

## B’N’B Quarterly News

### Theological Reflection

Rev. Chung Yan (JoAnne) Lam asked me to write something for this newsletter. I was challenged to reflect on how this might be accomplished. I have prayed about what I wanted to communicate to offer hope and guidance.

Firstly, I will reflect on my own journey through the past year and a half: a time of lockdowns separated from friends and family during the COVID-19 pandemic.

This time last year, during the first lockdown, my husband John went into the hospital. My life has changed so much since that eventful May day. A new chapter began for John and I – months of separation. I am so thankful that through it all we had the support of our church community from check-ins by parishioners and being on the prayer list.

We were supported by family and friends, although mostly through phone calls and texts. Times of lockdown when we weren’t able to see each other created the biggest challenges. John deteriorated over those months and times apart during lockdowns were so difficult for us. There were times of tears and grief, times of loneliness. Through it all, there were times for reflection and prayer. Without the times of prayer, I’m not sure I could have survived. With continuing lockdowns, the family is still waiting for closure and time to celebrate John’s life of service and love. Like all of you, I pray for an end to the devastation COVID-19 is causing in our world.

Prayer has been central to my journey and certainly self-care comes through prayer. Self-care through prayer is not being selfish. It is not like a visit to the spa or the gym. It is how we connect with God through dialogue and how we care for our soul. Especially during COVID-19 times, we need to connect with God. We are unable to do so through Eucharist or our in-church services, so Zoom and personal prayer have become pivotal.

Jesus (Matt 9: 13) provides a basic model for prayer. But prayer is far more than merely reciting The Lord’s Prayer in rote fashion. Instead, we take every line of it and delve into the depths of ourselves with the messages and meanings therein. We communicate our innermost thoughts and fears. We express our feelings and our wants and needs. We give thanks and praise. We confess our frailties and seek reconciliation. You can’t take care of anyone else if you haven’t first taken care of yourself. We need to withdraw from others and feed our souls as Jesus did: “But he would withdraw to deserted places and pray” (Luke 5: 16). We must take time for ourselves to reflect and pray. We must be aware of who we are and recognize our limits. COVID-19 has turned our lives upside down and modified our daily lives through demands of family, of career, of community, and spending time separated from family and friends to stay

safe. We have to make time for ourselves so we are not overwhelmed by all those demands placed upon us.

Time for study and prayer are crucial in this regard. The Bible tells us: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind” (Matt 27: 37). This calls us to study – study the Bible and internalize God’s promises. This study can inform our lives. It also informs our prayer.

“Father, if you are willing, remove this cup from me; yet, not my will but yours be done” (Luke 22: 42). This reminds us to check to see if our will is in line with God – not our will but God’s will for us and for the world. We need to allow time to hear God in our prayers, allow times of silence to hear the still small voice of God. It is not just a time to rattle off our wishes and desires; it is a time to hear God’s call to us. In the quietness, God will answer.

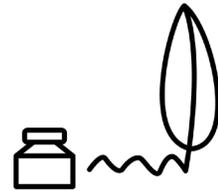
*Barbara D. McKenzie*

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### **From the Pastor’s Desk**

We have missed you all.

Since the beginning of the pandemic, life has been forced to change and we had to adapt even if we did not plan to do so. Without notice, we had to stop many things -- missed special worship services, missed Bible Study sessions and Sunday School classes, missed social times after worship, missed community meals and fundraisers, missed relationship building. It has been challenging for all of us.



Especially for those living on their own, isolation and loneliness continue to be as much of a threat to our well-being as COVID-19. We, as a faith community, have made efforts to use telephone calls and emails, paper hugs and cards, backyard visits and driveway chats to sustain our community needs. That said, after more than a year of this, all of us are exhausted from surviving our current circumstances.

What of the most vulnerable in our society? How have the ones without shelter, without employment, without resources sustained themselves during the lockdowns?

Even though some have described this as a “new normal,” this cannot be the reality. Can it?

How then do we continue? Where do we find hope amid an ongoing global crisis?

