

APRIL 2020

# FERNWOOD NEWS

Steinbach Housing

## *Behold This Season...*

*John Piper recently wrote: God not only comprehends the coronavirus; He has purposes for it. God does nothing, and permits nothing, without wise purposes. Nothing just happens. Everything flows from the eternal counsels of God (Ephesians 1:11). All of it is purposeful. For those who trust Jesus Christ, all of it is kindness. For others, it is a merciful wake-up call. 'Let the one who is thirsty come; let the one who desires take the water of life without price' (Revelation 22:17). My hope and prayer is that each finds an 'inner rest' even as our lives are interrupted by the coronavirus and its harmful reach.*

*We recognize that the restrictions placed on all of us are not naturally welcomed but critically necessary. The socialization and distancing restrictions placed on us by public health officials are meant to protect our own health and the health of others – be it our immediate and extended family, our church family, and our community family. Restrictions are further heightened for vulnerable persons which involves older persons and those with underlying health conditions.*

*I want to express my appreciation for how each of you has moved toward living under these restrictions by limiting or discontinuing your outings, social distancing in your home and elsewhere, frequently washing your hands, changing how you shop for groceries, communicating in new ways, and so on. I want you to also know that we as staff were sad to shut down programming and spaces, knowing full well these very same connections are where you contribute to and 'live' in community.*

*We also recognize that we cannot yet see the end of the coronavirus reach in degree and duration. Please recognize that further restrictions by public health officials might come into play and we would communicate these changes to you. Further restrictions might be coined as 'sheltered-in' which could mean you as tenants could only leave the facilities for such items as groceries, medications, gasoline, and for medical appointments. 'No visitors' restrictions at the site could then also come into effect. Again, these restrictions are not meant to harm anyone. More importantly, they are meant to care for yourself and those you love and care about.*

*I want to go back to where I started. I hope we all find our strength in our Lord: This I call to mind, and therefore I have hope: The steadfast love of the Lord never ceases; his mercies never come to an end, they are new every morning; great is your faithfulness. 'The Lord is my portion,' says my soul, 'therefore I will hope in him' (Lamentations 3:21-24).*

*Blessings,  
David Driedger CEO*

# Video Chat with Family

**Eva will be taking appointments for video chats with families in the next week or so. A hand out with more information will be put in each mailbox soon.**



**Ron Babel will be here everyday for the next month.**

**If you would like a visit call Ron at 204-371-7808.**

**Please remember you must stay 6 feet apart and that he needs to keep the visits short.**



# EASTER

## word search

J E A S T E R Q R B M A  
E K L O W N A B F U N P  
L C D E F G A X Z N X R  
L H E I S R I S E N J I  
Y P G O R Q T N M Y K L  
B N G G O O S E A L L A  
E C H O C O L A T E M B  
A D U D E F G L N P N C  
N Q N R G S P R I N G D  
S R T S R T B L N P O E  
E I E I A C A N D Y O F  
G A M E S Z S H R I N G  
K K I C S K K B A L L H  
R E S U R R E C T I O N  
S U N D A Y T M A R C H

Can you find these words?

