

CONTACT

Christ's Church Cathedral | Easter 2015



***The Power
of Prayer***



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THINKING ABOUT PRAYER

by Anne Harvey



I was sitting in the choir stalls one Sunday morning listening to Sharyn preach one of her wonderful sermons (I do pay attention!) and I was struck by a story she told that was all about the power of prayer. As Anglicans, I think we sometimes take prayer for granted. Our liturgy allows us to become so familiar with the prayers we use each week that we can say them in our sleep. While this is one of the things we hold dear about being Anglican (think of how attached we become to language) it is also a pit-fall. Have we lost our ability to pray if we don't have something written in front of us? Are we really praying if we are halfway through the Prayer of Consecration and have drifted off to our shopping list?

I imagine that prayer, like so many things, requires a bit of work. If we don't exercise that muscle it can atrophy. One of my vivid memories of my mother was her bedtime ritual of kneeling at her bedside and saying her prayers. We were taught, as children, to do the same, something I long ago abandoned, but my mother never did until she was no longer physically able to do so. This was a natural and regular part of her day.

We need to seize the moment to offer up a quick word of prayer — thanks for a friend, improved health, good news, blessings; regret for a wrong, missed opportunity to do the right thing, hurtful word; guidance and courage through stressful times and challenges. It doesn't have to be elaborate. I don't think God is that fussy about

form; it's all about content and intention. And when in doubt, we could always try the Father Tim option (read the Mitford series by Jan Karon) and pray the "prayer that never fails—Thy will be done."

Recently, we were in a situation at a sick bed where the caregiver asked if we might say a prayer. A short standard prayer was offered (the person in the sick bed a staunch atheist so we didn't want to go too overboard) but the caregiver wasn't satisfied and launched into what we often refer to as a "Jesus, we just...." prayer, where every sentence begins with "Jesus, we just...". While it was quite overwhelming, I couldn't help but admire the passion of her prayer and her ease at speaking so conversationally to Jesus.

All these thoughts have given rise to the theme for this issue of *Contact*—Prayer. When we spring these ideas on our faithful contributors they are very good natured about rising to the challenge. Kymme writes beautifully about the privilege of praying for others; Michael makes the prayerful connection between music and text; Sharyn recounts the story that first caught my attention; Peter speaks about some of the ritual aspects of prayer and Francean offers her own prayer. Sprinkled in amongst that are some interesting pieces about things happening at the Cathedral that I know you will enjoy reading.

From Paula and me, a very Happy Easter! ■

PROPERTY MATTERS

Priorities and realities

by Peter Wall †



In response to the question asked at Vestry about property repairs and maintenance matters, let me respond in a more extensive way than was possible on February 22.

As Cathedralites know, 'Cathedral Place' is 'one' piece of property and is managed by the Cathedral Place Property Management Committee, which is comprised of elected members of Vestry (4), appointed members of Synod (4), and Staff (4).

This large and complex place is busy, involves a full-time staff complement of close to 30 people (with Jamesville Childcare Centre staff factored in) and is a church, an office complex, and a community resource which operates seven days a week, and is staffed from 6:30 am to 10:00 pm five days a week, with extensive weekend operations and services.

Our Property Manager, Derek Smith, is a member of the Property Management Committee and is responsible for ongoing repair and maintenance items. The annual budget is set within the Diocesan budget, and the Cathedral Vestry contributes an 'occupancy cost' annually to recognize the congregation's use of space and resources. The gross operating costs are close to half a million dollars a year, and we recover (from the Cathedral, from Jamesville, and from other tenants and renters) around 125K per year, resulting in net costs of between 375K and 400K.

One of Derek's biggest challenges is to administer a budget for repairs to a building which is old, expensive, and very difficult (and expensive) to repair. From highly valuable and precious stained glass windows to aging infrastructure (boilers, windows, stone work, doors, floors, etc.) it takes all of the resources which we can muster each and every year. It also demands decisions which are often difficult to make, because we cannot do it 'all'.

The budget includes utilities, staff costs (Derek and the night desk staff), insurance, systems maintenance (HVAC, fire safety equipment, boilers, electrical systems, etc.), and ongoing upkeep and replacement of items like flooring, carpet, roofing, sidewalks, lifts, etc.

At each meeting of the Property Management Committee, the Property Manager reports on priority items and needs, and we try to make sure that, each year, a certain number of ongoing projects are addressed. A constant problem since the 'renovated' building opened in 1996 is the flat roof sections over the school house. We keep a close eye on stained glass in the Cathedral so that we know which windows will need addressing 'next'. And, as with all old buildings, the unexpected surprises often keep us on our collective toes!

From time to time, through the extraordinary

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generosity of Cathedral parishioners, we are able to 'supplement' the Diocese in covering some Cathedral repairs ourselves. Such was the case with the new lights in the chancel/sanctuary which we installed last year, and two projects are currently in the final planning stages, and are being covered by special gifts from special people: the renewal of floor covering in the sacristy and the ambulatory, and the extensive renovation of the Dean's Vestry so that it can become a part of the parish library system. Both of these are **only** possible because of those special gifts, and relieve the pressures on the broader Cathedral Place budget.

So, we have some identified projects before us this year. These include (in no special order):

- Urgent repairs to school house roof
- Replenishing the stock of folding chairs for use both in the Hall and in the Church.
- A new, better, recycling/refuse unit for the narthex
- Emergency bathroom/ceiling repairs in the second floor (west) bathroom on the second floor
- Starting a three year masonry repointing programme on the Cathedral masonry
- Carpet replacement in some office areas (where need is more extreme)
- Repair of and restoration to Great West doors of the Cathedral
- Replacement of the LED pixel board in the main 'Cathedral Place' sign

For the stained glass windows, the next priority items are Windows #13 (the Williams window over the Cathedra and Window #23 (the west wall window over the Great West doors).

We all appreciate both the great challenges and great rewards of being stewards of this wonderful complex! ■



Easter Services

Passion Sunday, March 29

8:30 a.m. & 10:30 a.m. Liturgy of the Palms & Holy Eucharist

Monday, March 30 & Wednesday, April 1

Holy Eucharist
7:30 a.m. & 12:15 p.m.

Tuesday, March 31

7:30 a.m. Holy Eucharist
12:15 p.m. Bishop's Eucharist

Maundy Thursday, April 2

6:00 p.m. Pot Luck Supper
7:30 p.m. Holy Eucharist & Foot Washing

Vigil (in the Columbarium) from end of 7:30 service to 11:00 am Friday

12:00 a.m. The Way of the Cross

Good Friday, April 3

11:00 a.m. Solemn Liturgy

Holy Saturday, April 4

9:00 p.m. The Great Vigil of Easter
Followed by Resurrection Party

Easter Day, April 5

10:30 a.m. Procession & Festival Eucharist

LOVE AND PRAYER

 Hopeful glimpse of
God's kingdom

by Sharyn Hall †



A woman became confined to a wheelchair because of poor health. She rarely could leave her apartment or do any of the activities she used to do. She believed that she was no longer a help to anyone, and that she had become a burden to others.

One day she looked out her apartment window and saw that workmen were beginning to construct a tall building across the street. Men were climbing around steel girders and balancing on narrow beams; it was dangerous work.

The woman decided that everyday she would sit by her window and pray for the workmen. She would pray for their safety and well-being in all kinds of weather. So everyday, she prayed to God for these strangers. She believed this was her only way to help them, and that God would take care of what was needed.

At first, her daily prayers were known only to her, but one day she told a friend about her prayerful care of the workmen across the street. Her friend told the workmen, who were surprised that a stranger would care about them. The fact that she was praying for them made them care more about their own safety and the safety of their co-workers. Her prayers made a difference in the morale of the workmen.

