

Dear Friends

We have arrived in Holy Week and later on this week we will be sending you some resources for use over the weekend. Today I want to do a little "Life & Work" and share with you some newsy things that I hope will be helpful to you as we walk this difficult road together.

Praying With Song

One of the most pressing issues for us these days is coping with the inherent anxiety that comes with an abundance of uncertainty. There are many ways to lessen and alleviate anxiety but I want to share one way with you that has been a valuable part of my spiritual practice. It is chanting. When my head is spinning with many things, the simple practice of repeating a simple song can help to draw me back to one single and helpful thought, the knowledge of God's love for me in this moment.

You may choose a song from your childhood. Or the refrain of your favorite hymn. You may sing it aloud. Or you may sing it in your head. But find a comfortable space and let a chorus be repeated over and over. To help you I have included three choruses that we have used in worship at Charleswood. Try it out.

[God Our Protector \(Steve Bell\)](#)

[Be Still and Know \(Iona\)](#)

[Jesus, Remember Me \(Taize\)](#)

A Guided Tour of the Bible

For a little reading and Bible refresher I have posted my 2014 book *A Guided Tour of The Bible in 25 Stops* on our website at: <https://charleswoodunited.org/>

News From Cool School

Last Friday our Children's Ministry Director Rosalie and our Student Minister Laura hosted a Zoom call for Cool School families. They are working out details to do another for Easter. If you have children at home and are not part of Rosalie's Cool School email list, please reply to this email and we will forward your name to Rosalie.

Volunteers

We have a number of people who have offered to do simple tasks for people who need help with practical things during this unusual time when doing things for yourself is not possible. If you have such a need please be in touch with the church and we will try to connect you with someone to help.

If a pastoral care need arises, related to the pandemic or not, please feel free to contact me at 204-832-3667 or mwilson@charleswoodunited.org

Easter Communion

Part of the recorded Easter Service will be the communion liturgy. You may choose to watch this on Sunday morning at 11:00 or another time more convenient. Whatever the case may be I would invite you to have bread and wine/juice/water at your side and take communion where you are.

Offerings

If you are on our mailing list then you will be receiving a letter this week or next, asking you to remember the church in this time when we are not receiving weekly offerings. Please do not concern yourself with this request if you have been adversely affected by the economic hardship caused by the COVID 19 crisis. However if you are in a position to respond we would welcome your donations by mail or e-transfer to donate@charleswoodunited.org

Readings and prayers for Good Friday will come out separately from the Easter service. You will be able to access both by links on our emails or by visiting the Charleswood United Church website or Facebook page.

Thank you for your concern for our community and for your faithfulness in this challenging time.

Grace and peace,
Michael