

CHURCHPOST

RIDEAU PARK UNITED CHURCH



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Minister's Message

So much of life is about doing the best we can in whatever circumstances life places in our path. That is certainly true in our present situation. We turn on the news and the reality of Covid-19 hits home. Anxiety and fear rise in us as each day brings a higher count of those infected and those who have died. And yet, despite the discouragement, we're all doing our best to deal with life as we know it during a pandemic.

"Stay Positive", advises a sign in the window of a house I pass on my daily walks. I'm trying. Adopting a positive attitude during a pandemic isn't easy; on the other hand, when do we need it more? A positive attitude is good for both our emotional and spiritual health. And when you think about it, being positive – looking to the future with hope – is part of a Christian's DNA. We are, after all, an Easter people.



If we look beyond the negative, we see every day, right alongside the bad of coronavirus, the good of the people working to combat it. Aren't you prouder than ever to be Canadian? Our political leaders, of every stripe, are working together, and offering sensible and compassionate leadership. We have knowledgeable health experts keeping us up to date with factual information. Some manufacturing companies have adapted their facilities to fill the need for health care equipment; internet providers aren't charging for the extra data people use because they're required to work at home; grocery stores have dropped their usual charge for pickup orders. Examples of businesses stepping up in this time of crisis abound. Is it possible that, for a period of time, the goal of being helpful has edged out the desire for profit? Wouldn't that be something?

And what an example we've been given by health care workers, and others in essential services, who give up the safety of isolating at home to serve the needs of the public.

On a personal level, although I've had to forgo Zumba classes, I'm getting into longer than usual walks every day. And I suspect that, like me, many of you have been catching up on overdue household or creative projects. The term social distancing that we started out with has now been changed to physical distancing. This reflects the fact that many of us are continuing our social contacts through telephone and internet. FaceTime and Zoom video chats have given a great boost to my extraverted spirit.

Continued on page 2



EDITOR: Nancy McPherson, nmcpherson@rogers.com


Council	DIRECTORY OF CHAIRS Patricia Whitridge, Chair council@rideaupark.ca Ken Tong, Vice-Chair
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Stewardship	Gavin Currie, Chair stewardship@rideaupark.ca
EOORC Representative	Doug Robinson
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Property	Chair, TBD
Stewardship	Gavin Currie, Chair
Administration & Comm.	Nancy McPherson, Chair

RIDEAU PARK UNITED CHURCH	
Worship (online):	10 a.m.
Coffee Hour:	Suspended
Sunday School:	Suspended

OUR HEARTS REMEMBER

We hold in our thoughts and prayers the families and loved ones of these Rideau Park friends who have passed away:

Gladys (Scott) Fitzpatrick
Cy Webster
Charles Smith
Randy Lidstone
Ted Lee
Kay Irvine



We will notify the congregation when memorial services are scheduled.

I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die.

John 11:25-26

Minister's Message (continued from page 1)

I think all of us are grateful for the effort Rideau Park has made to keep in touch with its members. Our live-streamed worship service had over 300 households watching on Palm Sunday and 488 watching on Easter Sunday. Thank you Brian and Doreen Hamilton for the technical help that makes this possible, and our thanks to the worship leaders, Steve, Elizabeth and Jenni. Elizabeth and Steve offer daily reflections on Facebook. Elizabeth, starting at the beginning of the congregational list, and Steve starting at the end, are making phone calls to check in with church members. For the younger ones, Hailey Laliberté, assisted by her sister Sydney, has put together a weekly Sunday School lesson. Ben Presley's Senior Class continues on Sunday mornings via the internet. I host three weekly Cyber Chats. Council and staff hold meetings using an internet app called Zoom.

It doesn't surprise me that Rideau Park has risen to the occasion. We have dedicated and creative members and staff and it shows. The hiatus from our church building has made it clearer than ever how much the people of Rideau Park United Church care about one another.

