

CONTACT

Christ's Church Cathedral | Fall 2018



252 James St. North, Hamilton, ON

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MEET THE
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YOGA AT THE
CATHEDRAL



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Cover and inside photo by [Aaron Burden](#) on [Unsplash](#)

THE HONOUR OF DUTY

 Scale notwithstanding

by Paula Esteves



On January 18, 1971 my parents became Canadian citizens and, as I was a minor, that honour was, by extension, bestowed on me. I did not have to take the test, but my parents did. I remember this well because for several months my sister and I quizzed them on all the questions they might be asked and taught them the anthem. This was a really big deal. Once they passed the test, they had to swear an oath. There's been a slight change to the oath since 1971, but here is the oath that, I believe, is taken today:

I swear (or affirm) that I will be faithful and bear true allegiance to Her Majesty Queen Elizabeth II, Queen of Canada, Her Heirs and Successors, and that I will faithfully observe the laws of Canada and fulfil my duties as a Canadian citizen.

The very next year, my parents cast the first of many ballots. Each time they did so, they were fulfilling one of their citizenship duties, and in exchange, were guaranteed the security of a safe country, the freedoms of religion, expression, peaceful assembly...and so on – small price.

Every time I enter the ballot box, I think of my parents who gave me the opportunity to be a citizen of this country. When I leave the polling station, I feel a great weight lift from my shoulders...duty done one more time – a privilege I must not give

up. Walking home, I wonder whether we, the electors, have made a good choice. And if I later decide that we have not, I'm comforted by the knowledge that we'll get another shot at getting it right.

There are of course other duties that we must uphold as citizens: to uphold the law, to pay our fair share of taxes, to respect the rights and freedoms of others, to jury duty when called...in short, to actively participate.

So, what does all this have to do with our lives as Anglicans? Well, some of us were born Anglicans, others made a conscious choice to join, and yet others are perhaps in the process of giving it due consideration. How you got to this place doesn't really matter. What matters is how we honour this place, this community, through our participation – carrying out our ministries as Christians at all times.

And annually, we too are asked to vote. We vote on financial issues – what our budget will be and how it will be spent, and we vote on leadership – wardens, committee members, delegates to Synod etc. And most of the time, we get it right.

I am both proud and grateful to be a citizen of Canada and to uphold my duties as a citizen. I am no less proud nor grateful to be a part of this Cathedral and to uphold my duties to it. The difference in scale between the two matters not. ■

THANKSGIVING

 Hope and faith

by Peter Wall✠



This season always seems suffused with gratitude. Two countries internationally, in distinctive ways, keep holidays called Thanksgiving. We are aware, given the glories of creation in which we are privileged to live, of the ‘harvest’ – of rich fields laden with their fruits – grain and wine and fruit. We live in what is arguably the most fertile and productive land on the planet, and all of us in Canada, irrespective of what part of the country we live in, are surrounded at this time of year by the abundance of what we have and what we produce. Recently I had occasion to go just a few miles, really, out of the city to officiate at a country funeral, and all the while driving there and back, on a ‘normal’ weekday, I was surrounded by beautiful and lush farmland and seemingly endless roadside stands of vegetables, fruits, and almost limitless corn. If soybeans, right from the field, were ever to become a roadside commodity, we would be selling lots of those, too!

As I am writing, we have just completed the 10th Annual Hamilton Supercrawl, in which so many of our local artists, craftspeople, and food purveyors have, once again, amazed us with abundance, assortment, and artistry. Again, we welcomed many people – almost 12,000 people came in to see our beautiful Cathedral, hear magnificent music, and be moved by important visual art. During Supercrawl particularly, there is a palpable sense of gratitude for the many gifts which abound in our midst. All of this comes with a deep sense of joy, that we have been called to live where we live and in the ways in which

we get to live. That heightened sense of awareness of overflowing harvests all around us also makes us deeply aware of how many people in our land and in our world do not share in that sense of gratitude and abundance. It makes the ‘problems’ which seem to beset us seem all the more difficult and, at times, intractable - almost more than we can address.

But we are always people of hope and of faith. Even as we watch the world around us reeling from disingenuous politicians, economic disparity, somewhat bleak future predictions, and the apparent disintegration of so many things which we thought were steadfast and sure, we have before us an approaching municipal election, in which we all have a duty to vote; we will watch a provincial government learn, we hope, as time goes by, to listen, consult, and reflect the wishes of all of the people of this province. Trade agreements with our largest trading partner, careful and sensitive negotiations to balance our national need to move oil and gas to market with our equally important responsibilities for just and fair respect for our relationship with first nations citizens and, at the same time, prudent and responsible stewardship of eco-systems and delicate environments all around us.

We have hope in a bright and generous future; we have faith in a God who has helped us in His arms and will continue to do so; we know that we are part of a Church which reaches out to those in need and

(Continued on page 5)

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always finds the wellspring of abundant gratitude for all that we have.

Think of the wonderful music, the beauty of the Cathedral's architecture – glass, wood, and stone, the joyful and blooming garden in Bishopsgate. Look at the faces of the children in the Jamesville Childcare Centre; listen to the moving conversations which take place on a Tuesday morning in the nave. Think of the thousands of Niagara Anglicans who will come and gather again this season for ordinations, confirmations, the awarding of honours, the renewal of vows, and all within that most basic of moments of thanksgiving – the Eucharist.

I think that it is tough sometimes to be as grateful as we are; I wonder how warmly I will be able to embrace the feast of Thanksgiving this October. And yet, when I actually take the time and the opportunity to sit back and really think and reflect, I know that my only response can be to utter, with as much grace and fervour as I can muster, my thanks to God.

