

CONTACT

Christ's Church Cathedral | Fall 2020





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CONTACT

 a sense of community

by Paula Esteves



One of the primary goals of *Contact*, is to contribute to the sense of community at the Cathedral. *Contact* endeavours to do this in a multitude of ways but certainly by celebrating the past and looking to our future. Typically, content for the Fall issue would include exposés of summer events – Supercrawl, HARRRP’s signature annual event, Makers’ Market, our outdoor service, our annual picnic, and so much more. In this year’s Fall issue, you will find none of these due, as we all know, to the shutdown of the Cathedral and cancellation of events.

The Fall 2020 issue will still, I hope, fulfill its mandate of looking at both the Cathedral’s past and its future. While our programming had to pivot to accommodate our new (but temporary!) reality, we still have a lot to commemorate and look forward to.

I know that we are all grateful for the work that has been done and all that is in process to ensure the ongoing success of the Cathedral community. Most of the credit goes to the Cathedral Team, specifically Terry, Alison, Bishop Ralph, Dan, Sharyn, Michael, our Wardens, and Derek. Thank you all for not giving up and for taking on so many projects to bring the Cathedral into our homes and maintaining our connection to each other.

On October 11, the Cathedral will resume in-person Sunday Services at 8:30 and 10:30 a.m. It will be a delight to be back, but there will be restrictions and changes to how we “do church”. Kerry Lubrick, a member of the Reopening Work

Group, details these changes on page 14. To accommodate those who are unable to attend in person, our virtual services will continue. Please refer to the calendar for the schedule.

I recall my profound disappointment when, as a child, I first watched *The Wizard of Oz*, and the curtain was drawn to reveal that the wizard was a mere man! Where’s the magic in that! Michael Bloss has written a piece, *Behind the Scenes*, page 10, that unveils the process of creating our virtual services. It is remarkable and, trust me, you will not be disappointed—the outcomes are magical!

The Rev. Canon Dr. Sharyn Hall’s message of hope and optimism, page 7, is particularly apt as we continue to live in a world of anxiety. And, in recognition of Sharyn and Fred’s contributions throughout their many years at the Cathedral, Wendy Newman takes us down memory lane in *From the Archives*, page 26.

In this time of thanksgiving, we should all take a moment to remember and pray for those suffering from mental illness. Michael Fitzpatrick and Kerry Lubrick have penned a moving and sobering article on this topic, page 28.

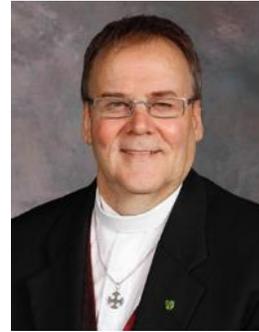
As always, there is more!

Happy Thanksgiving to all and a very special thank you from me to all *Contact* contributors, past and present! *Contact* could not fulfill its goals without you. ■

IN ALL

circumstances

by Terry DeForest ✝



“Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you.” 1 Thessalonians 5: 16-18

In the closing chapter of St. Paul’s first letter to the church in Thessalonica, we find this gem of an exhortation. Perseverance in rejoicing, praying, and giving thanks is to be at the core of our lifestyle as disciples of Jesus. And so, we are instructed to give thanks in all circumstances. At times, I know that my inner voice is ready to cynically respond that I can imagine plenty of circumstances when I do not feel particularly grateful. In fact, we do not have to do any imagining as we have lived with fear and limitations required for our and the safety of others during the COVID-19 pandemic for more than half a year.

But St. Paul is in earnest here and he offers this instruction, even in the light of his and his colleagues’ suffering and shameful mistreatment in Philippi [2:2], and the opposition with which their first efforts at sharing the gospel in Thessalonica were greeted.

Unflagging gratitude bestows some profound blessings on us. Our awareness of ourselves as recipients of the gifts of God and of others is deepened, strengthened, and expanded when we give thanks. Our relationships with God, one another, and self are transformed. God’s loving presence and accompaniment in our lives is made plain. Through thanksgiving we are reminded that we are children

of God, nurtured by God’s loving kindness. Through thanksgiving we know that we are not alone in living our lives and that we do not save ourselves. As people who are always giving thanks, we become people who know of our reliance on God. This is an insight at the centre of Jesus’ Sermon on the Mount [Matthew 5:1 and following], where those who know their need of God are named as “blessed.”

