



"7 Churches, 1 MISSION, Stronger Together"

All Saints Parish, Cumberland County N.S.

In the Archdiocese of Halifax Yarmouth

MAY 3, 2020

4th Sunday of Easter

Our Parish Family includes the Children of God from:

St. John the Baptist, Springhill
St. Paul the Apostle, River Hebert
St. Thomas Aquinas, Joggins

St. Thomas More, Pugwash
St. Cornelius, Streets Ridge
Holy Family Church, Amherst
St. Brigid's, Parrsboro

All Saints Parish Central Office (902) 667- 5244

Office Hours Mon.—Fri. 9 - 12 p.m Noon

Father Craig Christenson Parish Pastor **Glenna O'Quinn** Pastoral Administrator **Evelyn Currie** Office/ Finance Mgr
Deacon Howard Gotell (Amherst) **Deacon Howie Goldstein (Parrsboro)** **Deacon Mike Lynch (Pugwash)**
Holy Family Office—Mary Comeau Office Manager **Laurie Perry** Holy Family Caretaker
Holy Family Office (902)-667-2523

Weekday Prayers - Liturgy Options

- Each day gather at home for 7:00 p.m. with a candle in a quiet area and pray.
- Archbishop Anthony Mancini celebrates Mass from the chapel at the Pastoral Diocesan Office at 8:00 a.m. Monday - Friday and 11:00 a.m. on Sunday morning. It is being live streamed at <https://www.halifaxyarmouth.org/>
- At your "normal" time to attend Mass, you may consider a service at home. Pause and reflect on the readings of the day, say the Rosary, a Novena and end with the Parish Prayer.



Social Media

- **Weekly Newsletter/Email** - If you wish to have information included in our newsletter, please contact Mary at 902-667-2523.

- Media Tools we are using:



Facebook - <https://www.facebook.com/HolyFamilyAmherst/>



Website - <http://www.holyfamilyamherst.ca/>



ZOOM - <https://zoom.us/>



Email - allsaintsparish@hollyfamilyamherst.ca or office@hollyfamilyamherst.ca



Regular mail - All Saints Parish, P.O. Box 1075, 63 Church Street, Amherst, Nova Scotia , B4H 4E2

Financial

- Parishioners can set up a weekly **e-transfer** to our office for their contributions. The email to use is either allsaintsparish@hollyfamilyamherst.ca or email Mary at office@hollyfamilyamherst.ca . Please ensure your envelope number is included in the message portion of the transfer.
- **PAR** - Please contact Evelyn at allsaintsparish@hollyfamilyamherst.ca or Mary at office@hollyfamilyamherst.ca for additional information.
- **Visa/Mastercard Option** - Please contact Evelyn at allsaintsparish@hollyfamilyamherst.ca or Mary at office@hollyfamilyamherst.ca for additional information.
- **Envelopes** can be mailed to All Saints Parish, P.O. Box 1075, 63 Church Street, Amherst, Nova Scotia , B4H 4E2.
- **Canada Helps** - Via the Archdiocese website and is set up to allow users to choose All Saints Parish as an option. The Parish will be credited with the donation.

Updates and Prayers

Hail Mary's - 3,201,839. Please continue to email or call with your prayer count by Wednesday of each week.

Prayers for the sick - Phil LeBlanc, Jim Nelson, Shae Fage, Aileen Brown, Roy McInnis and Freda MacLean (sister of Elizabeth Rideout).

Prayers for the dead

- Neil Doucette Sr.
- Tom Bagley
- Laura Lee Jones-Zeltner
- Emilie Blenkhorn

**** On Thursday, May 7th at 11am Tom Bagley's family will be present for Tom's burial with Father Michael Walsh and we have been asked to "attend" with them by lighting a candle, saying a prayer or just be present in our thoughts with the family. R.I.P Tom <3**

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Our heartfelt condolences to the families, friends and crew of the HMCS Fredericton, who suffered a tragic loss this week. May God bless all those who serve our great country and the loved ones who support them.



May God continue to support all those who are suffering, from the horrific event that took place in Nova Scotia nearly two weeks ago. Let us all keep them in our prayers and thoughts.

Zoom Chat

Just us on Zoom every two weeks on Thursday's at 7:00 p.m.

Next Call Dates

May 14, 2020 at 7:00 p.m.
May 28, 2020 at 7:00 p.m.
June 11, 2020 at 7:00 p.m.

Go to www.ZOOM.us

- Go to the link for "Join A Meeting" ,
- Enter code —390 834 096
- Password — together
- Activate your video and your audio to join in and let us know you are there.

All Saints Parish Fundraiser

Ticket are now on sale for a **Mother's Day/Father's Day Basket**. Tickets are \$2.00 each or 3 for \$5.00 The draw will take place on **June 12, 2020**. Please contact Evelyn at 902-667-5244 or Mary at 902-667-2523 for more information.



Assisting Others/Outreach

- **Society of St. Vincent de Paul** - We know that many in our community are experiencing increased hardship during this time of economic uncertainty. The Society of St. Vincent de Paul are still answering calls and are reaching out when and where they are able to. If you would like to make a donation to the society, you can either call ahead to the Holy Family office and make arrangements with Mary to drop it off or mail your donation to the office at Box 1075, 63 Church St. Amherst, NS B4H 4E2.
- **Food Bank** - The demand at food banks across the Province has also multiplied greatly over the last number of weeks. We have been advised that Emmerson Packaging has generously committed to match all donations made to the Amherst Food Bank until **May 9, 2020**. Please visit the Food Bank Facebook page for more information on how you can assist by donating <https://www.facebook.com/Amherst-Food-Bank-384309795416303/> or simply mail a cheque to Amherst Food Assistance Network, 5 King St., Amherst, N.S. B4H 1W7



PRAYER LINE—902-664-9396



The **Mental Health Commission of Canada** has developed three crisis response training programs for essential workers. Throughout the COVID-19 pandemic, essential workers may experience depression and heightened anxiety due to the stress on their own health, the health of their family and friends, and the future of their livelihoods. These programs are specifically designed to help provide individuals with the tools and knowledge to better understand their own mental health and the mental health of others.

