



CATHÉDRALE
CHRIST CHURCH
CATHEDRAL

Dear Friend of the Cathedral

Ash Wednesday falls this year on **February 17th**. Worship will be offered online at **12:15 and 7:00 p.m.** The latter service will be bilingual.

That's next week. Remember to have with you your home-made ashes, formed from a burnt palm cross, or other leaves, plus a little oil to make the ashes stick.



But before Ash Wednesday we celebrate **Mardi Gras** – the day you use up the fat and sugar in your store cupboards before beginning the Lenten fast – also called Shrove Tuesday, the day you are shriven (forgiven) of your sins through confession, penitence and absolution. It is traditional to dress up and make pancakes. Our tradition at the Cathedral was for George and the servers to make vast heaps of pancakes and sausages, liberally doused with syrup, and for Flo to dispense wine and soft drinks.

This year it's a do-it-yourself event!

All are invited to celebrate **Shrove Tuesday** with an online pancake supper at **7:00 p.m., Tuesday, February 16th**. Make yourself some pancakes and enjoy them together. Participants will be invited to share stories of the Carnival tradition they grew up with, or of one they particularly loved. If you've got a picture to share, that would be a bonus!

Pancake party zoom link: <https://zoom.us/j/93953206071?pwd=Y09kRmdydGhUemRXTHBWeTJmSml3dz09>

Can you guess who is behind the masks from our celebrations in 2019?



Recipes for Mardi-Gras

Last week, we promised you recipes for the Shrove Tuesday (Online) Pancake Extravaganza. For pancakes go to: www.foodnetwork.com/recipes/food-network-kitchen/pancakes-recipe-1913844. Or, for those who need their pancakes without gluten: www.allrecipes.com/recipe/33176/delicious-gluten-free-pancakes/. And, if you are feeling brave and want to go Creole, here's a good recipe for gumbo: www.epicurious.com/recipes/food/views/seafood-gumbo-241194.

Michel Gagnon has sent us his favourite recipe for **thin pancakes (crêpes)** which, with some small variations, are the kind I always make because they are easy and delicious.

- In a bowl, mix the dry ingredients:
 - 250 mL (1 cup) flour
 - 60 mL (4 tbsp) sugar
 - 5 mL (1 tsp) salt
 - 5 mL (1 tsp) cinnamon (optional)

- In another large bowl, mix the wet ingredients:
 - 4 eggs, beaten
 - 275 mL (1.125 cup) milk
 - 60 mL (4 tbsp) oil
 - 5 mL (1 tsp) vanilla (optional)



Then, pour dry ingredients into wet ingredients, and thoroughly mix until you reach an even consistency.

Pour some of the mix in a large buttered pan or on a large griddle, and heat on a warm heat. When the bottom is golden, flip and cook the other side. Crepes are then ready to be served.

Suggested presentations.

I like to fold crepes in 4 or to roll them. That way, they are easier to handle and stay warm longer. One can also prepare "meal crepes" by inserting some cheese or meat inside. Likewise, one can prepare "dessert crepes" by inserting fruits or jam inside. Maple sirup adds a unique exquisite touch. If you prepare them ahead of time, you can reheat them by placing them in the oven in reheat mode (100°C or 200°F) for about 15 minutes. These crepes (without filling) can be preserved for quite some time in the refrigerator.

I will remind you again next week of the special spiritual offerings at 11:45 on the Five Sundays in Lent. They were listed last week, as was the offering from St George's Church in Jerusalem, "A River Through the Desert", based on the geography of the Holy Land: <https://stmatthews-redhill.org.uk/assets/SGCJ-Lent-Course-2020-poster-1.pdf>

Here's some new information about Lent offerings

1. **Nick Capozzoli is preparing special music for upcoming 4 PM services.** This Sunday's Magnificat has an interesting history and local connection. It comes from a huge manuscript shipped from France to Montréal in 1724. Containing nearly 400 pieces, the so-called *Livre d'orgue de Montréal* was only discovered in 1978!

Throughout the season of Lent, you will notice a slightly different format. Within the context of seasonal prayers and readings, each service will feature a substantial musical offering by either a current or former Schulich student. We have invited a violinist, cellist, pianist, and serpent player. Wondering what a serpent is? Find out soon!

2. **Diocesan College** is offering a Tuesday evening series during Lent, Anglican Origins: Uncovering the Roots of our Tradition, which will be taught by Director of Pastoral Studies, the Rev. Dr. Hilary Bogert-Winkler. She will offer an overview of the origins of Anglicanism and what it means to be Anglican today.

