



Dear Friend of the Cathedral

This Sunday afternoon at 2 pm you will have the amazing opportunity to watch Dean Bertrand and Gabrielle on YouTube https://www.youtube.com/watch?v=dfUk_bicQSo as they demonstrate how to bake the gluten-free, lactose-free Christmas cake featured in the recipe below



Stir-Up Sunday



Cathedral Windows Christmas Cake

Ingredients List

4 Cups of any combination of Dried Fruits
(Think of what tastes you prefer, but also the different colours to create your stained-glass window effect.)
You can include dried peel as well, dried pineapple and dried cherries!

Bertrand will be using -

- 1 cup dried apricots
- 1 cup sultanas
- 1/2 cup dried dates
- 1/2 cup dried figs
- 1/2 cup dried cranberries
- 1/2 cup prunes
- 1 orange (zest & juice)

3 tablespoons of a Vegetable Oil (like macadamia nut, olive or coconut)

3 Eggs

1 teaspoon Vanilla Extract

1 1/2 teaspoons of Cinnamon

1/2 teaspoon Powdered Ginger

Pinch or quick grate of Nutmeg

Pinch of Salt

1/2 cup Walnuts or Pecans

2 cups Ground Almonds or Almond Meal

(Look in the health food section at your supermarket for this)

Equipment

- 2 Mixing Bowls
- Knife and Chopping Board
- Grater or Zester
- Juicer (for the Orange)
- Whisk
- 20cm Baking Tin
- Baking Paper
- A Large Spoon

You can bake along with Bertrand and Gabrielle using the same ingredients, or you can make your own cake later, using a favourite recipe. The demonstration has been pre-recorded and will be posted on the website, so you can watch it again, or at a more convenient time.

The recipe is also on the website <https://www.montrealcathedral.ca/category/latest-news/>

This Sunday is called stir-up Sunday because of the opening words of the collect for the Sunday before Advent found in the Book of Common Prayer:

***Stir up, we beseech thee,
 O Lord, the wills of thy faithful people;
 that they, plenteously bringing forth the fruit of good works,
 may of thee be plenteously rewarded;
 through Jesus Christ our Lord. Amen.***

We still use the BCP with its beautiful sixteenth century language at our 8 am service, but for our other services we use the BAS – Book of Alternative services with its twentieth century wording.



In Victorian times the tradition began of stirring up one's Christmas pudding and cake on this day. At the cathedral we have for several years stirred up our cakes as a Stir-Up group activity organised by Leah.

However, the Sunday before Advent also celebrates the Reign of Christ Our King. As the Cathedral is dedicated to Christ, this day is our patronal festival, and so you won't hear the stir up prayer but a different collect which asks that the peoples of the earth, now divided and enslaved by sin, may be freed and brought together under Christ's gentle and loving rule.

Community news

Anna Lewton-Braine, soloist in our Cathedral choir, celebrated her wedding to Eric Perlinger at the beginning of the pandemic and now has a beautiful baby boy. We wish them every happiness. She sent us this announcement and pictures.

*Eric and I are happy to announce the arrival of our son, **Alexander Charles Johann Perlinger**. His name is almost as long as he is; born 55cm cap-à-pie and 6.5 pounds at 2:17pm on Saturday November 14th. We are all healthy and happy and fully in love.*



Those who remember **Cynthia Manmohansingh** will be sad to hear from Savitri, her daughter, that she died of natural causes in November 2020 in Ontario. She attended Christ Church faithfully for years, sitting on the left of the nave towards the back. She sang with the McGill Choral Society, and kept in touch with us when she left Montreal to be near to her children in Ontario. The Social Service Society has been sending cards and letters every year since. We send our condolences to the family.



Janet has shared some news about her sister in England and the village of Woodgreen in the New Forest. Catherine has a flat in London, but during the pandemic has been living in the house in Woodgreen which was bought when her father retired as Dean of Salisbury. She was one of the enthusiastic participants in a support group designed to raise people's spirits through a **competition to create "scare-covids" in their gardens**. Here is a picture of one of the winning scare-covids showing Bill and Ben the Flowerpot Men.

Thank you, Janet, for sharing a fun project. We are reminded that the presiders' chair, opposite the Bishop's chair, has needlework done by Bob and Janet, with a dedication to her father on the back.



There are many activities on offer at the cathedral as we slide towards **Advent and Christmas**. I hope you've all had a chance to browse through the cathedral's **catalogue of ethical Christmas gifts** put together by Gabrielle and perhaps have done some shopping. You'll find the catalogue on the ESJAG page of the website



Shop safe, shop local

Catalogue of Ethical, Sustainable, Environmentally Supportive and Locally Made Christmas Gift Ideas prepared by our ESJAG team.

<https://www.montrealcathedral.ca/2020/11/esjag-christmas-catalogue/>

Services, Bible Studies and Events

Services continue on line and in person and crafted to fit a variety of tastes, ages and languages. You can find details and links on the website where you'll also find information about bible studies and social gatherings. <https://www.montrealcathedral.ca/events-calendar/>

The following events are planned for the coffee hour slot:

- November 29, 11:45 am the English presentation of the historical and social background helping us understand the importance of the BLM movement
- La même présentation sera offerte en français le 6 décembre à 10h10 (sur le canal Zoom du service de 9 h).
- December 6 at 11:45, PWRDF Guest.
- December 13, Amnesty International Write for Rights after the 10:30 service
- 13 décembre, Écrire, ça libère, après l'eucharistie de 9h00.

Last year the two congregations together wrote over a hundred letters and cards. They bring results. Several of those whom we supported are now free.



The first of four **Advent services** with music and readings
November 29 at 4 pm. Attend in person or listen on RVM 91.3 FM

Then Jesus said, "Let's go off by ourselves to a quiet place and rest awhile." He said this because there were so many people coming and going that Jesus and his apostles didn't even have time to eat. Mark 6:31

I've been asked to remind you of clergy days off, important for their spiritual health and to top up their energy as our spiritual leaders.

- ✓ Friday is Bertrand's day off
- ✓ Thursday is Deborah's day off
- ✓ Jean Daniel serves part time at the Cathedral, so he is elsewhere Wednesdays, Thursdays and Fridays.



**If you have a pastoral crisis involving illness or death you are welcome to call any of the Cathedral priests, even on a day off, but please try to respect their down time as much as possible.

Next week Elizabeth will be having a well-earned holiday. As she is an essential collaborator in getting the newsletter published, there will not be a newsletter next week. If there is urgent new information to be shared I'll send a bulletin style notice via mail chimp.

Meanwhile, do please share photographs and items of interest at ann.elbourne@montrealcathedral.ca for insertion in a letter.



Some people have babies and grandchildren. I have a new calico kitten. I believe Deborah will soon have a puppy. We shall expect a photograph please!

This is Callie, short for Calliope, chief of the muses. Like all cats she is opposed to people reading newspapers, especially if they want to do a crossword.

Ann Elbourne,
with thanks to Elizabeth and to Janet
November 20, 2020