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A blessed Fourth Week of Lent to you all,

The whole world is joining in Lent this year.

Some updates for this week:

Gatherings of no more than ten people: *The Saskatchewan Government is officially limiting gatherings to a maximum of ten people. Manitoba is likely to do the same soon. Please keep working with your local health authority for your local practices. This is especially difficult around wakes and funerals. Please continue to work with your community and health authorities around how to best grieve those who have died at this time.*

Anointing of the Sick: *Two priests in Winnipeg have been asked to anoint parishioners in the hospital who have tested positive for COVID-19. They wore masks, gloves and gown. They were not allowed to bring a book in, but printed the prayers on a paper and left it there. They brought in a cotton ball with a little Oil of the Sick on it and after using it left it there as well. Just to give you some information about Anointing so far.*

Palm Sunday: *We continue to work at live-streaming Masses where we can. On Palm Sunday you could bless the Palms in a small service and then leave the Palms in the Church for a period of time for people to come and pray and pick them up. Just limit the number of people coming into the Church to ten at a time and make sure the palms are protected from possibly having virus on it as much as possible. Probably spread out the palms on several tables, ask people to not touch other than the palm they are taking, set them out with gloved hands or freshly washed hands.*

Collections at this time and auto-deposit: *It is interesting that one parish in Winnipeg uses auto-deposit primarily and they are not financially affected by this physical distancing. This may be a good time to recommend to your parishioners that they consider auto-deposit. The people should still be given envelopes so they have something to put in the basket when it is passed around and just write auto-deposit on the envelope. Also, when it is registered it will be designated to your parish. **All the money donated will go to your parish.** We are not charging any fee at this time. If you have any parishioners interested or you have any questions, please call Rochelle on her home line: 1 204 623 6208.*

Panic attacks: *All of us are experiencing more stress these days. There is a lot more unknown. One of the best ways to calm ourselves is through meditation. In our readings from the Solemnity of the Annunciation we celebrated yesterday the angel tells Mary: "You will name Him Jesus."*

Just saying the name of Jesus in a prayerful way has power. When we are anxious, taking deep breaths of air and repeating the name of Jesus can really bring His peace. You may have some other personal prayer tips that help you bring calm into your mind and heart. Sharing these tips might be some good medicine to pass on to our people at this time.

The situation is bringing up a lot of new questions around our Churches and ministry. Do not hesitate to contact Fr. Jim, myself, or any of our staff. We are all still working trying to support you and our people.

Blessings on your Fifth Sunday of Lent,

Bishop Murray

PS. We are recording Sunday Masses and some videos from the staff and myself. The link to these videos is below. Each Sunday morning we hope to have the Sunday Mass available at this link. Thanks to Jims for his efforts with this.

<https://www.facebook.com/KeewatinYouth/> we will upload our videos to this Facebook page.