If you are interested in perhaps convening an online group from the Cathedral to discuss this material together, please contact bertrand.olivier@montrealcathedral.ca.



Important information to consider.

Jane and Elizabeth report that several people from the Cathedral attended the **Living Legacy seminar** last Saturday presented by Martin Taylor.

The presentation covered:

- ✓ How you can make a charitable contribution from your investments, to avoid capital gains tax.
- ✓ If you donate an amount over \$2,000 your tax credit increases to 29% (federal) and 24% (Quebec – the most across all the provinces).
- ✓ Information about preparing your will and the importance of getting it notarized.
- ✓ The importance of having a mandate in anticipation of incapacity.
- ✓ The importance of reviewing and updating an existing will if necessary.
- ✓ How to support your church with a bequest in your will.

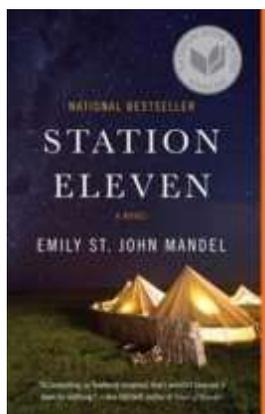
➤ For more information contact [Jane Aitkens](#), our treasurer.

Other February Events

1. Second **Fundraising meeting, February 15, at 5pm.** You are ALL invited. Sheena says "We have many wonderful suggestions from people, but now we have to start thinking about what we can do, and what is the most inspiring for us to do! I will organize the list into three sections: events in the Cathedral, events on the front pavement, and events on line. So the first question will be, given the current and near future realities, where will be the best place to have it?"

If anyone would like to contribute ideas, but are not available at that time, they can write me at rectors.warden@montrealcathedral.ca.

2. **Forum February 16, at 5pm.** Again, you are ALL invited.
Zoom link: <https://us02web.zoom.us/j/88134886696>
The agenda is shorter than usual to give people time to get ready for the pancake supper. Topics to be covered include ESJAG, feedback from fundraising meeting, BLM and cathedral participation in City events.
3. **February 21 at 12pm, a vestry meeting** with the **presentation of the Finances.** There will be a second vestry meeting for the reports/discussion of community activities on March 21.
4. **February 28, at 7 pm the English Book Group** will talk about *Station Eleven* by Emily St John Mandel.



There will be a lot to discuss at the end of this engrossing read about a travelling theatre group which brings solace to a tiny population living in a Canadian dystopia (caused alas by a pandemic!) See what other books we have read (and mostly enjoyed) <https://www.montrealcathedral.ca/cathedral-reading-group/>

5. February is **Black History Month.** There will be a special **service at 4pm on February 27.** Zoom link: <https://zoom.us/j/94191573270?pwd=WGVrTnBqNTZ0QjZKRHhna3V4S0ZHdz09>
6. Heads up. **Reading Groups.** In March a French group and an English group will meet to discuss Ibram X Kendi's important book *How to be an Anti-Racist/Comment Devenir antiraciste.* **March 2 and 9 in English, 3 and 10 in French**

Two Meditations



Jonathan White's essay, "The Hamster Wheel of Covid," appeared earlier this week in the Wingéd Ox, the weekly newsletter of Diocesan College, where he serves as Director of Chapel. In it he shares his perspective on preparations for Lent and Easter this year. I absolutely loved his reflection and I'm sure you will too. <https://montrealdio.ca/the-hamster-wheel-of-covid/>

Former parishioner Jeffrey Mackie is currently living with his wife Natasha and their cat Buddy in Dawson City, serving as Deacon in St Paul's Anglican church and continuing to run every day in the kind of sub-zero temperatures and arctic gloom which would keep most of us indoors. He is also a poet. Here are a poem and a photograph which he has contributed to this week's newsletter.



THERE IS VERY MUCH, MUCH

*Through the window
There is very much, much
My cat, Buddy, is staring at the sky
That infinite canvas
Of ever-changing light and colour
He also watches his friends, the birds
On the tree outside
He cannot see past
To the river and the mountains
He flew over
To arrive here.
Beyond the window
To the people, history and land
That make this vast territory
The very much, much.*

I know there are many poets, writers and artists of all kinds in our community. Please share your creativity with us by sending me a contribution to put in the newsletter. The best bits come from you!! Photographs of your pancake celebrations and Ash Wednesday crosses would be great for next week's letter, as well as your thoughts about keeping warm in a polar vortex.

Happy Shrove Tuesday, a blessed Lent, and - let's not forget – Happy Valentine's day

Ann Elbourne
with thanks to collaborators Elizabeth and Marie-Claire, and to all contributors.
February 12, 2021