Soon they were sending her little gifts to say thank you. Her prayerful care of them had lifted their spirits every day as they faced their dangerous work. Her prayers also had lifted her own spirits, making her feel useful to others. Her kindness to strangers won her new friends.

The woman in this story could have retreated into a day to day existence because of her limited physical abilities. She initially thought that her possibilities for a useful life were gone, but she had a kind heart and she believed in prayer. She saw a way to reach out with love and compassion for strangers who were in danger.

She was not thinking about herself and she was not seeking praise for herself, but she had faith in God's mercy so she prayed for the workmen and let God handle the rest. Her compassion and faith in God led to unexpected blessings for her and for the workmen.

Jesus tells us that the kingdom of heaven is near to us, but we do not see it. Because of this woman's faith in God's love, she believed that her prayers for strangers across the street could make a difference in their lives. God entrusts us with love to share in whatever way we are able. Our prayers can give us a hopeful glimpse of God's kingdom of heaven. ■

TASK FORCE

 “Your hand O God
has guided...”

by Lynne Marchant †



On February 22, 2015 the Dean invited David Premi, Alex Spiegel, and me to be present at your annual vestry meeting. We made a power point presentation, each addressing particular aspects of the work. The presentation was followed by a Q and A time. The overall tone was very positive and all the questions were answered satisfactorily. Here is a summary of our work to date.

This journey began for me when I was asked by Bishop Michael Bird, and Dean Peter Wall to chair this task force in November 2013. We gathered a group of 15 in total, making sure that strategic people were part of this task force; the Diocesan Treasurer, Secretary of Synod, Chair of FAC, Chair of Church Buildings (BACCB), Diocesan Solicitor, 5 Cathedral members and so on. We have a diverse group of 9 clerics and 6 lay, 8 men and 7 women.

We began with a pro-forma in hand that suggested the project was beneficial. We had an architect and a developer on side. We have an old and creaky building with many expensive maintenance issues, having been renovated back in 1995, forming Cathedral Place. The challenge ahead was to leave no stone unturned, dot every i and cross every t – with no forgone conclusion – to answer the million dollar question: is it beneficial to develop the site at Cathedral Place to provide the Christ’s Church Cathedral (CCC) congregation and the Diocese with an updated facility that would enhance our ministry and

mission and provide sustainability into the long term future?

We had many areas to thoroughly investigate and many parties with a vested interest: sustainability, integrity with the ‘Vision for Niagara’, heritage, cemetery, Jamesville Day Care, CCC, city council, our neighbours, the Synod of Niagara, Diocesan Resource Center staff (DRC), affordable housing, a bigger footprint (buy more land), architect and developer (RFP), pro-forma, Canon 4.6, other similar projects that we could learn from and time is of the essence, to name a few!

There have been many meetings of this task force and mini meetings in between. I will endeavour to give you a point form outcome on each of the areas investigated to date:

- Sustainability is about mission and ministry into the future on this site. It is also connected to \$\$ as the present set up/costs to run CP is not sustainable. Therefore, doing nothing is not an option.
- Heritage concerns: CCC will not be touched at all. The front façade of the School House will also remain. In the proposed project everything else is up for grabs. At an early meeting with city staff the Heritage ‘guru’ was very pleased with our plans and their intent to maintain heritage buildings.

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- Land: We have the site of the current car park to work with. The parking lot is owned by the Synod of the Diocese of Niagara. Appraised value in the pro-forma is \$1.7 million and that is verified by an independent appraisal. We did look at buying land to the south in particular and it is not for sale.
- The Municipal parking lot is needed to add to our land in order to make this project feasible. With help from David Premi, architect, the Dean, and our ward councilor this land will be available to the project at a very low cost. In the event that the project does not go ahead, the land remains with the city.
- City Council is on board and very supportive. In September 2014 the pre-consultation meeting went very well. With the current development in Hamilton and our site's proximity to the GO station, and its prominence as part of the Jamesville community already, the city is very much in support of the proposed project.
- Former cemetery under the parking lot. This has been quite time consuming and a learning curve for us all! We did know that the site was formerly a cemetery. CCC records show the exact number of people buried, and ages. We have learned that it is likely that none of the burials were removed to the new city cemetery. We engaged Archaeological Research Associates Ltd., (ARA) to conduct a thorough investigation for us and consulted with the Ministry of Government and Consumer Services/Cemeteries. In summary, we learned that the minute we dig a hole in the parking lot and find a bone, we now have a cemetery and a crime scene. Right now the parking lot is deemed a suspected cemetery. We had a ground penetrating radar (GPR) survey conducted in July

2014 that indicates a fair amount of 'activity' in the southwest corner. Basically we really do not know what we will find until we dig. If the project is a 'go' the very first phase will be to bring in ARA who will painstakingly unearth the parking lot and recover every possible set of remains. The costs of this work (est. \$5-800,000) will be rolled into the project costs. If there is no project, we still have the moral dilemma of what to do now that we know there are remains under the parking lot! Anyone who is interested in seeing the full report can speak to the Dean.

- Neighbours are aware somewhat that there is the possibility of a development at CP. When the pre-consultation meeting occurred it was reported in the press. The Dean received a few calls of a positive nature. If we have a project the developer will have their team hold community meetings to address concerns and hear of any issues that may arise.
- Affordable Housing was investigated as a social justice concern and in keeping with our Vision for Niagara. At the end of the day our site cannot host the kind of homes needed in the city of Hamilton and we as a Diocese cannot afford to make this particular project into affordable housing. However, there are ways to incorporate some justice issues into our proposal. There will be better space available to invite the community into and to use; possibly providing much needed space for NFP groups. Ongoing outreach and ministry from this site into the future, and so on.
- Ottawa Cathedral development: In February 2014 the Dean of Ottawa came to our meeting and shared a great deal of helpful infor-

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mation with us about their project and what they would do differently. This was most helpful as we began our work. The people we consulted with about affordable housing were also most helpful in informing us of other developments, as were our architect and developer.

- Canon 4.6 has been upheld as per guidance from our very own Secretary of Synod and on occasion, the Diocesan Chancellor.
- Synod Council has had regular updates on the progress of the TF. Terms of Reference were approved at Diocesan Synod, April 2014. Another report was made to Diocesan Synod, November 2014. We were not ready to bring any motion forward at that time.
- Jamesville Day Care is aware of the proposed project and that it is our hope that they will choose to stay at this site. The proposed project accommodates the day care having dedicated space on the ground floor that would be built to their specifications as budget allows. If we have a project the developer and architect will consult closely with all the stakeholders to incorporate ideas and needs.
- DRC staff, in the current proposal have offices allocated. It is Bishop Michael's hope, and the Dean's that the DRC will continue to be located at 252 James St. N. They are excited at the prospect of having offices with heat in the winter, no leaky ceilings, and a layout that is more conducive to collaborative work.
- David Premi, Architect and Alex Speigel, Windmill Developments Toronto, have been godsend to this TF and to our Diocese! 'Your hand O God has guided' – without a doubt. We do have on file several refer-

ences from other projects developed by Windmill and we are assured we have the very best company available. David and Alex were both present at the recent CCC vestry meeting, February 22, 2015.

- Pro-forma has had much work of late. Post Synod, November 2015, a sub group from the TF formed to focus on the pro-forma and look in minute detail ensuring that all costs were included and that the profits were not overly optimistic. The resulting pro-forma is ready to go to a cost accountant for independent analysis. Windmill staff developed RFP and we received 3 estimates back. One is selected and we hope to have those results mid-March.

