suspended up to and including Sunday March 29th, we will continue to monitor everything that is going on due to the spread of covid-19 and how we should proceed after this date. Your elders will be in touch!

I will be working from home until March 30th. If you need support during this time

please don't hesitate to contact me or your elder.

I will be putting a mid-week Lenten activity on the website with more Lenten ideas to keep you connected with your spiritual life. I will also be putting faith family ideas to help with activities with your kids and grandkids.

Each week I will send out an eNews and post on FB a new PRAY, REFLECT, RENEW and ACTS of KINDNESS for you to consider until we are together in community once again!

**Please make prayer a part of your day** - today we pray for friends and family still to travel home, for front line workers AND family member in care facilities.

I wish you peace and comfort!

*Rev. Shelly*

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**40 days of Lent ...23 more days to go! +Sundays**

**Pray, Reflect, Renew, Acts of Kindness**

**40 Days of Lent ... PRAY:** let's say this prayer together each day this week!

## Prayer for a Pandemic

May we who are merely inconvenienced  
Remember those whose lives are at stake.

May we who have no risk factors  
Remember those most vulnerable.

May we who have the luxury of working  
from home

Remember those who must choose between  
preserving their health or making their rent.

May we who have the flexibility to care for  
our children when their schools close

Remember those who have no options.

May we who have to cancel our trips

Remember those that have no safe place to go.

May we who are losing our margin money  
in the tumult of the economic market

Remember those who have no margin at all.

May we who settle in for a quarantine at home

Remember those who have no home.

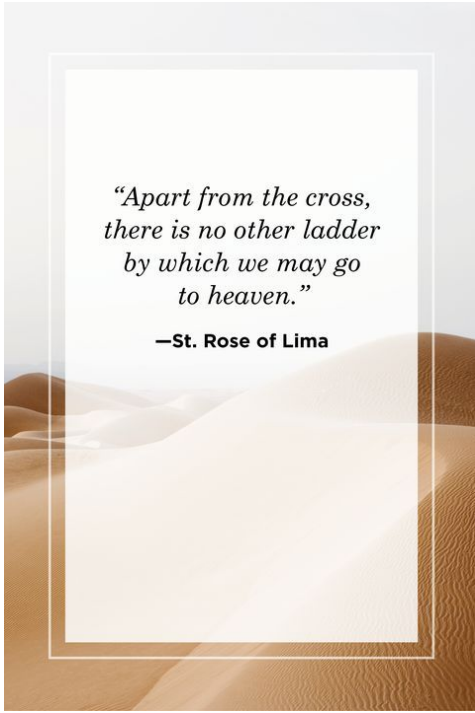
As fear grips our country,

Let us choose love.

During this time when we cannot physically  
wrap our arms around each other,

Let us yet find ways to be the loving embrace  
of God to our neighbors.

Amen.



*“Apart from the cross,  
there is no other ladder  
by which we may go  
to heaven.”*

—St. Rose of Lima

**40 Days of Lent ... REFLECT:** St. Rose of Lima is the patron saint of embroiderers, sewing lace, gardeners and florists. She is also the patron saint of people ridiculed or misunderstood for their piety, for the resolution of family quarrels, and the indigenous peoples of the Americas, Peru, Philippines, Lima and the Caribbean as well as the patron saint against vanity.

She was a thoughtful teenager and young woman who dedicated her life to prayer and the poor. Her eventual dedicated ways were extreme and may have cost her her life but we must remember women who were drawn to dedicate their lives to God and the Good News were discouraged and wed to "the best catch of the day."

I imagine God's sacrifice in The Cross became quite apparent to Rosa as she came to sacrifice much for God.

"No other ladder," Rosa says than The Cross ... I wonder ... God loved us so much God sacrificed God's one and only Son ... what are we willing to sacrifice to show God our love? Choose LOVE my friends! The Cross is LOVE.

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**40 days of Lent ... RENEW:** GO OUTSIDE FOR A WALK!! During this time of stress and uncertainty we should not forget to take care of our spirits, our bodies and our minds! Going for a walk actually cares for them **ALL**. As you walk in creation take notice of *God sightings; Glimpses of God* in nature are all around us as we walk. Walk for at least **20 minutes** and if you can go for longer spend a few minutes walking fast to get your heart rate up! **Breathe**, breath is something we all have control of, breathe deeply as you walk and clear your mind of stress, release negative thoughts as you breathe out! When you turn around or head home start

listing everything you are **thankful** for today! Don't forget even if you come to share the sidewalk and you are concerned about social distancing *greet everyone with kindness* from a few steps away :)



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DURING THIS COVID-19  
PANDEMIC WE'D LIKE TO

**THANK YOU!!!  
TO ALL WHO ARE  
WORKING HARD  
TO KEEP US SAFE!**

Thank you nurses, doctors,  
emergency responders, pharmacists,  
scientists, lab techs, border agents  
and more ... for all your help, support,  
and compassion.

A collection of medical icons in shades of blue and white. There is a bandage, a syringe, a pill, and a heart with a pulse line.

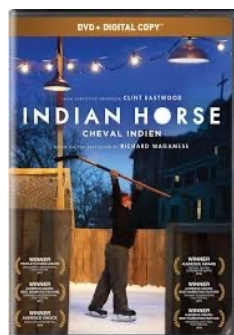
**40 days of Lent ... ACTS OF KINDNESS:** do you know, live with or beside: a nurse, doctor, scientist or emergency responder? politician, pharmacist, medical assistant, lab tech, border agent? and everyone we forget about or don't know about .... hug them if you can, smile, make a meal, say **THANK-YOU** from all of us!!

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Visit our website by clicking here!

## Looking for something to do?

Check out **Pause & Pray** on our website - a time to pause, take in scripture, breathe, pray and quiet your heart and mind. Or challenge yourself by **watching a movie** like "Interview with God" (on Netflix) or "Indian Horse" (on Crave). "Interview with God" takes you on a journey of questions for God you've always wanted to ask and helps you consider God's answers. "Indian Horse" exposes you to the story of Saul from the safety of his parents to a residential school to hockey and beyond - learning about the impact of residential schools on the many generations of indigenous Canadians will enlighten your mind and possibly soften your heart.



## Happy St. Patrick's Day!

*I wish you health, I wish you well,  
and happiness galore.  
I wish you luck for you and friends;  
what could I wish you more?  
May your joys be as deep as the oceans,  
your troubles as light as its foam.  
And may you find sweet peace of mind,  
wherever you may roam.*

*-Irish toast*



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