May it be so for us all. ■

PASSAGES

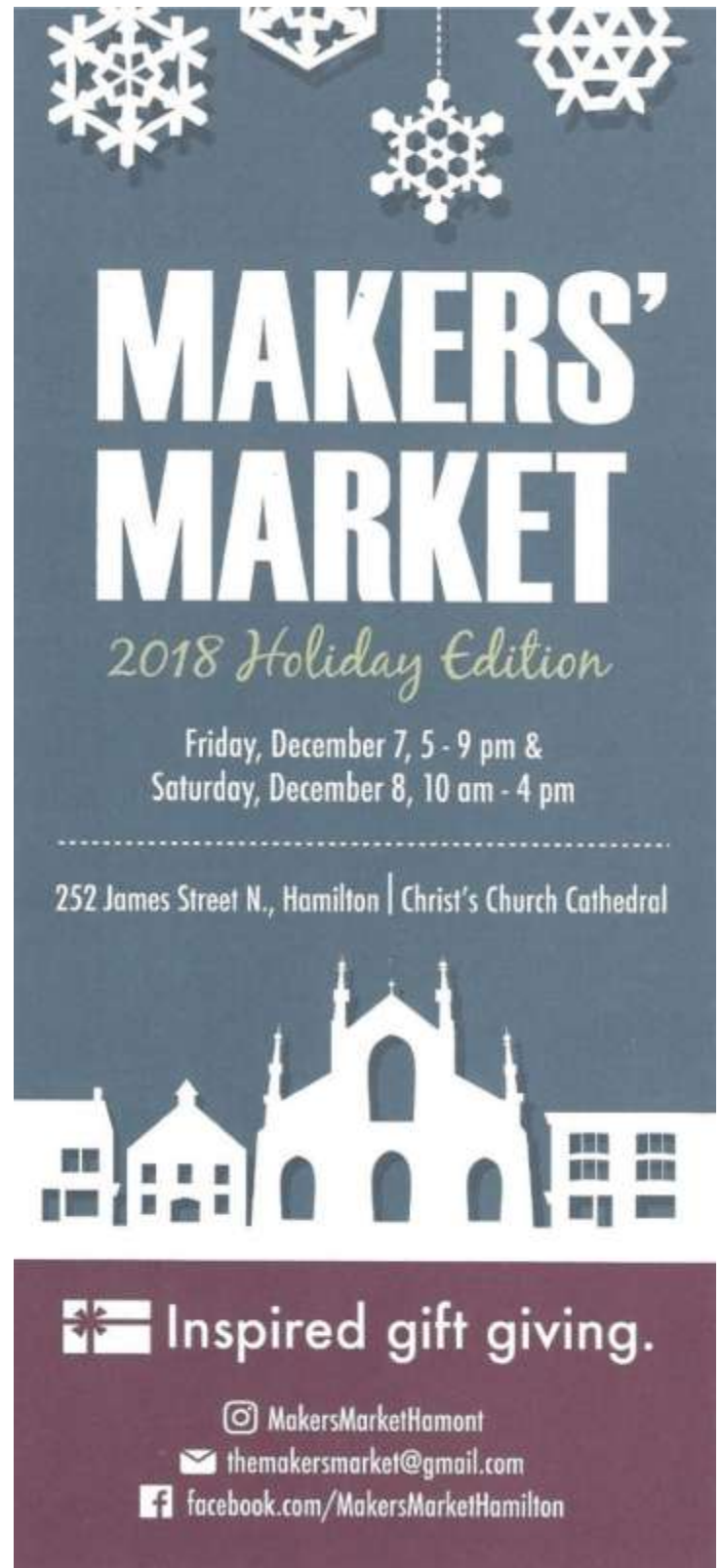
DEATHS

August 29th
Martin Bryan
Lois Robinson

WEDDINGS

September 22nd
Elizabeth McLeod & Warren Mouck

September 29th
Michael Bird Jr. & Christine Angerman



The poster features a dark blue background with white snowflake and house silhouettes at the top. The main title 'MAKERS' MARKET' is in large, bold, white letters. Below it, '2018 Holiday Edition' is written in a gold, cursive font. The dates and times are listed in white: 'Friday, December 7, 5 - 9 pm & Saturday, December 8, 10 am - 4 pm'. A dashed line separates this from the location: '252 James Street N., Hamilton | Christ's Church Cathedral'. At the bottom, a white silhouette of a church is shown. The bottom section of the poster has a dark red background with the text 'Inspired gift giving.' in white, followed by social media icons and handles for Instagram, email, and Facebook.

MAKERS' MARKET
2018 Holiday Edition
Friday, December 7, 5 - 9 pm &
Saturday, December 8, 10 am - 4 pm

252 James Street N., Hamilton | Christ's Church Cathedral

Inspired gift giving.
Instagram: MakersMarketHamont
Email: themakersmarket@gmail.com
Facebook: facebook.com/MakersMarketHamilton

COOKING TOGETHER



by Sharyn Hall ♦



I am a bit of a ‘Royal Watcher’, so I got up early to watch the royal wedding of Prince Harry and Meghan Markle on television last May. I have followed some of Meghan’s activities and I have been glad to see that she seems able to handle the intrusion of the press and photographers very well. I like her ‘dress sense’, plain but stylish, elegant but youthful. So I was a little surprised to see pictures in the Hamilton Spectator of the Duchess of Sussex in a striped apron ladling food into huge pots.

She was working alongside several Muslim women in a community kitchen at the Al Manaar Muslim Cultural Heritage Centre in west London. The Kitchen is called The Hubb Community Kitchen; the word ‘hubb’ means ‘love’ in Arabic. It is organized by a group of women who were affected by the horrifying fire in the Grenfell Tower in London last year. More than 70 people were killed and thousands were displaced, many of them immigrants from various countries.



Meghan first visited the kitchen last January and on several other low-key visits became close to the women. The women decided to compile a cookbook to raise funds to help keep the kitchen open and to support the victims of the fire. The cookbook

includes 50 recipes from Europe, the Middle East, North Africa, and the Eastern Mediterranean.

The Duchess has written a foreword for the cookbook in which she says, “I immediately felt connected to this community kitchen; it is a place for women to laugh, grieve, cry, and cook together. Melding cultural identities under a shared roof, it creates a space to feel a sense of normalcy – in its simplest form, the universal need to connect, nurture, and commune through food, through crisis or joy – something we can all relate to.”

The cookbook is called Together, Our Community Cookbook, and was launched on September 20 at a book party at Kensington Palace hosted by Meghan and Prince Harry. Meghan helped prepare and serve the food with women from the kitchen to guests from their local community, the Al Manaar Centre and others involved in supporting the book. The women presented recipes from the cookbook, many of which have been handed down through generations, foods such as coconut chicken curry and caramelized plum upside-down cake.