Nest steps include the whole task force gathering March 24, 2015 to discuss the results of the pro-forma. The Dean and Chair of TF will attend the day care board meeting that evening. April 7th the Synod Council will hear a report from the TF and we have the possibility of a Diocesan Synod later in May to ask for a yea or nay on this proposed project! At that point the work of this task force will conclude. If we do have a project we roll up our sleeves and the work begins. A new group will be formed for the next stage of work. We will keep you posted as the next few months unfold! ■

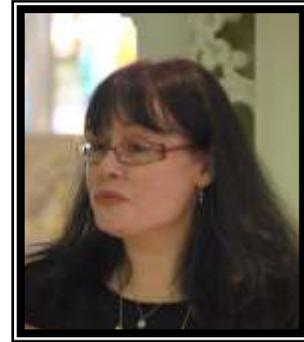
About Lynne Marchant:

The Venerable Lynne Marchant is the Chair of the Bishop's Task Force for Cathedral Place Development. Lynne was ordained in 1997 and served the Church of The Redeemer, Stoney Creek for three and half years. In 2000 she began her work as Rector of St. John the Evangelist, Niagara Falls. From 2003 – 2013 she served as Archdeacon of Brock. Lynne retired from her parish November 2013. Currently Lynne is a non-territorial archdeacon, Director of Stewardship, and chair of the TF.

DON'T WORRY

 Just do it!

by Kymmie Sun



My mother used to pray silently on her knees beside the bed, every night before she went to sleep. My father would lie there beside her, reading his war histories or airplane magazines, and Mom would be bent over, her curly grey head bowed.

I too pray on my knees beside the bed, but often my eyes are open so I can read the list of prayer requests from the Chronicle (plus my own list), and often I speak out loud. The point is, it doesn't matter where or when you pray; it matters THAT you pray.

Prayer is more powerful than we can imagine. It is about changing the world, and it is about caring for the people with whom we share that world. It is a huge privilege and responsibility. Thessalonians 1:17 (RSV) says, "Pray constantly"...And one of my favourite quotes (one that I have memorized) says, "The prayer of a righteous man availeth much" (James 5:16b, KJV). It's not that I or any person is righteous in ourselves; it's that Jesus died so that we could be righteous in him. And hey, the Bible tells us that if two or more people pray together, "He is in the midst of them" (Matthew 18:20 – this and all further quotes from RSV). Imagine that!

It amazes me that we can dare to speak to the Creator of this world. He of course does not always answer us as we would like, especially if we are asking him for a favour. Job found this out the hard way. We have to let God answer as

He wills, not as we will. And who says prayer should just be about asking for favours?

A church I went to long ago taught this very simple formula for praying; it was the acronym 'PRAY'. 'P' stood for praise, meaning that the first thing you should do is praise God – because I pray at night, I get to look back over the day and thank him for everything that went well. The next letter, 'R', stood for repent, so that you can ask for forgiveness for everything you did wrong. (Have you ever had a day when you did everything right? I haven't, either!) 'A' stood for ask, which is when you pray for others and for the world. The final letter, 'Y', was when you pray for yourself. Note that this is the last letter in the acronym!

What if you don't know what words to use? Well, when a disciple asked Jesus to "teach us to pray", Jesus taught the Lord's prayer. That prayer covers just about all the bases. And if you are really in despair, remember that "...the Spirit helps us in our weakness, for we do not know how to pray as we ought, but the Spirit himself intercedes for us with sighs too deep for words" (Romans 8:26).

So...you don't need words at all! Also, "...your Father knows what you need before you ask him" (Matthew 6:8). That is a comfort, isn't it? Don't worry about the fine points of prayer – just do it! (Those words existed long before Nike

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appropriated them!) You will feel closer to the Creator and closer to the people you pray for... even if they don't that know you are praying for them.

PS. Prayer does not just affect this world. For more on this, see Ephesians 11:20. ■

Coldest Night of the Year Walk

On Saturday, February 21, an intrepid group of Cathedralites braved the snow and damp to walk 2, 5, and 10 km to raise awareness of the plight of the homeless and hungry. This walk takes place in locations all across the country and funds are raised for local organizations. In lower Hamilton that organization was St. Matthew's House. The Christ's Church Chargers, led by John Bradley, raised over \$5,000. Well done!



Team Members: John Bradley, Anne Bermingham, Ann Fricker, Grace Jorey, Tom Komaromi, Peter Wall, Anne Harvey, Jennifer Early, Francean Campbell-Rich, Janina Vanderpost, Ed Early

The poem below, submitted by Sharyn Hall and written by Emily Bronte, contains, according to her sister, Charlotte, the last lines Emily ever wrote. Emily Bronte died at age 30 in 1848.

No coward soul is mine,
No trembler in the world's storm-troubled
sphere:
I see Heaven's glories shine,
And faith shines equal, arming me from fear.

O God within my breast,
Almighty, ever-present Deity!
Life – that in me has rest,
As I – undying Life – have power in Thee!

Vain are the thousand creeds
That move men's hearts: unutterably vain;
Worthless as withered weeds,
Or idlest froth amid the boundless main,

To waken doubt in one
Holding so fast by Thine infinity;
So surely anchored on
The steadfast rock of immortality.

With wide-embracing love
Thy spirit animates eternal years,
Pervades and broods above,
Changes, sustains, dissolves, creates, and rears.

Though earth and man were gone,
And suns and universes ceased to be,
And Thou were left alone,
Every existence would exist in Thee.

There is not room for Death,
nor atom that his might could render void:
Thou – thou art Being and Breath,
And what thou art may never be
destroyed.

CENTRE OF THE PRAYERFULNESS

 Bond between music and text

by Michael Bloss



St. Augustine of Hippo has said, “Qui bene cantat bis orat” or “The one who sings well prays twice”. Prayer can take place in a number of different contexts, and accompanied by music can often have an even more direct path from emotion to expression. Paul in Colossians 3:19 writes, “Let the word of Christ dwell in you richly, teaching and admonishing one another in all wisdom, singing psalms and hymns and spiritual songs, with thankfulness in your hearts to God.” With these two epigrammatic excerpts in mind let’s reflect on what it means to pray while we sing.

When we sing we give expression to a primal need to release emotion. We can identify with a certain text more deeply when it is conveyed through a soulful melodic or harmonic rendering. Much like a canvas, the musical representation provides the background, mood, colour, and movement to the emotion of the subject. Often, the most enduring musical pieces we sing at worship, whether choral or congregational, are ones which have the closest bond between music and text. Think of the hymn “And did those feet” to the tune Jerusalem, or the very first hymn in *Common Praise* “Holy, Holy, Holy” to the tune Nicaea. And most will readily pair the tune Crimond with the text “The Lord’s My Shepherd”.

So what are these psalms, hymns and spiritual songs which Paul speaks of?

The Psalms, a book of the Old Testament, are the first hymnal of the church. These texts were all meant to be sung and cover many expressions from lament to highest praise and everything between. The earliest musical partner to these texts was plainchant – a single melodic line sung in community – which was to evolve to the great finesse and colour of Anglican Chant. Chant made use of melody and harmony to depict the emotions in these texts. Through the word painting in the music, these texts could bring an immediate impact to the person singing whether in a monastery setting or modern day cathedral. Later paraphrases of the psalms appeared making them easier to sing with a known hymn tune of the same rhyme scheme.

Hymn texts arose from a desire to bring the scriptures into a sung style, much like what had taken place with the psalms. Usually the texts would conform to a certain rhyme scheme (which you can explore as one of the indices at the back of our hymnal) and which would join either with an existing hymn tune or would inspire a composer to compose one. A hymn explosion occurred in the 1800’s as writers and composers found the link between music and prayer to be an emotional connector as the fervour of the Revival took hold. Imagine the hymn “Precious Lord”, “Blessed assurance” and other hymns of the heart as examples of this. Even if many were to characterize hymns of this period as rather self-indulgent, you cannot deny

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the immediacy of the text and the music to elicit an emotional response to either inspire or answer prayer.