May God bless you and keep you safe until we meet again.

Georgina Fitzgerald

Church Is Closed But Staff Are Working

Due to the Covid-19 virus and state of emergency measures, the office is closed. Staff emails will be checked from home, so please stay in touch. Sunday morning worship will be livestreamed at 10:00 am, and then archived for later viewing. If you have a pastoral emergency, please contact Rideau Park at 613-733-3156 and select extension 2 for the Ministers' contact information.



Religion is, as it were, the calm bottom of the sea at its deepest point, which remains calm however high the waves on the surface may be.

Ludwig Wittgenstein.

Children’s and Youth Ministry News

Sunday School: Our 2019-2020 Sunday School year ended rather abruptly and earlier than planned. We do want to express gratitude to our teachers and child care workers for their excellent and faithful work this year.

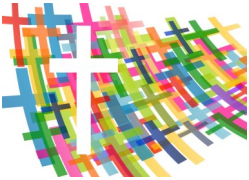
Thank you to Ben Presley, Andrea Laliberté, Linda Hagglund, Heidi Hopkin, Meg Steele, Allison Van Diepen, Lianne Presley, Rebekah Dillman and Hailey Laliberté for their dedicated work with our young people. We are blessed!

Since mid-March, our church programs have gone online. Hailey Laliberté has created a weekly Sunday School program on Facebook and on YouTube. Her video lessons are being viewed by Rideau Parkers and have been shared beyond our congregation, too. Many thanks to Hailey and her family for this great gift. You can find Hailey’s work at: <https://www.youtube.com/channel/UCynapQzJkPm6jLwmo4QwqCg>

Ben Presley has been hosting a youth Zoom drop-in on Sunday mornings and we greatly appreciate Ben working to create space for our youth in this difficult time.

What will Sunday School look like in the fall? We can’t be sure. Stay tuned. We do look forward to the day when we can be together again.

Have a blessed, happy and healthy summer.



Camp Awesome 2020

A recent decision was made in the EOORC Region to close Camp Awesome as a physical camp experience for the summer of 2020.

This is following the lead of day camps in much of the Ontario Camp Association. Camp Awesome will be offered as an **online experience** only this summer.

Planning is in its early stages but the current thinking suggests that camp will become a one-hour, age-specific online event, meeting on weekdays for two weeks in the summer. Camp Awesome participants would receive an “at home camp package” to help them participate in camp activities.

We will share more on what Camp Awesome 2020 will look like as the program develops.



Rendez-vous 2020

Rendez-vous is the UCC’s triennial youth and young adult national gathering. It was set to be in Calgary in August and we had a group that was planning to attend. Sadly, due to Covid-19, it is expected that Rendezvous 2020 will become an online event. Rendezvous would return to Ontario in the summer of 2023.

Sunday Service Feedback

Feedback from people who have been enjoying the live-streamed Sunday service...

- ◆ Blessings to our community and Church at this time of challenge. Our faith serves us well.
- ◆ Thank you for continuity and leadership.
- ◆ Thank you so much for doing webcasts and for organizing a Sunday school lesson – greatly appreciated.
- ◆ With thanks for webcasting your Good Friday and Easter Sunday services. They provide a moment of peace in an otherwise topsy-turvy world these days. Great technical work by the way and really enjoyed the three people doing the service. Many thanks.



Confirmation Classes

Following our usual pattern, youth Confirmation classes would be offered in the fall. Even if we cannot meet regularly in person through the coming program year, we can move classes to Zoom and meet online. If you are interested in participating in youth confirmation in 2020-21, please let Steve know (sclifton@rideaupark.ca).