Shakespeare said, ‘If music be the food of love, play on.’ He was talking about the beauty of music which can inspire romantic love. The Duke and Duchess of Sussex enjoy cooking meals together, and Prince Harry has revealed that he proposed to Meghan while they were making a meal in his cottage at Kensington Palace. However, ‘food of love’ can have

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many meanings which are also beautiful; 'food of love' can also mean compassion, generosity, self-sacrifice and togetherness.

At this time of harvest in Canada, we celebrate the bounty of the earth and give thanks for the gift of food from a loving God. As Christians, we know that sharing the bread and wine of the Eucharist is central to our relationship with God and Jesus. Other faiths also place emphasis on eating together as important in their faith community. We all know the importance of food for sustaining life, for health of body and mind, but sometimes we need to be reminded that food can be a significant way of doing God's work, of fostering understanding among people and of welcoming strangers to be friends. ■

CATHEDRAL NEWS FROM THE DEAN

It is an exciting fall at 225 James Street North. We are excited to be hosting the **Seating of the 12th Bishop of Niagara** in October – in her Cathedral into her cathedra. It promises to be a wonderful afternoon – Sunday, 21 October at 4:00 pm.

Dan has initiated a new event dubbed **Cathedral Café**, which had its debut on September 23. It continues with another 'edition' on October 28, Sunday evening from 6:00 – 7:30 pm. The first one was a huge success – a wonderful evening of music and poetry from Caroline Bloss. Archdeacon Max Woolaver, a multi-talented musician and theologian, will present on October 28. I commend this special way to mark Sunday evenings to you!

The **Cathedral Forum** is a Sunday early afternoon programme which will happen periodically. I am looking forward to hosting these sessions, with a variety of foci and presentations. We will begin, also on October 28 (right after the 10:30 liturgy) with a special time experiencing The Blanket Exercise with Archdeacon Val Kerr as our guest. More of these forums will be offered in the fall and into the New Year.

Yoga for Families: One of our parishioners, Stephanie MacLeod, is offering Yoga on Wednesday evenings at 7:00, in the Nave. Come with your families (or by yourself) – all for \$5.00! Relax, stretch, exercise, enjoy!


The entire community owes a huge vote of thanks to all of the many volunteers who worked so hard and with such joy and dedication at **Supercrawl** in September. It was simply magnificent, with over 11,700 visitors! From magical music to arresting art, from terrific tour guides to gracious greeters, it was just great. Thanks to all.

We are looking forward to Town Hall/Cathedral Council meetings on October 14 and November 18, both following the 10:30 liturgy; to our annual **AIDS Vigil** in December, and to all of the beautiful liturgies for which we are so well known – **The Requiem of All Souls** (this year on November 1); our special Sunday liturgies and, looking ahead, to the beauty of **Advent** and the special ways in which we mark it here.

We are so very fortunate in this Cathedral – please join us and bring your families and friends. ■

PAW

A STIFF DRINK

 And a good shave

by Dan Tatarnic✦



“It’s father’s day and everybody’s wounded (Leonard Cohen).”

It didn’t begin as a spiritual discipline; it began as an act of defiance. I was being taken for a fool, and I didn’t like it. The cost, per package, of disposable men’s razors had gone up yet again; the content, per package, had been reduced yet again. I was expected to be a good consumer and just accept the logic of it all, besides, what’s the problem with paying 30 percent more for 40 percent less? Well, for starters, it wasn’t just that I was expected to pay for 40 percent less product, I was also expected to be blind to the fact that there were fewer cashiers on the tills, fewer staff available for customer support; grin-and-bear-it, less was amounting to record-breaking profits for shareholders.

According to the corporation’s most recent financial records, they were advancing with strides. And yet, the corporation, which was posting record profits, was fomenting internal propaganda fueled by a narrative of economic victimhood. I know this, because I called the corporation’s headquarters to complain. Their response shocked me: they were convinced that they were justified in their actions – the government’s policy on minimum wage was hurting them, they couldn’t bear the economic weight of it. I called “B.S.” and decided to take up a new challenge and to ‘save my grandfather from the underworld.’

Who needed plastic, disposable razors anyway? My grandfather, Cossette, did not take a plastic razor

with him to Holland in WWII; not only did he survive the war, but he helped liberate a concentration camp. He shaved, every day, with his military-issue razor which served him well until his death, in 1989. My grandfather, Tatarnic, was a tank driver and a jazz musician. He survived the war too, but died in 1983. I only have two memories of him, but lots of romanticized stories. I wish I could have known him longer; a strapping fellow, who drove a tank by day and entertained troops by night. There’s a novel in there somewhere.

Martha and the kids were at the lake the day the package arrived. It contained a meticulously wrapped, shiny, stainless steel barber’s straight-razor, and sandalwood shaving soap. The fragrance of the soap filled the room, and as I unpackaged the contents of the parcel, I was overwhelmed with a sense of both excitement and dread, “are you sure you want to do this?”

As I said, Martha and the kids were at the lake, and it was a good thing they were, because had they been home the first time I used my brand new, shiny, stainless steel straight-razor with sandalwood soap, they would have called 9-1-1. But I was determined to persevere, and I’m glad I did, because straight-razor shaving is becoming a spiritual discipline. Let me explain.

You can’t rush through a straight-razor shave – no way! It’s a ritual; you need to be intentional, and you must respect the rubrics. Its contemplative: the time and space for the shave is time set apart – no kids, no

idle chatter, no texting (this is an important one in this present age). There's a liturgy to it! It starts with a refreshing shower, culminates with a rich aromatic lather, sandalwood, eucalyptus, something of the lavender or lime category. And it ends with a great postlude, a soothing after-shave balm. On a good day, there's communion, a little dram of 'spiritual refreshment' to go along with it; maybe some jazz on the old vinyl player, but nothing too enthusiastic. Trust me, I've made that mistake: you don't want to graze the tip of your nose.

It's been a long time since I last saw my grandfathers. It's been a long time since I last saw my father. But now, when I pause to participate in that mundane, daily ritual of shaving, I'm becoming more and more aware of a presence. There in the mirror is my grandfather's balding spot, my father's jowls, his father's grin. I am now entering that age – their age; the age that they were, forty-odd years ago, when I remember them at their prime.