Caring for Yourself (2 hours) - Participants will be introduced to the Mental Health Continuum and the Big 4 Coping Strategies, to help learn how to better understand their own mental wellness, notice if they might be moving into unwell areas, use practical actions to help with stress, and know when to reach out to get professional help.

Caring for your Team (3 hours) - Participants will be introduced to the Mental Health Continuum, the Big 4 Coping Strategies, and Ad Hoc Incident Review to help learn how to better understand their own and their team's mental wellness, notice if they might be moving into unwell areas, use practical actions to help with stress, know when to reach out to get professional help and learn tips to support team members.

Crisis Response Training - Caring for Others (2 hours) - will focus on how to create a safe space to have conversations about mental health and / or substance use problems. This training will prepare participants to have conversations confidently about mental health during a crisis, with their family, friends, communities, and workplaces. Participants will also be taught the skills required to respond to a mental health crisis until professional help arrives.

To register please visit : <https://theworkingmind.ca/crisis-response-virtual-training>

Do YOU Know Who To Call?

Below is a list of phone resources available **TOLL FREE** for **ALL** people living in Nova Scotia

911 In an emergency, **always** dial **911**
Know When to Call 911

A 911 emergency happens when someone's health, safety or property is threatened and help is needed right away. If you aren't sure if your situation is a 911 emergency, it is best to call and let the experts decide whether help needs to be sent or not.

If an ambulance is required to transport an individual from a place of residence or an accident scene to hospital or CEC, a service fee of \$142.30 is charged. This fee is waived for persons receiving social assistance and is covered by most insurance plans. The government covers all costs associated with the care given by paramedics during an ambulance transport between hospitals.

911 can save your life!
 For more information on **Emergency Management Office: Nova Scotia Toll-free (within North America) 1-866-424-5620**

With 811, Nova Scotians have trusted health information at their fingertips.

Just three numbers - 8-1-1, and our Registered Nurses will give you the advice and information you need, such as:

- Access to non-emergency health information and services
- Advice, information and reassurance concerning all kinds of general health issues including the best course of action when you or a member of your family is sick.
- Information about health issues and services available in your community.

Advice and information may include a recommendation to see your doctor or visit your local emergency department.

811 **Peace of mind 24/7**
<http://811.novascotia.ca/>

Dial **711** to access this service if you are Hearing Impaired.

211 Find the **right** community and social services

Search for information on: <http://ns.211.ca/>

- Financial and social assistance
- Housing and utility help
- Food assistance and meal programs
- Seniors' services and home care
- Parenting and family programs
- Government program assistance
- Disability support services
- Volunteer organizations
- Newcomer services
- Mental health support
- and much more.....

Provides crisis support for children, youth and adults experiencing a mental health crisis.

It offers telephone crisis service 24/7 anywhere within Nova Scotia and a mobile crisis response from 1 p.m. to 1 a.m. daily within the Halifax Regional Municipality (HRM).

The Team includes mental health professionals and police officers that are specially trained to work as part of the crisis service.

Mental Health Mobile Crisis Team
1-888-429-8167



MENTAL HEALTH RESOURCES

Where to Get Support in Nova Scotia during COVID-19

- 1 MENTAL HEALTH MOBILE CRISIS TEAM**
902-429-8167 or 1-888-429-8167 (Toll Free)
 The Mental Health Mobile Crisis Team provides crisis support for children, youth and adults experiencing a mental health crisis by phone 24/7 anywhere in Nova Scotia and a Mobile Response from 1 pm to 1am to most Halifax area communities.
- 2 KIDS HELP PHONE**
1-800-668-6868 or text CONNECT to 686868
 Kids Help Phone is always there for you. No matter what you want to talk about. No judgment, totally private, 24/7. Live Chat is currently open daily from 1 am to 8 am to provide more timely access to support through their other services.
- 3 MENTAL HEALTH AND ADDICTIONS INTAKE SERVICE**
1-855-922-1122
 If you need help with a mental health and addictions concern, Nova Scotia Mental Health and Addictions team can help. They're available to take your call Monday to Friday, 8:30 am to 4 pm. The line is voicemail-only evenings, weekends and holidays.
- 4 CMHA NOVA SCOTIA**
1-877-466-6606 (Toll Free)
 CMHA NS continues to provide non-clinical mental health psycho-social support throughout COVID-19. They are committed to keeping communities and clients safe and their services supportive and welcoming. Visit novascotia.cmha.ca.
- 5 HEALTHY MINDS PATIENT NAVIGATOR**
902-404-3504
 Healthy Minds Cooperative is an innovative mental health cooperative providing a variety of peer-based services to people with lived experience of mental health issues and their families. HMC is available 9-5 Monday-Friday by phone and email.
- 6 STRONGEST FAMILIES I-CAN ANXIETY PROGRAM**
1-866-470-7111 (Toll Free)
 This program educates and teaches adults 18+ skills to overcome their anxiety, excessive worry, and learn how to cope with major life stressors. Participants are provided with access to a secure website, programming, and weekly phone support. Visit strongestfamilies.com.
- 7 211 NOVA SCOTIA**
 211 Nova Scotia is a free helpline that connects you with community groups, social services and government programs in your area 24/7. Support is available in over 150 languages. Call or visit ns.211.ca