

# PRAIRIE SPIRIT UNITED CHURCH

PS NEWS • APRIL 2020



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## Staying Connected with Prairie Spirit

### Worship Online

We collectively watch our online worship services together on Sundays at 10:30 am through Facebook, YouTube, and our website. These pre-recorded videos continue to remain available for viewing during the week.

### Online Coffee Time

On Sunday, April 26, we had our first Online Coffee Time with video and audio using Jitsi Meet. This Sunday, grab a cup of coffee and join us at 11 am (after our online worship service). More information on how to join can be found in the Weekly Update email.

### Daily Reflections

We have been posting a daily reflection on our website. These posts provide an opportunity for daily reflection and prayer as we look to respond to all that is happening around us. Visit: [prairiespirituc.org](http://prairiespirituc.org)

### Weekly Update

Each Friday, we send out an email to keep you informed on what's up at Prairie Spirit. This is one of our main ways of communicating with you. Sign up at: [prairiespirituc.org](http://prairiespirituc.org)

### Connect with us on Social Media

Take a moment to connect with us on Facebook, Instagram, and Twitter by searching "Prairie Spirit United Church" or "@PrairieSpiritUC"

### Join Prairie Spirit's Facebook Community

A private Facebook group has been created to connect, support, and celebrate those connected to Prairie Spirit during this time of social distancing and will continue when we are able to meet in-person again. Join at: [facebook.com/groups/PrairieSpiritUC/](https://facebook.com/groups/PrairieSpiritUC/)

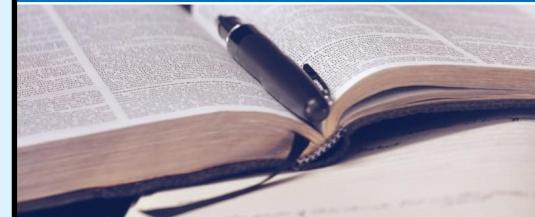
## WORSHIP ONLINE

SUNDAY AT 10:30 AM



## Daily Reflections

PRAIRIESPIRITUC.ORG



## Prairie Spirit United Church

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Office Hours: Tuesday - Friday • 9 am - 2 pm

[prairiespirituc.org](http://prairiespirituc.org)



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# Our Church Home

As I sit down to write this message, I have just participated in the online service for Prairie Spirit. It is so good to have these services available for us at this time of isolation because they help us to feel connected to our community of faith and to inspire us to move forward at this difficult time. I want to thank our ministers, Reverend Ken DeLisle and Reverend Paul DuVal for their leadership as well as our music director, Renate Rossol for their important part in these services. As well, they would not be happening without the work behind the scenes on the part of our office administrator, Candace Maxymowich. Not only does she bring technical skill, but also much creativity; always looking for new ways of adding meaning to our service!

We appreciate these opportunities to “come together” but at the same time we are missing our church home where we gather to meet and greet each other, to share in personal stories and to support each other along life’s journey. I think we are all missing these physical connections that are such an important part of our being. While we can not be at the building, staff and members of our Oversight Council are taking care of matters behind the scenes. Alison Norberg as office administrator is serving as the person to connect with for our various renters and building partners. Marilyn McCorrister, our treasurer, is taking care of and keeping up to date on all things financial. Dennis Bitton and his team as well as our custodian Terry Barr are seeing to all things mechanical and property related in our absence from the building. On behalf of the congregation, I extend appreciation to these folks who are assuring that we return to the building we know.

In our time of social isolation, I know many of you have reached out to others within our community and I thank you for doing that. It is more important than ever to take care of each other. In support of feeling connected, I hope you are keeping abreast of resources that are being shared through our Daily Reflections, our Weekly Updates and these monthly newsletters. Telephone messages, email and our mailbox are being monitored daily so if you have any questions, leave a message on the church phone, send an email message or drop a note in the mailbox. It will be attended to in a timely way.

