



# Bulletin

April 5, 2020

*Palm Sunday*

Grandview Church acknowledges that for thousands of years the Coast Salish peoples have walked gently on the unceded territories where we now live, work, worship and play. We seek a new relationship with the First Peoples here. One that is based in honour and respect and especially in these days seeks the well-being of all.

## Church News

### **Staff away:**

Joy is on sabbatical then holiday until August 1.

### **Prayer Requests:**

Pray for Rob Nutting and his family, that they will have peace as his mother passes.

Pray for Greta Wikkerink as she prepares to welcome a foster baby into her life and home.

**Holy Week** is approaching. Watch your inbox and the website for more info!

## Youth Group News & Info

**Preteen Youth Zoom** is happening Wednesday, April 8 at 6:30pm. Grades 5 through 7. Email Jake for zoom link: [jake@gcbchurch.ca](mailto:jake@gcbchurch.ca)

**No Youth Group on Good Friday**, Youth Group (via zoom) will resume on Friday April 17 at 7pm.

**Grandview Youth (grades 5 all the way through 12)** is undertaking two projects during this time of social distance: Youth Pandemic Video Variety Show, and zoom-based Resurrection Play. If you are interested in ways of participating or potentially helping or simply have had your curiosity piqued, please contact Jake. Video clips should be sent to Jake by April 17.

## Community News

**JustCatering** is offering a weekly meal service. Check out what they are offering at <http://www.justwork.ca/justcatering-meal-service.html> or email [justcatering@justwork.ca](mailto:justcatering@justwork.ca) for more info or to place an order.

**Kinbrace** is hiring for a new, full-time role: Housing Support Worker. Go to [www.kinbrace.ca/current-opportunities](http://www.kinbrace.ca/current-opportunities) for more information and to apply.

# Wellbeing

Here are two resources that might be helpful during this time.

They can be found on our website at

[www.gcbchurch.ca/resources/covid-19-resources](http://www.gcbchurch.ca/resources/covid-19-resources)

## [Caring for Ourselves and Others in the Midst of a Quickly Changing World](#) (a booklet)

Please note that this booklet is intended to offer suggestions with helpful ways to manage the stress of the current pandemic crisis, and its impact on everyday life. While written by a qualified therapist, it is meant to be helpful in caring for mental health through maintaining steadiness and balance in everyday living. It is not intended to replace care from a qualified mental health professional, or address ongoing anxiety and depression that may also arise in this experience. If you are experiencing additional stress that cannot be managed through practices like the ones suggested in the booklet, please do not hesitate to seek out professional help.

## [A Regular Rhythm of Care](#) (one page)

These suggestions are generalized to help a wide variety of people, so read it and adopt 1 or 2 things at a time, that fit for you. In a time of ongoing crisis, it is best to make small changes at a time, rather than try to overhaul your whole life and rhythms

**Bulletin Posting:** To post news or announcements, please have submissions to Celeste Pang by Thurs noon: [admin@gcbchurch.ca](mailto:admin@gcbchurch.ca)

**Grandview Church Email List:** To subscribe to the GCBC email list for periodic communication updates, go to “contact + map” at [gcbchurch.ca](http://gcbchurch.ca).