

PASTORAL CARE MESSENGER

Christ Church Cathedral Ottawa, April 2021

May you choose joy today because in Christ Jesus, you're stronger than you know! May you engage your faith today, because God moves when you pray in faith. May you walk confidently today, because Jesus paid a high price for your soul. You matter deeply to Him. May you show compassion today, because you've received such compassion from God Himself. You're wrapped up in God's promises, strengthened by His care, and called by His divine will. Everything you need you already have in Him. Have a holy-confident, humbly joyful day today! The joy of the Lord is your strength.

From *Blessings for Women: Words of Grace and Peace for Your Heart* by Susie Larson



I send you and your families my prayers and blessings. I praise you for your continued courage and strength as you keep leaning into your faith. Please know that God's mercy is always present with us. We are embraced by God's love and that of all the heavenly saints.

— Canon Hilary



Loving God, you fill all things with a fullness and hope that we can never comprehend. Thank you for leading us into a time where more of reality is being unveiled for us all to see. We pray that you will take away our natural temptation for cynicism, denial, fear and despair. Help us have the courage to awaken to greater truth, greater humility, and greater care for one another. May we place our hope in what matters and what lasts, trusting in your eternal presence and love. Listen to our hearts' longings for the healing of our suffering world. Amen.

— Richard Rohr

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