As a community of faith, our hope remains solidly in the grace of God, which continues to fuel our motivation to be gentle and compassionate towards one another. The grace of God is the substance that helps us to be flexible when faced with tension; it offers a deeper sense of forgiveness to seek to understand another’s perspective and a broader capacity to be

compassionate beyond our own needs. When we feel like an elastic band being overextended, the grace of God reminds us of the love of God that can restore us. We may wonder where God is when we are suffering. Perhaps the struggle is to discern how God is present, noting the rod and staff of the Good Shepherd leading us down uncertain paths.

As we enter the Season of Pentecost, we are invited to think deeply about the presence and influence of the Holy Spirit in our lives. At the first Pentecost, the Apostles were baptized by the Holy Spirit, leading them to be capable of communicating with a diversity of people there, each with their respective languages. The gift of tongues goes beyond the miraculous ability to speak different languages. It is a gift to communicate -- to be understood and to be heard. Especially during a time when we are separated by physical distance, may this Pentecost be a time for all to invest in following the movement of the Spirit to communicate in love, seeking to understand as to be understood.

Throughout the pandemic thus far, we have depended on electronic modes of communication. We hope this edition of our Parish newsletter will extend a heartfelt prayer that you are all keeping well in all your circumstances. As usual, we continue to gather online for worship each Sunday at 10 a.m. and to update you on various news through the Parish website ([www.bvnanglican.ca](http://www.bvnanglican.ca)) and email. Beyond that, we encourage you to get in touch with us through telephone to the Parish Office 613-216-2200 or to be in touch with one of the Church Wardens if there are pastoral concerns or if you require support. We have ready volunteers and teams who can find ways to support our community members or connect you to necessary support services.

We are here for you. Feel free to call on us.

*Rev. Chung Yan (Jo-Anne) Lam*

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### **The Shape of Parish Ministry Program**

What are the shapes of parish ministry that God is calling our diocese to explore? What dreams would God have us dream together? Where is God calling us to be, and where are we called to invest the resources which have been entrusted to us?

These are vital questions for us, and we will seek to answer them together, as a bishop working with his clergy and people, through a process of gathering and sharing information, conversation, prayer, and collaborative decision-making.

Our Parish will have two representatives for this process: Jean Lockett (Blackburn) and Sharen Armstrong (Bearbrook). They will be the two individuals to accompany this process for our Parish for the next 18 months. They will be participating at every stage and they will represent the voice of the Parish. The process will culminate at Synod 2022 where members of Synod will

make recommendations based on the previous months' work. More about the program can be found at <https://www.ottawa.anglican.ca/shape-of-parish-ministry>.

The process of the program will be broken down into four stages:

- On April 20, 2021, the program was launched. Parish Clergy and Delegates attended a zoom meeting with Bishop Shane and the Shape of Parish Ministry Committee (SPMC) team. Bishop Shane introduced the initiative, and participants had the opportunity to ask clarifying questions and share their initial thoughts with team members.

Stage 1: Generating a Parish Profile (May 2021 - October 2021)

- Qualitative Data
  - Clergy and Parish Delegates will engage other lay leaders to participate in an interview with a pair of team members. This interview will focus on the current physical plant, community and church-based uses of the parish buildings, other community involvement and potential initiatives or partnerships.
  - Multi-point and Area Parishes may opt for one or more interviews
- Quantitative Data
  - The SPMC team will prepare ten-year summaries of statistical return data for each parish.
  - Participants will prepare an approximate age demographic breakdown of their parish list (instructions will be provided for doing this work).
  - Participants will review an initial parish profile prepared by the team and ensure the final profile accurately reflects their parish.

Stage 2: Analyse & Work with Parish Profiles (November 2021 - February 2022)

- Parish leadership will review the Diocesan summary and all parish profiles.
- They will consider their local realities and how they relate to the wider diocese.
- Tools will be available from the team to aid in this process, including facilitated discussion if requested.

