



Saint James' Anglican Church

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Updated News

From Rev. Kerri...

Hello St James family,

As we're all establishing new routines of hand-washing, social distancing, learning new technologies to remain connected to family, friends and community, I suspect we also have a lot to share!

I'm curious to hear how everyone is spending the extra time they find in their schedules during this social isolation.

- How are you staying connected to family, friends, and your community?
- How are you entertaining yourself?
- How are you staying healthy?
- If you're a family with young children, how are you keeping the children active, entertained? How are you keeping sane!?
- What games are you playing?
- What books are you reading, TV shows and movies are you watching?
- What recipes have you tried? Share them!

- What have you noticed that you did not previously?
- What habits have you had to give up?
- What new habits have you had to take on?
- What have you learned—about yourself, your neighbours, strangers, friends & family, your church...?

You can email me (priest@stjames-manotick.ca) or add your comments to a Facebook post I will make following the release of this newsletter. I will make sure the ideas are shared across the parish by all the means we have at our disposal to help inspire, entertain, and connect us as we weather this storm.

Remember as we conclude the last weeks of Lent and enter Holy Week, that sometimes we do suffer, long and ache for health, truth, wholeness, and the new life to come. We have opportunity now to experience and reflect upon the burdens of this moment, some of them quite harsh. We cannot appreciate the empty tomb if first we do not travel through the darkness, pain, and loneliness of the cross.

Keep well. Love your neighbours. Love yourself.

Rev. Kerri

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Manotick Emergency Food Cupboard

In light of COVID-19, the Manotick Emergency Food Cupboard is understandably receiving an increased volume of requests at this time. If you would like to lend your support, gift cards are particularly helpful: gas, grocery, or drug store cards especially.

****Currently, non-perishable food is under control so please hold off picking up specific items besides gift cards to prevent over stocking****

You can pop cards in the mail or drop off at Manotick United Church, Attention: Manotick Food Cupboard. 5567 Manotick Main St, Manotick, ON K4M 1A5

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National Day of Prayer

Our Primate has invited us to observe a National Day of Prayer on Lent 5, marking it with a lit candle in your window or on your front step. Rev Kerri will invite folks to pray together via Live Facebook stream, sharing it to our website, on the evening of March 29 at 7:00 p.m. See the Anglican Church of Canada [link](#) for more information.

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Praying on your own

While I'm sure many of you are missing our communal worship on Sunday mornings—the familiarity of the words, space and people, and ritual, I am going to be so bold as to suggest many...or most...of us do not tend to our prayer life regularly. Perhaps at this time of COVID-19 precautions and isolation, we can be more intentional with our prayer. Some ideas for you to consider:

- **Pray the Daily Office** (daily office is time in the morning, mid-day, and evening in which Anglicans are invited to prayer). You can find these in the [Book of Alternative Services](#) starting on page 47.
- **Meditate**. Take time to sit in relaxed silence, breath, eyes closed, and attempt to clear your mind. Use a mantra/word to centre you, and as your mind wanders, repeat the word gently to yourself, bringing yourself back to the silence.
- **Sing**. Pull out your hymn book and sing your favourite. Put your favourite song and belt it out. Nervous to be overheard? Sit alone in the car! Singing is good for your heart, lowers stress, improves self-esteem, releases endorphins and oxytocin, is both calming and energizing, and has been known to diminish the symptoms of depression.
- **Extemporaneously pray on your own**, out loud. Name your fear, hopes, thanksgivings, disappointments...
- **Candle or incense**. Light a candle or incense and pray silently or aloud, trusting the smoke carries your prayer to God.
- **Creation**. Get out of the house, if you are able. Go for a walk. Be in creation and marvel at its wonders.

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Holy Week and Easter

Should we not be in a position to gather publicly by Holy Week and Easter Sunday, please rest assured we will broadcast our services in the same manner (via Facebook Live and posted to our website).

Maundy Thursday - 7:00 p.m.

Good Friday - 11:00 a.m.

Easter Sunday Sunrise, with new fire - 6:15 a.m.



St James Anglican Church, Manotick

Church office: 613-692-2082 or office@stjames-manotick.ca

[Website: http://www.stjames-manotick.ca](http://www.stjames-manotick.ca)

In the case of pastoral emergency, please contact
The Reverend Kerri Brennan at 613-875-4210.

If you have any questions please call or e-mail Sam Hills
at the church office, Tues – Thurs, 9 a.m. – 4 p.m.