Rather than trying circumstances releasing us from the instruction to give thanks, it may be, ironically, a more important time to give thanks. And so, I want to join with you in giving thanks at this time of Harvest Thanksgiving.

In our world, even as health, economic, psychological, social, political, and spiritual aspects of living are the occasions for great stress and loss, anxiety and depression, let us give thanks. Let us give thanks for the extraordinary revelation of our belonging together in a society where so many are working for our safety, health, and wellbeing. Let us continue to give thanks for front-line medical workers, teachers and teaching assistants, daycare workers (with special awareness of Jamesville Children’s Centre which reopened mid-summer tirelessly supported by their board chairperson, John Bradley), long-term care workers, social workers, and mental health professionals, and so many other essential workers in grocery stores and restaurants; farming and food production; food se-

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curity, social and racial justice advocates, and anti-poverty workers; transportation workers; construction; banking; law enforcement; public health agencies, legislatures, administration, etc.. It has rarely been so clear just how interdependent we are in society. It has rarely been so plain how much we rely on and need one another. So, let us give thanks.

In our church, even as we have lived in significant isolation from one another, living with a lengthy eucharistic fast from which we are only now emerging, distanced from being an actually gathered community, let us give thanks. Let us give thanks for the tireless, dedicated, innovative, careful, and visionary leadership we have experienced from our Bishop Susan; her colleagues in the House of Bishops across this ecclesiastical province and national church; our Diocesan and Cathedral clergy and staff who have worked to connect us through digital worship experiences (Sunday Prayers with Bishop Susan and our cathedral offerings of Evening Prayer audio podcasts and Eucharists with Spiritual Communion); for the Technology Working Group and the Rev. Dr. Dan Tatarnic's, Michael Bloss' and our cantors' exhaustive labours in producing our Cathedral-based, digital worship offerings; for our "student" preachers Rob Jones and David Montgomery, and guests in the persons of Archdeacon Bill Mous and Sr. Margaret, CSC who joined our usual roster; for Bishop Ralph Spence constantly on the phone expressing Christian love and concern in his inimitable ways; Children, Youth, Young Adult, and Family programme offerings through the Anglican Family Hub; regular communications (of various forms); for being remembered in our prayer chain, coordinated faithfully by Kathy Wolsey, and prayer roster; for telephone connections, and Zoom committee and Town Hall meetings, virtual coffee hours, weekly *Chronicle* and seasonal *Contact* publications; Alison Meredith's steady hand coordinating our office's remote operations; Paula Esteves' communications magic; Sandy Darling's visual tour of the Cathedral stained glass and precincts;

for the extraordinary initiative of the Resting and Hygiene Centre led by Kerry Lubrick, Dale Guenter, and David Savage, with our Vergers, Michael Fitzpatrick and Justin Okomi, and so many others through which so many hundreds of lives were touched by a gracious hospitality and a safe place for rest and refreshment; for the new Cathedral social and racial justice advocacy group which is being formed by Catherine Anderson and Rob Jones; a renewed focus on the Primate's World Relief and Development Fund, with their new volunteer Diocesan Coordinator, Kerry Lubrick, and our parish representative, Louise van Woelderren; all those who embody and strengthen our support for and connection with the ministries of St. Matthew's House; for the Cathedral Reopening Working Group (constituted by clergy and staff, including Derek Smith, and three key lay leaders: Kerry Lubrick, Dale Guenter, and John Watts); for the Cathedral/Diocesan working groups working on renewing and reshaping our partnership in Cathedral Place (including the essential work of Janina Vanderpost and J. Lefebvre); for the Cathedral Corporation (our Wardens: John Bradley, Kerry Lubrick, Rob Jones and Janina Vanderpost; parish Treasurer, J. Lefebvre; Bishop Ralph, Canon Sharyn Hall [until her retirement], Dan and me) our and Parochial Committee (convened by the Rev. Canon J. Lefebvre) who have led us so industriously and creatively in the past year and helped us listen for God's guidance in a search for the next Dean and Rector.