EASTER

BUNNY

FUN

HE IS RISEN

EGG HUNT

BASKET

CANDY

CHOCOLATE

JELLYBEANS

SPRING

GRASS

GAMES

RESURRECTION

SUNDAY

MARCH

# New Tenants

**230** Heinrich & Katharina Unrau

**623** Mary Lacoste

**407** Brenda Ward



## April Birthdays

2 Herta Kihn

6 Maria Giesbrecht

13 Bertha Friesen

13 John Goossen

14 Peter Schroeder

22 Jessie Bergen

22 Margaret Kehler

24 Virginia Fast

25 Neta Bergen

27 Betty Martens

30 Mary Wiens

30 Laura Heckert



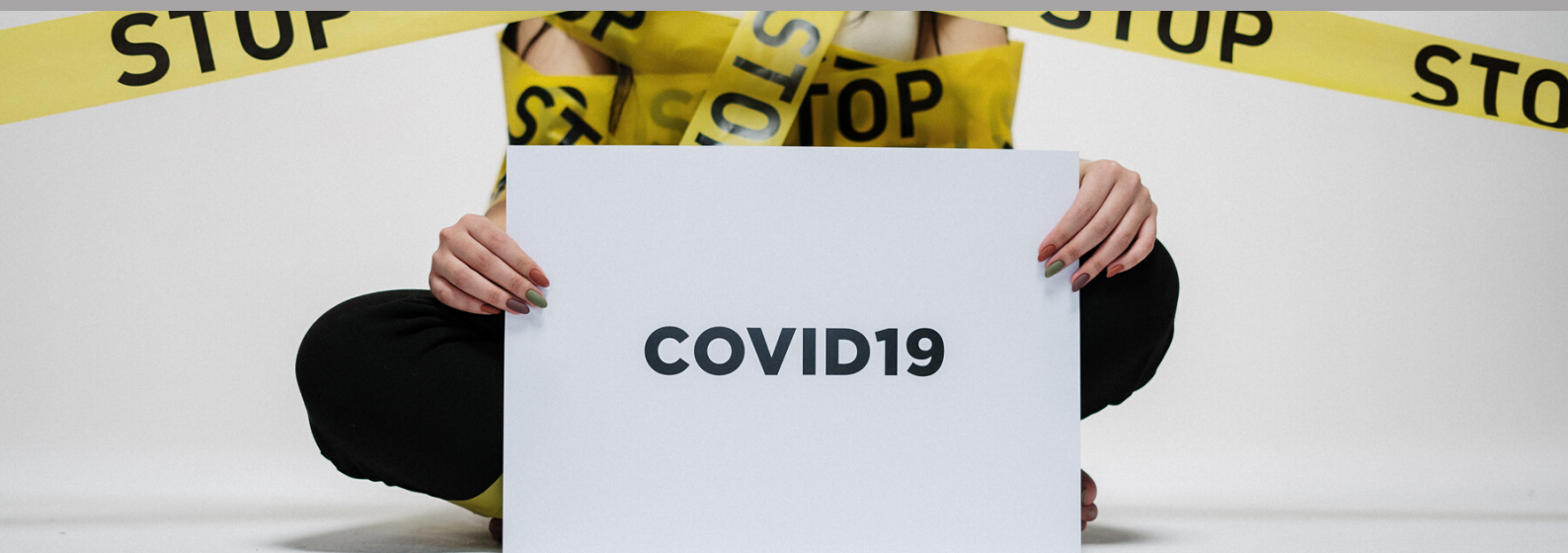
# Income Tax Sevices

For those of you having Edwin Klassen complete your tax returns. Ed will be returning completed tax returns to Eva. Once she has them, she will notify you and arrange for a time to sign and take payment to then return to Ed. If you would still like to have him do your taxes please contact Eva to make arrangements.



## Fernwood Photo Directory

Pearl will not be coming door to door to take photos for the directory. This project will resume one the Covid19 threat is over. Surveys will be put in your mail boxes for those she could not see.



**Please check your mailboxes and bulletins boards  
for updated information**



# ACTIVE COPING CALENDAR: APRIL 2020



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

"Everything can be taken from us but one thing: the freedom to choose our attitude in any given set of circumstances" ~ Viktor Frankl

**5** Get active. Even if you're stuck indoors, move & stretch

**6** Contact a neighbour or friend and offer to help them

**7** Share what you are feeling and be willing to ask for help

**8** Take five minutes to sit still and breathe. Repeat regularly

**9** Call a loved one to catch up and really listen to them

**10** Get good sleep. No screens before bed or when waking up

**11** Notice five things that are beautiful in the world around you

**12** Immerse yourself in a new book, TV show or podcast

**13** Respond positively to everyone you interact with

**14** Play a game that you enjoyed when you were younger

**15** Make some progress on a project that matters to you

**16** Rediscover your favourite music that really lifts your spirits

**17** Learn something new or do something creative

**18** Find a fun way to do an extra 15 minutes of physical activity

**19** Do three acts of kindness to help others, however small

**20** Make time for self-care. Do something kind for yourself

**21** Send a letter or message to someone you can't be with

**22** Find positive stories in the news and share these with others

**23** Have a tech-free day. Stop scrolling and turn off the news

**24** Put your worries into perspective and try to let them go

**25** Look for the good in others and notice their strengths

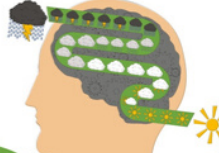
**26** Take a small step towards an important goal

**27** Thank three people you're grateful to and tell them why

**28** Make a plan to meet up with others again later in the year

**29** Connect with nature. Breathe and notice life continuing

**30** Remember that all feelings and situations pass in time



## COVID-19 symptoms compared to common conditions

SYMPTOM	COVID-19	COMMON COLD	FLU	ALLERGIES
Fever	Common	Rare	Common	Sometimes
Dry cough	Common	Mild	Common	Sometimes
Shortness of breath	Common	No	No	Common
Headaches	Sometimes	Rare	Common	Sometimes
Aches and pains	Sometimes	Common	Common	No
Sore throat	Sometimes	Common	Common	No

