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**CATHÉDRALE  
CHRIST CHURCH  
MONTRÉAL**

Dear Friend of the Cathedral,

## **Feeding the Hungry**

Last Sunday's lunch for those in need of a good meal was a joyful occasion. Here is Adrian King Edwards' upbeat report:

*What a pleasure it was to organize the lunch this month! With the exception of the huge crowds at Costco on Friday, shopping the day before the holiday, and our fruitless search for pineapple slices to go with the ham, everything went incredibly smoothly.*

*As expected, a number of our regulars were unable to help for summer reasons. However out of the blue, perhaps by divine providence, new volunteers appeared. I was worried at how I would manage to replace Carol and Braedan - who both perform key roles in the kitchen, but Derek and his wife Julie stepped into the breach and did an outstanding job.*

*This month's lunch was generously sponsored by a gift of \$800 from The St. Andrew's Society, who are well known in Montreal for their good works. Kudos to my dear friend, Helen Meredith, who is a member, for actively campaigning for their support. As an added bonus the Executive Director of the society, Margo Pollock, was able to attend with her three teenage sons who solved all my staffing problems in one fell swoop. I am so delighted to report that we have a growing number of younger helpers besides our very competent regulars Chloe (9) and Alex (11). This month Cathedral member Julie Wang turned up with her two granddaughters; Fiona (11) and Penelope (16) who helped out with the assured confidence that only the young seem to possess.*

*To top off my good news: after two months on disability the dishwasher, under Flo's attention, performed well without leaks. Everyone was grateful for Peggy's record number of cookies which*

*Blessings to everyone for a safe and happy summer,  
Adrian and Donna*

Thank you to Adrian and Donna for leading this inspiring monthly outreach. Volunteers are always welcome (and needed), and money donations make this offering possible.

## **Bringing generations together around climate activism**

When climate activist Bill McKibben visited the Cathedral, he suggested some of us might be interested in becoming involved in Third Act, an organisation which he founded for people over the age of 60 who are determined to change the world for the better. His aim is to bring generations together around climate activism and racial justice.

There will be an on line session of their Eldering series on July 10 at 3:30, described as "A Cross-generational Chat on Money Culture and ..." [Get more information or register by clicking here.](#)

## **July at the Cathedral**

We may be relaxing in the summer heat and, like the choir, taking time off from our regular activities, but the Cathedral is not asleep. Here are some events which will amuse, inspire and deepen your spiritual life.

### **Jazz on Saturday at Oasis**

The Montreal Jazz Festival starts on June 28. On Saturday, July 1, the Oasis concert at 2 pm in the cathedral will feature Adelina Steinmetz and Michael Goulart in "Flutopia: Duo" on flute and electric bass. "Featuring music from Joe Henderson to Stevie Wonder, their arrangements will showcase an eclectic repertoire of modern and traditional jazz."

### **Jazz on Sunday at 10:30**

The 10:30 service on Sunday July 2 will feature music led by a jazz trio from the Schulich School of Music.

### **Music from a Visiting Choir**

On Tuesday, July 11, there will be an afternoon concert at 2:30pm presented by the First Mansfield Chancel Choir who are visiting Montreal from Texas. They will sing a lively selection of Anthems, Gospel, Dixieland &

### **Floor Labyrinth**

Between July 7 and July 9, you are invited to walk one of two floor labyrinths which will be placed in the Cathedral. This ancient spiritual practice takes participants on a pilgrim journey through the various twists and turns to Christ at the centre.

Friday 7 July, 10 am to 12 pm, 2 pm to 4 pm

Saturday 8 July, 10 am to 12 pm

Sunday 9 July, 12 pm to 4 pm

### **Sand Mandala**

On July 14 and 15 the Venerable Zawa Tulku Rinpoche, a Tibetan Buddhist Lama/teacher, will create a Tibetan sand mandala in our building from 10:00-12:00 and 2:00-4:00 each day. Please see some information about mandalas at the end of the newsletter.

### **Christian Meditation**

On Tuesday, July 11 at 11:30 am all are welcome to join the monthly Meditation Class in the Chapel of the Reserved Sacrament. This is a gathering to center, share time in silence, and be held in God's love. In person only.

### **Midday Eucharists**

Midday Eucharists will continue each weekday at 12:15. Also in person only.

### **Healing Rite on July 16**

The 9 am and 10:30 am services on July 16 will include a healing rite. This rite is included in the liturgy on the 3rd Sunday of each month. At the conclusion of the rite during which the priest anoints each person who has come forward, the priest prays, "May all of us in the frailty of our flesh know God's healing power."

### **Hospitality Team**

We expect many visitors to pass through the cathedral this summer. Peter Huish is organising a rota of volunteers to greet visitors. Can you spare a few hours to be part of this team of welcomers? The greatest need is for people doing a two-hour shift on Friday, Saturday and Sunday. Please contact Peter ([huish.peter@gmail.com](mailto:huish.peter@gmail.com) or 514-812-4863) if you are interested in helping, or curious to know more.