I hear a lot of talk these days about re-claiming male spirituality. I don't know a lot about that. But I do know something about shaving, and shaving is a spiritual discipline. Beware; it'll open old wounds, because, as Leonard Cohen reminds us, "its father's day and everybody's wounded." I don't care what type of razor you're using, if you really, really shave, you'll know what I mean when I talk about the 'wound'. That seemingly utilitarian blade comes into contact with a miracle, and the miracle is both a mystery and a paradox: the signs of mortality, the signs of life-lived, and the promise of life to come.

Shaving is a life-map, and it'll take you on a recollected adventure through your life. Take the wound of an adolescent surgery, still visible today. I could never have imagined in eighth grade, what my life would be like today. And yet, even in grade eight, I desired what I have today. Then there's that little divot in my chin, I always seem to nick that scar with the blade. I got that wound the day I took a hockey puck in the face; boy, my friends and I had some good times growing up in those dark days before the

internet! It was brutal; I don't know how we survived grade nine! The ache from pesky, herniated disks that gets grumpy when I look too far to the left-and-down. Too many hours spent at the computer doing research. They remind me of something too, the pursuit for truth that never tires. And for crying-out-loud don't forget, Trigeminal neuralgia – knee slapping fun – taught me something about perseverance.

Like I said, I don't know very much about male spirituality. And even if I did, I probably wouldn't like it anyway. But the daily experience of following the life-map of straight-razor shaving, brings St. Paul's words to the Hebrews alive in a new way, "Therefore, since we are surrounded by so great a cloud of witnesses...let us run with perseverance the race that is set before us (Hebrews 12:1)." As we enter into the Kingdom season, and our inward eye stretches out to meet the east, I'd like to offer a simple toast: cheers to a stiff drink, and a good shave. ■

Congratulations!

On Sunday, September 30 at the Cathedral, Sister Heather was blessed as the newly-elected Provincial of the Sisters of the Church of the Canadian Province. In her new role, she is the Sister Superior in charge of the workings of the Sisters of the Province. Sister Heather replaces Sister Margaret whose term is coming to an end. ■



Photo courtesy of Jim Newman

BEAUTY BECKONS



by Michael Bloss



The 2018 edition of Supercrawl is now but a collection of fading memories filled with many recollections of visitors responding to a church very much alive and active. The motto “Beauty Beckons” came to be penned as those of us who were planning the elements of the Cathedral’s Supercrawl activities thought about what the architecture, art, and music had to say about who we are as a community.

It is clear that the Cathedral’s presence in Supercrawl as well as the monthly artcrawl, has become a sought-after cultural phenomenon. This place has become known as the place where you can encounter, at the very least, an artistic experience and at the most a uniquely and deeply transformative opportunity. We, as a community, are brought face to face with the fact that the majority of those who come through our doors leave changed, some even to return on a Sunday morning. Ultimately, as leaders, we are compelled to observe this as a result of our ministry and our mission.

So please allow me a few observations of my own brought forth by my experience leading the music over Supercrawl this year.

TAIZÉ SERVICE – a new element this year, and in searching for ways to present musical experiences which are authentic to the Cathedral’s life and culture, the idea for a Taizé service at the end of the day Friday came to fruition. Much like Music In Community, this style of worship involves a collection of short meditative songs with repetitive melodies. It is

an inclusive and inviting way to enter a sacred space.

I wasn’t sure what to expect. Would people enter in and join in the singing? Would they stay and rest a while even if they did not want to sing? How might the Holy Spirit elect to open a path for the music to flow over them? To my utter amazement, after about 15 minutes or so, visitors seemed to gather what was happening and, ultimately, many simply sat down in the Nave and most even joined in the singing.

As I settled into the music and allowed the atmosphere to envelope the guest musicians (flute, viola and guitar), members of the choir and myself, I could feel a presence to holiness and peace come upon the place. With the reduced lighting and candles, the effect was mesmerizing. The warm acoustic blended voice and instrument into a sound larger than its parts.

Iconography is also a major part of a Taizé experience, the icons serving to focus attention to see through the image to the ineffable beyond. The amazing part for me was that the photographic artwork on one side of the Nave and the murals on the other served as that iconography. The effect was striking because rather than ancient Orthodox images, stark yet compelling reminders of our present societal need and reality made the mission side of this musical experience all the more authentic and connected.

ORGAN – as always, the organ is a very captivating
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TAIZE SERVICE AT SUPERCRAWL 2018

experience for people visiting the cathedral on these occasions. Many come just to hear the instrument play. From young to old, there is a fascination watching the organist (especially the pedal-work) but also for some, the fact that there is someone actually playing (rather than autopilot).

Again, the organ is a very authentic piece of any cathedral experience, and Christ's Church Cathedral is no exception. The majesty as well as the quiet expressiveness asserted itself into the space. Certainly the moments in Elgar's Pomp and Circumstance March where the tune Land of Hope and Glory rings out had many people singing (including the cathedral guides). This was the best spontaneous interactive music making one could imagine.

I think for many there are countless events in their lives involving the church – perhaps some good and some not so good – which can be redeemed by the wordless eternity of the organ's sound. Judging from the occasional comments made by many to me at the organ, it was clear that spending some time in their Supercrawl experience to be a part of the musical architecture and within the context of the cathedral made a difference in their day.

These are but two of the things which made a difference to me this year. It was illuminative, exciting, exhausting yet energizing work to do over a few days. There are a great many thanks to be given to the other musicians: Caroline Bloss and Brad Barnham, Peter MacDonald and Danielle Grundy, The James Street North Players, and the duo of Gwen Peer and Andrew Dewhurst. Without them and without all the volunteers and staff colleagues who work tirelessly for and at this event, none of this work would take place. This is clearly an important part of our outreach. A pearl of great price. Beauty Beckons to Supercrawl 2019. ■



