



CATHÉDRALE
CHRIST CHURCH
CATHEDRAL

Dear Friend of the Cathedral,



Beth Adams, painter, writer and musician, sketched a picture to which we can all relate, as we have also set up pandemic offices in our homes.

Beth writes blogs on this computer, including contributions to the Cathedral's series "Daily Bread".

SIX INVITATIONS

1. **When Things Fall Apart: An Interfaith Exploration of Personal and Society-Wide Transition**

Part book group, part pastoral support, this online offering will explore our times of personal and social dislocation using two spiritual classics: *When Things Fall Apart*, by Pema Chödrön (coming from the Buddhist tradition) and *The Stature of Waiting*, by W.H. Vanstone (offering a Christian perspective). Meetings will be weekly, and will each cover a few chapters. We hope to begin the Chödrön book, which is readily available online, the week of May 11th. Contact Deborah.Meister@montrealcathedral.ca to express interest and indicate your times of availability. Meetings will be weekly, and will each cover a few chapters.

2. If any one wants to write **condolence cards** for Dorothy Oidi, please send them to the Cathedral office for forwarding 1444 Union Ave. Montreal, QC H3A 2B8 or contact ann.elbourne@montrealcathedral.ca to get the family's address.

3. **Last Sunday Lunch Notes:** You are invited to uphold the dignity of our guests at the Last Sunday lunch by handwriting short notes for us to include. Notes should be written in English and in French and say either:
Your friends at the Cathedral are thinking of you in these hard times/ Vos amis à la cathédrale pensent à vous en ces temps difficiles. OR We at the Cathedral love you and are praying for you/ À la cathédrale, nous vous aimons et prions pour vous.

Notes may be decorated with hearts, rainbows, kids' art, etc., and should be mailed to the Cathedral by May 13th so they will arrive and be free of all contamination by May 24th.

4. Adrian and Donna have come up with another creative idea to keep book sales flowing when the Word is closed: **A Blind Date with a Book**. You can buy a single book to be wrapped and delivered as a gift. See the Word web site.



5. **The cathedral** chat rooms are open on weekdays. Visit this page for zoom links <https://www.montrealcathedral.ca/wp-content/uploads/2020/04/chatrooms-schedule-April-with-links.pdf> The chat on Thursday afternoons at 2:30 pm is hosted by James Selfe. You are invited to **Adventures in Travel**. James writes "Join us for a lively conversation about the pleasures of travel. From the destinations you yearn to visit to the journeys you have actually taken, this session invites you to share your stories about places both near and far."

6. A super invitation from Lisa and Joseph who organise the monthly Fair Trade kiosk at the cathedral. Hurry to take advantage of their offer!

NEW - The Fair Trade Kiosk is delivering to your doorstep in Montreal!

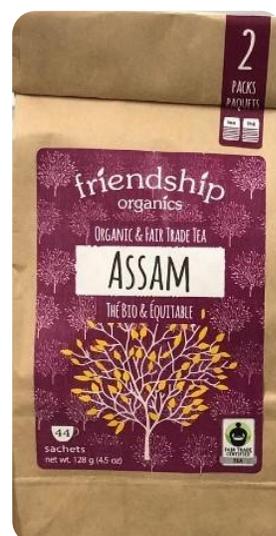
The Cathedral fair trade group is reinventing the way that the fair trade kiosk works during this period of confinement, to continue to support farmers and producers in developing countries from afar. It is now possible to make an order for some of the fair trade staples that you may usually purchase at the monthly fair trade kiosk pre-confinement.

Please find below a short list of currently available products (full price, tax included where applicable).

