

Blessings in Christ,

We are living in difficult times. As Covid-19 continues to spread in our country and the full affects of this pandemic are beginning to sink in, I urge everyone to remain calm. Follow the advice of health care professionals in terms of limiting public gatherings and the need to self isolate, and practice social distancing and proper hand hygiene. I have faith that if we work together and support one another, we will get through this.

As communities of faith, in times of trouble we often gather to pray, to share our stories, our pain, our fear and yes, our hope. In these stressful times when our instinct may be to come together, we are being asked to separate, and that is difficult. I encourage everyone to continue to find ways to connect with one another, continue to find ways to reach out with compassion and love. Even though we may be separated, we are not alone. We are connected by a spirit that loves us deeply and will never abandon us. In these troubling times do not forget that. Do not lose hope. Remember the resurrection. Remember that when all seemed lost, Jesus ... killed on the cross and thrown in the cold earth, all was not lost. There was new life and new hope. Hope beyond all our imagining. This too shall pass. This pandemic will end, and we will come out of our tombs of isolation and gather once again. We will gather and mourn our loses, we will comfort one another, we will face our new reality, and we will celebrate being together. Do not lose hope, remember that love is greater than fear.

Over the next couple of weeks, I will attempt to connect by phone with as many of you as possible. I am also exploring alternate ways of reaching out and connecting. I will be arranging some electronic gatherings for those of you who have the capability and are interest in gathering that way to; pray, study, or simply connect. I will also provide links to United Church of Canada online worship services. Look for an email with details on these options on Friday or Saturday.

I understand that many may have health and financial concerns and may be experiencing a great deal of anxiety and stress. I urge everyone to seek the support that they need at this stressful time. If I can be of any assistance please do not hesitate to contact me at any time of the day. My email address is [peacefullonedh@gmail.com](mailto:peacefullonedh@gmail.com) and my cell phone number is 204-821-5442.

*May the Peace and Love of Christ gently enfold you and comfort you in these troubling times.*

Blessings, Rev. David

## **Counselling Support**

As a Chaplain I am a trained listener and supportive counsellor.

During these troubling times I am offering my services to anyone in need. If you are feeling stressed, overwhelmed, anxious, or just need someone to talk with; you can call me to arrange a time to meet, either in person or electronically. (I am still working out those details.)

David 204-821-5442