In closing, I hope each of you are staying healthy and taking good care of yourself. We long for the day when we can once again gather at 207 Thompson Drive, our church home!

Joycelyn Fournier-Gawryluk,  
Chairperson, Oversight Council



# Doves anyone?

Are your doves ready to be released? Are you ready to be released?

I was thinking of Noah and family, trapped in a small, smelly space for 40 days of rain. We've done just over 40 days! We're ready...

BUT, they were trapped until the waters lowered. I don't think they told us how long that was. And that's where we are.

We've done 7 weeks and it seemed to work – keeping the COVID-19 virus at lower than expected numbers. We're ready to get out and back to what was.

But not yet. The dove was sent out several times until it came back with a twig. That meant the water was getting down to earth and land would be ready soon. But again, how soon?

Hold your dove for now. We aren't near the end, but we are getting closer to the end (of the first wave).

We will get back together, but it will be a new normal, not the old normal. We have learned something about ourselves and our community. We have lost a member and will have to think even more deeply about communion and passing the peace.

We may have discovered new talents we never knew we had or found ways of volunteering we hadn't tried before. We may have even found more friends than we thought we had.

And, hopefully, we come back with more respect for grocery clerks and funeral directors and garbage collectors than we had before.

We might have met new neighbours.

We might have seen how deeply teachers truly care for their students.

We certainly have seen doctors and nurses in a new light – life-riskers for us.

I was truly touched and saddened by the story of the doctor in New York. She was on the frontline working with COVID-19 patients. She caught the virus. She recovered. She went back to work. She then took her life. It was all too much for her.

How many other front-liners feel the same? Tired and over worked and patients die. No cure – yet. No vaccination – yet. Not enough testing – yet. No family time – yet. But they keep going.

I am sure they want to see the dove of peace showing that the end is approaching. Hang on a little more. There is an end.

How is it with you?

Prairie Spirit needs to keep its Spirit up and ready. Doors will open again – soon.

We will gather and laugh and sing and chatter away. Soon.

I can guarantee we won't be as long as Moses and the Jewish community looking for the promised land. They took 40 years!

And, we have directions to follow to get us to the safe land.

Do your part and stay apart. Together separately we will return.

Keep your dove ready for release. (Maybe you might be better with a balloon or confetti.)

I can't wait to see you.

Blessings and thanks to you all.

Rev. Ken DeLisle

# What Are You Learning?

A Thought From A Minister.

Wherever I go these days (and I mostly mean on the Internet), talk centres on what we are learning during these times of isolation and self distancing.

We are learning to exercise, not a great revelation, but we have the time and the motivation to get out and walk, or ride, or work in the yard. We are learning some new computer and Internet skills. Folks like me who didn't know a Zoom from a Shazam are "FaceTiming", "What's Apping", meeting on "Jitsi", and recording ourselves in all manner of liturgical leadership; and when our microphones crater because the Wi-Fi signal fades, we are learning to do digital first aid to get back in the game!

I am learning the benefit of connecting with people I haven't seen for awhile as well as the ones I see every day. On our family "meets" I have seen cousins I have felt close to since childhood, but haven't physically seen in 5 years.

Some of us are surfing the web for spiritual nurture and finding all sorts of resources we never knew existed, especially worship services. We are also finding that worship has an extra dimension when the people we see on the screen are people we know and care about, and who are parts of our community.

Our society is learning things too. Like how much we rely on health care and first responders, yet grocery clerks, truck drivers, letter carriers, and many others are essential workers too. We are learning what can happen if we don't protect our seniors, and why it's important to have family around us when we are sick. We are learning that there are many vulnerable people in our community who are at risk unless we watch out for them.

What have been the important learnings for you? Take notes. I can't wait to get back "Face to Face" (because I am learning I like face to face better) and share what we have learned and how our lives are different, and how we are not going to lose the impact of these lessons.

Stay Safe! Stay Connected! Stay Hopeful! Keep Learning!