- If you would like to place an order, please send an email to fairtrade@montrealcathedral.ca with your Wish List (please see the product list below). A fair trade group member such as Joseph or Lisa will respond and coordinate the delivery to be dropped off at your doorstep in Montreal.
- You can pay for your fair trade purchase by e-transfer to the Cathedral (With note "Fair trade" addressed to accounting@montrealcathedral.ca)

Fair Trade Stock currently available for delivery (while quantities last):

- NEW Friendship Organic Teas in sustainable packaging \$9.00 for 44 Tea Bags (See Photo) OR \$4.50 for a half bag (22 Tea Bags), a great fair trade value option: Assam, Rooibos, Serenity (herbal) and English Breakfast are available
- Bonne nuit herbal tea - \$6.75
- Maritime tea - \$4.50
- Earl Grey Level Ground tea (20 tea bags)- \$7.50
- Divine Chocolate - \$5.30 per bar: Dark Chocolate 85%, Dark Chocolate Raspberry, Mint, Milk Chocolate with Caramel & Sea Salt, Dark Chocolate with Orange & Ginger, White Chocolate with Strawberries
- Divine Chocolate Gourmet Organics - \$6.45 per bar: Dark Chocolate with Cocoa Nibs, Rich Dark Chocolate with Lemon, Blueberry & Popped Quinoa (All of these are 85% dark)
- Galerie au chocolat - \$5.30 per bar: Milk Chocolate Almond & Sea Salt, Dark Chocolate Cinnamon, Dark Chocolate Cranberry Almond, Milk Chocolate Honey Nougat, Dark Chocolate Espresso, Milk Chocolate Crisped Rice, Dark Chocolate Mint Crisp, Dark Chocolate Fire (Spicy)
- Camino Bittersweet Chocolate Chips - \$6
- Cocoa Power (Pure Dutch Pressed, Camino) - \$7
- Cane sugar Level Ground 500 g - \$6.95
- Dark Hot Chocolate (Camino) - \$7
- Brazil nuts (Peru) - \$9
- Level Ground Heritage Rice (Philippines) - \$8.50
- Coconut milk - \$4.75
- Coconut - \$5
- Za'atar (Palestine) - \$7.50
- Olive Oil (Palestine) - \$25
- White pepper (Sri Lanka) - \$13
- Black pepper (Sri Lanka) - \$10
- Cha's small spices - \$4.50 - Cinnamon sticks, tumeric, cumin seed (whole), cardamom (cardamom \$6.80)
- Red Organic Palm Oil (Habitat friendly) - \$11
- Dried Fruits - \$5.50 - Mango, Pineapple, Banana, Dragon Fruit, Ground Cherry
- Level Ground GROUND coffee - \$16 per large bag - Colombia Dark, Ethiopia, Peru, Tanzania, Decaf
- Level Ground BEAN coffee - \$16 per large bag - Colombia Dark, French
- JustUs Coffee BEAN coffee - \$12.50 per small bag - French, Italian, Jungle, French
- JustUs Coffee GROUND coffee - \$12.50 per small bag - Italian, Decaf
- Soap - \$6.90 per bar - Handyman (unscented), Lemongrass, Eucalyptus, Raspberry, Lotus



CREATIVE CATHEDRAL FOLKS

Quite soon it's possible that wearing a mask in public will become mandatory. Several talented members are making beautiful and original masks.



Marie Claire is crocheting her masks – what patience!

Vera is making “no-sew” masks for the craft group of the Contactivity Centre, to be donated to various organizations that have asked for our help.

Other than that, she is “passing the time taking walks, keeping in touch with overseas’ friends and telephoning shut-in friends in residences here that I used to visit before Covid-19 separated us all.”



The **musicians in our midst** have been hard at work and several are generously sharing their compositions and performances

Edward Yankie who is best known for his acting, also writes stories and composes piano pieces. Here is his most recent composition <https://soundcloud.com/edward-yankie/beautiful-storm> inspired by the sky.

John Matheson has been posting a lot of videos to Youtube since about the 13th. There are songs that he has been waiting to release for 10, 15, 20, even 40 years. Many of them will have to be rewritten for today's more sensitive times. Here is his latest one. John says “I practiced all day to get that guitar track down in one audio and video take, and then I spliced the zoom video with its terrible sound with the mp3 file for the final effect, with the zoom graininess (a 1970s Top of the Pops feel I would say) and the quality sound. I used Doodly to make the background animation video I inserted into Zoom.”

<https://www.youtube.com/watch?v=DJXUODZbIE0> John is now planning to create music based on the psalms.