Our efforts to connect with one another during this time of separation have not always realized the degree of interpersonal pastoral contact for which I have yearned. This has felt particularly heartbreaking when family members and pastoral and other caregivers have had to deal with restrictions on visiting their sick and dying loved ones. However, I do hope that all of our members have been touched by some of the many forms of communication we have tried to use as clergy, staff, lay (especially Liturgy Team Leaders) leaders, to maintain our bonds of affection in the Body of Christ in this congregation. Even as it has been

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clear how much we have missed one another and how much we want more of a connection, let us give thanks for one another, for all of the members of our community of faith at Christ's Church Cathedral, for all of your in-person, virtual, or distanced gifts of your selves; in prayer; through remote labours, encouragement, and generous financial contributions to the ministry which being together in this community makes possible.

When St. Paul issued a greeting at the beginning of his letter to the Thessalonians, he simply stated that it was coming from Paul, Sylvanus, and Timothy – all of them co-workers in the gospel. Throughout the letter Paul writes in the first-person plural – “we” and “our.” I, too, have been keenly aware throughout these blessed and trying circumstances that there are all sorts of ministry teams who have been responding to the profound challenges we have been facing.

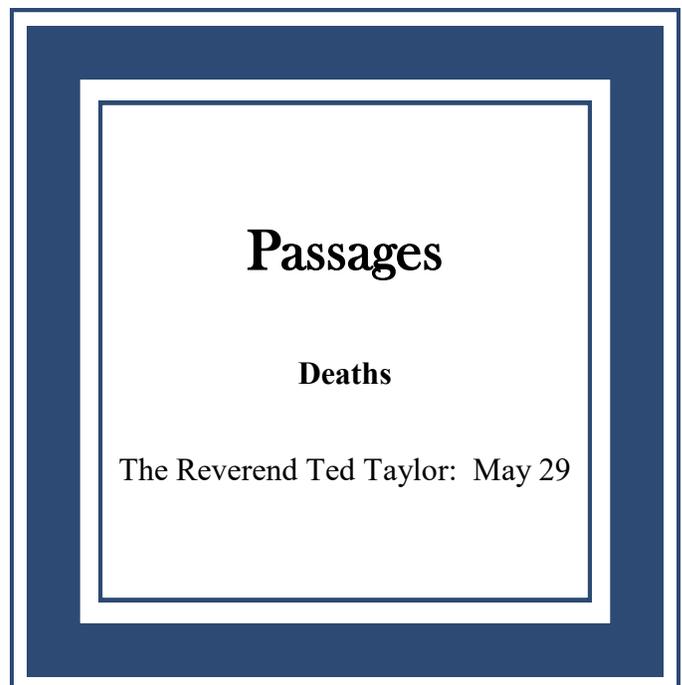
I am particularly aware of two others for whom we are deeply grateful at this time. The Rev. Canon Dr. Sharyn Hall, whose caring, wisdom, and dedication have enriched our ministries for many years and whose retirement from our clergy ministry team on August 31 was keenly felt, especially since the restrictions on gathering have delayed any opportunity to gather to express our gratitude for her in person.

I also want to express our thanks for the ministries of Wendy Newman, who was recently presented with the Order of Niagara in recognition of her extraordinary devotion to the mission of this Cathedral, Diocese and wider church and to a remarkably wide range of our shared ministries. In the midst of pandemic imposed restrictions, a very powerful thing has been happening to the normal practice of presenting the Order of Niagara. In addition to a virtual diocesan worship celebration scheduled for October 4th at 4 p.m. via Zoom, Bishop Susan has been hand-delivering the medallions and certificates to our honourees in a physically distanced but in-person way, making visits to their doorsteps. I

can think of few ways in which the importance of this expression of our gratitude than for the Bishop to dedicate her time in this way. Lest there be any doubt, Wendy, we, the clergy, and people of Christ's Church Cathedral, thank you and extend our congratulations!

Throughout his first letter to the Thessalonians, Paul gives thanks for the Church's faith as disciples and their example to other churches in Macedonia, Achaia, and “every place your faith in God has become known.” [1:8] He also teaches them (and us) about holy living (addressing their particular circumstances and concerns), consoling them about those who have died and their share in the glory that is to come; admonishing busybody behaviour, exhorting faithful labours of love, helping those in need, and building one another up.