Don't forget your summer homework! we need your one-page potted biography telling the future world who you are and what the cathedral means to you. The collected biographies will form a profile of our Cathedral community to be placed in a time capsule in September. Send your bios and photographs to [ann.elbourne@montrealcathedral.ca](mailto:ann.elbourne@montrealcathedral.ca). Old fashioned pen and paper documents are very acceptable.

### **Anglican News Canada**

Nicki Hronjak, editor of the Diocesan newspaper emailed that she is excited to announce that the Anglican Montreal is now part of Anglican News Canada. This new platform will give you a more engaging way to experience the Montreal newspaper and read papers from other dioceses. [Check it out by clicking here.](#)

### **Mandalas**

Mandalas are geometric figures representing a perfect universe in Hindu and Buddhist symbolism. They are ancient instruments of meditation, intended to make one aware of one's place and purpose in the world, a realisation which will bring peace of mind and change the ordinary human mind into an enlightened mind. I remember one session of an art class a few years ago when we were each asked to draw and paint a mandala while reflecting on the significance of our design. The feeling of peace we all felt as we connected to our inner selves was indeed remarkable.

There are 3 main types of mandalas, teaching, healing and sand. Many mandalas are paintings or carvings which last for many years, but the sand mandalas are always destroyed after they are completed, for they represent the impermanence of human life. Said to have originated with the Buddha himself, they are unique to Tibetan Buddhism, and are believed to bring purification and healing.

A special sand mandala painting was a gift to New York City from the Tibetan Buddhist monks of Drepung Loseling Monastery as a token of healing and goodwill following the terrorist act against the city on 9/11. You can read about it [in the 2001 archive of the Smithsonian Institute.](#)

I found two excellent PBS videos about mandalas which you might enjoy watching. The first is 5.20 minutes long, the second 3.26. You will see the creation of mandalas by groups of Buddhist monks and hear the accompanying instrumental music and chants as well as learning about the process. [Click here for the first video.](#) [Click here for the second video.](#)

The mandala created in our Cathedral will of course be much simpler than the ones shown in these videos, but the basic process will be the same. The design of the mandala is first marked with chalk on a wooden platform.

make an elaborate pattern. The vibrations of the chak-pur being grated with a metal rod cause the sands to flow like liquid. When the design is completed, it will be destroyed. Normally the sand is poured into water, often a nearby pond or stream. Sometimes it is distributed to onlookers. It will be interesting to see what happens in the cathedral.

Information about both the labyrinth and mandala offerings is [on our website at this link](#).



*During the Mandala construction, there will be activities for children as well as a small stall of Eastern items.*

## Day of Prayer for LGBTQ+ Youth

Alex reminds us that Friday is the Day of Prayer for LGBTQ+ Youth, organized by [Beloved Arise](#). There will be a special prayer at the noon eucharist, but if you can't attend, we encourage you to add LGBTQ+ youth to your prayers tomorrow.

*Loving God who counts every hair on your children's heads, protect and bless the young 2SLGBTQIA people of this land. Deliver them from violence, shield them from discrimination, and preserve them in your love and in ours. We ask this through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, now and forever, Amen.*

Next week's newsletter will be the last before a summer break of 3 weeks, so please send me information you'd like me to include as soon as possible.

Ann Elbourne, with special thanks to Adrian for his letter about the lunch, and thanks to Alex both for his MailChimp expertise and for the prayer

June 29, 2023

## Happening This Week at the Cathedral

Click the plus button next any event title to view the detailed event page on our website. There, you'll find the Zoom links, the event livestream, location details, and more.

### Saturday

2:00 p.m. **Oasis Concert: Flutopia** +

### Sunday

8:00 a.m. **Holy Communion** +

9:00 a.m. **Sung Eucharist in French** +

10:30 a.m. **Sung Eucharist in English** +

### Monday

9:15 a.m. **Morning Prayer** *on Zoom* +

12:15 p.m. **Midday Eucharist** +

### Tuesday

12:15 p.m. **Midday Eucharist** +

7:00 p.m. **Evening Prayer and Bible Discussion in French** *on Zoom* +

### Wednesday

12:15 p.m. **Midday Eucharist** +

6:00 p.m. **Young Adult Supper** *with St. Martha's Chapel* +

### Thursday

12:15 p.m. **Midday Eucharist** +

### Friday

10:00 a.m. **Floor Labyrinth** +

12:15 p.m. **Midday Eucharist** +

2:00 p.m. **Floor Labyrinth** +

### Saturday

10:00 a.m. **Floor Labyrinth** +

...to help you join our livestream  
either in-person or online.

[Click here to join the livestream](#)



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