Spiritual songs are those congregational pieces which are not based strictly on scriptural paraphrase but rather are para-scriptural. They deal with topics such as justice or other contemporary Christian issues and include such genres as Iona, Taizé and Music in Community. Often the musical style is more contemporary and some feel this newly composed approach best illuminates an equally compelling and contemporary text. However, note that the musical and the textual still are cared for in a way which draws one to the center of the prayerfulness of the text. We have been singing some of this repertoire by Thomas Troeger and Dan Damon among others. These songs are to be found in supplemental resources and are finding their way more and more into denominational hymnals.

Be attentive to what is sung in the worship services you attend. Is it a text of Lament or Praise? Let the melody and harmony bring the imagery and emotion of the text closer to your heart. Be aware of the text as a psalm prayer or spiritual song which makes petition or is a call to action. Ultimately, add your voice to the strength of those singing around you so that the sense of worshipping as a community is further heightened.

These words by Fred Pratt Green written in 1972 still capture best this relationship of music with the centre of prayer. May these words inspire us to that more profound alleluia!

*When in our music God is glorified,
and adoration leaves no room for pride,
it is as though the whole creation cried
Alleluia!*

*How often, making music, we have found
a new dimension in the world of sound,
as worship moved us to a more profound
Alleluia!*

So has the Church, in liturgy and song,

*in faith and love, through centuries of wrong,
borne witness to the truth in every tongue,
Alleluia!*

*And did not Jesus sing a psalm that night
when utmost evil strove against the Light?
Then let us sing, for whom he won the fight,
Alleluia!*

*Let every instrument be tuned for praise!
Let all rejoice who have a voice to raise!
And may God give us faith to sing always
Alleluia! Amen. ■*

Passages

DEATHS

Karen Ross – January 18, 2015

Stewart Aldgate – January 23, 2015

Anne Pennington – February 6, 2015

MARRIAGES

Charis Chai & Jason Egbuna
December 13, 2014

Jane Thornton & Alan Oldham
December 20, 2014

Michelle Boutilier & Joseph Balducchi
December 31, 2014

Holly Jessop & Roberto Giordano
February 14, 2015

BAPTISMS

Harvey Michael Morrow Johnston – January 4

Poppy Patricia Gladys Johnston – January 4

A ROAD LESS TRAVELLED

 Evolving art project

by Philip Grant

I was excited and interested when Sharyn Hall first approached me about working on an installation in the Cathedral for Lent. The work that has resulted is an evolving art project, with a visual climax at Easter. This artwork reflects the symbolic elements of Jesus' travel through the wilderness and into his crucifixion and rising.

Sections of flat black posts are scattered amongst sack cloth and rocks. This minimal approach encompasses the sombre mood of Lent. As we get closer to Easter, the black posts will take the form of the cross. Parishioners and guests are encouraged to participate by donating stones for the path. White conte chalk is available near the flat posts; people are invited to anonymously write a word, phrase, or symbol that has a personal meaning about Lent and Easter on the posts.

A list of elements used to date:

- Various stones and rocks: to symbolize the path through the wilderness
- Black wooden posts in sections to eventually be formed into the shape of a 10 foot cross: the structure where Christ is crucified
- Chalk: for visitors to scribe onto the posts
- Canvas sack cloth: an simple blank backdrop

Over the course of the next few weeks, additional elements will include:



- Purple fabric sash: to symbolize suffer
- White fabric sash: to represent the risen Christ
- Aluminum wire and beeswax crown of thorns: to show the humiliation of the King of Kings by the Romans
- Tubing and wire, in the shape of the symbol of infinity like butterfly wings: to represent the resurrected Christ
- Faith and conversation: your personal interpretation



It is my hope that this work be engaging and representational of the seasons of Lent and Easter. Like the path through Lent, it is the journey we all make, more than the destination that should be the message....

AND MILES TO
GO BEFORE WE
SLEEP ■

...OF ALL KINDS

Prayers of preparation and thanksgiving

by Peter Wall †



The Church has, of course, always prayed, using many different forms and types. There are prayers of supplication, prayers of intercession, thanksgiving prayers, personal prayers, liturgical prayers. Within Anglicanism, where we put such a high value on both words and composition, we have many, many beautifully composed and historically significant kinds of prayer. As people ‘of the book’, (and here I mean the BCP or BAS, not necessarily the Bible) we have traditional and contemporary prayers, many of which we have come to love and value as part of our heritage.

There are also many different kinds of ‘private’ prayers – prayers composed to be said by priests as they prepare to celebrate the eucharist; prayers written to be said by acolytes and servers as they prepare to ‘serve’ the Mass; prayers for clergy as they don vestments, and even ‘secret’ prayers to be said in an inaudible voice by the celebrant as s/he prepares the altar for the ‘sacrifice of the eucharist’. Clearly, this last group are unknown in their fullness, because they are, indeed, secret.

The history of these distinctive (sometimes singularly odd) prayers and this kind of praying is very old and a part of the long history of the Church.

According to some sources, Martin Luther prayed this prayer, as he prepared to preside at the Eucharist:

Lord God, you have placed me in your church. You know how unsuitable I am. Were it not for your guidance I would long since have brought everything to destruction. I wish to give my heart and mouth to your service. I desire to teach your people, and long to be taught your work. Use me as your workman, dear Lord. Do not forsake me; for if I am alone, I shall bring all to naught. Amen.—Martin Luther

Another set of sources ascribe this one as the ‘real’ one which Luther prayed; (I like to think that even Martin Luther preferred this second one):

Lord God, You have appointed me as a Bishop and Pastor in Your Church, but you see how unsuited I am to meet so great and difficult a task. If I had lacked Your help, I would have ruined everything long ago. Therefore, I call upon You: I wish to devote my mouth and my heart to you; I shall teach the people. I myself will learn and ponder diligently upon Your Word. Use me as Your instrument -- but do not forsake me, for if ever I should be on my own, I would easily wreck it all.

A Roman Catholic source suggests this as a prayer to be prayed by the Priest prior to saying Mass:

Heavenly Father, as I prepare to assist You at Your altar, I declare my faith in You. At this

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(Continued from page 15)

Mass, keep me from distractions. Let me remember that in assisting the priest I am assisting Jesus in offering You the merits of His passion and death. I thank You for allowing me the opportunity to give my service to You. At this Mass, I join with your Priest in offering You the sacred Body and Blood of my Savior, Jesus Christ, Your Son. May my sharing the Divine Food in Holy Communion bring me eternal salvation. Amen.

And, perhaps, the pinnacle of ‘distinctive’ prayers of preparation is what follows here. These come from an Anglo-Catholic source, and are still used regularly in some of our parishes:

At Washing the Hands

CLEANSE my hands, O Lord, from all stain, that, pure in mind and body, I may be worthy to serve Thee.

While putting on the Amice

PLACE, O Lord, the helmet of Salvation upon my head to repel the assaults of the Devil.

While putting on the Alb

CLEANSE me, O Lord, and purify my heart, that, being made white in the Blood of the Lamb, I may attain everlasting joy.

While putting on the Girdle

GIRD me, O Lord, with the girdle of purity and quench in me the fire of concupiscence, that the grace of temperance and chastity may abide in me.

While putting on the Maniple

GRANT me, O Lord, to bear the light burden of grief and sorrow, that I may with gladness take the reward of my labor.

While putting on the Stole

GIVE me again, O Lord, the stole of immortality, which I lost by the transgression of my first parents, and although I am unworthy to come unto Thy Holy Sacrament, grant that I may attain everlasting felicity.