**“Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. So Jesus sent Peter and John, saying, “Go and prepare the Passover for us, that we may eat it.” (Luke 22:7-8 ESV)**

**What exactly happened on that Passover night in which our Lord transformed the Jewish Passover Seder into the Lord's Supper or, as we call it, communion?**

**The Passover meal was the remembrance celebration of the Exodus from Egypt. In Jesus' time, the ceremony was ordered by the Seder – the order of service. People were reclining around the table, while it was the host's duty to interpret each of the foods on the table as it related to the deliverance from Egypt.**

**Besides the roasted lamb, bitter herbs, stewed fruit, unleavened bread (without yeast), and wine were elements of the meal. The unleavened bread, the bread of affliction, reminded them of the persecution in Egypt. The four cups of wine represented the joy of salvation. Jesus was the worship leader at the Passover meal Peter and John had prepared.**

**“And when the hour came, he reclined at the table and the disciples with him. And he said, ‘I have earnestly desired to eat this Passover with you before I suffer. For I tell you I will not eat it until it is fulfilled in the kingdom of God’” (Luke 22:14-16).**

**On that night when he was betrayed, Jesus used two elements of the Jewish Seder to introduce what we know as the Lord's Table – the bread and the wine.**

**As the host, Jesus took bread, and when he had given thanks, he gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me" (v.19). The unleavened bread of affliction was now given greater significance. In essence, it represented Jesus' body and the affliction he would endure on the cross. It speaks of his vicarious gift of himself for our sins.**

**“And likewise, the cup after they had eaten, saying, “This cup that is poured out for you is the new covenant in my blood” (vs.20). By calling this cup "the new covenant in my blood," Jesus was intentionally contrasting the shedding of his blood with the Old Testament bloodshed of many lambs. Jesus' death paid for the salvation of the world, which the Passover lamb couldn't do. And so, we are set free through the broken body and the shed blood of the Lamb of God.**

**I am saddened that we cannot have our scheduled Good Friday Communion Service, due to the COVID-19 threat. I am looking forward to sharing the bread and wine with you as soon as we can gather again at the Lord's Table.**

**Ron Babel, Chaplain**



# APRIL 2020

## FERNWOOD MENU



S	M	T	W	T	F	S
			1 Cream of Cauliflower Soup Buns Lemon Pie	2 Tomato Juice Mushroom Pork Chops Scalloped Potatoes Marinated Carrots Peach Crisp	3 Orange Juice Oven Fried Chicken w/ Dill Sauce Fries Tossed Salad Raspberry Fluff	4
5	6 Iced Tea Ham Kielke w/ Onions Cream Gravy Peas & Carrots Blueberry Dessert	7 Cherry Juice Hamburger Steak w/ Onions Mashed Potatoes Cucumber Salad Chocolate Eclair Dessert	8 Chicken Noodle Soup White Bread Banana Cream Pie	9 Fruit Punch Chicken Cordon Blue Mashed Potatoes Peas Almond Bars	10 Apple Juice Chili Cheese Biscuit Coleslaw Black Forest Cheesecake	11
12	13 Fruit Punch Cabbage Rolls Mashed Potatoes Mixed Veggies Fruit Salad	14 Cranberry Juice Cheese Burgers Potato Salad Strawberry Cake	15 Somma Borscht Egg Salad Sandwiches Blueberry Pie	16 Iced Tea Taco Salad Cookies	17 Orange Juice Lasagna Cheese Toast Caesar Salad Banana Pudding Dessert	18
19	20 Iced Tea Chicken Thighs Mashed Potatoes Green Beans Boston Cream Pie	21 Cherry Juice BBQ Ribs O'Brien Potatoes Peas Cupcakes	22 Hamburger Veggie Soup Brown Bread Chocolate Pie	23 Fruit Punch Cheesy Hamburger Casserole Cucumber Salad Pineapple Cake	24 Apple Juice Mexican Chicken Bake Lettuce Salad Ice Cream Sundaes	25
26	27 Cranberry Juice Chicken Drumsticks Mashed Potatoes Mixed Veggies Coconut Cream Cheesecake	28 Apple Juice Spaghetti & Meat Sauce Garlic Toast Ceasar Salad Cinnamon Cake	29 Cream of Cauliflower Soup Buns Lemon Pie	30 Tomato Juice Mushroom Pork Chops Scalloped Potatoes Marinated Carrots Peach Crisp		