



# Congregational Check-In Report Fall 2020

**Produced by:**

Parish Nurse Lily Cugliari-Kobayashi R.N. in partnership with 3rd year Humber College/University of New Brunswick Nursing Students and their teacher, Theresa Santos, BScN, RN, CCHNC

# Introduction

**We are pleased to present you with the following Congregational Check-in Report for Fall 2020.**

Thank you for your feedback on the questionnaire, your contributions and gifts of creativity made this report possible. We have examined the responses and have identified commonalities in the lived experiences, including challenges, lessons learned and coping strategies. Combined, we hope that this provides insight into maintaining holistic health during the pandemic.

Scriptures, words of encouragement, photos and poems that were shared by you have been placed throughout the report with the inclusion of resources. We hope this report will provide support and foster togetherness throughout the Yorkminster Park Baptist Church community.

# When Life Changes

October 27/20  
John Fenton

All of our lives have changed  
In a way never expected  
Illness and deaths dominate  
So does the fear of Covid 19  
For most of us it stings  
Worries it brings  
Leaders doing their best  
To guide us thru this virus  
Relying on them is not enough  
We must do our part though tough  
Weary of all this stuff  
Persevere we must  
I think of my Dad at 17 going to war  
Greater danger by far  
Freedom to do our part  
Hard work we face  
Defeating nasty virus  
Count on God to bless  
Give thanks  
When our world changes



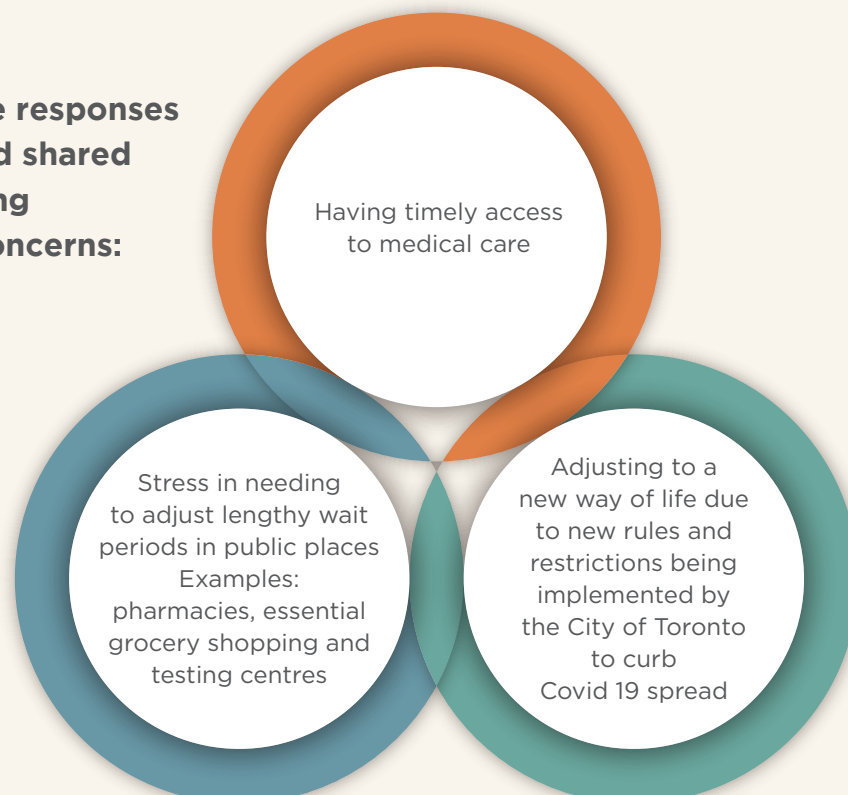
Butterfly Sanctuary | Lily Cugliari-Kobayashi

# How has this current pandemic, COVID-19, impacted your life? What have been your biggest challenges?

Here are some of the most common challenges reported:

- Social Isolation
- Difficulty to connect with one's friends and family on a regular basis
- Difficulty to have physical contact such as hugs and handshakes and in-person social interactions
- Difficulty to navigate new technologies to maintain connections with friends and families
- Difficulty taking part in social and daily activities such as attending church, extra-curricular activities for children, visiting cafes and restaurants, going to the gym and volunteering
- Increasing mental stress that comes with chores such as lining up in the long queue outside grocery stores
- Worries about slowing access to healthcare

**Many of the responses we received shared the following common concerns:**







While we all go through these challenges, we can also take comfort in knowing that we are all in this together. We are changing our routines to follow COVID-19 guidelines<sup>1</sup> – wearing masks, washing our hands and physical distancing to protect one another and our families and our community.