*Come and find the quiet centre in the crowded life we lead,
find the room for hope to enter, find the frame where we are freed:
clear the chaos and the clutter, clear our eyes, that we can see
all the things that really matter, be at peace, and simply be. (VU #374)*



RPUC UCW News and Update
Nancy Begg-Durkee, UCW President

The UCW Executive held their post-Lenten April Covid-19 meeting via Zoom on April 27th. There were a few connection hiccups but, eventually, seven of the Executive attended. It was a different experience but it was nice to see friendly faces. It is not business as usual with respect to UCW events and it will continue that way for the foreseeable future. Like all Canadians, the UCW awaits the guidance of Public Health officials before making any plans for future events.

We are, however, asking for your support of our **VIRTUAL* Annual June UCW Dinner and General Meeting.**

The UCW Executive decided at their April meeting to cancel this annual event that has been a Rideau Park UCW fixture and of which the UCW ladies have many fond memories. We know that everyone is always anxious to try someone else's favourite potluck dish but that is not possible this year. The event has not been a UCW fundraiser in the past, but with Covid-19 this year, we have not held our usual Spring Nearly New Sale, no Easter Bake Sale or Easter Memorial Project, and no Spring Meat Pies fundraisers. So we are turning this annual June event into a **virtual** fundraiser.

We are inviting ALL Rideau Parkers: ladies, gentlemen, young, not so young, and the young at heart for a donation of \$20.00 not to attend the one and only (we hope)...

GREATEST UCW DINNER AND GENERAL MEETING YOU **NEVER ATTENDED on Monday, June 1, 2020.**

Just think: no agonizing over what to wear, no worries about food allergies or food poisoning (never happened), no worries about the heat in Beecroft Kitchen or cold in Beecroft Hall, and no worries about who will run that dishwasher or will the dishwasher break down or leak?

PLEASE CONSIDER DONATING BUT PLEASE **DO NOT SHOW UP!**

(Donations will be included in your year-end UCW tax receipt.)

Donations should be made payable to "RPUC United Church Women" and mailed to:

Elaine Robertson
RPUC UCW Treasurer
31 Pittaway Avenue
Ottawa, Ontario K1G 4P3



* A virtual event doesn't actually HAPPEN. It's just a clever way to raise some money for our beloved UCW, in lieu of all the events we couldn't run this spring because of the lockdown.

Treasurer's Note

As we work our way through the current pandemic, here is a brief status report on our finances. At the end of April, we have a deficit of approximately \$24,000 (\$24,500 deficit last year; budgeted deficit \$40,000 this year; both for the same period). We have been paying staff, who are working very hard, their full salaries and we plan to continue to do so. We continue to pay our obligations to the National Church for both M&S and the National Assessment. Our cash position continues to be good. We are also working to take advantage of Government subsidy programs as much as possible. PAR has played a key role in enabling us to provide Sunday worship services and to continue assisting those in need. I would like to thank those of you who have provided extra financial support through additional givings by cheque or through the "[Canada Helps – Donate Now](#)" button on our website. In the meantime, I hope that you and your families continue to stay healthy and safe.

Bob Roden, Treasurer



Andrew Ager

Andrew Ager has been a recluse at home since all this started. He has sent in a few organ recordings for use, if desired, on the RPUC webcast. He is currently writing his sixth opera, called "Angel". It is set in 1977 New York City and is a tale about some people just trying to survive in their own way. Two short orchestral excerpts may be viewed (with mood-setting footage) on YouTube at:

<https://www.facebook.com/100017468252006/videos/612360219356248/>

<https://www.facebook.com/100017468252006/videos/613546899237580/>

The world premiere for *Dracula, The Opera* by Andrew Ager has been postponed to May 28 and 29, 2021 at the Carleton Dominion-Chalmers Centre at 355 Cooper St., Ottawa. Stay tuned for more details.

Andrew and Suzanne wish everyone well.

Reflections on the Events in Nova Scotia

Elizabeth Bryce

When I heard about the helicopter crash near Greece, and that the team on board were based in Halifax, I couldn't help but think "How much more can they take?" Between the pandemic, unspeakable violence in the countryside and the impact of physical separation, it seems like Nova Scotia has had more than its fair share of sorrow.