While putting on the Chasuble

LORD, who hast said, My yoke is easy, and My burden is light, grant that I may so bear it, as to attain Thy grace. Amen.

While putting on the Dalmatic, or Tunicle

LORD, clothe me with the garment of Salvation, and cover me with the robe of righteousness.

Prayers while removing the vestments

I GIVE Thee thanks, O Lord, Holy Father, Almighty, Everlasting God, who, for no merits of my own, but only out of the condescension of Thy mercy, hast vouchsafed to feed me, a sinner, Thy unworthy servant, with the precious Body and Blood of Thy Son our Lord Jesus Christ.

AND I pray that this Holy Communion may not bring guilt upon me to condemnation, but may intercede for me to my pardon and salvation.

LET it be to me a riddance of all vices, an extermination of all evil desires and lusts; an increase of love and patience, of humility and obedience, and all virtues.

LET it be to me a firm defense against the wiles of my enemies, visible and invisible; a perfect quieting of all my impulses, fleshly and spiritual; a firm adherence to Thee, the One true God; and a blessed consummation of my end.

AND I pray Thee, that Thou wouldst vouchsafe to bring me, a sinner, to that unspeakable Feast, where Thou, with Thy Son and the Holy Ghost, art to Thy Saints true light, full satisfaction, everlasting joy, complete delight, and perfect happiness. Through the same Christ our Lord. Amen.

There is a real and palpable beauty and ‘presence’ to many of these prayers. Those of us who lead worship are always looking for ways to gather worship leaders together and to prepare, appropriately and effectively, a group of people, lay and ordained, to lead God’s people. And so, there are many kinds, sorts, and varieties of prayer. Let’s keep exploring them in the days to come. ■



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March/April 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>22 Holy Eucharist 8:30</p> <p>Choral Eucharist 10:30</p>	<p>23 Holy Eucharist 12:15</p> <p>Makers' Market meeting 5:30 pm</p> <p>Corporation Meeting 7 pm</p>	<p>24 Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p> <p>Earth to Table 4 - 7 pm</p>	<p>25 Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p> <p>Lenten Book Study Series 6 pm</p>	<p>26 Holy Eucharist 12:15</p>	<p>27 Palm Cross Making 9:30 am</p>	<p>28 Cathedral Choir Retreat 12:30 pm</p>
<p>29 Passion Sunday Holy Eucharist 8:30</p> <p>Around the Bay Road Race (passes Cathedral 9:30—9:45)</p> <p>Choral Eucharist 10:30 am</p>	<p>30 Holy Eucharist 7:30 am & 12:15 pm</p> <p>Endowment Committee 5:30</p>	<p>31 Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p> <p>Bishop's Eucharist 12:15 pm</p>	<p>Apr 1 Holy Eucharist 7:30 am & 12:15 pm</p> <p>Prayer Shawl Knitting 1-3</p>	<p>2 Maundy Thursday Pot Luck Supper 6:00</p> <p>Holy Eucharist & Foot Washing 7:30 followed by Vigil in Col- umbarium until 11:00 am Friday The Way of the Cross 12:00 am</p>	<p>3 Good Friday Solemn Liturgy 11:00</p> <p>Choir Practice 1 pm</p>	<p>4 Holy Saturday The Great Vigil of Easter 9 pm followed by Resurrection Party</p>
<p>5 Easter Day Procession & Festival Eucharist 10:30 am</p>	<p>6 Cathedral Place Closed</p>	<p>7 Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p>	<p>8 Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p> <p>Parish Life/ Outreach Meeting 5:30</p>	<p>9 Holy Eucharist 12:15</p> <p>Choir Practice 7:30</p>	<p>10 Art Crawl 7 - 11 pm Cathedral Open</p>	<p>11</p>
<p>12 Holy Eucharist 8:30</p> <p>Choral Eucharist 10:30</p>	<p>13 Holy Eucharist 12:15</p> <p>Bible Study 10:30</p>	<p>14 Holy Eucharist 12:15</p> <p>Meal Tickets 9:30 -11</p> <p>Earth to Table 4 - 7 pm</p>	<p>15 Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p>	<p>16 Brass Monkeys 9-11 am</p> <p>Holy Eucharist 12:15</p> <p>Choir Practice 7:30</p>	<p>17</p>	<p>18</p>
<p>19 Holy Eucharist 8:30</p> <p>Choral Eucharist 10:30</p>	<p>20 Holy Eucharist 12:15</p>	<p>21 Holy Eucharist 7:30 am</p> <p>Meal Tickets 9:30 -11</p> <p>Jamesville AGM 5:30 pm</p>	<p>22 Holy Eucharist 12:15</p> <p>Prayer Shawl Knitting 1-3</p>	<p>23 Holy Eucharist 12:15</p> <p>Choir Practice 7:30</p>	<p>24</p>	<p>25</p>

April/May 2015

Sun	Mon	Tue	Wed	Thu	Fri	Sat
26 Holy Eucharist 8:30 Choral Eucharist 10:30	27 Holy Eucharist 12:15 Corporation Meeting 7 pm	28 Holy Eucharist 7:30 am Meal Tickets 9:30 -11 Earth to Table 4 - 7 pm	29 Holy Eucharist 12:15 Prayer Shawl Knitting 1-3	30 Holy Eucharist 12:15 Choir Practice 7:30	May 1	2
3 Holy Eucharist 8:30 Choral Eucharist 10:30	4 Holy Eucharist 12:15	5 Holy Eucharist 7:30 am Meal Tickets 9:30 -11	6 Holy Eucharist 12:15 Prayer Shawl Knitting 1-3	7 Holy Eucharist 12:15 Choir Practice 7:30	8 Makers' Market 7 - 10 pm Art Crawl 7 - 11 pm	8
10 Holy Eucharist 8:30 Choral Eucharist 10:30	11 Holy Eucharist 12:15	12 Holy Eucharist 7:30 am Meal Tickets 9:30 -11 Earth to Table 4 - 7 pm	13 Holy Eucharist 12:15 Prayer Shawl Knitting 1-3	14 Holy Eucharist 12:15 Choir Practice 7:30	15	16
17 Holy Eucharist 8:30 Choral Eucharist 10:30	18 Cathedral Place Closed for Victo- ria Day	19 Holy Eucharist 7:30 am Meal Tickets 9:30 -11	20 Holy Eucharist 12:15 Prayer Shawl Knitting 1-3	21 Brass Monkeys 9-11 am Holy Eucharist 12:15 Choir Practice 7:30	22	23 Half Day Synod
24 Holy Eucharist 8:30 Choral Eucharist 10:30 Confirmation 4 pm	25 Holy Eucharist 12:15 Corporation Meeting 7 pm	26 Holy Eucharist 7:30 am Meal Tickets 9:30 -11 Earth to Table 4 - 7 pm	27 Holy Eucharist 12:15 Prayer Shawl Knitting 1-3	28 Holy Eucharist 12:15 Choir Practice 7:30	29	30
31 Holy Eucharist 8:30 Choral Eucharist 10:30						

JANIE SPEARS

 Blue skies, familiar prayers and chocolate



1. *What is your idea of a perfect day?*

Blue skies, a visit from my five sons and families, which is always cause for much laughter and reminiscing; a hike through the ravine, black lab included; a special dinner that I don't have to cook (lamb and mint sauce!) plus a daiquiri!

2. *Why did you choose the Cathedral as your spiritual home?*

I did not choose. I was taken! As a baby I was christened, later confirmed, and then married here. I love it and will never make a change.

3. *What is the one thing that you most look forward to at the Cathedral?*

Familiar hymns and bible stories, words of wisdom. I also love looking at the stained glass windows especially the two in memory of my grandparents, Frederick Justus Howell and Christina Margaret Howell.

