

Spirit

IN THE TIME OF COVID 19

worship in different times



ST. PETER
ANGLICAN CHURCH

September 2020 - Issue 2

*Inspired by God and the example
of Jesus to serve our community
by offering love and acceptance to
everyone.*



From the Editor

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What does this mean for us? Whenever I have a question about something, I follow my daughter's advice, "Google it, Mom." So, I googled the word "change." First, the definition of change: to make or become different. And secondly, a reflection on change; "what is important about change is how we anticipate it and react to it." Also, I found a blog on nine ways to deal with change: rest and relax; grieve; lean on people you love for support; assess and assimilate the new information; meditate; focus on goals; count your blessings; stay positive; and live in the now. This blog deals with change after a loss but when I read the article it seemed to fit. Have we not experienced some loss of our way of life, due to the restrictions of COVID 19?

There have been many positive changes at St. Peter's this summer as you will read about in this issue. We welcome The Reverend Dr. Catherine Dafoe Hall, or Cathie as her friends call her, as our Interim Minister. Spirit is full of letters, reports and articles which address the transitions, change and new normal we now find ourselves in; and give us hope.

I hope you enjoy this issue!

Jane



REPORTS...



▼ During the Interim - New Life and Hope

Many years ago, an old friend of mine went on a retreat. It was a private retreat and the priest, who was the spiritual director, and my friend John went to some church-owned property in a rural area. There wasn't a lot of money but the retreat was important so they improvised. The priest stayed in a cabin on the property and John stayed in a tent that he had brought with him. The retreat was for four weeks.

After a week John felt stuck. The welling-up of insights and new understanding had stopped and John turned to his spiritual guide for advice.

The priest said, "John, move your camp."

John was kind of annoyed because it really didn't need moving, in his opinion. Nevertheless, he spent most of the day at the project and he moved the camp. And the signs of new insights and the sense of connection with God, began to increase again. Why? Did it have to do with moving the camp? The act of obedience to his spiritual director? The process of planning and making the move? Neither knew, but it did make a difference. And I have found that whenever there is a significant transition in my life something similar happens; I encounter God in a new way.

COVID19 is a tragedy in our world; it has changed everything. But God is always in the business of bringing life out of death and hope out of despair. The changes forced upon us by the ravages of the disease have forced the world and the church to see things in a new way.

For example, we have become aware that our for-profit model of senior care has unacceptable risks for our elders. Not every care facility has failed but enough have such that about 80% of the COVID19 deaths in Canada are in elder-care facilities. That is enough for us to reconsider what we are doing and to require us to do things in a new way.

Similarly, we are becoming aware of our racism. The kind of ideas that we internalized as children and which we have not yet identified and discarded. All of us have them - no exceptions - but this time in history is giving us unique perspective, and an opportunity to address them personally and communally.

And so, it is with the church. We can't be the church in the old way, and that old way will be impossible for years, and perhaps always. What can we learn from the things that we are trying as we work to BE the church in the world? Do you know? I don't yet, but many people are thinking about it and writing about it to help us to look forward in a positive and hopeful way.

St. Peter's is in the midst of yet another transition, in the midst of the world transitions. This makes the local transition especially challenging. The same opportunities are there though. What does it mean to us that Lincoln has left? While we are in this transition time, we can trust that God is active in the parish and in each one of us; where can you see the hand of God at work? What is there for us to learn in this time? What are the challenges we need to face? The problems we need to solve? The ways we are called to grow and learn? What is God calling on us to be and do now?

Some of these questions are part of the work of the team that Rick Monchak is leading. They will work to discern the need of the parish and what kind of priest will best meet those needs. But all of us have a role in being part of a growing and thriving family so that we meet the new priest from a place of wellness and hope.

The Reverend Dr. Catherine Hall



REPORTS...

▼ Wardens' Report

Looking back, it is hard to believe we are five months into the “new normal,” which continues to evolve. For many, our faith has continued to give us strength both in the short term as well as into the future. It has enabled us to draw on an inner strength to get through the day to day 'stuff'.

When you think about this COVID venture, it has brought us together in ways we couldn't have imagined. From a personal experience, with the numerous calls I have made to parishioners, many of whom I had not known, I feel more like a member of an extended family.

Cathie Hall, our new interim minister, has made two trips from Nanaimo to meet with the Wardens as well as Parish Council. There were a group of painters working that day who also got to meet her. Her first church service is Wednesday, September 2, followed by the second one on Sunday, September 6. As we are limited to how many can gather at a time, we will be contacting each parishioner personally to make reservations. These calls will continue weekly, ensuring everyone wanting to come to service has a chance. The church service will be different from what we are used to. Change is a process we all have to work through. So, not to worry, if you don't make the first two services, your turn is coming!