Trying to accept this new reality, however long it may last, involves much patience and focusing on other things to occupy ourselves, such as nature.

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<sup>1</sup> See page 15 for Toronto Public Health guidelines.

# COVID-19 - A New World

May 4/20  
John Fenton

Who would have thought  
virus could change us, but  
God knew it was coming  
Sending us running apart  
Family friends to start  
But of all things Church  
God calls us to search  
Webcast to the rescue  
Peter Dale John Paula just a few  
Minister in a unique way  
To keep us from going astray  
Deep grief at loss of friends  
In hands of God as life here ends  
We must go on together  
With God life will be better  
A new world for sure  
With faith we will endure  
Thoughts from separation  
God getting our attention  
With a grateful heart to all  
Keep safe, healthy and stand tall  
Miss you - John

# Perserverance

October 19/20  
John Fenton

Perseverance put to a test  
By deadly virus  
Front-line workers we have the best  
Little time for them to rest  
Putting their lives at risk for us  
Lessons to be learned  
Like staying informed  
Difficulties still to be faced  
Feels like we are in a race  
Faltering along the way  
Hoping for a better day  
Staying calm to persevere  
Showing we are able to endure  
God gives us strength  
Solving problems at length  
Determination it takes for us  
To end this severe crisis  
Resolutely we try our best  
To defeat this dangerous virus  
More obstacles we can expect  
Leading forward step by step  
Soon there will be celebration  
Grateful too for perseverance

Bird Feeders | John Torrance  
Thanking Our Frontline Workers | Lily Cugliari-Kobayashi







Grade 9 artwork from the 'Thankful Heart' Series | Family Ministries/Heather Mackey

# Can you please tell us the most important lessons you have learned?

Despite the challenges Covid-19 presented, these are lessons most commonly learned:

The importance of communication to maintain relationships with our loved ones

Being good neighbours

Learning new and creative ways of communicating with friends and family (such as virtual conference calls)

To have empathy for others

To accept things as they are

A new-found appreciation for nature and our surroundings

To have patience

The importance of having religious faith and a church community during this time

*When asked which is the greatest commandment, Jesus replied, "Thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind ... Thou shalt love thy neighbour as thyself. On these two commandments hang all the law and the prophets." (Mt 22:37-40)*





## Serenity Prayer

God grant me the serenity  
to accept the things I cannot change;  
courage to change the things I can;  
and wisdom to know the difference.

Living one day at a time;  
enjoying one moment at a time;  
accepting hardships as the pathway to peace;  
taking, as He did, this sinful world  
as it is, not as I would have it;  
trusting that He will make all things right  
if I surrender to His Will;  
that I may be reasonably happy in this life  
and supremely happy with Him  
forever in the next.

Amen.



Garden surrounding Yorkminster Park Baptist Church Meditation Circle | Lily Cugliari-Kobayashi

# Think about how you have coped through this pandemic and please share what you have found to be most helpful.

## Coping strategies

Facing many challenges during the pandemic, people have relied on different coping strategies<sup>2</sup> to take care of their spiritual, physical and mental well-being. Some strategies that many of you in the congregation have found helpful were identified as follows:

- Exercise-taking walks
- Meditating
- Praying
- Establishing and maintaining a routine
- Reading
  - scriptures
  - novels
  - books related to pandemic
  - YPBC Daily Devotional
- Photography
  - taking photos of nature/ God's creations
- Writing
- Poetry, journaling, cards, letters
- Attending virtual Sunday service
- Knitting
- Watching TV (comedies)
- Doing house chores

## Communication strategies:



Virtual



Telephone



Electronic  
Mail



Canada Post



Other Social  
Media Platforms

<sup>2</sup> See page 15 for additional ways to help de-stress from Toronto Public Health.



