

Hello everyone! Just a quick Scoops today....more tomorrow.



- Snapped this down at Peak Fields while romping with Claire the other day.
- When I found out that all the sand in a baseball diamond is NOT sanitized, it really relieved my mind about the state of my living room dust bunnies!
- ??? Who would need to know that dirt is not sanitized?????? Is it just me????

- Some of you will have heard via text or fabulous grapevine that I spent some time in hospital yesterday. I'm home, in the office really, and have an appointment for some further investigation. But I am feeling absolutely wonderful now! Thank you for your prayers! And please don't worry. I am in the hands of a Father who seems to adore me for unfathomable reasons, sent His Son for me., and oh yes , some very kind doctors as well. I am blessed. So no worries, please. Also, while in hospital, my phone was hacked...and if you get a message that doesn't sound like it's from me, it probably isn't...so let me know and I'll confirm or fix.

On to some fun sent by Joanne Cunningham: **Covid Quips.**

- New monthly budget: Gas \$0, Entertainment \$0, Clothes \$0, Groceries \$2,799.
- When this quarantine is over, let's not tell some people.
- I stepped on my scale this morning. It said: "Please practice social distancing. Only one person at a time on the scale."
- Not to brag, but I haven't been late to anything in over 8 weeks.
- They may open things up next month -- I'm staying in until July to see what happens to you all first.
- Day 56: The garbage man placed an AA flyer on my recycling bin.
- Never in a million years could I have imagined I would go up to a bank teller wearing a mask and ask for money.

I am so proud of my granddaughter Claire! LOOK WHAT SHE CAN DO!



Down at Peak Fields again...she can do a back flips stand and eat an apple at the same time. Brings tears to this old grannie's eyes!

It's amazing how you can find fun when the usual things are not happening due to Covid. If anyone out there can stand on their head while chomping an apple, please send a picture and there will be a prize. (not an apple).

Tonight the Wardens, Treasurers and clergy are meeting by Zoom with our Archbishop +Anne, Executive Archdeacon Jay Koyle (I believe that's his new title, will confirm later) and Archdeacon Kelly. Starts at 7pm. Please keep us all in your prayers as we discuss summer in then Deanery and other concerns or blessings.

A quote from a sign that really says a lot :

If you are more fortunate than some others; build a longer table, not a higher fence!

The Lord's Prayer (amplified version for Canadian Indigenous Day, June 21, 2020)

sent in by Rev. Margaret Morrison:

"Eternal Spirit, Earth-maker, Pain-bearer, Life-giver, Source of all that is and shall be; Loving God, in whom is heaven, the hallowing of your name echoes through the universe.

The way of your justice be followed by the peoples of the world.

Your heavenly will be done by all created things!

Your commonwealth of peace and freedom sustain our hope and come on earth.

With the bread we need for today, feed us.

In the hurts we absorb from one another forgive us.

In times of temptations and tests, spare us.

From the grip of all that is evil, free us.

For your reign in the glory of the power that is love, now and forever."

Scripture for the Day: Phillipians 4:8

Finally, beloved,^[a] whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence and if there is anything worthy of praise, think about these things.

What an incredible word to us these days, in our time of living through COVID while **continuing to be** beloved, and to love, and to **"be"** children and servants of the Living God. These words from Paul, another child and servant of God in another time of stress and peril, passed to us who live also through difficult times, have always blessed my life since my mid teens when I first come to know and to love Jesus. I've even set them to music....will play and sing it for you one day. My major at McMaster University was Psychology, and in terms of establishing and maintaining good mental health, these words can go a very long way indeed. One of my professors quoted them as a daily check list for healthy living in a complex world of ups and downs.

No matter how many things may be going on that may be false, we can always think of

at least one thing that is true, no matter what evil swirls around us, there is always at least one think honourable, whatever violence and injustice makes us weep, there is always at least one thing that is just..... and so on through the verse. Always. And if we take the time to ponder and pray and identify those things that are good, etc, then we will never become totally derailed or tossed about in storm. We will have anchors for our souls on our daily lips. I share this way of thinking and living very personally, as it is a practice I have maintained, with various levels of intensity, for over fifty years. It has kept me sane many times, kept me balanced, and also burst my heart with joy when I could list so many, many, many things surrounding me that were indeed true, honourable, just, pure, pleasing and commendable.

Paul did not live an easy life...quite the contrary. And yet, in prison, in chains, in sinking boats, in jails, facing death and peril and false accusations he came to conclude that the little church in Philippi didn't just need great theology, they needed to know how to rejoice. Evermore. Give it a try.....when you are having dark days, go through the list and think of just one thing in each category, and your steps will lightened and your heart will be easier. Been there. That's why I know. And if you get to the point ever that you can't think of the One Thing, please call me and I'll help you. Blessings, Judie+

Prayer:

Drop thy still dews of quietness
Til all our strivings cease;
Take from our souls the strain and stress,
And let our ordered lives confess
The beauty of Your peace. (j.g.Whittier, 1856, Hymn "Dear Lord and Father of Mankind)

Blessing:

The Lord bless you and keep you. The Lord make his face shine on you and be gracious to you The Lord look upon you with favour and grant you peace. oop

PRAISE YE THE LORD!!!	THE LORD'S NAME BE PRAISED!!!
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