As a Nova Scotia in-law, the province feels like a second home to me. My children have spent summers with their toes deep in the red sand of the beach at Pugwash. While they have never lived in Nova Scotia, like their father they have a great network of blue-nosed relatives. When we go to Berwick Camp, they like to point out all their Tupper cousins to their friends and to show that they know more people than the friends who actually live in Nova Scotia.

So, when someone they actually knew from the camp was announced as one of the gunman's victims, it hit our family hard. Then another victim turned out to be a cousin from the vast network of cousins on the Dillman side of the family tree. It is hard enough to explain these terrible tragedies that appear in the headlines when they happen far away, but when they happen in communities you know and to people whose faces you recognize, it is impossible to make sense of the situation.

Jan Richardson, an artist and minister, has written a prayer called "Blessing for the Broken-hearted" which was used in the service remembering our Berwick friend. It does not answer any questions, it only speaks to the long, slow path of healing. When I think of Lisa and Joey, or the grief their families and children are going through, I think of that blessing, because sometimes it won't make sense for a long, long time.

*Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart
so broken
can go on beating,
as if it were made
for precisely this—
as if it knows
the only cure for love
is more of it...*



Jan Richardson,
<http://paintedprayerbook.com/2014/02/10/a-blessing-for-the-brokenhearted/>

Healing Pathway Ministry

Like everyone else, the Healing Pathway Ministry has had to curtail its healing work within the church because of the current need for physical distancing. However, we are continuing to offer healing sessions remotely.



This may come as a surprise to some, and yet we all know the power of prayer to reach beyond time and space. We know and believe that we can pray for someone who is not physically present with us. Although a prayer can seem more powerful when the subject is in the room with us, the results for someone that is miles away can be just as effective.

As part of its training program, the Healing Pathway ministry already prepares its practitioners to offer healing sessions remotely. We usually refer to this as "distance healing." Ultimately, the practitioners are still acting as conduits of God's Light, Love, and Healing Energy, whether they are working hands-on with someone in the same room, or remotely. If you or someone you know would like to find out more about this, please contact us through our church email address: healingpathway@rideaupark.ca. Feel free to share this message with anyone you think may benefit.



Next Churchpost Submission

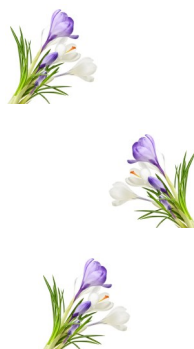
Due: 12 Noon, Friday, September 4, 2020

Pick-up: Sunday, September 13, 2020

Submissions to Churchpost can be emailed to:

nmcpherson@rogers.com

and should include the name and phone number of the author(s).



Joining Hands at a Distance: Faith Communities in the Covid Crisis

Hailey Laliberté

Grade 10 Literary Arts Student, Canterbury High School

There's no place in the world that the Covid-19 crisis hasn't affected. It's been officially declared a pandemic by the World Health Organization (WHO), and has shut down whole countries for indefinite periods of time, leaving only essential services open. Religious communities, though such an important part of so many people's lives, have not been exempted from the government requirements for closed doors, limits to gatherings and physical distancing. However, faith remains undying through this crisis. Resourceful religious leaders from many different faith communities have been thinking outside the box, and trying to create a sense of normalcy for the worshipers in their communities. What these leaders are showing us is more important now than ever: the resilience of humanity.

To get some idea of the impact and response of faith communities at the ground level, interviews were conducted with leaders of local Protestant (United Church of Canada), Roman Catholic, Islamic and Jewish communities, and with a United Church of Christ congregation in Connecticut. Their answers showed that, like religion itself, there is no single uniform approach to the challenge.