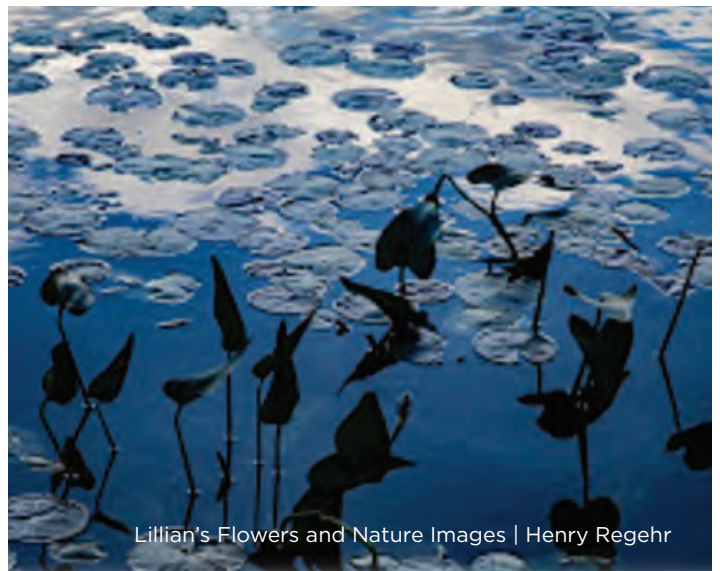






Shared faith also plays a huge role in keeping morale strong and maintaining courage to deal with the uncertainty of Covid 19.

Attending the Sunday church service virtually, reading scriptures and praying to keep peace of mind, being optimistic and remembering that **“this too shall pass”** are all examples of leaning on faith.



Lillian's Flowers and Nature Images | Henry Regehr



## **Hymn #635:** **Brother, sister, let me** **serve you**

- 1. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.*
- 2. We are pilgrims on a journey,  
and companions on the road;  
we are here to help each other  
walk the mile and bear the load.*
- 3. I will hold the Christlight for you  
in the nighttime of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.*
- 4. I will weep when you are weeping;  
when you laugh I'll laugh with you;  
I will share your joy and sorrow,  
till we've seen this journey through.*
- 5. When we sing to God in heaven,  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.*
- 6. Brother, sister, let me serve you;  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.*



Cecilia, the patron saint of music  
YPBC Memorial Window | Henry Regehr

# What message would you like to give to others in our community?

Below are selected scriptures and words of encouragement, hope and wisdom that have provided comfort to many throughout these times of uncertainty, and have particularly been recognized by you, the congregants.

## Words of Scripture

### Psalms 121:2

“My help comes from the Lord, who made heaven and earth.”

### Proverbs 3: 5-6

“Trust in the Lord with all your heart and do not lean on your own understanding. In all your ways acknowledge Him and He will make your paths straight.”

### Psalms 46:1

“God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth should change.”

### Psalms 100

- 1 Make a joyful noise to the Lord, all the earth.
- 2 Worship the Lord with gladness; come into his presence with singing.
- 3 Know that the Lord is God. It is he that made us, and we are his; we are his people, and the sheep of his pasture.
- 4 Enter his gates with thanksgiving, and his courts with praise. Give thanks to him, bless his name.
- 5 For the Lord is good; his steadfast love endures forever, and his faithfulness to all generations.

### Matthew 11: 28-30

“Come to Me, all who are weary and heavy-laden, and I will give you rest. Take my yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. For My yoke is easy and My burden is light.”

### Hebrews 4: 15-16

“For we do not have a high priest who cannot sympathize with our weaknesses, but One who has been tempted in all things as we are, yet without sin. Therefore, let us draw near with confidence to the throne of grace, so that we may receive mercy and find grace to help in time of need.”

### 2 Corinthians 2: 3-4

“This is the very thing I wrote to you, so that when I came, I would not have sorrow from those who ought to make me rejoice; having confidence in you all that my joy would be the joy of you all. For out of much affliction and anguish of heart I wrote to you with many tears; not so that you would be made sorrowful, but that you might know the love which I have especially for you.”

