

Corpus Christi Parish
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Dear Parishioners;

What a wild ride the last couple of weeks have been. I wanted to write in order to keep in touch as we try our best to serve the greater good.

If you have access to the internet, be sure to visit our Diocesan website for continued updates from Bishop Gregory www.nelsondiocese.org

I would also caution you on how much time we spend watching the news. It is "All virus all the time". Without the Maple Leafs or the Blue Jays to occupy my time, I find myself falling into the trap of switching channels to try and get any new information on what is going on.

And the problem is that not only is there a lot of contradictory news to be found, there is also too much we and they do not know at this point. Some people talk in weeks and others in months, some of the news encourages us and most of what we hear just adds to the weight of all of this. If someone could just tell us how long this is going to last, we could all set goals and plans and feel some sense of control.

So until we get to the that point, I suggest that we get just enough news to the know the facts and then find something productive to do that feeds the mind, body and soul. Or at least one of the three.

For instance, I have started to clean the rectory like it has never been cleaned before (or at least since I moved in). I also have increased my exercising and practicing my chipping. And next week we'll have organized an outreach to our seniors in

our care homes that you will be able to help with. We can't visit them in person but we can write and help share the burden.

And for the soul, it is always a great spiritual exercise to sit down and ask the Holy Spirit to help us count our blessings. Do it for five minutes at a time until you can't think of another thing and then ask the Spirit for suggestions, you will be surprised. Doing so encourages hope in us and it gives the Holy Spirit a chance to teach us and remind us that with God, we are always moving towards the dawn.

So much of what encourages our faith comes from those who have walked through the darkest valleys and who have made it to the other side while being more assured of God's faithfulness.

The "Wretch" who wrote Amazing Grace is one such believer. Who after all of their troubles was able to boldly proclaim;

T'was Grace that taught my heart to fear
And Grace, my fears relieved
How precious did that grace appear
The hour I first believed

Through many dangers, toils and snares
We have already come.

T'was grace that brought us safe thus far
And grace will lead us home.

I'll suggest another spiritual exercise. When we wash our hands, do it the Catholic way. Say an "Our Father" and a "Hail Mary" and a "Glory be" as a really short rosary and offer your prayers for all those who are finding this a very trying time and especially for our seniors and the kids.

You'll find washing your hands a much more calming ritual than just singing Happy Birthday twice through. And the Holy Spirit will remind us that never is even the smallest kind act overlooked or forgotten by the Lord.

It won't be long before this is all behind us, but so that it doesn't rob us of our good nature in the meantime, let's keep our focus on those who are worse off than ourselves so that we will be able to join in singing with grateful hearts;

Through many dangers, toils and snares
We have already come.
T'was grace that brought us safe thus far
And grace will lead us home.

I'll write again next week and in the meantime, the Catholic T.V. channel Salt and Light is in free preview on Telus, Bell and Shaw until April 13 and they will have the mass on everyday as well as other inspiring programs. What great timing, God is good. And so be sure to have patience with yourself and be generous to each other and remember to pray for your parish community.

May God be gracious to us and bless us, now and forever.

Pat Monette
Pastor

PS If you have an email address, would you send it to Kate in the office and we will build a data base and we will be able to send the next letter directly to you. It will save time and money and we will be able to communicate with the whole parish much more effectively in the future. Thank you.

Joseph, Hope of the Sick

Benevolent Joseph, the Son of God placed
his life in your hands.

With Mary, you cared for Him who is the force of life.
May your compassion enfold our fragility, bringing us
the comfort of the divine presence.

We join with you in prayer, saying:
“Lord Jesus, Son of the Living God, say a word for our
healing !”

Make us sensitive to the illnesses of those close to us.
Support our efforts and grant us courage in the fight
against all evil.

Help us to find meaning in God’s great project for
humanity beyond the sicknesses and sufferings that blind
our sight.

The love of God be with us, as our hope lies with Him.

Amen.