For all of them, however, the second week of March was a time of radical change. Up to then, there was awareness and concern: prayers were being offered, some Ministers were no longer shaking hands after services, and Imam Sikander Hashmi of the Kanata Muslim Association had spoken twice to his congregation about the coronavirus striking elsewhere, but even he is quick to point out that no one was really prepared for the rapidity and scope of the coming changes. Life was still relatively normal. At Rideau Park United Church, the Thursday Euchre Club played cards and shared tea and cookies, while families gathered for a dinner and music programs that evening. But things were already changing: on that same day, Rabbi Deborah Zuker of the Beth Israel synagogue in Ottawa was advised that one of the attendees at their Purim event on Monday was now being tested for coronavirus; in Connecticut, at North Branford Congregational, Wendy Tarry, an interning ministerial candidate, got a hasty call that she would be preaching on Sunday, as their Pastor had just returned from Seattle and was self-isolating as a precaution. By the weekend, schools had been closed, travel warnings were being issued and businesses were shutting down. While some churches held services that Sunday, physical distancing was being practiced and after that, all regular services and programs were either being cancelled or moving online. Imam Hashmi hadn't hesitated to cancel Friday prayers: "[O]ur faith practices are very communal and...physical...we stand together in rows...foot to foot, shoulder to shoulder..." The only way to practice physical distancing would be by not coming at all.

Universally, there was a quick shift to the internet, although the extent of the switch varied. For routine activities like committees, teleconferencing was swiftly put in place, with Zoom and WebEx mentioned prominently by interviewees. For religious activities, the response varied. Youth and children's activities could be pursued quite well online, and in some cases the response was very positive.

Rideau Park started an online Sunday school program, and a youth drop-in. While Imam Hashmi's faith community would normally have a family pizza night in person, they conducted their first one over the internet last week. North Branford Congregational held a youth group meeting over Zoom, keeping their teenagers connected while still safely apart. All of these endeavours proved to be very successful, and have touched the hearts of many in this difficult time.

For seniors, the gap was not as easy to fill. Many seniors, as a generalization, aren't exceedingly tech savvy, so for some, even getting connected to an online service was a problem. More important was the issue of isolation. While most of the faith leaders that were interviewed explained that they, or congregational representatives, were phoning seniors regularly, it's still not the same, and it's not going to be for a while to come.

Religious observances themselves could only be accommodated to a certain degree. Rideau Park had already been online: it was just a matter of making sure they could keep webcasting from their sanctuary, even though the pews were empty.

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THANK YOU!

A huge thank you to our ministers, staff, volunteers, front-line workers, essential workers in stores and all those who work tirelessly to keep us safe and cared for during this stressful time. We can't thank you enough! Stay safe.



Joining Hands at a Distance (continued from page 6)

Ministers Steve Clifton and Elizabeth Bryce joined forces with Rev. Jenni Leslie of Kitchissippi United Church to create a service that both churches can enjoy, while at the same time protecting the ministers from having to visit two separate buildings. The Kanata Muslim Association hasn't been able to switch to online for their prayers because that's not in keeping with their observances. To maintain a sense of normalcy, Imam Hashmi is conducting an online talk at the usual Friday prayer time. Father Patrick Penney of Our Lady of the Visitation in Findlay Creek is relying on the institutional strength of the Catholic Church, which allows parishioners to tune in on Papal masses, webcasts from Notre Dame Cathedral, and the broadcasts on EWTN, the Catholic cable channel. He himself continues to conduct private masses. Rabbi Deborah conducts prayers and Torah classes online. In North Branford, the response has been low-budget but creative. Pastor Vance Taylor does a small candlelit service from his home on Sundays, but in addition for Palm Sunday a safe drive-by was set up for people to pick up palm fronds, and an outdoor cross was set up on Easter Sunday to which celebrants could add flowers, again with no crowding.

