

Dear Friend of the Cathedral

Last Sunday we remembered the Baptism of Jesus. The Wise Men are now on their way home, and in the church's liturgy Jesus is gathering his disciples. It is difficult to realise, but soon we will be entering Lent and the path to the cross. Deborah sends this important information to help us prepare for the next few weeks:

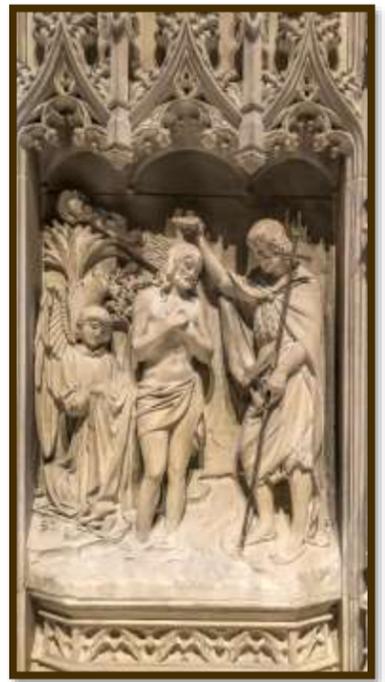


photo by Carole Pelletier



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Eucharist

While we are back in Phase I, it will not be possible for us to celebrate the Holy Eucharist. However, once we resume, we will again invite those with pyxes of consecrated Communion to consume it with the in-person congregation on Sundays.

If you have not requested a pyx with Communion and would like one, email deborah.meister@montrealcathedral.ca indicating your address and how many people live in your home. And if you need to refill your pyx, let the clergy know.

Preparing for Ash Wednesday

Ash Wednesday falls this year on Wednesday, February 17th. The Cathedral clergy hope to be able to offer in-person worship with imposition of ashes (slightly re-worked to prevent the possibility of contamination). However, we are not, at this point, certain that churches will be allowed to open by then, and even if they are, a large number of our parishioners will likely need to stay at home. For that reason, we invite you to use the time between now and then to prepare your own ashes at home, using one of three methods.

1. Traditionally, the ashes are made from the previous year's Palm Sunday palms. If you still have your palm cross from Palm Sunday, you could burn it (in a safe container) and mix the ashes with a little oil.
2. If you do not have your Palm Sunday palm, you could place a little earth (for example, from a potted plant) into a small container. This would pick up on the imagery from Genesis 2, in which God forms humankind from the dust of the earth.
3. If neither of those work for you, you could burn a few leaves from a potted plant, or a small branch from your Christmas greens.
Once the material has been reduced to ashes, mix in a small amount of oil.

We invite all our parishioners to gather what will be needed (a candle, whatever you are going to burn, and a flame-proof container) and have them ready for **Sunday morning online services on January 31st, the Feast of the Presentation**, when we will offer a time to do this as a community. If you do not wish to participate, please have a candle ready in your home for the proper liturgy of that day.



Sad News

We were saddened to hear that **Yvonne Barrow**, a long-time member of the Cathedral parish, died last Tuesday night. Her death was very sudden. She and her daughter, Jacqueline, were drinking a cup of tea together when Yvonne lost consciousness. She died in hospital without regaining consciousness. Jacqueline has sent us this loving memorial of Yvonne and also her favourite photograph of her mother.

On 29 May 1936 a beautiful baby girl named, Yvonne Carmel Barrow, was born in St. Michael, Barbados to Hugo Hensiin Barrow and Inez Maxwell Barrow. She was the youngest daughter and had a beautiful, outgoing, intelligent sister named, Jeane Idaliah Alphonse Barrow. Yvonne was a shy girl but she loved to sing and dreamed about being a nurse like her Granny, Mabel Maxwell. She was involved in "Pound Socials", singing and reading poetry, as well as being an avid member of the Barbados Festival Choir. She graduated from nursing school when she was 19 years-old and worked at the Barbados hospital until she immigrated to Montreal, QC Canada with her sister Jeane on 21 March 1961. Jeane later moved to America to work at the United Nations. She unfortunately passed away on 07 August 1977 from Leukemia.