*Wednesday Church Service 12 noon
Sunday Church Service 10 am
Attendance numbers limited*

Parishioners will receive a phone call to make a reservation



Rules from the Diocese must be followed, so for now there is no coffee after church as well as no singing. We do have great news though. Several groups within the church continue to meet. These gatherings include Monday morning get togethers at 10:00 a.m., Mindfulness on Wednesdays at 3:00 p.m., Prayer Chain and ACW meetings weekly. Please read in the Spirit, our Parish website or Facebook page for further information. Our parish is open again to community groups such as AA, Al Anon and Power Squadron. All this adds to a sense of returning to familiar things.

The two new furnaces are in, the duct work has all been cleaned out, the outside exterior painting and siding replacement are complete. All these projects were completed with great team work and financial assistance from parishioners. What a great look the parish has as you drive past on Dogwood. It looks warm, inviting and definitely a building we take pride in to welcome newcomers.

We have hired a new part-time church secretary who will start the first week in October. She is currently employed as a church secretary in White Rock.

Looking forward to seeing you at the church services.

From the wardens: **Lois Tirebuck & Dave Storrie**



REPORTS...

▼ The Spirit of Finance



Summarized Financial Report - August 2020

Life in this time of COVID; it has been interesting hasn't it? You are torn between wanting to stay home and wanting to get the heck out of Dodge and just do something!! Crazy times.

I would like to extend my most sincere gratitude to those of you who have worked so hard on the church property, organizing the furnace installation and the repair and painting of the exterior of our church. It all looks amazing!

We have been doing okay financially as well. We had a nice nest egg built up, thanks to your generosity, and our bank balance at the end of July was \$58,557.76. Since then, we have paid for the furnaces, scissor lift and the various other items required for the painting project. Over the summer, several of you have signed up for the Electronic Collection Plate. Thank you so much!

We still have to pay to have the furnace ducts vacuumed out before we turn on the furnaces as well as the siding project in September. We are looking forward to our church opening up in early September and welcome Cathie as our Interim. Let us continue to remain steadfast and strong. God is with us.

Revenue Jan-July including flow through funds	92,398.82
Expenses Jan-July including Ministry & Administration	80,427.78
Net income Jan-July	11,971.04

▼ Selection Committee Update - Sept. 2020

The committee is very happy that the Rev. Dr. Cathie Hall has agreed to be our interim minister. Cathie will be our minister while we work our way through COVID-19 and engage in the process of actively looking for a new minister. Please visit our website to learn more about Cathie.

Cathie lives in Nanaimo and will be at St. Peter's two days a week, Wednesdays and Sundays. Over the next few weeks, Cathie will be phoning each parishioner to introduce herself and ask parishioners if they have any spiritual needs.

Our search for a new full-time minister will begin in the fall, after we have a better understanding of how we will function in the world of COVID-19. In the meantime, the selection committee will be putting together a set of questions for potential candidates as well as a list of qualities that we would like to see in a new minister. As always, the committee is very interested in your thoughts on what those qualities might be.

Your committee members are Lois Tirebuck, Dave Storrie, Greg Goldstone, Diana Hicks and Jane Jennings. **Rick Monchak**

▼ Pastoral Care in the Interim

One of the things that holds a community together is the ways we take care of one another. There are many challenges during this time. Many visits are simply not possible in hospital and care facilities, and even home visits have significant challenges.

I have noticed that St. Peter's has a phone tree and people are calling everyone on the parish list. What a work of love that is. I also am aware that there is a prayer list and a prayer team that prays for all



REPORTS...

▼ Pastoral Care Continued...

concerns brought to them. That is a real gift to the parish and the wider community. Sometimes people want the counsel or prayer from a priest, and I am delighted to be able to provide that.

My working days are Wednesday and Sunday. It is possible to have brief and confidential pastoral meetings in the church building on those days. You can call to make an appointment.

Weddings and funerals are a part of our pastoral ministry. We can hold small services in our building but attendance is limited to very few family and friends. This is not what people are hoping for when they imagine getting married or holding a funeral. Sometimes people find it helpful to have the small service and then plan for a larger gathering in the future when such gatherings are again possible. If you are planning to marry or if you have been recently bereaved please call me and we will discuss what might be possible.

Parish Council is at work imagining other ways for the parish to support folks in times of celebration and need. If you have any ideas reach out to one of the Council members and share your idea or your hope.

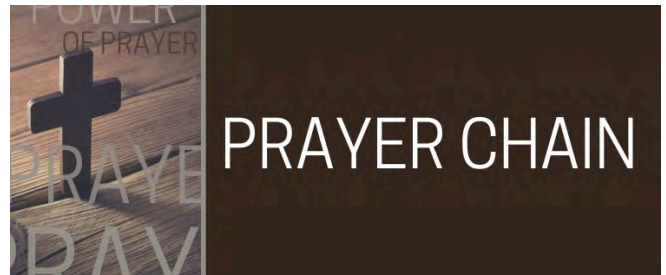
My phone number is 250-668-3701 and email is incumbent@stpeterscampbellriver.com. If it is urgent call any time. Non-urgent calls can be made on Wednesdays and Sunday afternoon.

