

Dear Friend of the Cathedral,

Last Sunday Elizabeth went to the Cathedral for the 10am in-person service and took some lovely pictures of Bertrand, Nick, Joseph and Vivian all participating in the service, as well as snapping members of the small congregation. People who have attended one of these services in the cathedral have enjoyed being back in a holy space, listening to prayers, a sermon and the live organ music.

Very strict safety measures are in place. If you're comfortable going out of your house, why not give this service a try? You are asked to register in advance.

<https://www.montrealcathedral.ca/in-person-prayer-services/>



“Come inside”

The Dean invites you to the 10am Sunday service



Joseph and Bertrand ready to welcome worshippers



Bertrand and organist Nick discuss the service

Vivian and Bertrand smiling behind the mask and a safe 6 feet apart



Congregation arriving

Meanwhile, our online zoom services continue and bring much comfort. It's such a joy to see people's smiling faces. Last week we were privileged to hear a talk by Brother Josép Reinaldo Martínez-Cubero, OHC, discussing intimacy with God. He suggested that we could think of isolation as being in solitude with God and reminded us that God is already with us, but that we can't hear the voice of God unless we stop talking. He suggested some ways we can silence the chatter in our heads: Create a sacred space, perhaps with plants and candles, turn off your phone, talk aloud to God, go for a walking meditation where you can appreciate Nature or contemplate the sunset in all its glory.

Perhaps, he said, some people might like to observe the monastic hours, which he described as the 4 pillars of the day (morning prayer, noonday prayers, evening prayer and compline). In his own observance he gets up at 4 am, does some stretches, has a cup of coffee and sits in his designated praying area. He recommended adapting a psalm like Psalm 95 to personal prayer, or perhaps using St Theresa's prayer "Let nothing frighten you ... all things are passing away." He said that every day should begin and end with gratitude. Above all be gentle and patient with yourself. This is just a taste of Brother Josép's reflections. He will be with us again this week and next week talking about intimacy with ourselves and one another.

The schedule for services and other events has changed

You can find details at <https://www.montrealcathedral.ca/events-calendar/> but here's a summary, with in person events in red

Monday	9:15am	Morning Prayer, zoom
Tuesday	12:15pm 7pm	Midday Prayer, Live on Facebook Prières du Soir, Zoom
Wednesday	10:05am 7pm 7pm	Morning Prayer in the Cathedral. Pre-registration not required Evening Prayer with informal Bible discussion for all ages, zoom Bible Study for CEGEP and Undergraduate students, zoom
Thursday	2:30pm	Adventures in travel restarts Oct 22 at 2:30pm, Zoom
Sunday	8am 10am 10am 9am 10:30 am 4pm 7pm	Morning Prayer Children's Church Morning Prayer. Pre-registration required Morning prayer service with hymns and music (French) Morning prayer service with hymns and music (English) Organ Vespers. Pre- registration not required Contemporary bi-lingual worship, all welcome, student-led

Stop-press from Deborah:

There will be a **new** contemplative prayer group, which will meet on the second Tuesday of each month, from 6:00-7:00, **starting Nov 10th**. The format will be simple: an opening meditation, some time together in shared silence, followed by a period of sharing. If you are new to contemplative prayer and would like to “try it on,” please e-mail Deborah, who will set up a how-to session if there is interest. The link will be on the website.

Deborah is also hoping to start the ant-racism book groups the week of November 8th. If you wish to participate, please e-mail Deborah, who will poll interested people to determine the dates and times for those offerings. deborah.meister@montrealcathedral.ca

A special event for extraordinary times

The French congregation is inviting all Cathedral members to a special Zoom conference on October 29th. Hosted in French by parenting and social emotional intelligence expert Dr. Tara Wilkie, this 60-minute seminar will address the triggers of big emotions during Covid-19 and explain how best to manage them in the current context. Adult family members and friends of Cathedral members are welcome to attend!



Here's the invitation:

Managing big emotions during Covid-19

Covid-19 has wedged itself into our lives creating a cocktail of emotions – some sudden, some predictable, many beyond our normal frame of reference. Join the Cathedral's French-speaking community for a seminar hosted by parenting and social emotional intelligence expert Dr. Tara Wilkie. This francophone session will address the triggers of big emotions at home and beyond, and explain how best to manage them.

When? Thursday, October 29 at 7:30 pm. via Zoom videoconference.

Reservations? Please send an email to drtarawilkie@gmail.com to receive a Zoom link to the event.

Consult DrTaraWilkie.com for more information about the speaker.

The next meeting of Forum is Tuesday October 20th 5pm – 6pm. All Cathedral members are welcome to attend. Elected members, if you can't come to the meeting please send your regrets to the office.

Diana Blackaller, currently living in Mexico City, is in our prayers again because on Thursday morning she had her third surgery on her left eye when her doctor inserted an intraocular lens. Her doctor thinks that she will recover 95% of her sight in that eye, which is good news, as she left Canada with just 15%, the result of a detached retina.

The **Cathedral Reading Group** is currently reading *Songs for the Cold of Heart* by Eric Dupont, translated by Peter McCambridge. Do join the zoom discussion on November 15. Warning! The book is described as “heartbreaking and hilarious”, but it's long, so you might want to start reading soon.

The diocese launched the **Bishop's Annual Action Appeal** this week. You can read Bishop Mary's letter outlining the projects which will be supported at <https://www.montreal.anglican.ca/latest-news>
The three projects within the diocese have all been supported by the Cathedral at various times – Mile End Mission, Action Réfugiés Montréal and Tyndale-St George's Community Centre. The appeal is also sending money to Princess Basma's Hospital in Jerusalem which rehabilitates and educates Palestinian children with disabilities.

The Cathedral Spire renovations continue while the city repairs Ste. Catherine street. With Philips square closed and McDonalds open for take out only, many people are enjoying their lunch while sitting on the Cathedral steps.



Out of the mouths of babes ...

Brenda shared this thought from Maria Anishabe who is seven years old.



*There is something wrong with the world
When the sun rises
and nobody sings.*