



Dear Friend of the Cathedral

This Sunday will be celebrated as Remembrance Sunday, the day when we gratefully remember all who gave up their lives for their country. The high altar and reredos at the Cathedral's east end are memorials of World War I. The old organ removed in the 1980s was a World War II memorial. You can read about the reredos and the stones embedded in the altar slab by going to the sixth stop of the virtual tour of the Cathedral on our web site.

<https://www.montrealcathedral.ca/a-tour-of-the-interior-of-christ-church-cathedral/sixth-stop-high-altar/>



There will be a small delegation from the Canadian Grenadier Guards this year, not the full contingent of youngsters who will be on exercise this weekend. We will mark a moment of remembrance with two minutes of silence. A trumpeter will sound the haunting Last Post and Reveillé. We will sing our national anthem.

Grenadier Guards presenting colours to the Dean in 2019

## Advent

Shops and the internet are urging us to start our Christmas shopping, but we church-goers know that first we must move through the penitential season of Advent which anticipates the joyful birth of Jesus. The Cathedral is offering **three special ways to celebrate the Advent** – the Coming – of the Christ, our Saviour.

1. **An Advent Quiet Day**, Saturday, November 27, 2021, from 10am to 3pm in the Cathedral, led by the Ven. Ralph Leavitt, our Honorary Assistant. Ralph invites us to come for a quiet day of teaching, meditating, reflecting and communion, studying the "O Antiphons";

*O Wisdom, come and teach us.  
O Lord and Ruler, come and redeem us.  
O Root of Jesse, come and deliver us.  
O Key of David, come and free us.  
O Dawn of the East, come and enlighten us.  
O King of the Gentiles, come and deliver us.  
O Emmanuel, come and save us.*



For more information speak to Ralph, to register contact the office [administrator@montrealcathedral.ca](mailto:administrator@montrealcathedral.ca)

2. **Lessons and Carols for Advent at 4 pm on Advent Sunday, November 28.**  
In-person, Livestream and on Radio VM  
Six bible readings bringing us hope that darkness will turn into light will be interspersed with carols sung by the choir and hymns sung by the congregation and choir. This is always a beautiful service, a meaningful way to enter into the Christmas season, so I hope many of us will attend.
3. **Christian Foundations: The Apostle's Creed**, a three week course led by Deacon Ben Crosby on Wednesday evenings **December 1, 8 and 15 from 7 pm - 8:30 pm** on Zoom. Ben writes: This Advent, prepare to celebrate the incarnation of Christ by going back to basics and exploring the Apostle's Creed, our baptismal statement of faith. Each time, we will begin with a service of evening prayer and then discuss an article of the Creed. We'll be thinking about what each article tells us about who our God is and how our God saves us. Bring your questions and curiosities!  
Here is the link: <https://us06web.zoom.us/j/88119041247?pwd=Qy9VcnZDTGRKVDlabnJlRFpScjJlTdz09>  
There's no need to sign up beforehand, but for any questions feel free to contact Ben at [benjamin.crosby@montrealcathedral.ca](mailto:benjamin.crosby@montrealcathedral.ca).

## November Meetings

(<https://www.montrealcathedral.ca/events-calendar/> )

- **Reminder: Monday, November 15 at 5 pm**, an important **meeting hosted by ESJAG** to put together a proposal for the way the Cathedral's outreach fund of \$5,000 for this year will be spent in Montreal. This meeting is open to all parishioners.  
<https://us02web.zoom.us/j/89499091460?pwd=V2lXRvZFeUVzLI ZmSjkvQzMvS0lrZz09>
- **November 16 at 5pm Forum** Get updates about activities at the Cathedral and take the opportunity to express your opinion.  
<https://us06web.zoom.us/j/83615344966?pwd=SG50QjVRYUlSa2FOanR6K2dqNERVZz09>
- **Brown Bag Bible Study** meets **Monday at midday**, led by Deborah. Our numbers are growing – come and join this lively discussion.  
On Nov 15 the readings will be Gen 12:1-9. Gal 3:6-9 and Mark 11:15-19.  
If you have a copy of *We Make the Road by Walking* by McLaren read chapter 6.  
If you contact Ann Elbourne or Jane Aitkens, we can send you a scan of the chapter from McLaren.
- **The French Bible study and prayer group** meets every **Tuesday at 19h**
- **Adventures in Travel November 25 at 1:30 pm**