Yvonne worked as a nurse at Royal Victoria Hospital, then Grace Dart Hospital, and then Montreal General Hospital. She moved with her daughter, Jacqueline, to New York City to be with her sister, Jeane. After Jeane's passing Yvonne returned to Montreal in 1982 where she continued to work as nurse but in the private sector. She retired in 1998. Yvonne later joined the MILR (McGill Learning in Retirement) program from 2000-2010. She took part in the Art Show in 2010 and also the Christ Church Cathedral Art Show where she sold one of her paintings for charity.

Yvonne first attended Christ Church Cathedral in the 60s with Jeane. Then in 1983 she returned with Jacqueline and has been a member ever since. She participated in as many church activities as possible. She was usher for 20 years, a member of the Chancel Guild for 26 years, first as brass polisher then Floral arranger. She encouraged Jacqueline to join her in these activities, not by bullying or nagging but simply saying "You're not doing this for me. You're doing this for God". Finally, she decided to add one other activity to her list: reading the lesson every 4th Sunday of the month. She loved reading, and as nervous as she with every other aspect in her life she was not nervous about reading the lesson in front of her church members. And they loved her for it. Yvonne leaves behind a heartbroken daughter, Jacqueline, that will forever remember her mother as a beautiful, kind, compassionate, wickedly funny woman that gave the world all she had to offer.

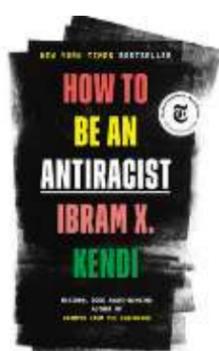
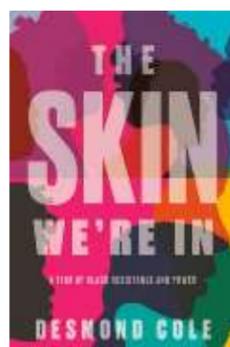


We send you our deepest condolences, Jacqueline. Yvonne was a much-loved member of the community, as you are too.

Black Lives Matter – from Deborah

Now that the task force working on the Cathedral's history with race has reported in, it is time for the rest of us to deepen our engagement with these issues. Last summer, we invited members of the Cathedral to read two books, in tandem.

One of those books, Desmond Cole's *The Skin We're In*, just won the Toronto Book Award (in case you're looking for more reasons to read it!). We will be hosting discussion groups on that book on two Tuesday evenings, February 2 and 9, from 7:00 to 8:30, discussing chapters "January" through "June" on the first date, and the rest of the book on the second. (Zoom link will be on the Cathedral website.)



We will host discussion groups on Ibram Kendi's *How to be an Anti-Racist* during Lent. Those dates will be Tuesday, March 2nd and 9th, from 7:00 to 8:30. (See website for Zoom links.)

You can see other resources on our website <https://www.montrealcathedral.ca/black-lives-matter/>.

If you would like to read Ann's paper on the historical background to slavery and racism in Quebec, email me, ann.elbourne@montrealcathedral.ca and I'll send it to you. The Power Point presentation can also be shared if you have dropbox.

More books - Perhaps with a cup of Fair Trade Tea?

Jan 16, à 16h30 : Prochaine rencontre du **groupe de lecture français**.

Le prochain livre est: *La Symphonie Pastorale* d'André Gide.

January 31, at 7 pm, the **English Book Group** will discuss *The Jane Austen Society* by Natalie Jenner.

Fair Trade - A note from Lisa

As the winter - and curfew sets in - you may be finding that your tea selection is running dangerously low, or perhaps just in need of rejuvenation. **The Cathedral fair trade kiosk** has a wide selection of fair trade teas which can be delivered directly to your doorstep by Lisa or Joseph. We have JustUs Chai tea for \$4.75 (20 tea bags), together with Friendship teas such as Assam and English Breakfast sourced from fair trade producers in India which are very popular (a small package of 22 tea bags for \$5.00 or a large package of 44 tea bags for \$9.00).



Please see all fair trade kiosk stock here:

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

To inquire or to place an order, please email fairtrade@montrealcathedral.ca

Socks for the homeless – Thank You!

Janet reports that generous Cathedral members have donated enough money for the Social Service Society to buy a large pile of socks to be distributed on the last Sunday of this month. The socks will be arranged on a table outside and people will be encouraged to make their own selection.