Rev. Paul DuVal

## Coping with COVID-19 Virtual Support Group

Access Winnipeg West is running a new virtual group to support clients in better coping with the challenges that have come with COVID-19. Examples of topics and areas that will be addressed are (re)engaging in the activities that are important to us and the value of routine, effectively managing stress and anxious thinking, practicing self-compassion and mindfulness, and exploring other strategies that allow us to "feel more like ourselves". All while being able to connect with others.

This group will be run twice weekly on Mondays and Thursdays from 12 pm - 12:40 pm. This group is being offered via Microsoft Teams.

If you are interested in joining, please email or phone:

Laura Durling  
Occupational Therapist  
Access Winnipeg West  
[ldurling@wrha.mb.ca](mailto:ldurling@wrha.mb.ca)  
204-940-6646

**ACCESS WINNIPEG WEST**

Looking for productive ways to cope with COVID-19 right now?

**COPING WITH COVID-19**

A VIRTUAL SUPPORT GROUP TO HELP YOU COPE DURING THESE CHALLENGING TIMES

Join us Mondays & Thursday @ Noon!  
Sessions will be held virtually.

To register, email: [ldurling@wrha.mb.ca](mailto:ldurling@wrha.mb.ca)

# Update from your PSUC Property Team

As our church's closure continues, we want you to know that your Property Team and our caretaker Terry are keeping a close watch on the property including daily checks of the building. Our work continues of all that is necessary to maintain our building while taking appropriate precautions and physical distancing. Ongoing expenses don't stop, even for a pandemic. These expenses can be reduced, however, with extra attention to our utility costs and proper maintenance. Here are some highlights from the past month:

## **Reducing utility costs:**

- We have lowered temperature settings throughout the building
- We have shut off auxiliary electric heat located strategically (e.g. entrances) in the building
- We have discontinued use of an old chest freezer, amalgamating its contents with a more energy efficient unit
- We have emptied and turned off a refrigerator and moved its contents to another fridge
- We have decreased the water temperature in most of our water heaters
- We are checking regularly to ensure there are no leaking fixtures anywhere

This investment of our time and effort will help contribute some savings to our utility costs.

## **Maintenance projects:**

Fortunately, before any water damage could occur, Terry discovered a non-working sump pump - one of four in the building. We replaced this faulty pump right away with a new one. With the spring thaw underway, this time of year is especially critical for maintaining the equipment that keeps ground water out of our basement. We discovered, at the same time, that one of our water heaters was leaking - an especially large one that was last replaced in 2004. The installation of a new water heater has also been completed. Both projects were unexpected, but absolutely necessary.

## **Energy efficiency:**

Our planned renovation to the downstairs Cavalier Room (directly below the office wing) was cut short due to the building closure and government mandated work restrictions. This renovation is to greatly improve the usability and energy efficiency of the basement space. This project will totally seal off all unused and broken windows as well as other points of air leakage.

The goal is to help lower the high costs to heat the office wing and basement area directly below, which are the oldest part of our facility. The United Church of Canada is actively working on initiatives and projects as part of a plan to collectively reduce our carbon emissions by 80% by the year 2050. Prairie Spirit is working hard toward that goal. We intend to reschedule completion of this project at an appropriate time in the near future.

Our budgeted HVAC replacement project is still going forward – this is the heating, ventilation and air conditioning unit on our rooftop. A company has not yet been chosen to do this work and due to current restrictions, this work may need to be delayed until the fall. As soon as possible, we will be proceeding and will have new energy efficient units up on the roof.

## **Building security:**

In light of the extended closure, we pay attention to and continue to monitor the security of our building. It was deemed prudent to change the exterior south door entry code. This code has been changed **effective immediately**. Once the extended provincial order is lifted, should your church work require you to access the building, you will need the new code. Please arrange to get this from your Team Leader or contact the church office for assistance. Phone messages and emails are being monitored daily.

***In closing:*** of course, once COVID-19 releases its grip on our world, our doors will be open again. We are doing our part to make sure we're ready. Thank you for your support and your continued givings which help make this all possible.