### 2 Corinthians 2: 14

“But thanks be to God, who always leads us in triumph in Christ, and manifests through us the sweet aroma of the knowledge of Him in every place.”



“The Lord is my shepherd, I shall not want. He makes me lie down in green pastures; he leads me beside quiet waters. He restores my soul; he guides me in paths of righteousness for his name’s sake. Even though I walk through the valley of the shadow of death, I fear no evil, for You are with me; Your rod and Your staff, they comfort me.

Surely goodness and mercy shall follow me all the days of my life, and I shall dwell in the house of the LORD forever”.

Here are the commonly selected words that have provided encouragement, hope and wisdom:



## Resources

These resources could be used for assistance during Covid-19 including, but not limited to:

### Toronto Public Health

Call regarding general questions regarding COVID-19 (coronavirus), or what to do. Information is available in multiple languages.

- Phone: 416-338-7600
- Link: [www.toronto.ca/home/covid-19/](http://www.toronto.ca/home/covid-19/)
- Email: [PublicHealth@Toronto.ca](mailto:PublicHealth@Toronto.ca)



## WAYS TO HELP DE-STRESS DURING COVID-19



## Government-funded health and personal support services and long-term care homes

- Phone: 310-2222 (no area code)

## Seniors Safety Line

Assistance in cases of elder abuse, isolation, anxiety or depression

- Phone: 1-866-299-1011

## Telehealth Ontario- Telehealth is available for free health advice.

- Phone: 1-866-797-0000
- Link: [www.toronto.ca/home/covid-19/](http://www.toronto.ca/home/covid-19/)

## Financial support

For economic and government support, there are a variety of programs available through the city of Toronto; depending on eligibility.

- Phone: 416-338-OTTY (0889)
- Address: 100 Queen St. W. Toronto, ON M5H 2N2
- Link: [www.toronto.ca/home/covid-19/covid-19-economic-support-recovery-for-businesses/covid-19-employee-wage-support-businesses](http://www.toronto.ca/home/covid-19/covid-19-economic-support-recovery-for-businesses/covid-19-employee-wage-support-businesses)

## Toronto Seniors Helpline:

Toronto Public Health recommends that if you are over 70 years of age, have a weak immune system or a medical condition, you should limit your trips to public places. As such, services including meals on wheels, delivery of food and essentials (e.g., prescriptions), personal care support, mental health support, transportation to medical appointments, social phone calls, other support services for seniors have been made available based on eligibility.

- Phone: 416-217-2077  
1-877-621-2077
- Link: [www.torontoseniorshelpline.ca](http://www.torontoseniorshelpline.ca)



**One phone call.  
Many ways we can help.**

**If you are a senior or know a senior who would benefit from:**

- Community supports, such as Meals on Wheels, transportation and adult day programs
- Crisis services
- Care at home, such as nursing and personal support
- Supportive counselling over the phone
- Caregiver resources and support

**Toronto Seniors Helpline**

Toronto Seniors Helpline is here for you.  
**416-217-2077**  
**1-877-621-2077**  
[www.torontoseniorshelpline.ca](http://www.torontoseniorshelpline.ca)

Calls are answered 365 days a year.  
Interpretation available in 100+ languages.  
Web Chat available

Opportunity made here.

**Ontario** 



## Medvisit

Doctors Housecall Service, Medvisit, is Canada's largest network of home visiting doctors for times when your family doctor is unavailable. Serves all the areas in GTA including: Toronto, Scarborough, Vaughan, Markham, Richmond Hill, Brampton, Mississauga and Etobicoke.

- Phone: 416-631-3000



## Kids helpline

Offer a wide range of articles, tools and resources on Covid-19 to help young people through challenges or experiences they might face. They also have professional counselling support and a variety of resources to help youth in any moment of need.