## December Preview

- ✚ December 6, at 12:15pm we will be offering a Eucharist to honor the National Day of Remembrance and Action on Violence Against Women
- ✚ December 15, at 6pm the Blue Christmas service will be held
- ✚ December 19, at 4pm Readings and Music for Christmas
- ✚ December 24, Christmas Eve, 20h Christmas Mass in French, 22h Choral Christmas Mass
- ✚ December 25, 10h30 Christmas Festival Mass

## Christ Church Cathedral Choir

It's wonderful to have our choir back in the church helping us to worship God "in the beauty of holiness." A small professional ensemble sings at the morning services and twice a month at Evensong. You can hear the full choir at Evensong on the other two Sundays. The Music Committee has created an excellent and attractive brochure about the choir. You can pick one up in the cathedral on Sunday to share with anybody who might be interested in the Cathedral's music.



Chair of the Music Committee, Beth Adams writes:

*What a joy it's been for your cathedral musicians to sing together again! We began the new season with an enlarged and enthusiastic choir, three new university-level choral scholars, and a new Assistant Organist and Organ Scholar.*

*One blessing from the pandemic has been that online choral and organ music, as well as educational offerings, reach an appreciative audience well beyond our congregation.*

*This spiritual outreach has provided comfort and beauty to literally thousands of people over the past year and a half, and it will continue. We are happy to announce a new project: the "Patrick Wedd Choral Scholarship." For years now, McGill organ students have received valuable, on-the-job training, and we wish to extend this to emerging young singers. This experience is vital for a future career in church music, and it leads to maturing musicality and confidence as a leader. This initiative will allow us to make even more high-quality music while supporting the next generation of professional musicians.*



This Sunday in the Remembrance Day service you can hear the choir sing the words of Tennyson's poem "Crossing the Bar" set to music by Charles Hubert Hastings Parry.

*Sunset and evening star,  
And one clear call for me!  
And may there be no moaning of the bar,  
When I put out to sea.  
But such a tide as, moving, seems asleep,  
Too full for sound and foam,  
When that which drew from out the boundless deep  
Turns again home.*

*Twilight and evening bell,  
And after that the dark!  
And may there be no sadness of farewell  
When I embark;  
For, though from out our bourne of time and place  
The flood may bear me far,  
I hope to see my Pilot face to face  
When I have crost the bar.*

## Christ Church Cathedral in the 1930's



What's missing? Apart from traffic, crowds and roadworks. See if you can spot at least three differences between this photo taken some time in the 1930s and the same scene today!  
Thank you Jeffrey Mackie for sharing this archival photo.



There won't be a newsletter next week because Elizabeth Shama will be out of the office, and she's the person who does all the hard work once the letter is written, but look for news on November 26. Please send items to be included by Wednesday midday, November 24.

I'm finishing with a timely message from Dean Bertrand who wants us all to stay safe and healthy at the Cathedral with this reminder of some sensible precautions.

### 'Autumn – time of sniffles and colds in the COVID era'

At this time of year, we are starting to experience sniffles which are due to other factors than our normal seasonal allergies. Obviously, many symptoms of colds look similar to those of COVID-19. We are very happy to see numbers rising in the Cathedral on Sundays, but we are asking everyone to be self-aware about your state of health before coming to worship in person. Remember to register in advance in order to answer the three questions about you and your bubble.

If you are experiencing symptoms of a cold, take a conservative view, and do check your temperature. If you have any sign of fever, please do not come to the Cathedral. In doubt, get tested for COVID-19.

We all make our own health decisions, but these impact the people around us, especially as we come together for worship. We continue to encourage anyone not vaccinated for COVID to do so for your sake and the sake of the community, and also to consider getting vaccinated for Flu.

Thank you Bertrand for this good advice.

KNOW THE SYMPTOMS		
COVID-19	FLU	ALLERGIES
FEVER	FEVER	SNEEZING
DRY COUGH	DRY COUGH	COUGHING
FATIGUE	RUNNY NOSE	ITCHY EYES
SHORTNESS OF BREATH	HEADACHE	RUNNY OR STUFFY NOSE
	SORE THROAT	
	MUSCLE AND JOINT PAIN	
<small>LESS COMMON: ACHES &amp; PAINS, SORE THROAT, RUNNY OR STUFFY NOSE, DIARRHEA</small>		
<small>DATA: WORLD HEALTH ORGANIZATION, NATIONAL INSTITUTES OF HEALTH</small>		

Ann Elbourne  
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