



## Holy Week Still Holy Even Virtually!



Greetings St. Richard's Community. Today is Wednesday in Holy Week. We will have live stream all of our Holy Week Services except the Easter Vigil. Because the Vigil is such a complicated liturgy with darkness and fire and bells and many readings, we will forgo that special and important first Sunday of Easter. On Maundy Thursday April 9 we will live stream the service at 12:00 noon. On Good Friday, April 10, we will live stream the service at 12:00 noon, both on Facebook and we will make them available as soon as possible on YouTube and our website, [www.strichards.org](http://www.strichards.org).

I look forward to being with you all virtually this week.

Our Easter Service, April 12 will be live streamed at 9:00 a.m. and will include hymns and the full service of Holy Eucharist Rite II. Dale Truscott will sing the service and I will be the preacher.

Wonderful new ways of seeing the world are resulting from the COVID 19 pandemic and the social distancing we are experiencing. More and more people are sharing music and poetry, tips for eating healthy and exercising. Recently, I read an article from the Great Good Science Center which is located at the University of California Berkeley. How to Keep the Greater Good in Mind During the Coronavirus Outbreak,

[https://greatergood.berkeley.edu/article/item/how\\_to\\_keep\\_the\\_greater\\_good\\_in\\_mind\\_during\\_the\\_coronavirus\\_outbreak](https://greatergood.berkeley.edu/article/item/how_to_keep_the_greater_good_in_mind_during_the_coronavirus_outbreak)

I simply want to add to the positive message and share the tips. 1. Look to the heroes. While so many have limited their activity there are those who work day and night to care for the sick and find the cure for sick-

ness and this disease. Attend to those who are doing the right thing in the midst of this crisis and spend little to no time ruminating of who you think might be missing the mark. 2. Stay calm and focused. Routine is a great way to reduce anxiety. If your life is now different establishing new routines can help ease your spirit. We are so lucky to live in Florida; put yourself in nature and feel soothed. 3. Show gratitude. Saying thank you inevitably inspires gratitude in others. 4. Remember our common humanity and show compassion. This is a global pandemic. All the people of the world are in this together. Having the constant mindset that we share this human condition can help the world pull together to solve issues. And show yourself some compassion.

Below are some poems that were inspired by Pam Menke's meditation from her Summoning the Divine series featuring John Donne this month. Two of them written by our parishioners and one shared from 1869 after the famine in Ireland.

Gina Varan called this morning and is supporting a friend who is making masks by purchasing some and donating them to St. Richard's. Please reach out to me if you would like a mask made by Gina's friend Deb Walker.

Additional information about our Easter Offering is below.

Again, please know that St. Richard's is praying for you. We are held together by things visible and invisible. Fell comforted that the clergy, staff and vestry of St. Richard's has you in a special place each day in love and prayer.

Alison+

### COVID-19 QUARANTINE

From my garden view  
Hummingbirds dart  
Far from white irises

Squirrels lay low  
Bird basins evaporate  
Clouds drift away  
Wind dies down  
Road's gone silent  
Trail walkers vanished  
Sun still beaming  
Blue sky bright as ever  
Spring green bubbles up  
We sit together, old oak tree and me,  
Until only oak tree remains.

### **Emily Dickenson inspires during COVID 19**

Because I could not go to Work —  
I locked myself Inside —  
The house — tho it held but Ourselves —  
Was overoccupied.

We slowly lived — We knew no haste  
And I had put online  
My labor and my leisure too,  
By Interior Design —

Since then — 'tis only Days — and yet  
Feels longer than an Eon  
And I surmised that Twitter wasn't  
The best Platform to be on —

**Kathleen O'Meara's poem,  
'And People Stayed Home,' written in 1869, after  
the famine in Ireland**

And people stayed home  
and read books and listened  
and rested and exercised  
and made art and played  
and learned new ways of being  
and stopped  
and listened deeper  
someone meditated  
someone prayed  
someone danced  
someone met their shadow  
and people began to think differently  
and people healed  
and in the absence of people who lived in ignorant  
ways,  
dangerous, meaningless and heartless,  
even the earth began to heal  
and when the danger ended  
and people found each other  
grieved for the dead people  
and they made new choices  
and dreamed of new visions  
and created new ways of life  
and healed the earth completely  
just as they were healed themselves.



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