The Reverend Dr. Catherine Hall

During this difficult time in all our lives, small intimate services for weddings or funerals in our Church can be arranged. Please call 250-286-1613 for assistance.



▼ Prayer Chain - Got Problems, Feeling Sad or Anxious?



Very few people, perhaps none, if the truth was told, live a life without problems or worries. At one time or another most people face a situation where they don't know where to turn or what to do to get help, or a situation can seem beyond help.

St. Peter's Prayer Chain is a ministry of members of the congregation who believe that God loves us, cares about what is happening in our lives, and wants us to come to him and ask for help or healing when we are in difficult times. Absolutely we encourage you to tell God what is troubling you and ask for help. But sometimes we are caught in the stress of a situation, feel the need to not be alone in asking for help, or just don't know what to say or ask for, and we need others to come alongside us and help. "Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God." (Philippians 4:6)

Over the years the prayer chain has existed, there have been many, many answers to prayer, some nothing short of miraculous. There are no guarantees, as how a prayer is answered is up to God, but it can be a comfort and bring a bit of peace just to know that others are with us in seeking help in a situation where we need it, or when we are worried or feeling down. You need not be alone.



REPORTS...

▼ Prayer Chain Continued...

It is easy to get your prayer request to us. People in St. Peter's congregation, or anyone else for that matter, can ask us for prayer for themselves, or for friends or family. You can phone the church office at 250-286-1613 and leave a message, or email a message via the new email address linked to St. Peter's website stpetercrprayerchain@gmail.com. You are welcome to ask for prayer!

Be assured that requests are confidential and will not be spoken of outside the prayer chain. We would appreciate it if you would contact us if you have seen an answer to the prayer you have requested, so that we can join you in giving thanks and remove the request from our lists. Also, if a change is needed to the original request because the situation has changed somehow, or is no longer needed, please let us know.

Members of the prayer chain at the moment are Kathy Fitzsimmons, Sue Vickery, Eileen Klaasen, Pam Hedderson, Desiree Chan, Georgia Smith, Jan Haylow, Jane Jennings, Linda Bevington, and Kerrie Pulford.

You are welcome to contact any of these people personally to ask for prayer, also.

Does the idea of praying for others appeal to you? Anyone who wishes to join in this prayer ministry is very welcome, and should leave their name and contact information at the church office or email me directly at the prayer chain email address. We usually meet at the church on the first Wednesday of the month September to June to update the prayer lists.

There is also an informal drop-in time for prayer at 2:15 every Wednesday, (before Mindfulness gatherings at 3:00 p.m.) open to anyone. During these COVID times, if you come on a fine weather day for the informal drop-in prayer time, this will be held outside (bring your own chair). If on a wet or cold day, the location will be made known when you arrive at the church.

"Then you will call upon me and come and pray to me, and I will hear you." Jeremiah 29:12

Kathy Fitzsimmons, Prayer Chain Coordinator



A little walk down Memory Lane!



WHAT'S BEEN HAPPENING!

▼ Plant Sale Committee - Companion Gardening



Plant your tomato plants next to tall decorative plants to support them. I can't believe that we are thinking of remembering the fall care for our plants already. It's August and you can notice the change in the light at night and in the morning. A slight dip in the temperature. It's much too early to think of fall care, isn't it?



Remember I suggested nasturtium planting in my last companion planting garden ideas. I found they're also good for something else that I never dreamed of for saving a garden. Deer seem to love the nasturtiums a lot better than the rest of the plants in the garden. They're not eating my garden vegetables when I have nasturtiums.



Fall Garden Care

It's the same old procedures that you regularly do. Prune back roses and put bark mulch around their base. Fertilize your rhododendrons and azaleas. Dig up your dahlias and put them in a cool place with no light for the winter.

Clean up your garden and remove all your yard waste. In Campbell River, yard waste pickup is good until the end of November on your garbage day.

Stay well and practice your social distancing. All the best.

Glenna Armitage, Plant Sale Coordinator



WHAT'S BEEN HAPPENING!

New Look for the Gardens!



Many thanks, Andrea, for the shed painting. A feeling of fresh new beginning is given by a new paint and clean up. *Glenna*



The Corner

By mid-July, I was able to stand back and appreciate the new look on the corner of Dogwood and Pinecrest Streets.

