

# PASTORAL CARE MESSENGER

Christ Church Cathedral Ottawa, October 2020

## Blessing of the Animals

October 4, 2020



“Gratitude goes beyond the ‘mine’ and ‘thine’ and claims the truth that all of life is a pure gift. In the past I always thought of gratitude as a spontaneous response to the awareness of gifts received, but now I realize that gratitude can also be lived as a discipline. The discipline of gratitude is the explicit effort to acknowledge that all I am and have is given to me as a gift of love, a gift to be celebrated with joy.”

— Henri J.M. Nouwen



Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 [New Revised Standard Version]

***If you need to speak with one of the clergy, please don't hesitate to contact  
Canon Hilary Murray at 613-710-1742.***