4. *If you could change one thing at the Cathedral, what would it be?*

I would like to use the old wording of prayers like the Creed and the Lord's

Prayer that we had ingrained into us as children.

5. *Which living person do you most admire?*

I know someone else has already said it and I agree – the Queen is amazing!

6. *What would be your desert island pick for a book, a piece of music and food?*

Hard to choose a book; there are so many. *Pillars of the Earth* by Ken Follett would be great. Music of the 40s and 50s – war time tunes. And for food, I know I should say apples but I would want chocolate!

7. *Where would your dream vacation spot be?*

Once I would have said the World and I do love the British Isles. Because I'm 92 years old, today I will say my dream vacation would be a rocking chair on the verandah of my cottage on Lake Erie where I could listen and watch the waves rolling in – meditating, dreaming, and reminiscing about a wonderful life! Or playing bridge. ■

KEN PATTERSON

 Community, Brahms and a glass of wine



1. *What is your idea of a perfect day?*

I'd spend the morning with friends visiting a museum or art gallery, then back to a cottage by the lake for a BBQ and a glass (or two) of red wine.

2. *Why did you choose the Cathedral as your spiritual home?*

I chose the Cathedral primarily because of the community of believing people. When I walk in, there are always people smiling, with warm greetings and hugs.

3. *What is the one thing that you most look forward to at the Cathedral?*

I most look forward to the people and the wonderful music.

4. *If you could change one thing at the Cathedral, what would it be?*

While the Cathedral is a parish church, like other parish churches, it is unlike them in that it is primarily a cathedral. It's in a position of leadership, example, and a 'cutting edge' place that other parishes look to when they have to make changes and move ahead.

What I would change is the attitude of people who want to keep things 'as they were in the beginning'. We need to support the leadership of the Dean, the Bishop, and others in developing a greater vision for the place of

the church in today's rapidly changing world, meeting challenges by taking appropriate risks, being daring in ways that respond to the needs of our neighbourhood, the city, the Diocese, and beyond.

5. *Which living person do you most admire?*

Of the many to choose from, I'd say Queen Elizabeth. The world, and the idea of monarchy has changed in the 63 years that she has been Sovereign, and yet she has continued to provide leadership and set an example of service that leave many of us in awe.

6. *What would be your desert island pick for a book, a piece of music and food?*

I would pick a book by Charles Dickens, probably *A Tale of Two Cities*, which has always been one of my favourites. My music choice would be Brahms' German Requiem, which was a great solace to me during a difficult time. The food I would like most would be a roast beef dinner, though how that would happen on a desert island is beyond me. And of course, wine, lots of good red wine.

7. *Where would your dream vacation spot be?*

My dream vacation spot is Florence and all of Tuscany in Italy. I would bask in the wonders of the renaissance. (And again, the wine!) ■

TRANSITION TIME

 Looking toward
the future

by Peter Wall †



As many Cathedralites know, I have been 'in charge' over St. Luke's, Hamilton for the last two years. We have been very fortunate in having Eric Griffin as one of our Honorary Assistants – Eric has deep gifts and has been the principal Presider at St. Luke's. They have one service each Sunday at 10:00 (soon changing to 9:00) and, approximately once a month, one of the other Cathedral clergy – Canon Thomas, Bishop Spence, Canon Hall, Canon Lefebvre, or I – will go to preside at Sunday morning service.

The St. Luke's congregation is quite small and, since last September, has been worshipping on its own, after the *San Gabriel* Spanish congregation moved to St. Michael's on the east mountain. These times of transition are difficult and painful; the St. Luke's congregation has been gracious and gentle in its moving toward what may be a very different future.

Both Bishop Bird and I are deeply committed to maintaining an Anglican presence in the north end of Hamilton, and the buildings (church, hall, and rectory) at St. Luke's are assets and resources which we aim to keep and use in creative and mission oriented ways.

We have been graced by the presence for many

years of a very successful Kids' Breakfast programme, serving students at both Benetto and St. Lawrence schools, and coordinated by the staff of the North Hamilton Community Health Centre. We are also in discussion with another major community organization which needs space and which will, we hope, be using the hall space at St. Luke's in significant ways. Another community group from the North End is also coming 'back' to St. Luke's as a regular user of some space. Meanwhile, I am challenging the worshipping congregation to open their doors and make an impact on the local neighbourhood. (Interestingly, none of the current congregants *live* in the north end, but they all have deep family roots there.)

Again, this summer, I hope that we will be able to welcome Sunday worshippers from St. Luke's to the Cathedral for Sunday services, as we did last summer.

There may well be volunteer opportunities involved in some of these ministries at St. Luke's – I will be sure to keep you posted!

My thanks to all of you; to Alison, and, in particular, to Derek for all of their help and 'extra' work with this lovely and needy parish. ■

DEAR GOD

 Let me not forget

by Francean Campbell-Rich



DEAR GOD let me not forget that summer in 1964 when I lost a whole day at sea. There had been a notice at the purser's office advising us that if we rose on time and met at his office on the 24th we would be taken on a special excursion. Mid-Pacific on an uneventful P&O trip to Yokohama, we could hardly wait for the day.

It never came, of course. "You missed it", said the purser, drily; "we crossed the dateline. The 24th was yesterday." (So how many days did Chris Hadfield miss? Did he try to keep a diary"? How did he keep his wife's birthday? Did God call it 'seven days' when He said it was 'good'?)

DEAR GOD let me not forget the stops and visits of that year, and the next, when I could have, should have and did not visit your places of worship, and wish now that I had. Music was more on my mind – festivals and opera houses steered my paths to Aix-en-Provence, to Rome, Vienna, Paris – wherever I could lean on my press credentials. Then England, where once again I dwelt more frequently in the world of Covent Garden and deadlines than Canterbury and St. Paul's.

DEAR GOD bless our Rosemary when she pilots a group to England's Grand Cathedrals next September. But the mind is a mystery; memory betrays; we cannot visit, let alone live among the sights and sounds of England without absorbing the essence of it, whether or not one was actually

there. Did I walk within the angled walls of resurrected Coventry, or have I simply imagined it all from words and dreams? Did I join the little group at noon Eucharist under the great dome of St. Paul's? Or did I retreat and take a seat among the vast number of empty seats, to observe in awe?

DEAR GOD, let Rosemary's companions absorb the feel of it and fret not whether they scanned the heights or read all the inscriptions – or thought they did. Ten days are ample to walk around a few monuments of history, to think, to let something happen – and to remember.

GRACIOUS FATHER let me not forget the unforgettable, that moment on the island of Ibiza, in the Mediterranean; the solitary little white-washed chapel high on a hill; the day I strolled up; a small, hooded, black-gowned figure approaching me on the narrow, grassy path, passing me on the left, muttering something... Time had stopped. It was 2000 BC. I turned to watch her continue down the hill.

She was gone.

AMEN ■



BOUNTY OF FOOD

 Opportunity to share and learn together

by Carrie Van Dorp



What is the Earth to Table Program at Christ's Cathedral on James Street North?

Well, if you were to find yourself in the Cathedral on a Tuesday before dinner, you might say it smells good and you would hear Farsi, Urdu, Arabic, Spanish, English and the universal language of laughter as we prepare a meal in the kitchen and share it together in Myler Hall.

Earth to Table is an opportunity for newcomers who live in the Beasley neighbourhood to come inside the Cathedral to prepare a delicious, and nutritious meal 'from scratch' in a Canadian kitchen. We know that many newcomers come from rich food traditions, and Canadians appreciate their cuisine. We also know that many



newcomers feel socially isolated, would like opportunities to learn the English outside of a classroom environment and like to learn to use the tools and tricks to prepare good food quickly and economically in Canada.