## Red River Mutual Grant

Your Prairie Spirit Property Team is in the process of applying for a grant from Red River Mutual of Altona, MB. If successful, this will be applied toward our HVAC replacement project. One of the questions asked in the submission form pertains to the Red River Mutual Brokerage Connection Description: "Please identify your local Red River Mutual broker where you heard about the opportunity and describe your personal or business relationship with them."

Unfortunately, no one on Property has a connection with Red River Mutual. Does anyone with an interest in PSUC have a connection with Red River Mutual? If so, please get in touch with Dennis Bitton. If you require Dennis' contact information, please contact the church office.

## Update from your PSUC Finance Team

As Dennis says, the expenses of the church go on regardless of whether or not the church is closed. But I have some good news. **Thanks to the generosity of many people**, the donations are coming in.

The newsletter and website have been very detailed about how you can continue to contribute to the work of the church. Here is what has been happening:

- People have been mailing or dropping off envelopes in the church mailbox and/or dropping them at my home
- People have been including post dated cheques for May and June
- I have picked up envelopes from several people
- No one has decreased or cancelled their PAR givings
- We have had several new PAR applications since January as well as several increases
- We have received a few e-transfers
- We have received a few donations through CanadaHelps
- Several people have increased their givings to charities such as our Food Bank, Winnipeg Harvest, St. Matthews-Maryland Community Ministry, and 1JustCity.

Please continue to support PSUC financially. It is greatly appreciated and helps us continue as a vibrant and healthy church.

It is also noted that PSUC is eligible for the 10% three-month temporary wage subsidy program announced by the Federal Government. We are expecting our first subsidy payment in late April.

Marilyn McCorrister, for the PSUC Finance Team

## Ways to Continue Giving

Although we are unable to worship at the church, our expenses will continue. Your continued financial support is welcome, needed, and encouraged. There are a number of ways in which you can continue to contribute financially to Prairie Spirit.

- Donations can be dropped off at the church mailbox or mailed in.
- If you'd like to go on PAR, the form can be found at:

<https://www.united-church.ca/sites/default/files/resources/par-brochure.pdf>

Please complete this form and mail it along with a voided cheque to Prairie Spirit United Church.

If you'd like to change your PAR givings, please email [PrairieSpiritUC@shaw.ca](mailto:PrairieSpiritUC@shaw.ca).

- You can make a donation to Prairie Spirit online through CanadaHelps.

<https://www.canadahelps.org/en/charities/prairie-spirit-united-church/>

(For step-by-step instructions on how to donate through CanadaHelps, visit our website:

<https://prairiespirituc.org/giving/>

- You can also send an e-transfer to [PrairieSpiritUC@shaw.ca](mailto:PrairieSpiritUC@shaw.ca). You will need to create a security question. In the message box, please indicate which fund(s) you'd like your contribution allocated to.

# Current Operation of Portage Avenue Food Bank

Friday morning the truck from Winnipeg Harvest arrives as usual. However, instead of boxes of produce and dry goods, bags of potatoes and onions, etc. that we would organize for the clients to shop. It arrives pre-packaged in hampers. 1 of dry goods, 1 of produce and cheese or yoghurt, 1 of potatoes and onions, and 1 of frozen items. Milk still comes in a case of cartons and bread and baked goods on trays. Formula and baby food is also supplied. We are not distributing diapers and feminine hygiene at this time, and Harvest is not supplying them. There is much less work as we no longer have to unpack items, count, and organize for distribution. It also does not require as much room and we are able to use the Narthex instead of the Rainbow Room. We continue to buy macaroni and cheese, tuna, and beans in tomato sauce to enhance what clients receive from Winnipeg Harvest.

We operate the food bank with 5 - 6 people in the morning and afternoon. The 4 coordinators and a couple men for the heavy lifting to unload the truck in the morning is a sufficient number of volunteers for now. The necessity to social distance, wash hands/wear gloves, and disinfect surfaces has necessitated a smaller number of volunteers.