Photos courtesy of Jim Newman

October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>7</p> <p>Thanksgiving</p> <p>Holy Eucharist 8:30 am</p> <p>Choral Eucharist 10:30 with Blessing of the Animals</p>	<p>8</p> <p>Cathedral Place Closed for Thanksgiving</p>	<p>9</p> <p>Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p>	<p>10</p> <p>Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p> <p>Family Yoga 7 pm</p>	<p>11</p> <p>Centering Prayer 7:30 am</p> <p>Holy Eucharist 12:15</p> <p>Choir Practice 7:30 pm</p>	<p>12</p> <p>Gardening in Bishopsgate 9:30 am</p> <p>The Litany of Reconciliation 12 pm</p> <p>Cathedral Place Open 10 - 2</p> <p>James St. North Art Crawl, Cathedral Open 7-11 pm</p>	13
<p>14</p> <p>Pentecost 21</p> <p>Holy Eucharist 8:30 am</p> <p>Choral Eucharist 10:30 followed by Cathedral Town Hall</p>	<p>15</p> <p>Holy Eucharist 12:15</p> <p>Bishop's Company Dinner at Michelangelo's</p>	<p>16</p> <p>Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p>	<p>17</p> <p>Holy Eucharist 12:15 pm</p> <p>Prayer Shawl Knitting 1-3</p> <p>Family Yoga 7 pm</p>	<p>18</p> <p>Centering Prayer 7:30 am</p> <p>Holy Eucharist 12:15</p> <p>Choir Practice 7:30 pm</p>	<p>19</p> <p>Gardening in Bishopsgate 9:30 am</p> <p>The Litany of Reconciliation 12 noon</p>	20
<p>21</p> <p>Pentecost 22</p> <p>Holy Eucharist 8:30 am</p> <p>Choral Eucharist 10:30</p> <p>Seating of the Bishop 4 pm</p>	<p>22</p> <p>Holy Eucharist 12:15</p>	<p>23</p> <p>Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p>	<p>24</p> <p>Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p> <p>Family Yoga 7 pm</p>	<p>25</p> <p>Centering Prayer 7:30 am</p> <p>Brass Monkeys 9 am</p> <p>Holy Eucharist 12:15</p> <p>Choir Practice 7:30 pm</p>	<p>26</p> <p>Gardening in Bishopsgate 9:30 am</p> <p>The Litany of Reconciliation 12 noon</p>	27
<p>28</p> <p>Pentecost 23</p> <p>Holy Eucharist 8:30 am</p> <p>Choral Eucharist 10:30 followed by Cathedral Forum</p> <p>Cathedral Café 6 pm</p>	<p>29</p> <p>Holy Eucharist 12:15</p>	<p>30</p> <p>Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p>	<p>31</p> <p>Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p> <p>Family Yoga 7 pm</p>			

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Centering Prayer</i> 7:30 am <i>Holy Eucharist</i> 12:15 <i>All Souls Requiem</i> 7 pm	2 <i>The Litany of Reconciliation</i> 12 noon	3 <i>Diocesan Synod</i>
4 <i>The Feast of All Saints</i> <i>Holy Eucharist</i> 8:30 am <i>Choral Eucharist</i> 10:30 followed by <i>Cathedral Town Hall</i>	5 <i>Holy Eucharist</i> 12:15	6 <i>Holy Eucharist</i> 7:30 am <i>Meal Tickets</i> 9:30 -11	7 <i>Holy Eucharist</i> 12:15 pm <i>Prayer Shawl Knitting</i> 1-3 <i>Family Yoga</i> 7 pm	8 <i>Centering Prayer</i> 7:30 am <i>Holy Eucharist</i> 12:15 <i>Choir Practice</i> 7:30 pm	9 <i>The Litany of Reconciliation</i> 12 noon	10
11 <i>Pentecost 25 with An Act of Remembrance</i> <i>Holy Eucharist</i> 8:30 <i>Choral Eucharist</i> 10:30	12 <i>Holy Eucharist</i> 12:15 <i>Parish Life/ Outreach Committee meeting</i> 5:30 pm	13 <i>Holy Eucharist</i> 7:30 am <i>Meal Tickets</i> 9:30 -11	14 <i>Holy Eucharist</i> 12:15 pm <i>Prayer Shawl Knitting</i> 1-3 <i>Family Yoga</i> 7 pm	15 <i>Centering Prayer</i> 7:30 am <i>Brass Monkeys</i> 9 am <i>Holy Eucharist</i> 12:15 <i>Choir Practice</i> 7:30 pm	16 <i>The Litany of Reconciliation</i> 12 noon	17
18 <i>Pentecost 26</i> <i>Holy Eucharist</i> 8:30 <i>Choral Eucharist</i> 10:30 followed by <i>Cathedral Town Hall</i>	19 <i>Holy Eucharist</i> 12:15 <i>Parish Life/ Outreach Committee meeting</i> 5:30 pm	20 <i>Holy Eucharist</i> 7:30 am <i>Meal Tickets</i> 9:30 -11	21 <i>Holy Eucharist</i> 12:15 pm <i>Prayer Shawl Knitting</i> 1-3 <i>Family Yoga</i> 7 pm	22 <i>Centering Prayer</i> 7:30 am <i>Holy Eucharist</i> 12:15	23 <i>Gardening in Bishopsgate</i> 9:30 am <i>The Litany of Reconciliation</i> 12 noon	24
25 <i>The Reign of Christ</i> <i>Holy Eucharist</i> 8:30 <i>Choral Eucharist</i> 10:30	26 <i>Holy Eucharist</i> 12:15	27 <i>Holy Eucharist</i> 7:30 am <i>Meal Tickets</i> 9:30 -11	28 <i>Holy Eucharist</i> 12:15 pm <i>Prayer Shawl Knitting</i> 1-3 <i>Family Yoga</i> 7 pm	29 <i>Centering Prayer</i> 7:30 am 29 <i>Holy Eucharist</i> 12:15 <i>Choir Practice</i> 7:30 pm	30 <i>The Litany of Reconciliation</i> 12 noon	

DONNA REID



by Jenny Street



The Cathedral is blessed with being in a neighbourhood of friendly, caring people who value Hamilton, its history and its heritage. There are a mix of people...those who have been here for years, those who moved in recently, those who came, saw, and stayed. Today I'd like to tell you about our friend, Donna Reid.

Donna created The Hamilton Store and opened five years ago on James North. She sources and sells art, gifts, and products with a Hamilton connection. But she's not a born in Hamilton Hamiltonian. She fell in love with Hamilton and chose it as home 20 years ago.

She had lived and worked across Canada and was working as a sales representative in the giftware industry for many years. Transferred from Calgary to Toronto, she was ready for a place to put down roots.