We started out with pasta from scratch, with a caramelized onions sauce or Bolognese sauce. The next week, we made vegetarian chili and cornbread. We've made butternut squash soup, and frittata, oven roasted vegetables, pizza and another night red cabbage with egg noodles and sour cream. Sometimes it is the first time participants have seen a vegetable, often it is the first time that they have cooked it that way; Always, we enjoy preparing it, getting to know each other better, using new tools and techniques and sharing the meal and the cleanup duties.

When the snow stops falling and the ground warms, Earth to Table sessions will include gardening at the Hamilton Victory Gardens Concord site. There is no access to personal garden plots yet in the Beasley Neighbourhood, so, in partnership with Hamilton Victory Gardens, we

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specifically welcome any newcomers who miss tending plants and eating fresh food to work in the garden and take some of the produce home. We also hope to help Hamilton Victory Gardens grow more food for food banks, and grow food that will be utilized by newcomers who access the food banks.

Earth to Table is coordinated by A Rocha Canada, a Christian conservation organization, which strives to inspire hope and encourage caring for all of creation. When we think about how we interact with creation, a very tangible way we understand our dependence upon the earth God has made is with the food we put in our bodies. World Vision Canada has partnered with A Rocha to alleviate urban child poverty with hopeful, economical and nutritious food preparation training. We are all thankful for the bounty of food we can share together, and the opportunity to use the cathedral kitchen to welcome the stranger. If you are a new Canadian and would like to participate in our meals, or if you have a new Canadian friend who you would like to invite to these sessions, please send an email to earth.to.table@arocha.ca or a text message to 289-680-3539 so that we can plan for your attendance.

We plan to cook and eat together on March 10, March 24, April 14, April 28, May 12, and May 26, starting at 4:00pm.

Carrie Van Dorp is the Project Coordinator of the Beasley Neighbourhood Earth-to-Table Project.

Easter Prayers

We are often not the Easter People that we should be, living in the certain knowledge of your great mercy and love. Distracted by the world around us we fail to hear your voice, or hide when faith is challenged as we wander off the path. Forgive us, we pray; restore the love that we first had, a faith that can endure. We will keep our eyes fixed on you, Lord, and with you at our right hand we shall not be shaken.

††††††††

We give thanks to you, Lord, for you have done marvellous things!

When we were walking in darkness you were there, you were there, when we were kneeling in weakness you were there, you were there, when we drew near feeling worthless you were there, you were there, when we were needing forgiveness you were there, you were there, when we were searching for your grace you were there, you were there.

We give thanks to you, Lord, for you have done marvellous things!

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BEING CHRISTIAN



By Rowan Williams

Review by Tom & Katya Davison

Being Christian: Baptism, Bible, Eucharist, Prayer (2014) by Rowan Williams is based on talks given in Canterbury Cathedral during Holy Week (2013). It is this year's Lenten study choice by our own bishop, Michael Bird. At only 80 pages, it is an excellent examination of the fundamentals of Christian identity which challenges us to deepen our understanding of what it means to live a Christian life. Significant points are highlighted in "boxes" at the margins of some pages. Each chapter ends with questions for reflection and discussion making the book perfect for both personal and group study.

Williams stresses that the rite of baptism involves immersion in the depths of human chaos that embraces the risk of opening to human need, suffering, and pain. To enter the depths of baptized life is dangerous but paradoxically exhilarating and life-giving. Clearly, it takes courage and awareness to be a fully adult Christian.

In his discussion of the Bible, he states that for a huge majority of Christians, past and present, the Bible is heard more than read, making the Christian life a listening life. He cautions us as readers not to choose only what affirms our prejudices. A more Christlike approach would be to view the text as a series of parables showing how the people of God acted because the people of the bible are our family, our history, whose trajectory is Christ.

In Eucharist, he emphasizes that Jesus is seeking our company and asking each of us to recognize



one another as equal guests at His table, not favouring one over another. As we approach the table in a spirit of humility, we acknowledge our self-absorption, our self-enclosure. We are there because we are doing badly, not because we pride ourselves on doing well. We are offered the gift of new vision, of seeing things from God's perspective, of viewing humanity as a whole in a more generous, more accepting way, however fleetingly. At God's table, the Church becomes what it is meant to be; we become what we are meant to be, equipped to do God's work.

The fourth and last chapter is on prayer, particularly on the need for us to grow in prayer because growing in prayer is growing in Christian humanity. The best way to begin is with Jesus' prayer and to let Jesus' prayer happen in us. Using Origen, Gregory of Nyssa, and John Cassian, great figures in the early church as guides, Williams brings in to focus what Christians have thought about prayer. First and, most importantly, prayer is God's work in us. Second, prayer is the life of Jesus coming alive in us so it is about reconciliation, mercy, and freely extending the welcome and the love of God to others. Third, prayer is about fidelity, faithfulness, and sticking to it, no matter how you are feeling.

While Williams is a noted biblical scholar capable of producing dense theological text, he is also a poet and it is this side of him that is evident in this particular book; for this we are truly thankful. ■

CUSHIONS

 And kneelers in the chancel

by Alice Robertson



This article first appeared as a separate pamphlet and was reproduced in 2010 as part of the Cathedral's 175th anniversary project to produce on disk a series of articles about the fabric and artistry of Christ's Church Cathedral.

Standing in the chancel today, it is strange to think that in 1964 there were no cushions or kneelers for the clergy and canons of the Cathedral, and the servers knelt on the marble floor.

There were cushions for the Bishop and visiting dignitaries, and the choir had cushions stuffed with hard packed straw that leaked out of many holes and were not much more comfortable than the hard wood. It was these choir cushions that were shown to the vestry and, as a result, money was voted to replace the choir cushions. Nothing, however, was done to provide for the clergy, canons and servers.

A member of the Cathedral Altar Guild heard through the President of the Niagara Altar Guild that hooked work had been used in a local church and that it had proved simple to learn, inexpensive and long-wearing. Rittermere Studios in Vineland, Ont., would provide all the necessary how-to information and three members of the Cathedral Altar Guild decided to try their hands at hooking cushions for the clergy.

Heraldry was chosen for the cushion patterns because the colours are basic primary colours and figures do not require shading or form; ra-

ther, they are simple and bold flat shapes set against a background.

The first cushions featured the old crest of the Diocese of Niagara for the Dean, and the crest of the Cathedral for other clergy stalls and the sedilia in the sanctuary. They were hooked on burlap using narrow strips of pure wool cloth. These first cushions cost \$16 each and were so successful that cushions for the canons' stalls were started, using the crests of the Dioceses that have been associated with the Cathedral throughout its history, and later, the crests of guilds that contributed to the construction, maintenance and service of the church. Kneelers were added in the sanctuary, then five kneelers at the communion railing.

The crests were found on notepaper and pamphlets, in histories of the Diocese and in other books from the library. Some were sent on request. All were redrawn to scale, at first solely by Hugh Robertson, a Hamilton architect and artist, and later with the help of his brother-in-law, John T. (Peter) Bell, also an architect. Peter Bell completed the series of crests and designed the communion rail kneelers by transferring the subjects of relief carvings on the wooden railing to paper.

The materials and some instructions and help in printing the patterns were supplied by Rittermere Studios, but most of the designs were

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traced on the burlap by using ordinary carbon paper and then drawing over the carbon marks with a marker. Cushions were mounted by Amity Goodwill Industries and by Kay's Upholstery. Where possible they were made with a zipper closing so they could be removed and cleaned. They actually clean well.