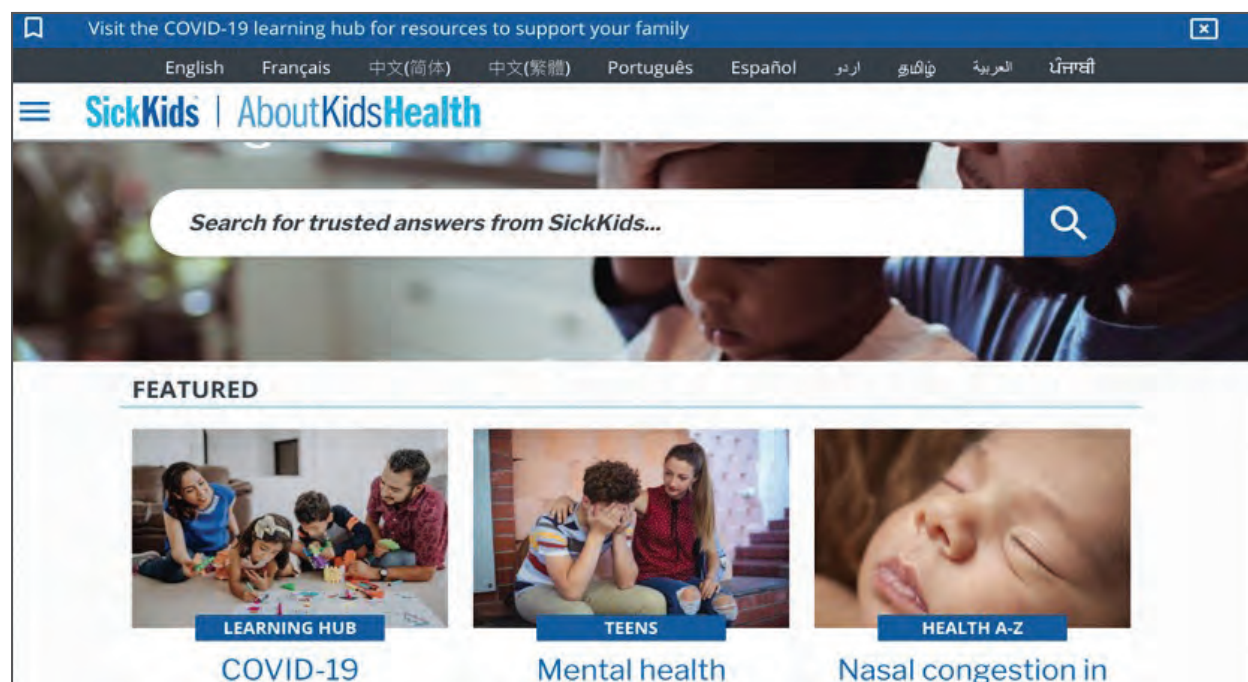
- Text: 686868
- Phone: 1-800-6686868
- Link: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)



## Sick Kids Health

Health education website for children, youth and their caregivers. It has information on Covid-19 and mental health.

- Link: [www.aboutkidshealth.ca](http://www.aboutkidshealth.ca)



### **Center for Addiction and Mental Health (CAMH)**

Please refer to mental health resources on their website or call for tips on dealing with anxiety, stress and confronting the negative effects of isolation and physical distancing related to Covid-19

- Phone: (416) 397-4636
- Link: [action.camh.ca/apart-not-alone](https://action.camh.ca/apart-not-alone)

### **Yorkminster Park Meals on Wheels**

Great resource for countering anxiety and stress related to long grocery lineups. They provide meals to elderly, disabled and chronically ill residents. Meals on Wheels delivers Monday to Friday every week, with weekend service available if required.

Delivery takes place in the mornings, between 11am and 12:30pm. The food is delivered by friendly volunteers, who are the backbone of the organization. If the volunteers are unable to reach the client, they report back and ALWAYS follow-up if they cannot deliver a meal. In this way, Meals on Wheels also serves as a daily security check.

Hot meals consist of soup, a protein (meat, chicken or fish), a vegetable, a starch (potato, rice or occasionally pasta), and a dessert. They cater to some dietary restrictions. Frozen meals are also available. They come in packages of 5 or 7 dinners and are delivered once a week. These meals can be heated in a microwave or a regular oven. Orders must be received by the office by Friday at noon, for delivery the following Wednesday or Thursday. A menu is available so each client can choose their own meals. Billing is done at the end of each month. Bills are hand delivered by the volunteers. Payments can be mailed or given to the volunteers. Cash or cheque payments only.