She'd heard the comments about Hamilton: lunchbox city, the dirty steel town from people who had never visited Hamilton. She was taken aback on her first visit. Then she met 'the house'!

The 'house' that became home is in our neighbourhood – a restored heritage home adorned with a plaque testifying to its history. It had been a rooming house and was being restored by the owners for whom Donna had worked as a sales rep. They wanted her to buy it and after spending some time learning more about Hamilton, she did.

Always a collector, with an interest in architecture,

she began collecting heritage pictures of Hamilton. And she began selling images on magnets and note cards during the weekends at the Hamilton Farmers' Market. In 2005 she prepared a proposal for City Hall to create a pop up store at City Hall to be staffed by senior citizens and to sell gift items made in Hamilton. That idea didn't fly.

Donna's sales career 'on the road' ended with a serious car accident in 2000. After recovery she began working at City Hall in the culture department and subsequently as the Ward 2 Councillor's Assistant. That's when we first met her.

In her capacity with the City she was involved with the creation and launch of the Makers' Market.

In 2013 her friend Graham Crawford – who was winding down his successful HIStory + HERitage Gallery on James St. North – suggested that she rent his space and open the shop she'd always dreamed of. He recognized her commitment to the city, to its history and to the changing James St. North scene. During the 2013 Supercrawl Donna tested her Hamilton Store concept by selling vintage images and fridge magnets in the gallery. It was successful enough to venture further.

Donna began scouting local products. In addition to some local art, she opened with mustard, hot sauce and lavender!! Today the shop carries a wide range of locally sourced products with a Hamilton connec-

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tion: books about Hamilton, photographs, gifts, and souvenirs.

In 2003 she started the Hamilton program of Doors Open which still continues the first weekend in May every year. She is an important support to Makers' Market, and encourages young artists by buying and displaying their work in the Hamilton Store. The back garden Courtyard hosts discussions, provides relaxation, and art shows. Coincidentally, just after our meeting, Donna was presented with a citation by the Hamilton Historical Society, recognizing her work.

Donna tells me that her customers come from all over the world. The day before I met with her she had seen people from Australia, New Zealand and Buenos Aires! Customers are also proud Hamiltonians from all parts of the city anxious to support their city and its growing sense of pride. "They love their city and are proud of it!"

This is a very supportive neighbourhood where businesses tend to work together to support the growing reputation of the artistic community in a heritage setting. ■



*Exhibit by Leah Denbok
(photo courtesy of Leah Denbok)*



James Street North Players



Michael Bloss on Organ



Makers' Market at Supercrawl

Photos on Top Right and Bottom courtesy of Peter Macdonald

HILARY MCLEOD



1. ***What is your idea of a perfect day?***
A relaxing day spent with family and friends with someone else cooking! ☺
2. ***Why did you choose the Cathedral as your spiritual home?***
I chose the Cathedral as our spiritual home because I really enjoy the inclusiveness, the outreach to the community, the sermons, choir and music, and the beauty of the building.
3. ***What is the one thing that you most look forward to at the Cathedral?***
I look forward to the feeling of peacefulness and spirituality, along with learning and listening to Michael play.
4. ***If you could change one thing at the Cathedral, what would it be?***
Hard to say...nothing comes to mind.,
5. ***Which living person do you most admire?***
Two people...my parents, 89 & 90 years old. They are compassionate, they are each other's best friend, worldly and accepting, well travelled, and great examples.
6. ***What would be your desert island pick for a book, a piece of music, and food?***
My desert island pick for a book would be *A Fine Balance*, by Rohinton Mistry, piece of music would be...Buena Vista Social Club – Candela, and food, definitely chocolate and red wine.
7. ***Where would your dream vacation spot be?***
Africa or Provence.

TOM MCLEOD



1. ***What is your idea of a perfect day?***
Any day where I feel peace and contentment.
2. ***Why did you choose the Cathedral as your spiritual home?***
It is a place where I can reflect and find respite and deepens my religious knowledge.
3. ***What is the one thing that you most look forward to at the Cathedral?***
I look forward to the music, Michael's playing, the homily, and the beauty of the Cathedral.
4. ***If you could change one thing at the Cathedral, what would it be?***
The floors.
5. ***Which living person do you most admire?***
Roberta Jamieson, Indigenous leader.
6. ***What would be your desert island pick for a book, a piece of music, and food?***
My desert island pick for a book would be *Smiley's People* by John LeCarre, piece of music—Autumn Leaves by Cannonball Adderley (the greatest alto sax player ever), and food choice would be...succulent lamb.
7. ***Where would your dream vacation spot be?***
The Scottish Highlands.

SEPTEMBER

A reawakening

by Jim Newman



September always seems to arrive unexpectedly amid a flurry of preparations for returning to school and other regular activities. The church reawakens from a summer of somewhat reduced schedules with a reminder to Wardens that the first Sunday of Advent is a scant few weeks away.

A large portion of our September Corporation meeting is usually consumed by the details of the fall schedule. Led by our Dean Peter, we work our way through a long list of commitments: the Supercrawl Arts and Music Festival, Ordinations of Priests and Deacons, the Order of Niagara Service, the Seating of our Bishop Susan, Cathedral Council meetings, special services for All Souls, All Saints, and Remembrance Day, Niagara Synod, Cathedral Cafés, and more. Somehow it all fits into the calendar.

A financial update is always on the agenda, and we review our situation as of the end of August. This year parishioner giving is behind budget (we haven't yet achieved the sought after 2% increase in parishioner giving), but expenses are under budget so far, so that's good news. That leads to a discussion about Christian stewardship and the program format for 2019.

We'll remind parishioners that true Christian stewardship is really not about money, or paying the bills, or keeping the church afloat; it's about our relationship with God. We are to give generously – the best of our time, talent, and treasure back to God's mis-

sion in the world in gratitude for God's endless love for us, and for all God has done for us.

The remainder of a Corporation meeting typically deals with property concerns, diocesan priorities, worship, outreach, and parish life.