Special religious events of course have special issues. Across the board, weddings are being quietly postponed, and funerals, which are emotional at the best of times, have an added sadness. Father Patrick has conducted two funerals in virtually empty chapels, one with only two sons of the departed present. Pastor Vance has performed a graveside service in the rain, with the small number attending carefully distanced. Imam Hashmi explains the poignant and difficult problems of the Muslim community, where ritual washing of the deceased is an essential part of the burial process. The volunteers who normally perform the rituals are placed in a difficult position when deciding whether they can continue to carry out their work. Even more problematic is the handling of Covid-19 victims. After extensive study, the local Council of Imams determined that the washing ritual would have to be forgone. Even then, extreme care would be needed for burials; Imam Hashmi praised the concern and compassion of local hospital staff in helping them work through the process step by step. Sadly, the first Muslim victim in the Ottawa area was interred this past week.

As we are still in the midst of the crisis, the future holds many concerns. Faith communities are making efforts to help people not only with spiritual, but with physical needs as well. Food banks are being supported with donations. Wendy Tarry reports that a neighbouring church has "a food box on the lawn...that people can access if they're food-unstable." Imam Hashmi is proud to say that thirteen mosques in Ottawa-Gatineau have joined together with Muslim relief organizations to provide food packages and shopping assistance. Over four hundred packages have been delivered to date. And despite the internet efforts, there is deep concern that the inability to be physically present will cause serious harm. As Rabbi Deborah puts it: "I worry...members of our community who are more marginalized...may not get the support that they're used to having just by showing up at a worship service." Imam Hashmi speaks of family issues like divorce, and domestic violence. Reverend Clifton speaks of particular concern for senior homes like Maplewood, which are suffering outbreaks. Wendy Tarry raises two other concerns: the first is the people who find their faith challenged by the pandemic, "about pointing to God's presence in the midst of it...things we can learn from it without trying to speak for God in the sense of giving a motive to what's happening." She also worries about the pressure that is placed on clergy themselves in this crisis. They are trying to find new ways of operating, maintaining contacts with their congregants on a constant basis, and facing the real prospect of burnout. She sees a serious risk of burnout because "pastors have implemented things thinking this was two or three weeks and now a sprint has turned into a marathon."

Worship and Music***Karen Lamb and Sharon Sanderson, Co-chairs Worship and Music***

Worship services are one of the pillars of life at Rideau Park. Joining together clergy and lay, musicians, ringers and singers, scripture and prayer. Speaking to people near and far, inspiring and challenging.



During these strange and unusual times, we are unable to meet with family and friends. We may be bored or frustrated. We are uncertain what the coming days and weeks will bring. During these strange and unusual times, when normal is just a setting on the dryer, worship is even more important.

It is a time when we come together in the heart of Christ as children of God, even though we are physically apart. During this time we have been truly blessed with the creativity and faith of Revs Elizabeth, Steve (from Rideau Park UC) and Jenni (from Kitchissippi UC), and the significant efforts of Brian and Doreen Hamilton combining live and prerecorded segments into one cohesive, sacred time. On behalf of the congregation, we offer our heart-felt thanks to them for their continued shepherding of this flock.

Ways to Pass the Time
Nancy McPherson



After weeks of staying in to flatten the curve, it gets harder and harder to find things to do to pass the time. Here's a few ideas that might help...

Book Suggestions

The Lost Letter by Jillian Cantor. A novel set in the late 1980s LA and 1939 Austria, part romance, part mystery;

Mysteries by Barbara Fradkin, with amateur sleuth Amanda Doucette (Ottawa writer) or Brenda Chapman (also local);

Educated, a memoir by Tara Westover;

Red Notice by Bill Browder. A non-fiction account of high finance and murder in Russia;

Truth Be Told, the autobiography of Beverley McLachlin, Canada's first female Chief Justice of the Supreme Court of Canada;

Homes: A Refugee Story by Abu Bakr Al Rabeah (runner-up in "Canada Reads, 2019". You will be both appalled and moved;

