**Spiritual Care**

We are starting a regular section in our Friday email notices around spiritual care.  This will be particularly helpful during the coming months of self-isolation and added stress from Covid 19.  Linda Robertson will be focusing on this in her role on Parish Counsel.  Please email her at [lindakrobertson@shaw.ca](mailto:lindakrobertson@shaw.ca) or call her at 604 375 2272 (Cell) with suggestions around ways that you are finding to look after yourself during this challenging time.  We would like to start a *Spiritual Development* *Group* to work on ideas for workshops or programs and we need *volunteers*.  If this interests you, please contact Linda.

We are looking for :

* *Books* that you recommend reading (and they don’t need to be religious or spiritual books)
* *Music* – especially online – that you find uplifting or comforting – for example choirs, church music etc.
* *Podcasts* – especially a particular episode – for example from CBC Tapestry or On Being.
* *Spiritual practices* – either your own experience or a link to something online
* *Prayers, poems or quotes* that you think others would find inspiring that we can publish.

Anything else you think is worth sharing to help us get through this stressful period.  Ideas?

If there is an interest, we can also start an online email forum through Google Groups to discuss a particular topic – it might be a book or a prayer practice or a podcast.  We can also set up a zoom call on your computer, IPad or phone to discuss a book or podcast or any topic.  Send Linda your ideas on anything you would like to see that would sustain you over the coming months.

As a start this week, we invite you to use the attached meditation exercise – the Waterfall Meditation.  Mediation is one of the best ways to calm our thoughts and emotions especially when we are feeling stressed or fearful.  We will post a link next week to a guided meditation that you can listen to while meditating.  If anyone has some good meditation links, please send them in.