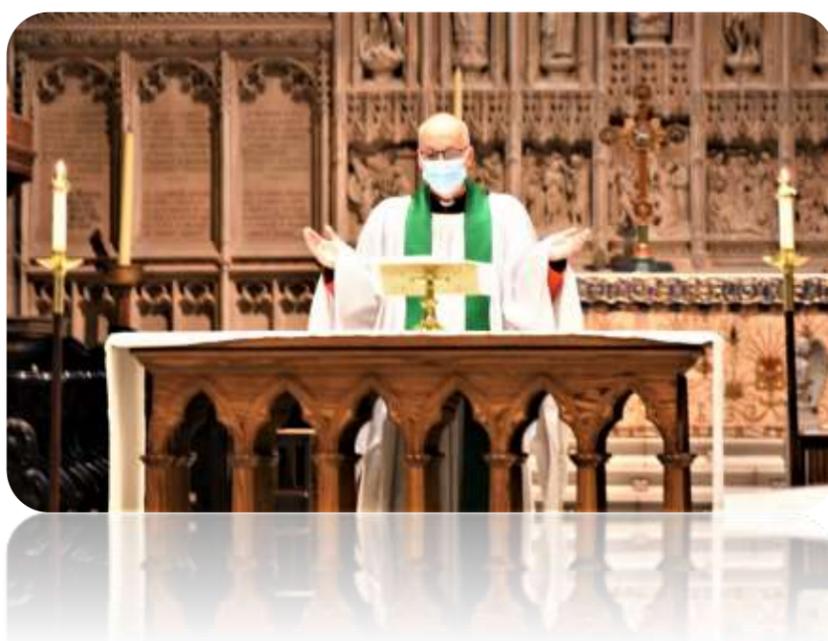


Dear Friend of the Cathedral

The people who attended Tuesday's Forum heard much interesting news. The most exciting item, which Bertrand addressed in a letter to parishioners that went out Thursday, was the announcement that in person Eucharistic services are being added to the Cathedral's Sunday schedule. Starting November 1, you will be able to participate in the Eucharist at 8 am (BCP), 9 am (French) and 10:30 am (English) in the Cathedral building. The services will be simultaneously broadcast over zoom, so you can continue to attend church from your home if you prefer. There will no longer be a 10 am service. You are asked to register in person and observe the precautions like wearing a mask and distancing.

Presently there are three people volunteering to be stewards at the 10:30 am service. Clearly more are needed at all the services. Please speak to one of the clergy or to the Cathedral office if you would like to volunteer. You will be given instructions about your duties.



November 1 is the Feast of All Saints when traditionally we honour those we have loved and lost. The Cathedral is full of memorials to those who have died. Next time you are in the building take a look at the inscriptions at the foot of the stained-glass windows.

Here are two of them.



Please read this message from Deborah about how we will remember our loved ones this year.

The twin feasts of **All Saints and All Souls** offer space for us to remember those we have loved but see no longer.

This year, we are inviting you to honor them in two ways:

- 1) Those who will be joining our worship in person may bring a small piece of paper with the names of any you wish to remember, and deposit it in the bowl which will be positioned in the back of the Cathedral before the start of each service.
- 2) Those of you who will be worshipping online are invited to send names to Deborah by October 29th. She will print them and place them in the bowl, to be sure they are included, deborah.meister@montrealcathedral.ca.

Lisa Middlemiss gave a presentation to Forum about the **Fair Trade Boutique** which she and Joseph Hafner have continued offering to parishioners during the pandemic. She stressed that farmers and artisans around the world are also feeling the stark impact of COVID-19, often on their ability to pay for the basic essentials of life such as clean water, school supplies and classes for their children and basic medical supplies. It becomes more crucial than ever for us to support fair prices by purchasing fair trade. Fair trade certification also integrates sustainable development targets.



The boutique has acquired a fresh supply of fair trade chocolate and coffee from the Ten Thousand Villages board store in Cobourg, Ontario - one of the very few that have remained open after the general closures across Canada. All of your favourite fair trade Divine chocolate bars are back in stock at the Cathedral fair trade kiosk: Dark chocolate raspberry, mint, ginger orange, 85%, 70%, milk chocolate toffee with sea salt and milk are all back - together with a NEW flavour - Divine dark chocolate hazelnut truffle as featured here. All fair trade chocolate bars are \$5.30 each.