By Chance Alone: A Remarkable True Story of Courage and Survival at Auschwitz by Max Eisen, winner of "Canada Reads, 2019";

Any Louise Penny mystery starring Chief Inspector Armand Gamache, set in Quebec;

Any Deborah Crombie mystery, set in London, England, and starring Detective Inspector Gemma James and Detective Superintendent Duncan Kincaid;

Any Daniel Silva espionage thriller, starring Israeli operative and expert art restorer Gabriel Allon, set all over the world; and

All Souls Trilogy (*A Discovery of Witches*, *Shadow of Night*, *The Book of Life*), by Deborah Harkness, for the fan of well-written, thorough fantasy – vastly superior to the lacklustre TV version of "A Discovery of Witches" currently on AMC.

Movie and TV Suggestions

A Beautiful Day in the Neighbourhood, with Tom Hanks as Mr. Rogers, grittier than you might expect and very moving;

1917, a gripping film about WW1, based on the experience of the director's grandfather;

Bombshell, based on the true story of sexual harassment at Fox News, and how the perpetrators were held accountable;

On CBC Gem, a Canadian series called ***Burden of Truth***; and

On Netflix, ***The Happiness Diaries***, an uplifting series.



Other helpful suggestions from congregation members...

It's always good to come across something on television that you enjoy. For me, one such program was a six-part Limited Series called ***The English Game***. This is a fictionalized version of the events that led up to football (the English version) being wrested from the hands of the British upper class into the hands of the working class. No easy matter. You don't need to have a particular interest in sports to enjoy *The English Game*.

Some folks are comfortable ordering in and supporting local restaurants, such as Colonnade, The Pelican Grill and Thailanna; if you are part of a household with underlying medical conditions (for example, diabetes, emphysema, asthma, anything that compromises the immune system), it really is more prudent NOT to order prepared food, even if you are so tired of meal-making that you could scream.

Some people have reported good service for grocery deliveries from Instacart and Instacart Express (for an extra \$9.95/month). Quite a few grocery stores, for example, Farm Boy and Loblaws, are delivering. Some folks like to drive over and have contactless loading of their grocery order into the trunk, and others like the order brought to their doorstep.

Online or old-fashioned activities – gin rummy, cribbage, scrabble, backgammon, mah-jong, jigsaw puzzles, and any board game gathering dust in the hall closet. Ordering jigsaw puzzles online is an experience in itself – feeling quite clever, I was chagrined to see that thousands had been clever before me, and finding puzzles in stock was a bit of a slog. (It's not like there wasn't abundant time to keep searching, so I persevered.) Eventually, I was able to order three new 1,000-piece puzzles from Indigo/Chapters with a wait of a couple of weeks.

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Ways to Pass the Time (continued from page 8)

For stitchers (from Joanne Rodgers): "I currently am in the midst of a stitch-a-long for cross stitch which lasts a year but there are shorter ones. A new portion of the pattern (picture), always a surprise, arrives periodically. Mine is monthly. The knit-a-long works the same basic way. Mine is a wrap, using different stitch patterns each time, done in blocks. Another thing for those of us who knit, sew or craft, is to think about the fall Bazaar...work on items to stock the Bazaar."

For the Elvis Presley fan, there's an uplifting, spiritual song with beautiful scenes in a slideshow, called "One Pair of Hands" that can be found at <https://www.youtube.com/watch?v=sjT-r2wUo8o>.

YouTube™ videos of all types: entertainment (musicals, dance, humour, opera, etc.), documentaries, crafters, cooking demonstrations, fitness workouts, activities and lessons for kids.

Thursday evenings at 7pm, the Stratford Festival is running 12 productions of plays, starting with King Lear and Coriolanus (already have been aired), moving onto other filmed plays, such as Hamlet, The Taming of the Shrew (the only comedy they're running), Macbeth, Timon of Athens, Othello, The Adventures of Pericles, etc. Go to the Stratford Festival's website at <http://www.stratfordfestival.ca> and click on "Watch" for the livestream of productions. It's interesting to watch the count on the lower left of how many people are viewing the production and on the right, live comments from the viewers; it definitely adds a sense of immediacy.