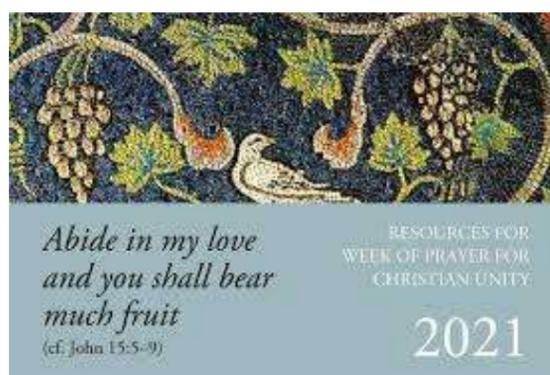
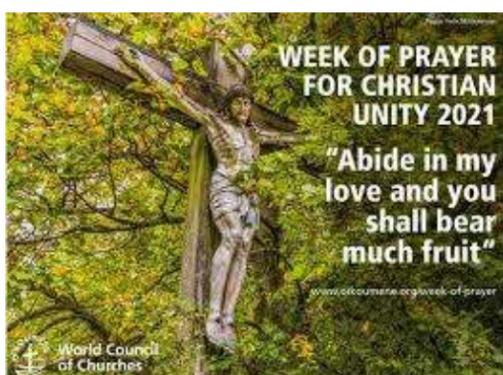
Reminders from the office

- Annual reports are due January 27. Send to administrator@montrealcathedral.ca
- Pledges for donations to be given in 2021 are still welcomed by bookkeeper and treasurer.
- Forum meets on zoom next Tuesday, January 19 at 5 pm. All parishioners are invited.
- Jane hosts a group for people who love to travel on zoom Thursdays at 2:30pm.
- Visit the web site to see opportunities for prayer, study and fellowship. www.montrealcathedral.ca

The Week of Prayer for Christian Unity (January 18 – 25) starts on Monday.

<https://www.weekofprayer.ca/2021-week-prayer-christian-unity-theme>

You might like to include some reflections in your prayers.



The 2021 theme – *Abide in my love and you shall bear much fruit* (John 15:5-9) – calls us to pray and to work for reconciliation and unity in the church, with our human family, and with all of creation. Drawing on the Gospel image of vine and branches, it invites us to nourish unity with God and with one another through contemplative silence, prayer, and common action. Grafted into Christ the vine as many diverse branches, may we bear rich fruit and create new ways of living, with respect for and communion with all of creation.

Prayer is at the heart of the Ecumenical movement. This site unites people around the world by directing prayers to specific places each week. You might like to use it in your personal prayers.

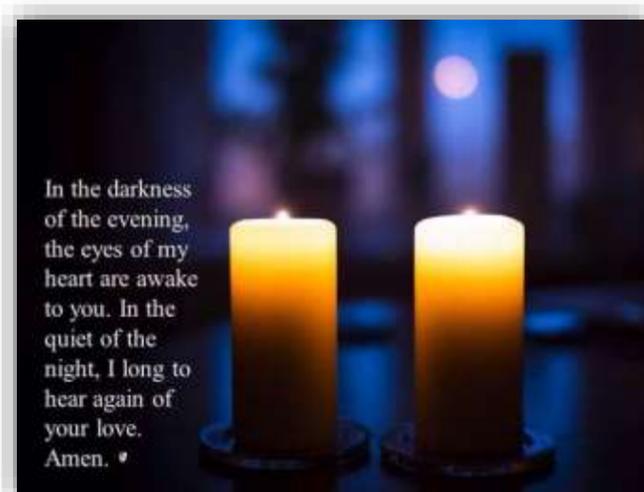
<https://www.oikoumene.org/resources/prayer-cycle>

A final word from Deborah

And while we are on the subject of at-home devotions...

Why not use this time to try a new practice?

Jewish families, like the ones Jesus was part of, used to set aside Saturdays as a sabbath day of rest, devoted to prayer, study of holy things, and cultivating relationship with one another. For many of us, that is not practicable, but it might be possible to set aside Saturday evening or even Sunday as a time deliberately set apart for those things. You might consider laying aside your electronic devices and lighting candles at the start of Saturday's dinner, using the prayer: Blessed are you, Lord our God, Ruler of the universe, who has sanctified us with your teachings and commanded us to kindle the Sabbath lights. Then, allow that dinner to be a time of connection, storytelling (even over zoom), reading something which might be life-giving, etc. Even an hour makes a difference, and reminds us that we were created to be, not to work.



Ann Elbourne,

with thanks to Elizabeth for her artistic skills and to Deborah, Jacqueline and Lisa for their contributions.

January 15, 2020.