The rhododendrons had been pruned and "raised"; the *Pieris japonica* stumps dug out and removed. Have you missed the

birch tree behind the bus stop on Dogwood? Riddled with carpenter ants, it, too, was removed. This effort was not without assistance. Rick and Jane removed the pruned limbs and branches. A friend loaned her husband and his chain saw. Joan C. loaned her son, an arborist, who consulted and directed my efforts. Then, there are the people who encouraged me as the newly trimmed rhododendrons emerged. To all of you, a big thank you. I am quite thankful that this corner was originally landscaped with drought seasons in mind. I expect, though, to be seen at the Corner again soon, as the rain encourages new ground growth (weeds). If you see me there, honk as you drive by.

Jennifer Coolen

Building Committee - Revitalizing the Church

AND SO IT WAS IN THE BEGINNING...



They scraped the siding



Then they washed it



They painted the doors



WHAT'S BEEN HAPPENING!

▼ Building Committee - Revitalizing the Church Continued...

You may have noticed the church exterior looks a bit different than it did a couple of months ago. OK, a lot different!

Everything except the stucco has been scraped, sanded, washed and painted. Even the garden sheds got caught up in the action. The new colour scheme has met with rave reviews.

And as they painted to the west and to the south...

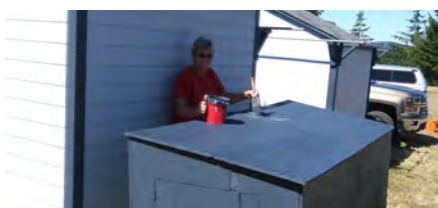


It began to look really good...to man and beast (the supervisor)...

The work started in mid-June and is 99% completed as of mid-August. All of the work was safely done with parish volunteers. An estimated 600+ volunteer hours have been put into this project. Many thanks to those who volunteered their time, especially our organizers George and Ellen, as well as Andrea, Frank, Bill H, Bill R and Jane. Tony, Pauline and Brian also helped out. Even the resident 4-point buck, supervised. It seems this COVID-19 summer was the perfect time to take on this project.



And they painted some more...Teamwork at its finest!



WHAT'S BEEN HAPPENING!



Supervisor



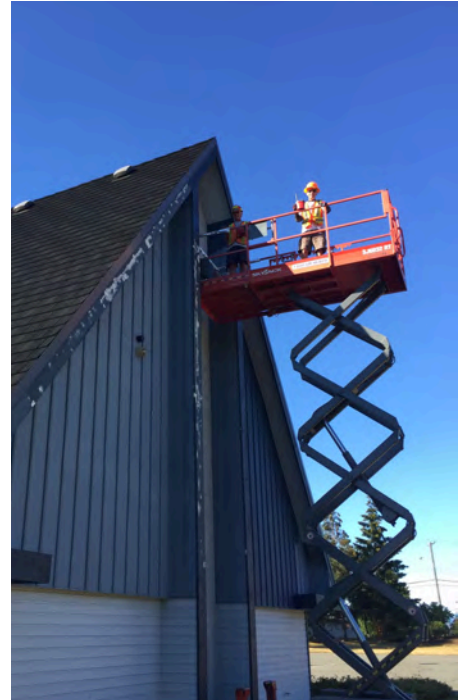
East Wall Before



Phil "The Door Man"



East Wall After



Thanks to Greg, Diana, Dave and Elliott for all their good work with the trees. Thanks also to Phil for refurbishing the oak entrance doors.

Lastly, while the parish has received donations to help with much of this work, we are still looking for some additional funding to help pay for these projects. In particular, the painting project has cost us more than planned as we found some exterior repairs that needed to be done. We also added the east gable that faces Dogwood Street to the project. The height of this gable required the rental of a scissor lift. Any donations over and above your regular giving would be wonderful. **RICK MONCHAK, APPRENTICE PAINTER**



WHAT'S HAPPENING...

▼ Start-up of Worship Services at St. Peter's - First Week of September...

We are pleased to announce that we anticipate our first service will be Wednesday, September 2 followed by a service on Sunday, September 6. Wednesday services are at 12:00 noon, and Sunday services are at 10:00 a.m. As we are social distancing, we would like to remind parishioners there will be seating for 44 people at each service.

What you can expect:

- a COVID questionnaire
- sanitize hands prior to entry
- contact information will be gathered and kept for 30 days in the church office
- you will be escorted to your pew by a Council member. Please note you may not be seated where you have been used to sitting.