Fair Trade kiosk - treats and more to your doorstep

You can check out the available stock

<https://docs.google.com/spreadsheets/d/1RMenh5mth8204T6DQmq5IAPzUN38SiatEn4iXwMb69c/edit#gid=0>

To place an order, please email fairtrade@montrealcathedral.ca with your wish list and Lisa or Joseph will arrange the delivery to your doorstep - no order is too small or too big. Payment is by e-transfer to accounting@montrealcathedral.ca - please be sure to add a note "Fair Trade" or by cheque.

ESJAG (The Ecological and Social Justice Action Group) has some exciting plans for its Fall programme. These include baking a Christmas cake together over zoom on Stir-Up Sunday, November 22, using Fair Trade products, a PWRDF presentation on the World of Gifts in December, a Write for Rights Sunday activity, a presentation on Canadian Wilderness protection and one or more film nights. Please contact Brenda if you would like to be involved in planning and decision making.

Meanwhile ESJAG is strongly urging people to join an online Fall Forum offered by Kairos Canada on the five Mondays in November, 7:30 to 8:30 pm on the topic of climate justice.

Read about it at [For the Love of Creation](#) and see the link to register. There will be simultaneous translations, French and English.



For the Love of Creation

If you are already thinking about Christmas Taddy suggests taking a look at [Development and Peace](#), the Canadian Catholic relief and development organization, which is selling gift boxes of artisanal cheese made by the monks of the Abbaye St-Benoit to support relief efforts as well as the on going development projects of its partners in the global south. Cheeses must be ordered by November 7th and will be delivered early in December. If you are interested, please contact ann.elbourne@montrealcathedral.ca to get Taddy's coordinates.



The Cathedral's study of ways to support the **Black Lives Matter** movement is moving forward under Bertrand's chairmanship, and you will be getting more news about their plans soon.

As mentioned in previous newsletters, Deborah is organising a book group to study two books, The English-language pair is Desmond Cole's *The Skin We're In* and Ibram Kendi's *How to be an Antiracist*. The French-language pair is Ta-Nehasi Coates' *Une Colère Noire* and Ibram Kendi's *Comment Devenir Anti-Raciste*. Please contact Deborah if you would like to join the discussions.

Adrian has sent us two messages, wearing two of his hats:

1. **This month's lunch** on Sunday is being sponsored by two cathedral members who wish to remain anonymous.
2. As a **special to Cathedral members**, The Word Book Store Fall Sale of 25% off all Surprise Book Boxes and all the books on their website which was to end on Wednesday has been extended to Sunday at midnight. Please use Promo code "FALL" at the check out.



We have been most blessed these last two Sundays to have Brother Josép Reinaldo Martínez-Cubero, OHC, talk to us from a monastic perspective about intimacy with God and with self. Last week he talked about acknowledging our emotions and turning them to God, and included a vivid image of sitting beside a river flowing between rocks and pebbles. The river represents God's infinite grace. The pebbles are our problems and our emotions which we mentally toss into the river. He referred us to 1 Peter 5:7.



Cast all your anxiety on him, because he cares for you.

I've been asked to reproduce the **10 monastic principles** which Brother Josép listed last Sunday.

1. Do one thing at a time. Don't multi-task.
2. Move deliberately at your own natural rhythm.
3. Put your mind completely on the task in hand. Don't move on until it's finished.
4. Don't work too much. Balance work and rest. If we don't know how to rest well we can't work well.
5. Leave room between items on your schedule.
6. Live simply. Free your life of unessential things.
7. Cultivate an environment focused on simplicity, beauty, joy and charity
8. Celebrate abundance in life while living frugally and giving generously.
9. Nourish your relationships with others.
10. Be faithful in habits of prayer, work, study, exercise, rest and relationship with God.

This week his final talk is about intimacy with each other.

Peace to all of you who are in Christ

1 Peter 5:14

Ann Elbourne
with thanks to contributors and to Elizabeth
October 23, 2020