Check out the National Arts Centre, which is offering lunch break concerts and international dance content through the NAC's FaceBook page. You can also visit <https://nac-cna.ca/en/canadaperforms>.

**Your Butterfly Garden Can Help the Health of the Planet***Yvonne Freundl*

According to Landscape Ontario...

Pollinators, including bees, butterflies, beetles, birds and bats, play an essential role in maintaining healthy ecosystems. They provide the service of pollinating our crops and plants, which in turn increases crop yield and biodiversity in the natural environment!

DID YOU KNOW? Pollinators are responsible for pollinating over 30% of the foods we eat!

Plan ahead: Pollinators, such as bees and butterflies, require a constant source of food from when they emerge in the spring, right through to the fall. Be sure to have a continuing sequence of flowers in bloom to provide pollen throughout the growing season.

Plant native: Native plants have co-evolved with pollinator species, and are well adapted to the climate, soil, and growing season. It is okay to plant non-native plants as long as they are not invasive, and are planted according to the label.

The David Suzuki Foundation is asking Canadians to help protect our food sources by planting to increase the numbers of pollinators. Can you plant wildflowers in a plot this spring? Ideas below:

David Suzuki's Queen of Green

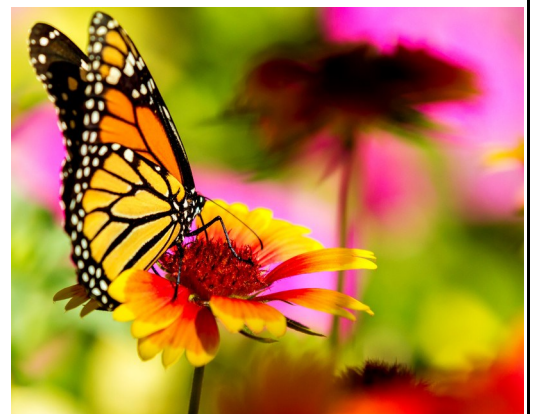
<https://www.facebook.com/DavidSuzukisQueenofGreen/>

Butterflyway Project– David Suzuki Foundation

<https://david Suzuki.org/take-action/act-locally/butterflyway/>

The Butterflyway Project is a citizen-led movement that is bringing nature home to neighbourhoods throughout Canada, one butterfly-friendly planting at a time. The Butterflyway Project began in five cities in 2017. A team of volunteer Butterflyway Rangers were recruited in each community.

For more information, go to david Suzuki.org



Food for Thought
Georgina Fitzgerald

We've been taking advantage of **online grocery shopping**. We use two stores (Walmart and Loblaws) on a regular basis but I've heard good things about the other chains who offer this service and just learned that Farm Boy is now doing so as well. Each store has an outside area designated for pickup. If you do the pickup yourself there is no cost for this service. You can also opt for having the groceries delivered for a small charge. Not only is this method safer than a dash into the store (which we've done on occasion) but you get to shop in the comfort of your home just by clicking on an item on your computer screen. The store's staff does all the work of locating the item and putting it in your shopping cart. Most stores who offer this service are so busy that you have to order a week or more ahead. As soon as we receive one order, we reserve a slot for the next. You can make changes to the order until two days before pickup. Why not give it a try?

While the rest of us may have slowed down, scammers have not. We've recently been receiving daily calls asking us to pay for internet and hydro services. Why so many calls at this time, I don't know. Maybe the people behind these scams figure that the anxiety we're now experiencing will weaken our ability to think. A good rule to follow is not to give your credit card information to anyone who contacts you over the phone or through the internet. Don't underestimate the ability of a con artist to appear legitimate. The people who carry out these scams are experts at what they do.

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