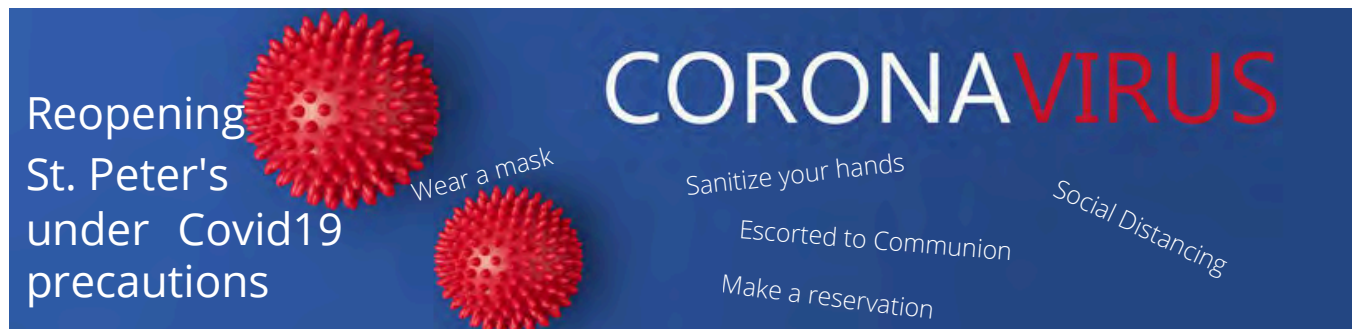
For communion, you will be escorted to the front of the church and then escorted back to your seat before the next parishioner is escorted to the front. We will also be using the choir loft. Should you require the bathroom facilities, only one person at a time and be assured, they will be cleaned between users. A reminder, there will be no singing till further notice.

Reservations will be required.

Lois Tirebuck will be phoning all parishioners, to confirm the church service they would like to attend. As there is not enough space for all to attend the first two services, phone calls will be made each week, making sure everyone has a fair chance. We will be using the parish list to make sure we don't miss anyone. Quite possibly, you might not be able to attend each week. This is a whole new experience for everyone so patience will be appreciated.

Just a reminder, masks will be required. There will be a supply of disposable masks available at a nominal cost. If you want a recyclable cotton mask, we can make those ahead of time for you. Lois can be contacted at 250-923-8108 if you have any questions.

Keep safe and be kind - Sincerely, Lois Tirebuck



Reopening
St. Peter's
under Covid19
precautions

Wear a mask

CORONAVIRUS

Sanitize your hands

Escorted to Communion

Make a reservation

Social Distancing



WHAT'S HAPPENING...

▼ COVID Coffee Hour

COVID Coffee Hour came into being when I was contacted about a new couple in town, who were looking for the Anglican community of Campbell River. They had moved here in April, in the middle of the COVID lockdown. I invited them for coffee on a Monday, then had a thought that others might be missing an opportunity to get together for a visit and chat. The proposed venue moved from my backyard to the west lawn at the Church.

The concept of bringing your own coffee and chair and sitting six feet apart has been appealing the last few Mondays for people. The conversations are varied, and Bill and Sheila have been made to feel quite welcome. It has also been an opportunity to get to know our fellow parishioners in a relaxed setting.

The question has been whether the Coffee Hour will continue, as the church opens for regular services. As the weather changes, we will be using the church hall with the same features of bringing your own coffee, chair (maybe not), and social distancing. So, we don't have to be worried about the weather interrupting our Coffee Hour!

The hour is 10:00 a.m. (a change from the original time) every Monday.
I would like to know how many people to expect, so if you have time, please R.S.V.P. to me, at cooljen@shaw.ca
Looking forward to seeing you there! **Jennifer Coolen, COVID Coffee Convener.**



▼ The Dorcas Project



Here's your Jeopardy answer: This woman in the Bible 'was full of good works and charity', and was known for making 'tunics and other garments'.

The question: Who was Dorcas? [Read Acts 9: 36-43]

Since the 1880's Anglican women have been sending bales of items that are not readily available to our Anglican churches in Canada's north. On the last Tuesday of October this year (October 27) again, women will pack all the donations in Duncan, and send the bale to the Diocese of Caledonia. From there, our donations will be distributed to seven or eight locations. In some places the priest will distribute items to the needy; in other places the items are sold as a fund-raiser (bazaar-style) for a local project; in other places the items may be distributed in other ways. All of these items bear our love to people we'll never see. Here are some examples of what you can send for the Dorcas Project:

- Baby items: hand knitted (or store-bought)
 - baby sweater, booties and cap
 - flannel receiving blankets, sleepers (S, M, L to 18 months)
 - onesies, fleece crib blankets or quilts (longer than a baby quilt). Babies are big up north: no tiny size sleepers needed!
- Children's items: socks, sweaters, slipper socks, slippers, hats, scarves.
- Adult items: afghans, slippers, slipper socks, toques, scarves.
- And for seniors in nursing homes: lap quilts or lap blankets.

When a woman is flown out of her home community to deliver her baby in a hospital, she is given a "Joy Bag" and a layette bundle. The layette bundles are assembled in Duncan. The "Joy Bag" is a 10" X 12" brightly coloured drawstring bag containing toiletries: Ivory soap, toothbrush and small toothpaste, comb, small shampoo and conditioner, etc. These are assembled in Duncan, but you can contribute any items. **Martha Massey**



WHAT'S HAPPENING...

