

Hello everyone,

The past week was Earth Week, and during this week we prepared our **SHARING GARDEN** for planting. We had compost and soil donated and delivered by



SEA to Sky SOILS

Four of the staff at Loutet Farm came and spread it on the whole garden. Which was greatly appreciated!



We did the work while maintaining social distancing. Our new volunteer Margaret and I were also working with them.



When we were finished this is what the upper garden looked like. Very rich soil all ready to grow sumptuous produce. We planted romaine lettuce seedlings in the front garden (you can just barely see them)



This is what the raised beds looked like when we were done. This is a picture of Margaret planting kale and swiss chard seedlings.

So we are all ready to go!

On Monday we seeded bush peas, carrots and beets. In the middle of May we will be planting bush beans, tomatoes, cucumber, leeks, zucchini, basil and cilantro.

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**What are your favorite pastimes to chase away the COVID-19 blues?**

Here are a couple from Pastor Vida:



"My g-kids have been baking up some yummy treats. Have you got a fav dish or treat to chase away those COVID-19 blues?"

"I haven't got much time to bake but here are some flowers I clipped this morning. What's growing in your garden?"

SEND US YOUR PICS to cheer us up. What you have been doing while social distancing. Have you been gardening, jigsaw puzzling, knitting, napping? Pr. Vida will put together a collage of your pictures that we can share.



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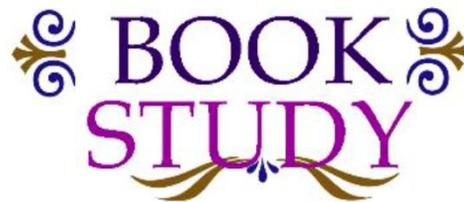
**Next Zoom Coffee Time: Next Sunday, May 3 at 11am.** You will receive the link with next Thursday's Newsletter. We know that some of you do not feel comfortable with either downloading the technology or using it, but it is not as complicated as it seems at first. If you would like to try it out, but just need a little help, Pastor Vida and

others can provide some tips or coaching over the phone, so do not hesitate to reach out and call the office or Pastor Vida on her cell: 604-813-4451

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## Book Study on Prayer via Zoom

Pastor Vida is leading a Book Study on Prayer in the Post Easter Season. The good news is that the book study can still go ahead with the help of digital technology. There are still spots available so if you have been thinking about joining in on this, please let Pr. Vida know as soon as possible.



We will meet online via the Zoom app for 3 consecutive weeks on Tuesdays at 1:30PM

**Proposed dates:** May 12, 19 and 26.

The Book: [Prayer for People Who Don' Believe in God](#), by Vance Morgan.

More info by searching for the Title at - <https://www.woodlakebooks.com/>

Hard copy about \$16.00; Kindle or e-book about \$10.00

If you are interested please let Pastor Vida know by phoning the office or sending her a short email at [pastorgd@shaw.ca](mailto:pastorgd@shaw.ca) If you don't have the Zoom app, it is very simple to download, and Pastor Vida will send you instructions after you indicate your interest.

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### **New this Week:**

#### **Faith Formation Resource for the Home**

[Faith@Home](https://www.dofaithathome.org) - <https://www.dofaithathome.org> grounded in the Episcopal tradition, offers daily and weekly readings and reflections based on the Lectionary for home use.

The Reflections are organized according to age group: Pre-school, elementary, youth and adult - so there is something for everyone. Check it out!

## Arts and Culture in a Time of Home Isolation

Are you missing music, dance and the arts? Every weekday at Noon, The National Arts Centre Orchestra musician offers a unique musical experience. [NACO Lunch Break](#)

## What do I want to be during the COVID-19 crisis

Ellen Luthy shared this information this week:



This week's pandemic funny:



Wishing you all peace, and sending you all a virtual hug!

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One of St. Teresa of Avila's most famous teachings is a poem known as "Teresa's Bookmark" that was found in her own prayer book after her death:

Let nothing disturb you.  
Let nothing upset you.  
Everything changes.  
God alone is unchanging.  
With patience all things are possible.  
Whoever has God lacks nothing.  
God alone is enough.