Stage 3: Gather with Neighbours & Build Proposals (March 2022 - August 2022)

- With support from the SPMC team, participants will:
  - learn about change processes and consensus decision-making models;
  - develop curiosity about other parishes;
  - meet with their 'neighbours' to develop proposals for how parish ministry in our diocese may be (re)shaped. (Neighbours may be physically close to each other; may be those parishes with similar current or potential initiatives; may be those who have knowledge or experience to offer others; or may be those who want to explore new ideas together.)
- The SPMC team will gather and organize proposals for discussion at Synod

Stage 4: Synod Recommendation (October 2022)

- Synod will meet, discern the future direction of parish ministry in light of the first 3 stages, and then formally recommend to Bishop Shane a set of integrated proposals for the shape of parish ministry within the Diocese of Ottawa.

The interview questions for Stage 1 of the consultation process are now available and your SMPC team member are in the process of scheduling meetings with our Parish for the month of August or early September.

In preparation for these interviews with the team, the questions below will help our Parish representatives and our Parish Central Committee team members to complete a Parish and respective Congregational Profiles. Bishop's Shane's SPMC Launch recording and his Easter Message provided more informative and supportive explanations for this consultation process and answering the question of "Why now?" Links to both can be found in the toolkit section of our diocesan webpage (<https://www.ottawa.anglican.ca/shape-of-parish-ministry>).

You can respond to these questions in three ways:

- Google form - an email will be sent to the Parish with the link to an online form where your answers will be collated for the team.
- Email - You can type out your answers into an email and submit it to the Parish Office at [bnbparish@outlook.com](mailto:bnbparish@outlook.com)
- Mail - you can respond to the questions onto paper and mail it back to the Parish Office at Anglican Parish of Bearbrook-Navan-Blackburn, P.O. Box 71, Navan, ON, K4B1J3
- Phone - if you find it easier to talk on the phone, please call the Parish Office 613-216-2200 and leave a message. Your submission will be taken by phone onto the Google form.

**Interview Questions**

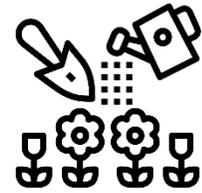
1. Name ONE important thing you would promote about your congregation? One thing about the Parish?
2. List priorities for ministry in your church. Which church activities and decisions match up with these priorities? How do the use of resources match up with priorities?
3. Name congregation/parish activities that engage with the local community through outreach, events, and partnership.
4. Name congregational/parish challenges to accomplish ministry priorities and activities. Are there limitations in terms of finances, building status and human resources?
5. Identify new ministry opportunities/possibilities for the congregational/parish? What do you need to engage these opportunities?

Thank you for taking time to participate in this survey. If you have further questions and discussions, feel free to contact the Parish Office to connect with Rev. Lam.

Parish Office: 613-216-2200 or [bnbparish@outlook.com](mailto:bnbparish@outlook.com)

## **Gardening at St. Mary's, Blackburn**

This year, our garden plans have temporarily been put on hold as our bell tower undergoes repair. Currently, the gardens and pathway have been roped off for safety reasons.



Last year, we formed an official Gardening Committee. We had our first meeting on the Church grounds, COVID protocols in place, to discuss our vision for improving the existing gardens and be inspired by the simple beauty of what currently exists. To facilitate ongoing discussions, we identified three main garden plots, A, B, and C, which were then assigned to a small group of enthusiastic volunteer gardeners - Kathy Harris, Jean Lockett, Garth Hampson, and Susan Lundy. We decided to keep our annual flower choices and bushes to more traditional varieties (i.e. that would have been available 140 years ago when the church was first open). Of course, we were not opposed to taking advantage of the many perennial varieties that have been developed over the years and are now available.

The first year was mainly committed to enriching the soil, cleaning, weeding, moving existing plants, adding stepping stones, and re-positioning a small retaining wall. Thank you to Jean Lockett, Kathy Harris, and Garth Hampson for undertaking fall clean up.