- Phone: (416) 482-0549
- Address: 1585 Yonge St., Toronto, Ontario M4T 1Z9
- Email: [info@ypmealsonwheels.com](mailto:info@ypmealsonwheels.com)

### **Daily Bread Food Bank/Toronto**

- Phone: (416) 203-0050 x269

### **City of Toronto food delivery**

The City is working with the Red Cross and other partners to provide food hamper delivery to seniors and others in need who are unable to leave their homes. This service is made available for qualifying seniors and others that are in self-isolation who do not have alternative access to food (through family, friends, availability of food delivery services) and are currently not receiving such assistance from another community food program.

- Phone: 1-833-204-9952 for eligibility and registration information

### **Food and groceries**

Organizations and volunteer groups that will deliver groceries to seniors at home with no delivery fee.

- Phone: 211

# Acknowledgements

Humber College/University of New Brunswick nursing students and their teacher would like to give thanks to the Yorkminster Park Baptist Church for welcoming us into their community and contributing their time and effort in preparation of this congregational check-in report. We would like to acknowledge:

**Cody Barevich** - for his administrative work, printing and distributing printed copies of the report.

**Parish Nurse Lily Cugliari-Kobayashi** - for her insight and contributions, helping the Humber College/University of New Brunswick nursing students in compiling this report.

**Ruth Farrow** - for sharing her significant amount of knowledge on how Covid-19 changed the practices around the church.

**John Fenton** - for his inspiring poems and words that touched the hearts of not only the students and their teacher but also the Yorkminster Park Baptist Church community!

**Patricia Hemmings** - for the most substantial amount of knowledge and perspective on the new world of Covid-19!

**Janice Ivory-Smith** - for editing and formatting this report.

**Heather Mackey** - for providing substantial amount of knowledge on programs and support offered through the family ministry at Yorkminster Park Baptist Church.

**Henry Regehr** - for sharing his personal story with the students and their teacher along with the meaningful photography used in this report.

**Minister Dale Rose** - for sharing his perspective on Covid-19 and the challenges it posed on seniors in the community.

**John Torrance** - for sharing his passion for photography with us and letting us use his work for this report.





Lily of the valley is a flower with many ancient meanings. In Victorian times, the flower was thought to symbolize a return to happiness. | Lily Cugliari-Kobayashi

## With Gratitude

We are so grateful for the work of the Humber College/UNB Nursing Students who worked alongside our parish nurse to produce this report. One of the conclusions from the report is this statement: “Shared faith also plays a huge role in keeping morale strong and maintaining courage to deal with the uncertainty of Covid-19.” Perhaps this conclusion should come as no surprise to us. The recent pandemic has revealed a strength of character and faith among the members of our Yorkminster Park family.

I have seen their care as people have reached out to support one another. I have witnessed great faith and courage in the midst of this virus, as people have sought to care for those most vulnerable. They have demonstrated that as Christians, we are the hands and feet of Christ to a world of need.

*May we all be strengthened by the words of Isaiah: “Do not fear, for I have redeemed you; I have called you by name, you are mine. When you pass through the waters, I will be with you; and through the rivers, they shall not overwhelm you; when you walk through fire you shall not be burned, and the flame shall not consume you. For I am the Lord your God, the Holy One of Israel, your Savior.” (Isaiah 43:2-3)*