In the afternoon distribution time, the clients come in the south front door, register, pick up their allotted hampers, and leave out the north front doors. We have a couple of tables outside for clients to organize/reorganize the food they received to take home. Some clients come alone and on the bus and may result in a lot for them to manage. The food allotment is for a 4 week period and is more than before the pandemic when clients could access a food bank every 2 weeks. April 24th was the second time we had food bank using this altered method of food distribution as Good Friday was a statutory holiday for Winnipeg Harvest. We will now go back to the usual every 2 weeks for Portage Avenue Food Bank, but the clients we have will not be the same as they can only receive food every 4 weeks.

We apologize to volunteers for not informing you of the change in the food bank operation. Stay tuned as we will definitely require your help when we return to whatever the new normal will be. You are a valuable piece of the food bank operation. Sadly, the need for food banks is increasing rather than going down. If you have extra shopping bags, we can definitely use them. Call Doris Orchyk and we can arrange to get them. If you require Doris' phone number, please contact the church office.



## Food Insecurity in Manitoba

Food Matters Manitoba has created 3 short videos telling the Manitoba story: Experiences, Causes, Solutions. These are now available on their website: [foodmattersmanitoba.ca/video\\_resources](http://foodmattersmanitoba.ca/video_resources). These videos are also available on YouTube. Members of the Social Justice Team have viewed them and they are very good. Perhaps at a later date we can have some discussion about this and create a faith based response to this issue besides the food bank we host for Winnipeg Harvest. Personally, I think this pandemic has shown the need for a Guaranteed Income more than ever as people of different walks of life struggle to meet their basic need for food.





# Pilgrimage with the Moderator 2020

Exploring: With God  
With Each Other  
With Ourselves

## May

We're taking a five part "internal" pilgrimage this year:

- Part One: Reading through the bible over the year;
- Part Two: Reflecting each day on a focus word;
- Part Three: Entering into intentional conversation with God (through prayer or meditation) about the reading and reflection;
- Part Four: Intentionally living into my discipleship, by daily actions that show love to God, to my neighbours (near and/or far);
- Part Five: Exploring my day through "Examen" questions

If, at any time, you would like to share what is happening on the pilgrimage, or you have questions, you can post a comment on the Moderator's social media, or use the hashtag #ModeratorPilgrimage2020. If you've got pictures, writing, or other creative things that the pilgrimage calls out of you that you'd like to share, please make sure you post them!

5/1	delightful	1 Sam 17; 1 Chr 2; Acts 12
5/2	lost-finder	
5/3	steady	
5/4	hope	1 Sam 18-19; 1 Chr 3; Ps 59; Acts 13
5/5	redeemer	1 Sa 20; 1 Chr 4; Ps 56, 57, 142; Acts 14
5/6	risky	1 Sam 21-22; 1 Chr 5; Ps 52; Acts 15
5/7	teacher	1 Sam 23-24; 1 Chr 6; Ps 54; Acts 16
5/8	diversity	1 Sam 25; 1 Chr 7; Acts 17
5/9	just	
5/10	thoughtful	
5/11	grit	1 Sam 26-27; 1 Chr 8; Acts 18
5/12	miracle	1 Sam 28-29; 1 Chr 9; Acts 19
5/13	tolerance	1 Sam 30-31; 1 Chr 10; Acts 20
5/14	enabling	2 Sam 1-2; 1 Chr 11; Ps 96, 106; Acts 21
5/15	peace	2 Sam 3-5; 1 Chr 12; Ps 122; Acts 22
5/16	seeking	
5/17	vulnerable	
5/18	joy	2 Sam 6; 1 Chr 13; Psalm 60; Acts 23
5/19	fulfillment	1 Chron 14-16; Acts 24
5/20	beloved	2 Sam 7-8; 1 Chr 17; Ps 132; Acts 25
5/21	awe-full	2 Sam 9-10; 1 Chr 18-19; Ps 89; Acts 26