▼ PWRDF - Response to Beirut Explosion

PWRDF expresses our shock and deep concern for the all of the victims affected by the massive explosion in Beirut, Lebanon. We stand in solidarity with all of the people of Lebanon, and we pray for all who are responding to this disaster with compassion and care. We mourn for the victims and pray for their families.



How you can help

PWRDF is accepting donations to provide assistance to the victims of the explosion.

- Please visit our online donation page at <https://pwrdf.org/give-today/> and make your gift in Emergency Response, indicating Beirut explosion in the message box.
- Call 1-866-308-7973 toll-free (please leave a message and we will return your call), or 416-822-9083 to speak immediately with someone who can process your donation over the phone.
- Write Beirut explosion in the memo field of your cheque and mail to PWRDF, 80 Hayden Street, 3rd floor, Toronto, Ontario, M4Y 3G2.

WHAT'S COMING UP...

▼ Sunday School Start-Up

September 13

Sunday School will look different this year. Because the Diocese has asked that we not hold Sunday School classes, Diana and I are working on a way for children to be able to work on a lesson while attending church with their families. We will have lesson packages available for each child, who attends the Sunday service, to work on during the service (and to take home to finish). We will continue to seek direction from the Diocese as to when we may be able to resume classes. *Jane & Diana*



School Makes a Difference



WHAT'S COMING UP...

▼ Season of Creation at St. Peter's

At General Synod 2019, a resolution to approve the addition of the "Season of Creation" in the Anglican Church calendar was carried, and occurring between September 1st to October 4th, St. Francis of Assisi Day. Traditionally we have celebrated St. Francis of Assisi Day with the Blessing of the Animals.

Last year Rick Monchak generously offered his time, humor, and expertise as he led us on an engaging interpretive walk through the Beaver Lodge Trust Lands.

We are excited that this "Season" is soon happening, a time when we can focus on Creation and how we can learn more about our environment and offer care and protection for a healthy world. As we begin church services, we look forward to celebrating this Season once again, so watch for announcements as to what will be offered this year.

On the "Public Witness for Social and Ecological Justice" website, ACC, there is an area where recently developed materials and ideas have been selected as resource materials for the Season of Creation. *Barb Henshall, Creation Matters Working Group*



Celebrating the Season of Creation - September 1 to October 4 -

The Diocese of BC website has a beautiful weekly devotion for a season of the year which is celebrated in Anglican, Episcopal, and Evangelical Lutheran Church in Canada (ELCIC) churches. These devotions are prepared by the heads of each of these denominations in the US and Canada. They include readings, a message, a prayer, and suggested hymns (we can certainly sing by ourselves in these COVID times.) Perhaps you might like to join people in our denomination and others on the North American continent to rejoice and reflect in this Season of Creation this year. The web link for this resource is: [2020 SeasonofCreation](#). This is a time for renewing, repairing and restoring our commitments to God, to one another and to all of creation - relationships at the heart of Christian discipleship.

▼ St. Peter's Book Sale - A Proposal

A proposal for a book sale at the end of September, if we do not experience a second wave of COVID-19, was presented to Council at the August 16 meeting. This is a big IF. As such, Council is seeking information from the Diocese on whether or not we can proceed with plans. If a fall book sale is not possible, we may consider trying again in the spring. If you are planning to donate books you have read this past year, please hold onto them. The book sale will be different. It will be mostly fiction, hard cover and soft cover. A selection of non-fiction will be included; biographies, memoirs, travel logs, and local history. As always, we will not accept old books or books in poor condition. We will post updated information on the website and on Facebook soon.

Book Sale Committee



ARTICLES OF INTEREST...

Quentin's Quest - Remember to Keep Practising

By: Quentin Dodd

Hello again to my very dear friends at St Peter's in Campbell River,

What a great pleasure it is to be back with you again, if only in computer print. Because I have to admit that during this whole horrible period of COVID nastiness I have repeatedly broken the first and main rule of journalism: "Stay in touch."