This past winter seems to have been kind to our gardens. Despite the state of chaos due to COVID, Mother Nature has given her marching orders to the tulips that are blooming on time, and putting forth a burst of colour as they patiently wait for their sister plants, the annuals. We are looking forward to resuming gardening later this summer when possible. The church grounds have always offered us a peaceful place to sit and enjoy the fresh air, hear the birds sing and the chipmunks play, and enjoy the plants that bring us joy. We are also grateful for the friendships that have been formed by a common love of gardening and love of our church.

*Susan Lundy*

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## **Updates from Trinity Bearbrook**

Trinity Bearbrook is getting ready for Spring!

Spring is here! Many farmer's markets and community markets are preparing to reopen.

The ACW from Trinity is putting forth their efforts and excellence in fruit pies into the Russell Market. Doreen Bakker and the team of pie makers will continue their steadfast support of the ministries at Trinity with their dedication to fundraising, even under current COVID restrictions.

**Fruit pies from Trinity Bearbrook ACW** offering delicious and homemade pies: 9-inch for \$10. Ongoing orders. Call the Parish Office for more information at 613-216-2200.

## **Annual Memorial Worship Services**

In every culture, there is a practice of honouring our ancestors. We bring flowers, take care of the gravesite, pay our respect, and perhaps offer a short prayer. When in Indonesia, families bring food to sit beside the grave to share a meal, catching up the ancestors on updates about the family. At times, it feels more like a family reunion. When in Poland, we bring candles and flowers, sit together in front of the monuments and pray the Lord's Prayer and the Rosary together. All of these rituals to honour our ancestors is a way for us to connect with the generations who have gone before us. As Christians, we hold the presence of the communion of saints close to our hearts, as support and as a reminder that we are never alone.



This year, due to COVID restrictions, St Mary's in Navan and Holy Trinity in Bearbrook will be cancelling the Annual Memorial Worship Service that has been held traditionally in June. We invite families and friends to come visit the cemetery at your own discretion and availability. We encourage you to follow provincial guidelines regarding the usage of masks and physical distancing.

St Mary the Virgin in Blackburn will reserve the decision about the Memorial Worship Service until a later date, since it is usually held in September.

Especially during these challenging pandemic circumstances, we pray for families and communities who are grieving the loss of loved ones. Being physically apart does not prevent our compassion and love to travel through kind gestures of cards and flowers, baked goods and family recipes, or a simple smile through online technologies.

For the love of neighbour.

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## **Memorial Plaques at St. Mary's Navan**

Did you know that there are two plaques at St. Mary's Church in Navan that are over one hundred years old? Such historically significant plaques require regular maintenance and since it is time for such work to be done for these special items, we would like to offer a nugget of history for your interest. The following information has been written with support from Lynda Rivington.

There are two plaques hanging in St. Mary's that honour the men from the church who served and gave their lives during the First World War. Together, these plaques hold the role of honouring our veterans and loved ones in their willingness to fight for our freedom.

The first is a brass plaque honouring Robert Thomas 'Garrett' Shaw, the great-uncle of Lynda. Lynda's father, Garrett Rivington, was named after him. Garrett's parents were the great-grandparents of Lynda, Robert, and Martha Shaw. Did you know the stone on the outside of St. Mary's came from the quarry on their farm?

The second plaque is the Honour Roll in memory of all the parish men who died in the war - Byron and Wellington Armstrong, Charles Cotton, Lowell Lancaster, and Garrett Shaw. These men each had parish and community connections.

Eileen Vaillancourt also found a third plaque, a small wooden one donated by the Sunday School with brass nameplates honouring the men from the First World War.

Along with the effort to install a memorial flag at St. Mary's Cemetery in Navan, and our continued participation in the community Remembrance Day programs, our communities are proud to honour and to pay respect to the valued commitments of our ancestors to Canada.

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### **Becoming Aware of Racism**

"Where are you from?"

"Canada."

"Where are REALLY from?"

"Um...Toronto?"

"I mean, where are your parents from?"

"Scarborough."

"What is on your and their passport?"

"Canada." A short pause followed. "Where do you want me to be from?"