The following women made cushions or kneelers, and some of them made many:

Joyce Anderson
N. Holloway
Lovina Hicks
Jane O'Flynn
Alice Robertson
Marjorie Ross
Marian Scarlett
Eileen Tees
Fran Waters
Lena Wilson

Rose Apigian
Nancy Harrison
Isabelle Houston
Amy Noyes
Shirley Rader
Joan Rutherford
Jane Spears
Margaret Wallace
Noreen Wigle
Margaret MacLennan

[Note: The title of the design and the name of the maker appear on a tag on the underside of each cushion or kneeler.] ■

On the Town...

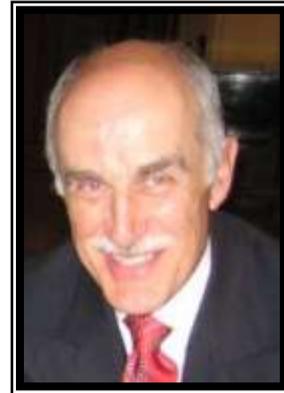
Spotted at the HARRRP Gala on Friday, February 27



CRUISING

On a Cunard Liner

by Tim Huxley



There is nothing like the pampering you get on a liner; the magnificence of the ship, its grand ballroom, expansive promenade deck, winding staircases, and wonderful food, - and those endless scones with clotted cream! This is the "life" - as unreal as it is set up to be.

But, is it all so unreal? Reality seemed determined to push its way in at every turn, and, in a way, made this cruise very special for me.

I am not certain when I first perceived this. It may have been listening to a lecture by an historian about my favourite actress, Grace Kelly, and finding out she was not the person I had conjured up to believe she was. Then there was the lecture by the same historian about Princess Margaret. The really interesting bit was about Lord Snowden, her first husband, who has been a tireless champion for disabled people. He was quoted as saying that we are all seconds away from major life changing events when we can be injured and disabled. True, but how often do I think about this and how often do I really recognize the disabled around me? Hmm.

Reality really struck one night just after darkness had fallen and the ship was about to depart its moorings at Barcelona. All seemed ready for our departure when suddenly, there was grating below, a hatch was opened in the side of the ship just above dock level, and a gangway was heaved out connecting the ship to dock. About the same time, flashing lights of a police car and

ambulance could be seen arriving on the dock. Paramedics were unloading their gear and entering the ship with their gurney and oxygen equipment; deck crew were removing luggage and placing it on the dock. An elderly woman was then wheeled on the gurney down the gangway into the waiting ambulance, all wrapped up and with an oxygen mask firmly in place. Next, three elderly passengers came down the gangway, one in a wheelchair. Both the police car and ambulance were on their way to a local hospital, lights still flashing. Soon, we were slipping away from the dock back to sea, leaving three elderly people, one in a wheelchair, and their luggage on the dock in the dark. I suspect one of these was a spouse of the sick passenger, and the other two were friends providing support. All had suddenly faced a new reality. How would my wife have managed alone on the dock if I had been the patient? Hmm.

A day or so later there was one of the inevitable gala cocktail parties with a cast of hundreds in the grand ballroom; guests all dressed up, live orchestra music, and of course champagne flowing. Reality entered again, this time in an unexpected way and yes, in so much better a way. A couple was deep in conversation on the dance floor with some other guests standing drinking their champagne. Only the wife was in a wheelchair that was not down at the usual floor level with her looking up and everyone else looking down; she was at eye level to those standing

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around her. Her chair had a scissor lifting mechanism that raised her to eye level with everyone else. Wow!

About half way into the cruise there was the inevitable need to do some laundry and I found myself in the launderette on our deck, doing the "mundane". First into the room was a cheerful woman in her late forties, by my guess, who chatted away about the issue of having to get things washed. Then the door opened slowly causing me to have to move out of the way, and a man entered with such difficulty I helped to hold the door open for him. He walked with great difficulty and with one arm and hand that did not work properly and with a cane in his other hand. He looked beaten up by life but responded brightly when asked by the woman present "So when did you have your stroke?" "About two years ago, sometime during my car accident. Actually, when the accident happened, I suffered various injuries and as a result, also suffered a heart attack, first, at the accident scene. Sometime after that, before I got to the hospital, I suffered a stroke as well. They didn't know for some time that I had suffered a stroke as they were treating my accident injuries and the heart attack. "So what happened then?" she asked. "Well they put me into a kind of coma and when I woke up I couldn't talk or move." "Oh that's awful", she said. "Were you scared?" "Yes, very frightened and could not figure out what to do about any of it. I felt like I might as well just die as I couldn't move or speak." Then he said, "I just got angry about it all. I decided I was not going to put up with this. I remember they set up a TV for me to watch, and I started mouthing the words I saw the people on TV making. And after a while, I managed to get my speech back and then movement on my one side." "That's marvelous", she said. "So what do you like about ships?" "I like being on ships because I feel safe."

Shortly after, I saw the woman again at one of the nightly shows in the ship's concert hall, with her daughter, who is permanently in a wheelchair, young, all dressed up for the show, clearly

suffering from some condition she was born with, but out with her mother who cares for her - 24/7. What does this really mean - 24/7? What does it mean for the daughter as she makes her way through life? Hmm.

Then there were the beautiful, widowed, twin sisters, 88 years of age they proudly proclaimed, who sat near us in the dining room. During the cruise, one of them began acting strangely, sometimes quite lucid, sometimes not at all. Her sister was worried and soon had her before the ship's doctor. After examination, she was told her sister was suffering from dementia. This came as a complete shock to her and left her reeling in tears. Her sister had apparently managed living on her own in stable and familiar surroundings and had coped with her growing dementia. The sudden change in routine and surroundings of the ship seemed to have exacerbated her condition and it became apparent to all she was suffering. Her sister now at 88 years, began acting as if only 45, and struggling to think through how do I ensure she is cared for when we get off this ship in England? We don't live near each other and mainly talk to each other on the phone, so who will take care of my sister? How will I cope for the remainder of this cruise? Should we get off and fly home? Hmm.

Interestingly, the ship's company was quite alert to all of this. In the case of the two sisters, they were hugged and comforted by staff when the tears flowed in the dining room. Extra attention was paid to assist them. The overall design of these ships is such as to cater to and support passengers with disabilities.

But, for me and these shots of "reality", the best summary I can think of is, "Oh but for the grace of God go I". We are so lucky - for now at least - and lucky for this cruise - its "unreality" and its "reality". ■

A New Financial Year

 Renewed Inspiration

by Corporation



Starting a new financial year is like getting up on a Monday morning—another remarkable God-given opportunity to get it right again! How wonderful is that? It is of course far too soon to draw any conclusions, but it's nice to start off with a blank slate, with renewed inspiration and new aspirations...are you feeling it yet?

Well, let's take a peek at how we're doing after

the first two months of a new year. We haven't started to account for receipts from our endowments, so results below are skewed to the negative. If we were to add those in, we'd be just fine.

A huge thank you for your willingness to support this terrific place and its awesome ministries year after year. ■

	Feb-15	Feb-14	\$ Variance over 2014	% Variance over 2014
Income				
Parishioner Givings	\$ 45,577	\$ 40,887	\$ 4,690	11.5%
Special Offerings	\$ 4,000	\$ -	\$ 4,000	999.0%
Endowments	\$ -	\$ 16,011	-\$ 16,011	-100.0%
Other	\$ 4,843	\$ 6,797	-\$ 1,954	-28.8%
Total Income	\$ 54,420	\$ 63,695	-\$ 9,276	-14.6%
Expense				
Salaries	\$ 41,997	\$ 43,753	-\$ 1,756	-4.0%
Property	\$ 16,529	\$ 15,987	\$ 542	3.4%
Administration	\$ 11,297	\$ 12,157	-\$ 860	-7.1%
Total Expense	\$ 69,822	\$ 71,897	-\$ 2,075	-2.9%
Net Income	-\$ 15,403	-\$ 8,202	-\$ 7,201	-87.8%

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