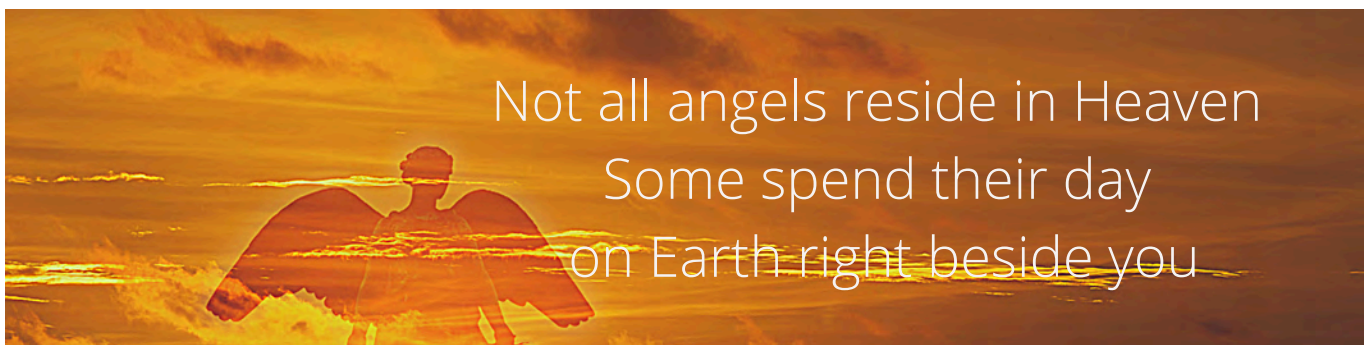
The ultimate rule is: Practise, practise, practise. Or, to put it another way: Use it or lose it. The Golden Rule applies to everyone for just about everything. If you don't practise, you will unquestionably and inevitably lose some of the sharpness and ability that you may have carefully cultivated over many years.

I hope and pray that everyone reading this has managed to sail as quietly and happily through COVID as I have been able to do. God's hand is on my shoulder replacing and upholding the human contact and support that we all need in this life. It has truly been an extraordinary experience in every sense of the word. During this time, I have been reminded of my childhood. I was born into a fully Christian, Protestant and very British family, and before I had even the blurriest of concepts of what life was about, I began to learn about socializing and being respectful of the considerations and concerns of my elders.

In the midst of this very sad lesson about the risks and fears of COVID, I very sincerely hope that we have all begun to learn how to derive some benefits and raised or improved attitudes towards others. We are truly and completely "all in this together" - in this faulty and flawed world and life, whether it's a Christian life or not. We are all God's children whether we want to acknowledge and recognize it or not. We can't just step out of His great plan; we are in it and part of it and will continue to be forever. And when I say forever, I mean for all eternity. Not just now, or for X number of stages of COVID, or the next number of decades, but for however long is allotted to us as living, breathing beings on this earth.

So, look around you. I guarantee you'll find some heaven-sent angels among your friends and acquaintances. Like all of us, they'll have their faults and flaws, make mistakes and do things with which we disagree. But it's very clear from all we're taught in Christianity that it's by forgiving others for their failings that we earn forgiveness for our own. Hopefully, in the midst of this pandemic we won't endanger other people's lives and health in the process.

God bless, Quentin Dodd (Col.)



ARTICLES OF INTEREST...

Living with Face Masks: How to stow them, reuse disposables and more



Since we are required to wear masks when attending services at St. Peter's, this article may provide answers to questions you may have about wearing a mask. With thanks to Kathy Fitzsimmons for the submission. This is an edited version of the article which was posted on CBC News, August 6, 2020 by Emily Chung. To see the complete article go to <https://www.cbc.ca/news/technology/face-mask-stow-reuse-1.5675473>

Is it safe to pull down my mask and keep it under my chin?

You've probably seen lots of people doing this as they move back and forth between indoor spaces where masks are typically required and outdoors spaces where they're not. Is this safe? "No, that is probably the worst thing you could do with the mask," said Dr. Zain Chagla, a professor and infectious disease specialist at McMaster University in Hamilton. That's because it risks getting droplets or germs on the outside of the mask onto your chin and lower lip, he says. "You're basically putting all that stuff in your mouth and defeating the purpose of wearing a mask." And of course, pulling the mask down often involves touching the front of it, which is not recommended, as it could contaminate your hands. (Remember that you should only hold the mask by the ear loops and wash your hands before and after). The virus that causes COVID-19 is thought to be transmitted when infectious droplets enter through the eyes, nose or mouth.

Can I hang a mask on my rear-view mirror between uses?

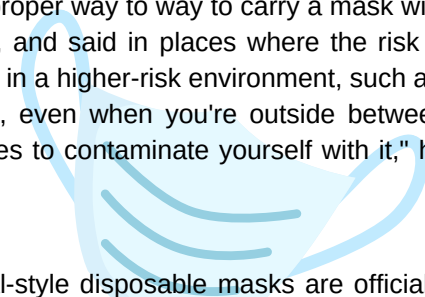
Dr. Anand Kumar, a professor of medicine at the University of Manitoba, says that depends on the level of risk it's been exposed to. "As a physician, given the exposure I get in the hospital, I probably wouldn't do it," he says. But Kumar acknowledges that the risk of infection in most public places in Canada is currently low, and if you were wearing a mask in a low-risk environment, it's probably OK to leave it hanging from the mirror overnight to wear the next day. That said, ideally you should change and wash your mask after each use.

What's the best way to stow a mask while on the go?