"Aren't you from China? That is why you look...you know, like you."



There is a fine line between curiosity of someone's cultural background to what is obvious an assumption based on someone's skin colour and physical traits. Through the colonial worldview, the concept of race has been used to determine the superiority of one group of people above another. Recently, dismantling racism has become a slogan for many communities, including churches and faith groups. Some denominations have declared themselves to be anti-racism and to celebrate diversity. However, in order to dismantle racism in the church and in society, we must first identify and understand racism in its many forms within our daily lives.

Let us begin with a simple definition. "Racism is when assumptions made of a group of people, added privilege and power, then used to prevent a specific group of people to access equally opportunities, human rights, and fair treatments within society. Systemic racism especially addresses situations where power of the privileged groups oppress and mistreats another group based on ethnic assumptions.

This may remind us of colonial history, when Settlers from European Councils arrived in Canada, deemed the Indigenous Peoples as “primitive” and “uncivilized.” Such terms undermine the development of peoples because they are looked at as lesser humans, less capable in general. As Canadians, we are well aware of the painful history these assumptions have created the Residential School system where the destructive practices and behaviors tried to make the Indigenous children European.

During the Second World War, the Japanese-Canadians were taken from their homes, promised that their belongings would be kept safe until their return. Instead, their cars and other valuables were sold in order to fund their transport to internment camps in British Columbia. Chinese migrant workers built the railroad while being charged a head tax that no one else was required to pay. After the completion of the trans-Canada railroad, these Chinese immigrants did not experience any degree of welcome in Canadian society that they preferred to live underground, working with laundry services under exploitative conditions.

The church has not been different in treating racialized people.

A Lakota priest shared a story of when he was growing up, his family was not allowed inside the Anglican Church. They would stand and wait to be served Holy Communion on the steps at the front of the church. One time, the Baptist Church down the street invited their family to join them for worship. This little Lakota family was led into the sanctuary and was offered for them to sit anywhere they wish. “Even at the front of the church?” “Why yes! You can sit even in the front row.” This family continued to attend the Baptist Church while once a month, they stood at the front doors of the Anglican Church to wait for the priest to serve them Holy Communion.

There is a difference between intent and impact. The simplicity of what is being said as compared to what is being heard makes for the gap between respectful and prejudicial. Take another look at the dialogue at the beginning of this article. The intent was to find out about the country of origin and perhaps to satisfy the curiosity of the speaker. At the same time, the impact of that dialogue made the racialized person feel unwelcomed and unjustly categorized by the skin colour.

Within the church, it is difficult to believe that our liturgies and hymns would ever carry racially unjust connotations or ideas. In a system where we emphasize love and compassion, that all persons are equal before the sight of God, how could there be built-in biases in the way church functions and behaves? Consider the usage of language that continues to celebrate concepts of empire and imperialism, colonial understanding of racialized communities, and the accepted superiority of White culture as compared to the diversity of experiences within one human race. Have you noticed the celebration of light as compared to darkness? How has the association of purity with snow been interpreted to insisting that all must wear white garments during baptism? Are these observations overly sensitive instead of identifying the possibilities that eurocentric cultures have impacted the interpretation of Christian rituals to highlight the position and preferential treatment of White culture?

The inseparable relationship between culture and religion challenges us to be self-reflective as to what aspects of our faith practices to be infused with culture and which aspects are for the building up of faith. To discuss prejudice and racial issues embedded within the church is not to object to Christianity or to dismantle the faith itself. Instead, to restore the essence of the Gospel, we need to return to the ministry of Jesus, who stood to dismantle the power structures that discriminated against and oppressed the Jewish Palestinians of his time and location. Jesus sought to lift the marginalized and silenced of society; he reached out to eat with the tax collectors and outcasts. Is it not our task also to break down the barriers that continue to cast out the "Other"?

To dismantle racism within the church and further in society, we must first spend the time to do the work -- learn about what racism is, hear the stories of struggles and trauma from discrimination, feel the hurt and pain from racial injustices, and dialogue with both racialized and White voices to build partnership towards racial justice.

