



April 20, 2020

Peace be with you as you continue to find creative ways to provide pastoral leadership and vital ministry during this pandemic.

Over these last few weeks, I've witnessed many of you finding ways to provide worship, spiritual practices, and pastoral care, whether it is live-streaming worship, congregational gatherings by Zoom, paper-based prayer books distributed from a distance or telephone visiting. However, I am wondering if you have been able to find resources to nurture your own mental health and resilience. As we continue to celebrate the mystery of Easter, I want to provide you with a few more resources for your own wellbeing. General Secretary, Nora Sanders, reminded me the other week of the need, "To take care of ourselves if we are going to be able to take care of others." This is especially true after the adrenaline-filled weeks of Lent and Easter this year.

Many of our usual benefit partners are providing resources to help you during this time. For example, Green Shield is offering free mental health resources to all Canadians through the MindBeacon program (<https://www.mindbeacon.com/strongerminds>). Our Employee and Family Assistance Program is still available if you need to reach out for counselling or other help (1-800-387-4765 (English) or 1-800-361-5676 (French)). Morneau-Shepell is also offering a free mobile app called WellCan, which provides a hub for mental health resources and tools to help all Canadians maintain positive mental, physical, social and financial health during the COVID-19 pandemic. It is free to download and is available in French or English.

As my colleagues among the Office of Vocation staff team have spoken about how we are all coping in these midst of this pandemic, it has been helpful for many of us to be aware of the grief and sense of loss that we are all experiencing (for a further insight on this check out <https://hbr.org/2020/03/that-discomfort-youre-feeling-is-grief>). I can only imagine that you and those you offer pastoral care to might be feeling this way in the midst of so much change and uncertainty.

The staff of the Office of Vocation continue to pray for you. As we continue in the great fifty days of Easter, we can feel like some of the disciples living in uncertainty and waiting for the Risen Christ to appear to them. While we continue, in new ways, to celebrate the joy of resurrection, I hope that you can lean into the reassurance of the Risen Christ being present with you in all of your work and daily living these days.

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