Although we will have to wait for a considerable time before we can follow one of Paul's instructions (to greet your brothers and sisters with a holy kiss – an exhortation at the root of our exchange of the peace), we can follow one life-giving instruction in this harvest thanksgiving season and at all times: Let us give thanks in all circumstances! ■



A TIME TO LAUGH & DANCE



Will come again

by Sharyn Hall✝



Thanksgiving is a time to remember our blessings and to see hope in those blessings, even when the present time is full of anxiety and despair. For several months, our day to day lives have changed dramatically. Last year at this time, we did not imagine that we would be separated from loved ones because of an air-borne virus. We did not imagine bare shelves in grocery stores, rapidly rising unemployment, or a plunging stock market.

Gatherings of people have become a serious concern, resulting in restrictions on schools, places of worship, and family celebrations of Thanksgiving. People of every walk of life may feel vulnerable. Our reality at this time reminds me of a scripture passage from the Book of Ecclesiastes.

For everything there is a season, and a time for every matter under heaven:

*a time to be born, and a time to die;
a time to plant, and a time to pluck up
what is planted;
a time to kill, and a time to heal;
a time to break down, and a time to build up;
a time to weep, and a time to laugh;
a time to mourn, and a time to dance;
a time to throw away stones, and a time
to gather stones together;
a time to embrace, and a time to refrain from
embracing;
a time to seek, and a time to lose;
a time to keep, and a time to throw away;
a time to tear, and a time to sew;
a time to keep silence, and a time to speak;
a time to love, and a time to hate;
a time for war, and a time for peace.*

These poetic words were written perhaps 3000 years ago and yet are as wise today as they were then. There are many seasons in life, some we welcome and some we struggle to overcome. Most of these

‘times’ are known to us. Some seem particularly appropriate to our present time.

There is a time to embrace and a time to refrain from embracing during this pandemic. As we are confined to our homes, this may be a time to keep and to give thanks for what we have, or perhaps a time to bundle together what we can give away to help others. Sadly, this may be a time to weep and to mourn the deaths of loved ones or friends. This may not be the season for planting, but it is a wonderful season for enjoying the beauty and blessing of God’s creation of autumnal reds and golds.

For several weeks and months, people have lived with the underlying threat of an insidious virus and the breaking down of our peaceful way of life, but we must take heart that many people are striving to bring healing of body and mind into our anxious time. In this extraordinary time of brokenness and uncertainty, there is compassion, generosity, and love. Some people might argue that we are in a time of war—against disease, injustice, and social disintegration—but there is always hope that we can work hard to create a time of peace.

In whatever way we interpret this passage of scriptural wisdom, the choice is ours to become fatalistic or to strive to be optimistic. We can give thanks to God that in the human heart, there is the potential for unselfish love when faced with human suffering.

There is much to ponder in this ancient Biblical writing, much to inspire, to caution, and to embrace. There is much to give us hope that a time to laugh and dance will come again.

Take heart, keep hope alive, pray often, have faith in God’s steadfast love. ■

START TO FALL

St. Gregory the Great

by Dan Tatarnic✝



Sitting atop the Castel Sant’Angelo in the city of Rome, is a dramatic statue of St. Michael the Archangel. An angelic image that presides over the city and looks, serene and confident, down the majestic Pont Sant’Angelo (built in A.D. 134), which stretches across the Tiber river. From its precipice above the city it keeps watch, like a sentinel. St. Michael has been keeping solemn vigil since the year A.D. 590. Holding a sword around his mid-section, the image represents something ‘otherworldly’. And as the holy story goes, it’s not clear as to whether he is sheathing his sword for peace, or whether he is brandishing his sword for battle. Why does this statue matter to us in these autumnal months of today’s world?



It was late summer in the year A.D. 590, September 3rd to be exact, when Gregory was elected Bishop of Rome. It was an election that took place during a terrible pandemic – plague – that continued recycling and was now on it’s third wave and gaining momentum. Weakened by forty years of resurgence, the plague was seeping into a world wounded and grieving; in Italy, one-third of the population perished during each sweep. The ‘fall’ of Rome was a costly one. A first-hand account of the psychological and spiritual effects of the plague exists, in which the author, John of Ephesus, writes, “the hearts of people were numb and therefore there was no more weeping or funeral laments, but people were stunned as if giddy with wine. They were smitten in their hearts and had become numb.” Things were bad. Life was very, very bad when Gregory was elected Bishop of Rome. With so much moving against him, how on earth did he gain the title “the Great”.