The Eastern Synod of the Evangelical Lutheran Church in Canada has a Racial Justice Advisory Committee who has put together a resource page (<https://bit.ly/3vd8Cqz>) where there are books, videos, and other resources to begin or to continue our journey to becoming more aware of racial injustice within our communities. This is a long and painstaking work to be transformed by one another. Be encouraged to begin with humility.

*Rev. Chung Yan (JoAnne) Lam*

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### **Bible Study Group**

As we enter the next phase of our lives, post Covid-19, we gather together to share our delight in the Bible remembering the words of Psalm 119: 105: "Your word is a lamp unto my feet and a light unto my path." The light on the path shows you the path ahead and the direction forward in the same way the word of God is the lamp unto our path, guiding us along the path of life, the path of eternal life. In the time of Covid-19, it is reassuring to find a community that will remind us that we dwell with such a crowd of witnesses, that we are not alone. Sounds interesting? Join us!

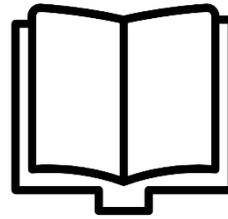
We meet on Thursday mornings from 10 am until 11:30 am via Zoom. This season, we are studying the Acts of the Apostles. Previous to this, we studied the Psalms. There is always a good discussion in progress.

If your curiosity is piqued and you can commit the time, contact Joanne at 613-216-2200 or Andrea Peters at 613-835-3897.

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**Prayers for an Inclusive Church (2009) alt.**

God of all people,  
from every tribe and language;  
you called true witnesses  
who sang your praise,  
lived your grace and worked for peace.  
May we share their faith  
and live by their example,  
so that we might be a blessing  
to the hunger of your world;  
through Jesus Christ, whose body we are. Amen.



*From 20<sup>th</sup> Anniversary Waterloo Declaration Toolkit - for the celebration of Anglican Lutheran Full Communion partnership*

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**ACW St. Mary's Blackburn**

An interesting note - the ACW St. Mary's Blackburn is not actively meeting but we were able to make our 13th annual international outreach donation to the Excellent Children School in Tanzania this spring to assist with school supplies and uniforms. The original group of children are now preparing for secondary education. Our contact, Edith, always sends a beautiful reply letting us know what the amount converts to in shillings and what it has specifically been spent on.

*Jean Lockett*

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*Susan Lundy*

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### **St. Mary's Navan Cemetery Board**

The Cemetery Board is pleased to welcome new board members: Frank Schultz, John Ladds, and Lucy McFadden. Ms. McFadden will be replacing Ross Bradley as Secretary-Treasurer, a role Ross has fulfilled for many years with the utmost efficiency. Mr. Bradley will remain as Director.



We would also like to take this opportunity to recognize two additional long-serving members of the Board, all of whom are very dedicated, compassionate, and supportive to grieving families.

Eileen Vaillancourt has had the privilege of serving as a Director on the Board for more than fifteen years. A highlight for Eileen was composing the Cemetery Reference book. She enjoyed being on this collaborative team and was proud and honoured to serve. Eileen has submitted her resignation as a member of the Cemetery Board due to personal reasons. We will certainly miss her.

Sam Dagg is beginning his 33rd year as Cemetery Caretaker. He does an amazing job of keeping the grounds immaculate. Additionally, Sam is responsible for the sale of plots and niches, the opening and closing of the graves, as well as assisting families in the purchasing and engraving of the tombstones. His good rapport with people is evidenced by the many donations in memory of his late wife, Connie Dagg, in July 2020.

