

Good Maundy Thursday to you!

We aren't eating together in our 'Upper Hall' at the moment, unfortunately, and I will miss our meal and foot/hand washing and worship that we usually do!

Tomorrow morning, **Good Friday** at 10 am, you may tune into worship at Rideau Park (<https://www.rideaupark.ca/>) or a very solemn and beautiful Good Friday service.

Join us Sunday morning - **Easter Sunday** at 10 am as well at Rideau Park (<https://www.rideaupark.ca/>)

As information about the protection measures we are under change and the timeframe grows and scientists continue to work towards a vaccine, we may find ourselves unable to cope. There are so many resources out there that can help.

First, our 'backyard neighbours' at the church, The Royal, has several resources on their website. Here is one of them: <http://www.theroyal.ca/news/managing-anxieties-caused-fears-coronavirus>

A big list of coping mechanisms: <http://www.theroyal.ca/great-big-list-things-can-help-you-cope-while-practicing-physical-distancing-and-self-isolation>

And finally, there was a webcast that was live today at noon and they will eventually post the recording here:

<http://www.theroyal.ca/news/join-us-live-webcast-building-resiliency-times-uncertainty>

Brothers and sisters in Christ, take time to breathe in the Spirit this Holy Week. Go into God's deeper presence and may you find yourselves in the upper room, in the trial, at the foot of the cross, and standing at the opening of the empty tomb. May you find blessings each day,

Rev Jenni