



****SPECIAL NOTE****

SPAM/PHISHING Emails: If you receive emails from the Dean or other members of the team asking for financial assistance to purchase gift cards and similar on their behalf, please do not respond. JUNK them. If you are unsure, contact the office.

Dear Friend of the Cathedral

January – what better time for reaching out and reaching in – outwards in solidarity with our neighbours, inwards to deepen our spiritual well-being. Here are a few happenings to help you on these journeys.

Your spiritual journey

On Monday this week Deborah began digging “**A Deeper Well**” with a small group dedicated to growing in spirit “through an integrative experience of contemplative and intellectual formation.” If anyone else is interested, they should e-mail her so she will have them on the list for the next session, perhaps in Lent.

If you are curious about Christianity or seeking to renew your faith, Deborah is offering another study group, **Come and See** which serves as preparation for Confirmation at Easter, but is open to all. It will be scheduled around the availability of those interested. For information contact Deborah.Meister@montrealcathedral.ca

There are also parishioner led **bible study groups** in both French and English. **Pain, partage et prière** will meet this Sunday in the Undercroft after the 9:30 am French Mass. **The English bible study group** will meet at the Helmers' house in NDG on Wednesday January 22 at 7:30 pm. Come ready to present your favourite parable. Speak to Ann, Greta or Jane to get Greta's address

Diocesan College is offering a number of on-line courses including Gospel of John webinar, January 13th, 7:00-8:30 p.m. Register here: <https://montrealdio.ca/courses/john/>

Retreats are a wonderful way to deepen – or perhaps jump-start – one's spiritual life. It's interesting that they are often held near water. Cases in point; a retreat near the Hudson River in May and another beside Lake Como in October.

The May retreat is a **Pentecost Retreat**: Come away to a beautiful Anglican monastery on the banks of the Hudson River for a few days of quiet, reflection, companionship, and good food. Friday-Sunday, May 29-31; optional day to rest and center on the 28th. Cost: \$235 USD, plus funds for carpooling; \$85 USD additional for Thursday. Contact Deborah.Meister@montrealcathedral.ca; non-refundable deposit of \$50 required to hold your space. Limited bursaries available. Passport required.

The **October retreat** is being organized by parishioners of the Anglican Church of the Ascension in Cadenabbia on **Lake Como**, Northern Italy. Billed as a “Holiday Retreat” attended by Anglicans from all over the world, it combines worship, meditation, excursions and great food. This is their second retreat. Ann and Jane went on the first one two years ago and found it a wonderful experience, so please speak to one of us if you're interested.

If you like combining travel and a retreat you might also be interested in the **diocesan pilgrimage to Spain and Portugal** being led by Robert Camara. The deadline for registration is January 31st. You can find information about this, and about on-line courses being sponsored by Diocesan College, by reading the e-newsletter sent out by Nikki Hronjak from the programme office of the diocese <https://www.montreal.anglican.ca/e-newsletter>

Music is another wonderfully enriching spiritual experience. We will welcome Jonathan back from his holidays this Sunday to direct the choir, and will hear Assistant Organist Nicholas Capozzoli play some stunning organ music. Here is what he wrote about the prelude and postlude:

The organ voluntaries you will hear this Sunday at 10:30 AM were written by my friend Joel Peters, organist at St. James United and a talented young composer. Joel's “Diptych for the Baptism of our Lord” is specifically written for this feast day, and it was recently published. You will hear a constant, undulating rhythm in the prelude “The River Jordan,” illustrating the twists and turns of the water in which Jesus was baptized. Its captivating repetition calls to mind the minimalist music of Philip Glass. The postlude “The Voice of the Lord” evokes the drama of Psalm 29: “The voice of the Lord is over the waters. The God of glory thunders...” The piece demands a constant roar and shimmer of sound, which looks (and sounds) like throwing one's hands up and down the keyboard. Joel's style challenges listeners to reconsider what the organ can do, and I'm grateful that Christ Church is open to experiencing new music from a local composer!

Nick also invites us all to the **final recital of his doctorate** at McGill: January 24 at 6:30 pm at St. Jean Baptiste Church (4237 Henri Julien). This event is a lecture recital in which he will present his research, about a half-hour of talking and half-hour of playing. After three years and two trips to Paris, he has uncovered forgotten organ music of Olivier Messiaen's first wife, Claire Delbos. Messiaen is perhaps one of the most influential composers of the 20th century, but Delbos (like many female artists of the past century) has been overlooked. His research is the very first study devoted to her music, and if you're interested, he'd love to see you on the 24th!

A lot of inward nourishment available. Now, let's turn to ways we can connect to others and reach out to our “neighbours”.

Your outreach journey

This Sunday is the 10th anniversary of the hurricane which devastated **Haiti**. The effects still linger and there is a severe food shortage and many hungry children. PWRDF is involved in a couple of projects in Haiti, one involving health care for women, particularly those who have suffered violence and the other tackling malnourishment in children. Please keep the people of Haiti in your prayers and support the work of PWRDF (The Primate's World Relief and Development Fund).

As wildfires continue to rage in Australia, PWRDF is in contact with the [Anglican Alliance](#), a network of Anglican relief and development agencies around the world. They are waiting to see what relief is required and how best to get it to where it is needed. In the meantime, they invite you to join the primate of Australia, [Archbishop Philip Freier](#), in prayer.

Many people try to support justice for farmers and artisans in the developing world by buying fair trade products. The Cathedral offers a fair trade kiosk on the third Sunday of each month. **January 19th at Noon - The fair trade kiosk with all of the staples to warm up winter.** Join us for a trial: Santropol fair trade coffee (bean) in bulk for sale - Bring your own container!

Meanwhile, closer to home, **Wool Socks** can make the difference between health and frostbite for our homeless neighbors. We will be collecting them each Sunday in January in the basket at the rear of the church.

We were privileged to have Father Tapiwa and his Zimbabwean family worshipping with us while they were living in refugee housing in the old Royal Victoria hospital. They are now subletting a basement apartment in Cartierville where Father Tapiwa will be helping the parish of St. Peter and St. Mark. They enjoyed their time at the Cathedral. The Social Service Society helped with the move and collected donations of winter clothing. Please contact Janet King to find out what other help the family might need as they settle into their new Canadian home.

The week of prayer for Christian unity begins on Saturday January 18. There will be a Prayer for Unity Service on Sunday January 19 at 3:00 pm in the Armenian Apostolic Church, 615 Ave Stuart, Outremont.

Cathedral Forum meets on January 21 at 6:30 pm.

Annual Reports are due by **January 27**, please provide translation.

From St Paul's Epistle to the Ephesians, chapter 3: 16-17, two verses which encapsulate the wonderful ways we can grow by reaching in and reaching out which I have been describing in this letter:

“I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.”

Ann Elbourne
January 10, 2020