Since June 14, 2020, it is with heavy hearts that we have said goodbye to the following sisters/brothers:

Constance Mary Dagg, Date of Burial: July 25, 2020

Neil Vernon Corey, Date in Columbarium: October 27, 2020

Mary Margaret Dashney, Date of Burial: October 30, 2020

Charles Earle Leard, Date of Burial: November 26, 2020  
Florence Ladds, Date of Burial: March 19, 2021  
Erna Lyster, Date in Columbarium: May 19, 2021

A 30 ft. flagpole with a 3' x 6' Canadian flag is planned to be installed in St. Mary's Cemetery on a 10' x10' piece of land in its most Northwest location before July 1, 2021, by Eastern Ontario Cemetery Memorials Inc. from Kemptville, Ontario. It will include an ***In Memoriam Plaque of John Thomas Bradley 1869-1932***. This project will be financed by long time Navan residents Ross Bradley and John Bradley.

The cemetery is a beautiful and sacred place where we can visit our departed loved ones. With that in mind, socially distanced volunteer work of power washing the tombstones is in the planning stages.

*St. Mary's Cemetery Board of Directors*

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### **How to Manage Stress during Lockdown**

I'm sharing with you today a technique I was taught 10 years ago and that I still practice regularly. It is always available and helps me manage feelings of being emotionally overwhelmed whenever they arise.

Life can be challenging. And then you add a lockdown, with all the demands put upon you by work, family, relationships, external circumstances, and even yourself. This experience can be best summed up in one word: *Overwhelmed!*

Jon Kabat-Zinn, a prominent mindfulness researcher, has developed a relatively simple skill called the STOP technique. You can practice whenever, wherever you like, without the need for a formal sitting meditation posture. STOP is a mindfulness-based practice to help defuse stress in the moment.

STOP is an acronym for a practice that is developed to inject a little mindful experience throughout your day when you need it most. Even after a good mindfulness meditation in the morning, it's easy to quickly get caught up in all of the stresses and activities of daily life. By applying mindfulness exercises during your day, your mind will be on autopilot less, and you will be better able to check in with how you are feeling, what you are thinking, and what behaviour you're engaging in.

#### **STOP STANDS FOR:**

**S: Stop.** Whatever you're doing, just pause momentarily. Create space in the day to do so as often as you feel you need it.

**T: Take a breath.** Reconnect with your breath. Inhale and exhale. Your breathing is an anchor to the present moment.

**O: Observe.** Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?

**P: Proceed.** Continue doing what you were doing - or don't. Use the information gained during this check-in to change course. Whatever you do, do it mindfully.

By occasionally reminding yourself to stop during your day, you can increase your awareness of what is going on around you and inside you. You may stop and notice that you are engaging in a lot of negative self-judgments. Using STOP may help you recognize when your body is becoming tense and allow you to correct it before you are in pain. You might find that you're hungry, or that a break might be helpful. The more you STOP during the day, the more you re-engage with reality and disengage from the habitual 'busy'ness of your mind.

*Patricia Gaudet*

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### **Laughter to Brighten Your Day**

#### ***Donation***

Father O'Malley answers the phone. "Hello, is this Father O'Malley?"

"It is"

"This is the IRS. Can you help us?"

"I can"

"Do you know a Ted Houlihan?"

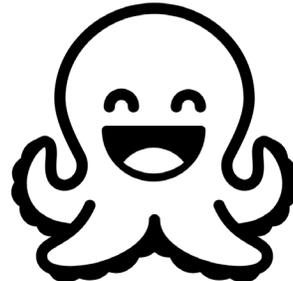
"I do"

"Is he a member of your congregation?"

"He is"

"Did he donate \$10,000 to the church?"

"He will".



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#### ***Helpful Prayer***

Billy had been misbehaving and was sent to his room. After a while he emerged and informed his mother that he had thought it over and then said a prayer. "Fine", said the pleased mother.

"If you ask God to help you not misbehave, He will help you." "Oh, I didn't ask Him to help me not misbehave," said Johnny. "I asked Him to help you put up with me."

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A Sunday school teacher asked the children just before she dismissed them to go to church,

"And why is it necessary to be quiet in church?"

Annie replied, "Because people are sleeping"

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For our pastor's 50th birthday, the congregation decided to give him a new suit.

He was so touched by the gift that the following Sunday he stood before everyone and, with tears in his eyes, announced, "Today I am preaching to you in my birthday suit."