

ST. CHRISTOPHER by-the-RIVER  
AN EPISCOPAL PARISH IN THE DIOCESE OF OHIO

The Reverend Ann Kidder, Rector

March 20, 2020

Dear Friends,

This week has been a time of significant transition for all of us. Our Bishop has suspended all public worship and non-urgent meetings “**until further notice**”. I am in communication with other clergy and the Bishop as we consider how we can celebrate Holy Week and Easter under our present restrictions on gathering together in person. I will share our plans with you as soon as the Holy Spirit shares them with us!

The Vestry, Stephen Ministers, Daughters of The King, and I will all be reaching out to you by phone or by mail in the coming weeks. Our intent is to stay connected with each other, check to see if anyone has a need, and just hear each other’s voices. Isolation is one challenging aspect of these next weeks – and it can be lightened by picking up the phone and saying “Hi, how are you doing?”

If you are home, healthy, and able to deliver a meal or run an errand for someone who really cannot go out in public, please email me to let me know how you are able to help. I am currently waiting to hear from our Food Pantry partners in Chesterland regarding if/how we can continue to support that ministry. Mary Holmes is researching how we can support our local farmers and restock our kitchens with fresh, local food. Here’s the latest on that (received by email from Mary on Thursday afternoon):

Well, yesterday's pick up of greens and things was so successful, Rainbow Farms has created a 7 week spring CSA. Starting next TUESDAY, Rainbow will assemble a bag of the items they have on hand (spinach, carrots, tatsoi, kale, fuji apples, bok choy, and add new items as they come in such as rhubarb and tomatoes.

One drop off point will be my garage at 7380 Stoneham Rd. The only difference will be that you should go on line to their website, [rainbowfarmsonline.com](http://rainbowfarmsonline.com), and sign up and pay for your weekly drop off. There are more details there and a number to call to ask questions. Larry and Tina are the hardest working farmers I know and their products are beautiful. Please support them.

This Sunday, March 22<sup>nd</sup>, we will be recording Morning Prayer and John Irwin will post it to our YouTube channel later that day for you to access at any time. In the past, John has recorded and posted my sermons but this will be an entire Morning Prayer service, including Yuri playing the organ, John McElliott singing, and Becky Everett playing the carillon. Yes – We will stay at least six feet away from each other (except for John and Yuri). No one else will be in the building. (You can, however, hear Becky playing the bells live if you park your car on Old Mill Road and roll the window

down at 10:15 on Sunday mornings.) This is our first try at recording an entire service so enjoy our inevitable whoopsies! WCBN 90.3 will be airing a program this Wednesday afternoon (I don't have the exact time yet) featuring interviews with local Carilloneurs (including our own Becky Everett) who are playing Carillons during the suspension of public worship. I believe WCBN will also have this posted on their webpage.

We are hoping to resume Stephen Ministry, Grief Support Group, and Evening Prayer by using Zoom to video conference with each other. I hope to add the Nine o'clock Forum, and a virtual Coffee Hour in another week or so – again, by using Zoom. If you are not familiar with this way of meeting, go online to zoom.com and sign up. There is no cost to you, and you will receive an email from me (or the ministry group leader) inviting you to join the meeting. (If I, your technologically challenged Rector, can do this then I have confidence in your ability too!)

Here are some ideas for taking care of yourself as we continue our journey through Lent:

Pray the Serenity Prayer 3-times a day and journal about the result. (This prayer helps us identify what we can (and cannot) control.

Increase fruits, vegetables, and whole grains. Decrease sugar.

If able, go for a walk outside each day – even for fifteen minutes.

Each evening make a list of three good things that happened that day and what brought them about.

At least once a week, do something creative or entertaining. (Cleaning out your closet or garage does not count!) Watch a movie, read a book, cook a new recipe, write a poem, photograph your garden as spring arrives....

Write a letter of thanks to someone from your past who has been particularly kind to you. Surprise someone with a “just because” phone call.

Finally – Choose a gesture that you do several times a day, (like washing your hands with soap and water while singing a hymn), and let it become an invitation to become aware of the presence of God, who is with us always.

In Christ's Love,  
Ann+