Blessings in Christ,

**Rev. Dale Rose**

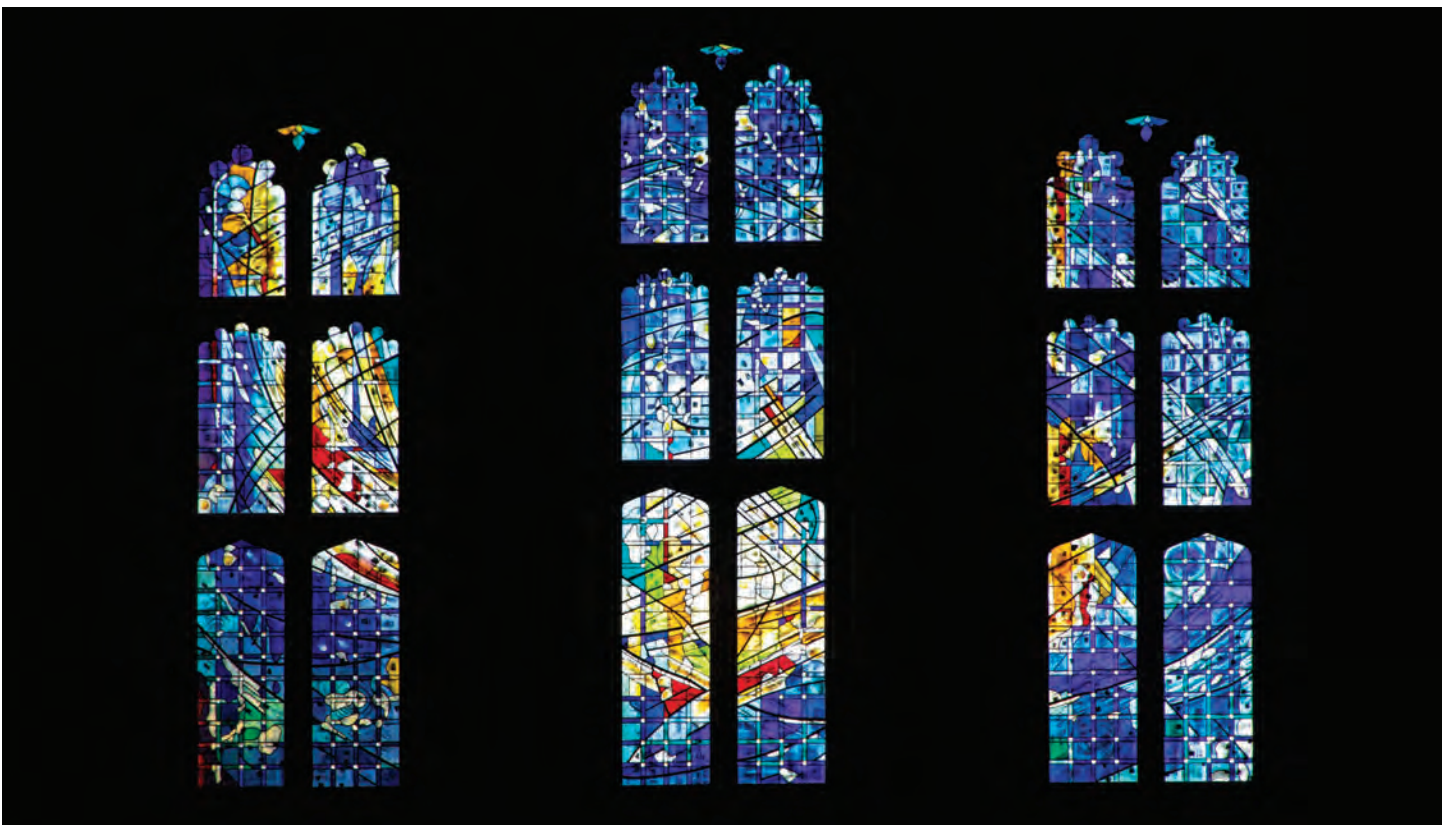
Minister of Pastoral Care

## Concluding remarks

Submitted by the Nursing Students  
and their teacher Theresa Santos, BScN, RN, CCHN

Thank you, Yorkminster Park Baptist Church, for participating in the check-in questionnaire and providing your creative insight on coping with Covid-19, poems, pictures and artwork for the purposes of creating this Congregational Check-in Report. It is with great anticipation that we share this report with the YPBC community. We hope that it provides a sense of togetherness knowing that your close counterparts at the YPBC community are in the same boat as you during this new generation of Covid-19. We truly hope this compilation has provided you with some new coping strategies, strengthened your faith, healing and wholeness in light of the COVID-19 pandemic.

The Creation Window: Let There Be Light | Henry Regehr





# Yorkminster Park

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## BAPTIST CHURCH

*Christ has no body on earth but ours, no hands but ours, no feet but ours.  
Ours are the eyes through which the compassion of Christ looks out upon the  
world. Ours are the feet with which he goes about doing good.  
Ours are the hands with which he blesses his people - St. Theresa of Avila*