5/22	omnipresent	2 Sa 11-12; 1 Chr 20; Ps 51, 32; Acts 27
5/23	faithful	
5/24	love	
5/25	longing	2 Sam 13-14; Acts 28
5/26	seeking	2 Sam 15-17; Psalms 3, 63; Romans 1
5/27	calming	2 Sam 18-20; Psalm 34; Romans 2
5/28	leader	2 Sam 21-23; Psalm 18; Romans 3
5/29	always	2 Sam 24; 1 Chr 21; Romans 4
5/30	loving	
5/31	waiting	

The words may or may not connect to the scriptures. They're just another way for one to reflect on God – Creator, Christ, and Holy Spirit – or on what it means to be a disciple of Jesus.

The questions I often find myself asking as I read scripture are:

- What surprises or shocks me as I read this?
- What do I agree with? What do I disagree with?
- How might earlier audiences have understood these words?
- What can I take into my day from what I've read?
- Is there some action I would like to take, out of what I have read?
- Is there something more that I'd like to learn from, or about, this text?
- What do I hear of, or about, God in this text?

**As you wander through your day,  
keep your senses open for where you might be meeting God.**

Closer to the end of the day, I'd invite you to reflect on or pray the *examen* questions. Here are the words I tend to use – feel free to change them as you need to.

Thank you, God, for all that is in my life. I realize that everything – all that I am – is part of the gift that comes from you.

*Take a moment to speak or write about the things from your day for which you are grateful.*

God, open my heart, and all of my senses, so that I can be honest with myself and with you.

*Take time to offer what it is that you need from this intentional moment with the divine.*

Help me to understand what has been happening in me, through me, and around me, today.

*Share with God the moments of joy and the moments of sorrow from your day.*

I know that there are times that I stumble, but you lift me with your love, helping me to carry on and grow.

*Share with God the choices you made today that you believe were inadequate responses to God's love and call.*

God, help me be hopeful about the day to come.

*How do you hope to meet God tomorrow?*

**Sleep well – and let's see where tomorrow takes us.**

# Oak Table - 6 Weeks into the Pandemic

It took us a little while to get into the flow of our new reality.

- We hired security (just like the grocery stores) to help our guests with social distancing. This turned out to be a great decision because our staff and volunteers can focus on the relationship with our guests, rather than policing protocols.
- We stepped up our cleaning regime. Touchable services are disinfected many times a day including sanitizer dispensers, doors, door handles, tables, etc., and bathrooms as they are used. As soon as a guest vacates their seat, it is disinfected, along with the table where they were sitting.
- Cleaning and masks and physical distancing will help to keep us safe, but there is more to the impact of COVID-19
- We average 100 guests each day - this number dips down once cheques are received and as the month goes on, increases.

There are two homeless settlements on Pulford. One is an older woman, scared to live under the bridge because there are too many people. The other is a group of 5 or 6 people calling themselves family. The city has determined no encampments will be taken down as it is likely safer for people to be in these small groups rather than larger encampments. Our security staff, as well as well as 1JustCity's security staff check in with them to see how they are doing, and encourage them to keep the area clean by providing garbage bags. They say they feel safe near the church.

Guests who have a place to sleep need to take their meal and leave the building. For many of them, Oak Table was a place to come for social contact and community. COVID-19 has a social impact as well as a physical one, particularly for those already struggling with poverty, mental illness, loneliness, isolation. We see the impact in our guests. Some walk through the line without uttering a word, heads down. Others have told us how scared they are, and ask us to tell them when this will end. Some are staying home and making do with what they have except in an extreme emergency. Other guests say "Thank you" and tell us how important what we are doing is to them.