Fall is a wonderful and exciting time of year, especially at Christ's Church Cathedral. It's good to be back. ■



*Corporation Meeting—August 2018
(Photo courtesy of Wendy Newman)*

RENEWAL AND RENAISSANCE

 Donate, participate, and be involved



by Reneé Wetselaar



“This was a great occasion in the life of St. Matthew’s Parish, for it came at a time of change. St. Matthew’s and other parishes in the general area, which could be described as the “Bay Front”, have begun a team ministry of social action...the centre of this ministry is the Compass – a store on Barton St, where programs of counselling and help are provided to all who seek help.” – Nov 1964, Niagara Anglican

St. Matthew’s House has been a presence on Barton Street for over 131 years, since St. Matthew’s Church was founded at the corner of Barton and St. Matthew’s Avenue in 1887. We have served and supported 1000s upon 1000s who have come to our doorstep, serving many people in need of housing, food, and childcare support. Over the years our location has changed slightly, and now we operate our childcare, seniors, and food security programs at our main location at 414 Barton Street East, at the Eva Rothwell Centre on Wentworth Ave. North and at the newly launching East End Food Centre at 625 Greenhill Ave.

Our **vision** is to provide hope and support for people to reach their full potential and lead fulfilling lives.

Our **mission** is to ensure that St. Matthew’s House is a place of hope that supports people in need.

Our **values** are responsiveness, accountability, innovation, diversity, and fairness.

2018 is a year of renewal once again for SMH. At the May 28, 2018 Board Meeting the Strategic Plan for 2018–2021 was unanimously adopted. Through this process, the vision, mission, and values of the organization were confirmed as right to guide St. Mathew’s House for the next three years of this plan. The Strategic Plan’s five main goals are:

- Advance Strong and Stable Leadership
- Strengthen Leadership Advocacy and Partnerships
- Develop all the Barton Street Building and become more of a Community Hub
- Achieve a Significantly Stronger Profile
- Ensure that the Long-Term Sustainable Fund-Raising Plan is delivering results

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In July, I was hired as the new Executive Director. I have over 25 years of not for profit experience working

in Hamilton in the areas of affordable housing, health and wellness, arts and culture, inclusion and equity, and community engagement and development. I bring both my community connections and knowledge to SMH at a time of renewal and growth. It is also a time when SMH is expanding our childcare centre, increasing our engagement with vulnerable seniors, and plan to open our doors at the east end food centre by the end of the year. These are not small challenges. Alongside the board, I will also be focused on raising SMH's profile and increasing donor dollars.

As we see poverty persist, we still see people go hungry. This is unacceptable and why SMH is here to respond. Our food bank remains busy and our meal programs for seniors are well utilized. Our childcare centre serves hot meals to children daily and we ensure that parents get the support they need too. This fall our annual *Adopt a Family/Senior Christmas Program* launches again as we hope to serve 1000 individuals with gifts and food to celebrate this season. Our childcare program is full, and our expansion plans will add over 30 seats.

Our goal to ensure the long term sustainability of SMH includes an annual goal of \$400,000 in donor funding. What we are excited about is the generosity of our donors and funders. Without any of them (and many of them are you!), we can't do this important work. While 2018 is a time of renewal, it is also a time that we see that we are needed more than ever. SMH stands strong in the face of a changing time and we are here to help – just like we did in 1964 when the Compass and SMH was born as a 'street ministry'. We hope you come and join us and make a difference in the lives of others. Donate, participate, and be involved. YOU can make a difference. And your help matters because this is where hope lives. ■

For more information about participating in SMH's work, please call 905-523-5546 x 230, email to admin@stmatthewshouse.ca or visit our website at www.stmatthewshouse.ca



A BLESSED GIFT

 Movement, relaxation, and reflection

by Stephanie MacLeod



Yoga is the Sanskrit word meaning *to yoke, join, or connect*. In practice, yoga stresses the connection between the mind, the breath, and the body and how the affirmation of that connection can bring them into a meditative balance. Poses, called Asanas, are completed in an expansion and contraction wave-like movement in harmony with the breath. This physical practice works to bring the body into submission; to make it still that the mind might follow.

My experience with Yoga began after an illness left me unable to do many of the physical activities I was accustomed to. Running, boxing, weight training, and even hiking or walking became tedious as I was always holding everyone back. Day-to-day tasks became impossible. Instead of enjoying my life, my prime goal became to complete what I needed so I could get back to bed. Eventually something had to give - so off to Yoga I went. In my second practice I hit a limit and was unable to get into a fairly simple, but full body weight-bearing pose. I felt overwhelmed, frustrated and hopeless. Tears were shed.

The Yoga instructor guiding the class at the time must have read me (or maybe she didn't, and this was a coincidence) because she asked all of us to come out of the pose and to lay on our backs on our mats. She talked soothingly about how hard we can be on ourselves – that we should learn the practice of letting go of such thoughts, even if they might be helpful in some contexts. She discussed ego and how necessary it was to leave our ego outside the

door; to get into our own heads and to be comfortable with our true selves instead of the artificial personae that we construct and present to the world. Having thus quieted us, she left us with our thoughts. I think that moment may have meant, for me, the difference between seizing and living life, and merely riding it out until I was spent. Yoga was not a “cure” for the mental load or the physical trials in my life. It is no magic bullet. It did, however, teach me that my reaction to those trials was fully under my control. This coupled with Centering Prayer at the Cathedral (which teaches us to let go of judgment and embrace “the now”) has renewed and reinvigorated my outlook on life.

I have been studying Yoga for 3 years now. When I get on my mat and someone is guiding me through a practice, I find myself exploring spaces and muscles in my body that I would normally ignore. Indeed, I might not have even been aware of them. With the guidance of another instructor, I can stretch out with my thoughts and feelings, interrogating them and controlling my reactions to them. Doing so for an hour, a couple of days a week, turns my mat into a retreat – a blessed gift of movement, relaxation, and reflection. This year, I opted to take a certification course so that I could bring this gift to others.

Yoga brings many benefits. There is the physical reward that comes from connecting your mind with

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your body through breath, while physically strengthening, toning and bringing mobility to muscles and joints. Beyond these, however, there are abundant psychological (and dare I say spiritual?) rewards. I love doing yoga with friends and family. It is interesting, and perhaps ironic, that an activity which draws you inward can foster strong bonds between people. Where you find yoga, you find community. Yoga is truly for everyone. It can be done anywhere and practiced at any level—including by people with limited or no mobility. If there are obstacles or perceptions that limit accessibility, they are usually self-imposed. There is a common perception that people need to be young, or super-muscular, thin or strong to start, but that is simply untrue. Yoga is about connecting, mind, body and breath. Anyone in possession of all three can participate. You don't need to look like an athlete or movie star.