It is recommended that you store your face mask in a paper bag, envelope, or something that won't retain moisture if you will be wearing it again. Kumar notes that a plastic bag isn't recommended because it keeps moisture in, which could allow bacteria to grow on the mask. He says the proper way to carry a mask with you is in a paper bag. However, he acknowledged this can be awkward, and said in places where the risk is low, it's OK to put the mask in your pocket. On the other hand, Kumar says in a higher-risk environment, such as a community with outbreaks, it's best to keep the mask on at all times, even when you're outside between buildings. "If you're putting the mask on and off, it gives you more chances to contaminate yourself with it," he says.

Can you reuse a disposable mask? How many times?

While cloth masks are designed to be washed and reused, most medical-style disposable masks are officially designed for a single use — especially in higher-risk environments. But Kumar says you can reuse them, especially if you're just out and about in an area with a low prevalence of COVID-19. Between uses, he recommends leaving the mask in a paper bag for at least three days. During that time, any virus on the mask will gradually decrease. He says it would be "perfectly reasonable" to have five to seven masks that are rotated into use on subsequent days. How many times can you reuse a disposable medical-style mask? Kumar says with



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this type of mask, what you see is what you get, so you can reuse it until it's dirty, worn or damaged. "Obviously, you don't want to reuse a mask that's soiled," he says. N95 masks can also be reused.

Can you clean a disposable mask between uses?

Yes. Medical-style disposable masks can be steamed or exposed to sunlight to kill the virus more quickly, Kumar says. Experts do not recommend using cleaners or especially disinfectants on such masks, as you could end up breathing them in the next time you use it. Kumar says N95 masks contain filters that can be damaged with improper cleaning, but they can be safely steamed. Of course, for cloth masks, washing in the laundry is "the most effective, easiest thing to do."

What should I look for when choosing a reusable mask?

As masks become a bigger part of daily life, you'll probably need more of them — like socks and underwear. Reusable cloth masks are generally recommended to maintain a supply of disposable, medical masks for essential workers who need them. Given the huge variety of styles and prices, what should you look for? Kumar suggests a mask: with multiple layers, as additional layers add more protection (The World Health Organization recommends three layers); and with a good fit. The shape doesn't matter, just the fit, since a tighter fit forces air through the mask instead of around it. In terms of materials, he recommends cotton, since viruses remain detectable in some synthetic materials for a longer time. The World Health Organization recommends cotton or other water-absorbing materials for the inner layer, but recommends synthetic, water-repellent materials for the outer layer. A higher price doesn't mean a mask is better, Kumar says. His favourite cloth mask cost \$4.



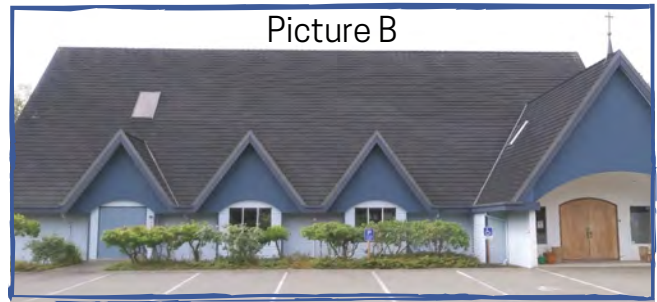
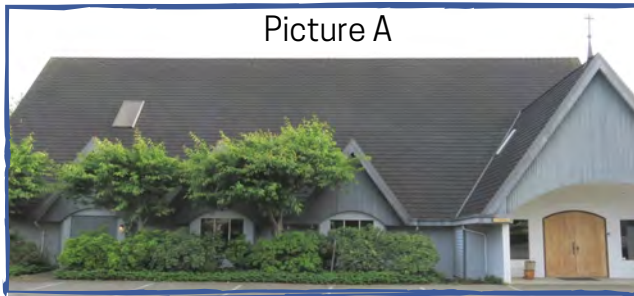
GOAL
Getters

September 1 - Rick & Ellen putting a second coat of paint on the new siding over the offices! Job nearly complete!



QUIZ PAGE!

Spot the differences between picture A and Picture B



How well have you read the Spirit? Can you answer the following questions?

1. What are the days and times of the two weekly services?
2. What is the full official name of our interim minister?
3. Who were the organizers of the church painting project?
4. Who supervised the painting project?
5. When is COVID Coffee Time and what do you need to bring?
6. What type of mask is generally recommended?
7. What are the three Rs to keep in mind when celebrating the Season of Creation?
8. Name 3 ways to donate to the PWRDF response to the Beirut explosion.
9. What is in a Joy Bag?
10. Who are you going to email or call? A) - for prayers? And, B) - for pastoral care?



Next Spirit:

The next issue of Spirit will be published at the beginning of Advent, November 29. Please send submissions by November 15 (midnight) to monchak@shaw.ca. Thank you for all your letters, reports, articles, stories and pictures for this issue of Spirit. Also, your feedback on this issue is important to us. Your suggestions on what you'd like to see in Spirit are always welcome.