Normally **our organists** are hidden in the organ loft but one advantage of the quarantine is that when they post performances on line you can actually see hands and feet flying with amazing agility, and you realise what extraordinary performers they are. You can see and hear **Jonathan** in various contexts <https://www.facebook.com/cccmusic/>

Assistant organist, **Nick Capozzoli**, recently performed Music of Joy and Hope, a concert for the friends of the organ in Montreal. You can listen (and look)

https://www.youtube.com/playlist?list=PL6l_c7GtcFuUtOO9S7VXoUTIt-TEmlQCG&fbclid=IwARlice9pbzub_8oaSYWhHbpINcHuLONTdT6bUIMIEqfJJKdOtsb8PouDe2A

Yevgeniya Amis has been **creating cartoons** featuring chocolate Easter rabbits being brutally murdered.



She says she's just fooling around and having fun! “But it fascinates me to move things and design stuff, static and dynamic.” She works in marketing and reporting at the National Film Board -- systems design, data, predictive analytics etc so totally unrelated to her new hobby! Here's the link to one of her creations: "Skulls and Bunnies" which is a mini-saga about blood thirsty chocolate Easter bunnies inspired by Monty Python, and her first attempt at stop motion. Fair warning: lots of (chocolate) violence, and it's totally silly, says Yevgeniya

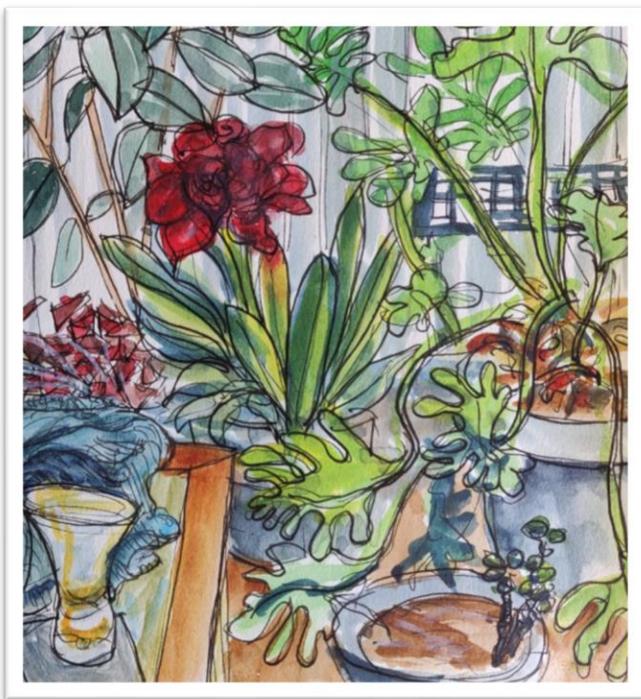
<https://www.youtube.com/playlist?list=PLNufNewtlp-74qglxT4zLLDZvVbZ3IODB>

"Death awaits you with nasty, big pointy teeth!"

Gabrielle and Mike Boyd have a more peaceful pastime – **balcony gardening**. Gabrielle writes: “As we can no longer be so casual about popping to the supermarket and with this Covid lifestyle bringing out some need to feel in more control of our food sources, we have been attempting to grow at least a summer salad supply..... but as apartment dwellers we have no garden to plant in, so we have been discovering the world of window sill and balcony gardens - which (if we master it) will allow us to at least have some lettuce and chives all through the year. Whoop! There is great information on line if anyone else is keen to try. A great re-use of egg cartons and the trays that some store-bought vegetables are packaged with. We also have sprouted an onion in a jar! We are also trying a grow bag for potatoes, so stand by for a report on being self reliant for spuds with just a balcony. Of course it all may fail to produce but it has been fun trying.”



When you receive this letter, it will be May Day. In past years youngsters directed by Rosemary have danced around a maypole in the cathedral garden, and the choir has climbed the steeple to welcome spring with a song. My Christmas cactus is blooming – though not as splendidly as the one belonging to Michael Pitts – and my hibiscus, having been dormant all winter, is producing one beautiful bloom each day. Flowers bring hope and comfort and a reminder of resurrection.



Here's one more joyful life-affirming painting from Beth Adams

Thank you to all the contributors and a huge thank you to Elizabeth Shama who patiently and artistically adds finishing touches to the formatting.

Ann Elbourne
May 1, 2020