



Dear Friend of the Cathedral

Linda Nicholls, the Primate of the Anglican Church of Canada, has just released a short (eight minute) video reflecting on the challenges we are facing as individuals and as a community of faith in a time of pandemic. Please click on this link to hear her Message of Hope. <https://www.anglican.ca/primate/a-message-of-hope-from-the-primate/>.



This Sunday the Cathedral will be open for Eucharists at 8am, 9am (in French) and 10:30am. In order to enable proper physical distancing, all services will be held at the main altar, with the congregation seated in the nave. Numbers are limited, so please register in advance, using the registration button on the Cathedral website <https://www.montrealcathedral.ca/events-calendar/>

Obviously while COVID infection numbers are high, many people will hesitate to attend a service in person so it is comforting to hear from Deborah that with the resumption of the Eucharist, it will again be **possible for people who are home-bound to receive communion** outside their front door or in their yard or patio (if they can be accessed without entering the home.) If you are home-bound and would like to receive, please e-mail Deborah to schedule an appointment. Depending on the number of people who require home Communion, Deborah says it may take us some time visit each home.

The zoom services and the various coffee hour activities have been a great blessing over the last few months. Deborah writes that

“as we enter the next few months of our common life, we are going to hold at least one Sunday a month “fallow” so that we can have more time to connect with one another, or simply to relax into our Sunday. This Sunday, the Feast of All Saints, will be the first of those Sundays. As we look beyond it, **we will be offering two presentations as part of our community’s Black Lives Matter anti-racism commitment.** On November 8th, Deborah is going to speak with us about the community that we believe God is working with us to build. On November 29th, the group which has been researching our own Cathedral’s record with slavery, racism, and anti-racism and its historical background will be presenting their findings; that presentation will be repeated in French on December 6th, immediately following the 9h service.”

Holy Cross Benedictine Monastery



The past three Sundays we have been privileged to hear Brother Josép, a member of the Holy Cross Benedictine monastery in New York, talk about intimacy. Last Sunday he spoke about intimacy with others. **He described making space for God’s presence through non-attachment to all the things** which emphasize our need for possessions. Let go of the need for power, control, safety, security, praise, approval and let nothing less than love define who we are. With non-attachment we are fully prepared to listen, and so to change and grow, to love compassionately without imposing ourselves on others. He talked about the technique of contemplative dialogue which he said had powerfully influenced the community in which he lives. I think the characteristics he described would be a great way to behave in our meetings, so here are his rules for participants.

1. Stay wholly present in the group (no peeks at email for example)
2. Speak briefly.
3. Speak slowly from an inner attitude of quiet contemplation.
4. Speak to the centre, not to an individual.
5. Move slowly. Allow for silence after someone speaks. This is important to give room for introverts who like to process ideas before they speak, in contrast to extroverts who tend to develop their ideas as they speak.
6. Look at the person speaking.
7. Don’t think about what you are going to say until there is silence between speakers.
8. Stay calm. Hold lightly to your understanding of the issue.
9. Keep gracious hospitality to explore differences
10. Give everyone a chance to speak. Only speak once until all have had their turn.

What wise advice. I see all my faults laid out in these characteristics of contemplative dialogue.

Last Sunday was also the day when the **Cathedral feeds people in need with a monthly lunch.** Adrian was not feeling well so Bob King stepped up to be in charge. He took John shopping at Aubout and Costco and then picked up the desserts at Peggy’s. Vivian marvellously made up five vegetarian cheese quiches as she composed her sermon. Sunday morning Deborah, John Matheson and Bob King helped John McLean our fantastic cook prepare the hot sausage take-outs. Adrian’s son Brendan gave handouts to people at The Open Door, St. Michael’s Mission and Cabot Square. Bob reports that it was quite meaningful to see how gratefully the lunches were received. Many thanks to our two anonymous Cathedral members who sponsored this lunch. And thank you to Adrian for reporting on the lunch.

Each year in the past people have had the opportunity to buy **Anglican Church Calendars**. Unfortunately, the bulk purchase made by the diocese was sold out this year before we could offer the cathedral congregation a chance to buy. However, you can buy them at source by following this link where there is a preview of the calendar. There are some beautiful photographs of churches.

<https://anglican.gilmore.ca/en/product/c69035ee-9f13-48ac-a04c-86e8f0e28f2b>

Good news about members of our community

1. **Nick Capozzoli** has been piloting the CIOC's Bach mobile organ along the shores of the Lachine canal. There are some glorious videos on Facebook of Nick playing under autumn trees beside the water. You can listen to some of his performances here and revel in both beautiful music and fall colours.



Saint-Saëns: <https://youtu.be/peBfCXJuTWE>
William Albright: <https://youtu.be/HTrmLDgqSMI>
Igar: <https://youtu.be/z5Xrbqa-2P0>

2. **Jan Jorgensen**, organiser of the longstanding reading series *The Lawn Chair Soirée*, has just won the 2020 Quebec Writers' Federation Judy Mappin Community Award. You can read more about the award and Jan on the QWF website. **Congratulations Jan!**



Here is the opening of a poem, *Ascent* written by Jan which pictures snails climbing. You can read the whole poem here

<https://www.fridayflashfiction.com/poetry/ascent-by-jan-jorgensen>

*A snail regatta rides
the rough waves
of the Chinese Elm.*

*Pale corn-colored spirals
glide atop tan rudders.*

*How easily they could be
buttons scattered on a bare table –
collar and cuff, skirt, jacket, coat.*



Christmas Gifts

Have you noticed how ads for Christmas gifts are beginning to pop up? Shopping won't be easy this year, but some of you might like an alternative to Amazon. **Gabrielle Boyd is compiling a catalogue of alternative gifts** which are ethical, socially responsible or something created by a member of the Cathedral Community. If you are an artist, a crafts creator, a writer or a cook who would like to have your creations included in this catalogue of gifts, please contact Gabrielle or respond to this letter. She will be including links to sites like PWRDF which encourage you to donate goats or chickens or schoolbooks to struggling parts of the world, as well as listing products offered by parishioners.



Meanwhile – it is Halloween and Deborah has contributed a **pumpkin which was carved by Suzy Mink**, a former parishioner of hers. I agree with her that this one kind of sums up 2020. If you carved a striking pumpkin this weekend – or made delicious spooky cookies, please send me a picture for next week's newsletter.

On March 26, in first newsletter following the lockdown of March 13 I ended with a **prayer of St Francis de Sales**. It's still relevant.

Do not look forward to what might happen tomorrow. The same everlasting Father who cared for you today will care for you tomorrow and every day. Either he will shield you from suffering or he will give you unfailing strength to bear it. Be at peace, then, and put aside all anxious thoughts and imaginations.

Wishing you and those you love a blessed celebration of All Saints and All Souls and a candy-filled Halloween.

Ann Elbourne with thanks to contributors and Elizabeth.
October 30, 2020