We find the same concerns, reactions, fears, and hope in our guests as we do in our own families and friends. Unlike some people in our lives who may be showing anxiety during this time, our guests don't have anyone checking in on them by phone, or FaceTime, or in some cases, in person. With Oak Table closed, many who have somewhere to live are once again isolated and lonely. Those desperate for human contact don't always make the best decisions. When I left work on Friday, I saw 4 regular guests (with somewhere to sleep) sitting on a bench together. One of the individuals lives with COPD and uses a walker, making her very vulnerable. The need for human contact wins over possible infection.

It does strike home how important the work each of you does here at Oak Table, and how important it is that we are able to eventually navigate our way back to providing that human connection for our guests. Human connection that extends beyond handing them a lunch. Handing them a lunch is life-saving - sustained human connection is life-giving. We want to do both.

If you can't be with us right now at Oak Table, think about reaching out to someone who is lonely, isolated and in need of connection. Take Care, Be Well, and Stay Safe.....

From Covid 19 - A change in operations - Oak Table email campaign - 04/29/2020



# From the Front Lines of COVID-19

Scattered across the country, from St. John's, NL, to Victoria, BC, over 60 community ministries are supported by the Mission & Service of The United Church of Canada. These ministries serve the most vulnerable people in our society, providing basic needs such as food, clothing, shelter, advocacy services, and spiritual guidance.

Today, these ministries and their dedicated staff find themselves on the front lines of the fight against COVID-19, working tirelessly as they seek to meet increased demands with fewer resources. In late March, Moderator Richard Bott and General Secretary Nora Sanders, met via Zoom with over 20 of these staff. They expressed their gratitude for the work of these ministries - ministries that are so urgently needed during this time - and they shared their desire to hear from folks on the front lines to get a sense of what they are doing and what these ministries want the church to know.

To read the full post, visit: [united-church.ca/news/front-lines-covid-19](http://united-church.ca/news/front-lines-covid-19)

## Prayer Focused on Community Ministries

*Hey, God?*

*I'm not sure how to deal with this one.*

*I'm sitting here, in a space with four walls, and a roof; where I've got cans, and boxes, and packages, to make sure that I'm fed, in this time when my doctor has said, "You? Stay at home. Period."*

*I'm as safe as I can be, but I talked with a friend, who has a member of their family in a city across the country, who doesn't have anywhere to live, where they'll be able to physically distance, and who doesn't have the security of a freezer, or cupboards, or a savings account.*

*I don't know what I can do to help. But I know I have to do something.*

*I've listened to ministers and staff in community ministries, and social services, and partners in Mission and Service the world around, who are struggling for resources: people, finances, and more - and are seeing the vulnerable people they serve becoming more vulnerable by the day.*

*Their exhaustion, their willingness to give of all of who they are... their frustration, sadness, and anger.*

*I don't know what I can do to help. But I know I have to do something.*  
*I know I can leave TP for my next door neighbour, and a couple of us can share meals with the single parent with two kids down the hall, who just found out they've been laid off, but how can I help the neighbour who lives without a home, the neighbour I don't really know...*

*I know that the best way for all of us to get through this is to help one another, to share what we've got, on a personal, and a provincial, and a national, and a global level, to build a net of safety and security for all the world's children, of every age and place.*

*I don't know what I can do to help. But I know I have to do something.*

*So, my prayer, today, is a request for wisdom. I'm asking that you guide us to the people who can show us the way.*

*I'm asking that you would soften the hearts of the leaders, who need to know there is another way; and move to the side those that just can't.*

*Help me to use what I have - my resources, my abilities, my privilege - to help, to heal, to love my neighbour, as I love myself.*

*I don't know what I can do to help. But I know I have to do something.*

*Show me the way.*

*Amen.*

- by the Right Rev. Richard Bott, originally posted on Facebook

*When my arms can't reach people who are close to my heart...*



[www.iampoopsie.com](http://www.iampoopsie.com)

## Prairie Spirit United Church

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Office Hours: Tuesday - Friday • 9 am - 2 pm

[prairiespirituc.org](http://prairiespirituc.org)



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