Finances can be an obstacle. Memberships at most studios are around \$100/month per person, with drop-in rates of about \$20/class per person. While these rates are fair in a business context (*no one gets rich teaching yoga*), such costs can exclude many families from participating. Thankfully, there are many community classes available, if you are aware of them. Many local libraries, community centres, and schools offer Yoga for free or at a reduced rate. Some yoga studios also offer solutions to the finance issue. So-called “energy exchange,” where you work a couple of hours a week in the studio in exchange for your membership, is popular. Some studios may host “bring a friend” or “bring a child” events where bargains can be found.

So why do yoga, an Eastern spiritual practice, at the Cathedral – the house of the Judeo-Christian God? For me, there is no conflict between the two. Christianity, like yoga, is as much a practice as a set of beliefs. We come to the Cathedral to worship, perhaps once or twice a week. But we are also called to practice, and the practice of our faith is not a solitary

endeavour. Our relationship to God may be a personal one, but we celebrate it as a community. Yoga at the Cathedral is just another (parallel) way in which we can practice loving our neighbours as we love ourselves. It is just one more way to connect the people within our parish to one another, and to the communities which surround us. The Church in many communities used to be a meeting place, a spiritual home, and the principal venue for community – a place of meetings and partings sealed by ritual and tradition. This is still the case at Christ's Church Cathedral. As the Church reaches out to welcome the stranger and to dissolve the walls between itself and the Other, it has embraced the non-traditional and, in doing so, discovered a hitherto-unappreciated richness. Yoga is rooted in love and in the exploration of that quiet place where the Divine resides in all of us. I wanted to share it with you and where better than here? If we can reach out and touch the tender in someone who has been neglected or guarded, we should grasp it joyfully.

I invite you to explore Yoga at the Cathedral on Wednesday evenings until December 19th. See where it takes you. ■



THE DIEPPE RAID

 Hamilton mourns at the Cathedral

by Wendy Newman

It was August 1942, and although the Allies were gaining strength, the tide had not yet turned in the War. Hamilton had many concerns, many losses, but the disastrous raid on Dieppe on August 19 struck particularly at the heart of this city. Only two years before, men of the Royal Hamilton Light Infantry had marched to Christ's Church Cathedral to deposit their colours. At the end of August 1942, a public service of remembrance and intercession was held in the same place. It followed the form of one held in the cemetery at Brookwood, Sussex, where many members of the RHLI were buried after the attack.

The casualties had been horrendous. According to the CBC, of the 582 RHLI soldiers who landed that fateful morning, only 211 of them returned to England that day, most of them injured. Another 197 men were killed, and 174 taken as prisoners of war. It was cold comfort to families in Hamilton that Dieppe was asserted over time to have advanced the War, especially preparations for the Normandy campaign. And the theory that the raid's real purpose was to target the German Enigma code was not to emerge for another 70 years. Hamilton was in deep mourning, and the Cathedral welcomed the RHLI, families of the soldiers, and other units partici-



The Dieppe Raid by Gordon Wilson

Image courtesy of the Hamilton Public Library,
Local History & Archives

pating in the Dieppe raid.

The church was full and, even with extra seating brought in, many had to be turned away. The music included the hymn "O God of Bethel, by Whose Hand Thy people still are Fed", Psalm 121 (I will lift up mine eyes unto the Hills), and O God our Help in Ages Past. Bishop Broughall pronounced the benediction and offered prayers. Dean Waterman preached on the text (2 Samuel 10:12) "Be of good courage and let us play the men, for our people and for the cities of our God." He said, "Let us be conscious that God is about our prisoners of war. His sustaining arm giving strength, and that He is about the forces on sea and in the air... Those who mourn follow after the Mother who stood 1,900 years ago at the foot of the Cross and drank a cup of suffering scarcely less bitter than that of her Son dying on the Cross."

Today only one "Riley" remains. The recent funeral of RHLI reservist Nathan Cirillo reminds us of the Cathedral's value and importance to a stricken city, though public mourning rituals have changed immensely over time, often now taking the form of ersatz memorials of curbside flowers and mementos. In the dark days of 1942, the Cathedral was the city's church home. It remains a centre of civic and spiritual life in good times and bad. ■



POST SUMMER

 Behind budget

by Corporation



Parishioner givings are behind our 2018 year to date plan. When compared to last year, givings are pretty much at the same level while our budget contemplates a 2% increase. We typically see a dip in givings over the summer holidays and with the return of many during the fall months, we are hopeful that we will be able to reach our target by year end. We know many are giving faithfully and we thank you for your continued support!

Staffing expenses are lower than expected as we did not hire a summer student this year. (Our application for a grant from the Government of Canada to help offset salary costs was unsuccessful.) Program expenses are well below plan but these are mainly due to timing, meaning that we have incurred expenses but not yet been billed. We expect expenses to normalize to the budgeted amounts by year end. ■

Income		Aug 31, 2018	Budget	Variance
	Parishioner Givings	\$ 189,362	\$ 203,420	\$ -14,058
	Other Income*	\$ 15,873	\$ 20,220	\$ -4,347
	Open Collection	\$ 3,563	\$ 4,800	\$ -1,237
	Misc Income	\$ 1,336	\$ 3,000	\$ -1,664
	Fund Income	\$ 119,580	\$ 119,580	\$ 0
	Special Offerings	\$ 12,483	\$ 12,000	\$ 483
Total Income		\$ 342,197	\$ 363,020	\$ -20,823
Expenses				
	Staffing	\$ 196,811	\$ 206,714	\$ 9,903
	Diocesan Assessment	\$ 28,115	28,115	0
	Property	\$ 44,953	\$ 44,953	\$ 0
	Admin and Programs	\$ 77,009	\$ 94,832	\$ 17,823
Total Expense		\$ 346,888	\$ 374,614	\$ 27,726
Net Income (Deficit)		\$ (4,691)	\$ (11,594)	\$ 6,903

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