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Anglicans remember Pope St. Gregory, every year on September 3rd, his feast day, and a feast day held in common with Roman Catholic and Orthodox brothers and sisters. Although it is not commonly admitted, Pope St. Gregory the Great is essentially the ‘Father’ of Anglicanism. It was Gregory, who from the Monastery of San Gregorio, during the year A.D. 599, sent Augustine to the Anglo-Saxon world. As we know, by virtue of this Papal commission, Augustine ‘set up camp’ in Canterbury, where he and his fellow monks established a church, an altar, and a chair. For Anglicans, the rest is history.

Gregory didn’t begin his vocational life as a priest. He was born into an aristocratic family with strong ties to state governance. As a young statesman, he served as prefect of the City, a position that simultaneously made him Chair of the Roman Senate, commander of the armed forces, and chief civil administrator. When he finally renounced his civic duties and entered into religious life (A.D. 573), he had already proved his mettle as a visionary who led with integrity and popular approval. When he was elected Bishop of Rome, he was zealous and efficacious in his work to reform the spiritual life of the church.

His Episcopal ministry began with a solemn procession with intercessions; prayers that God would deliver His people from plague. In the late summer months of A.D. 590, that procession, presided over by Gregory, made its way through the streets of Rome. Nearly one hundred people, weakened by the plague, perished during the walk. Things looked grim. Then suddenly and unexpectedly, on the Pont Sant’Angelo (Pons Aelius), the faithful beheld a vision of St. Michael, sword in hand, resting above the mausoleum of Hadrian (Castel Sant’Angelo). That vision signalled a water-shed moment: the end of the plague and the beginning of a new peace. And like the visions at Fatima, it was witnessed, not by the few, but by the many. So, since that day a statue of St. Michael the Archangel has kept watch over the city, a constant, silent reminder of the day God delivered his people. Ironically, the symbolism of this statue remains somewhat disputed: is Michael brandishing his sword for battle, or sheathing his sword for peace?

There is a lesson to be learned here. And those willing to meditate on history can learn a great deal from the life of Pope St. Gregory. Our world today is very different from that of the sixth century; notwithstanding, what is not at all different is basic human nature: whether your drinking water is flowing into the town square via a 5th century aqueduct or directly into your home from municipal works, it’s addressing the same need.

Gregory’s ministry reminds us that ministering to human need is grounded in a spiritual question and it needs to be approached as a spiritual issue. To be quite honest, I’m not entirely convinced that the Church is prepared for this: the spiritual realities, the awakenings, the questions, the longings of a post-pandemic world. We know how to screen, we know how to disinfect, we know how to sanitize and organize and digitize. Don’t get me wrong, all of that is good. But it doesn’t necessarily make our efforts “great” in the Kingdom of God. When St. Michael appeared to the citizens of Rome, he didn’t show up with a modular sanitation plan. His appearance confirmed an election and by God’s grace, affected healing.

Was Gregory’s greatness just happenstance (i.e. being elected at the right time)? Was it due to Divine Providence? Was there something about his vocation, his personal character, his spiritual integrity that opened a cultural window to transcendence? It’s hard to say. What’s not in doubt, is that Gregory’s pastoral reform of Holy Orders, his profound understanding of human nature and Grace, his unwavering confidence in the treasures of the Church mattered – it mattered – it made a real difference. In this post-pandemic world, where the church continues to struggle with relevancy, a meditation on what made Gregory the “Great”, might go a long way in giving us permission to ask questions that really, really need to be asked. ■

VIDEO/PODCAST

 from Hollywood North

by Michael Bloss



“The most important thing in acting is sincerity. If you can fake that, you’ve got it made.”

Released in 2006, *Frankly, My Dear: Quips and Quotes from Hollywood*, became a celebrated collection of the funniest, most acerbic, and at times most insulting lines ever uttered by the wits of the film industry—George Burns is said to have come out with the epigram which begins this article.

Therein also lies the perception that ANYTHING is possible in Hollywood – it’s just a matter of money and the set building department. Well, in this COVID time churches all over the area and, indeed, the world have had to find a way to distill some of that Hollywood know-how into their online offerings as the doors remained closed for months on end. Only, without much money and no set building department. Oh, but with lots of sincerity!

It is often the steepest of learning curves, and those of us on staff responsible for the dissemination of podcasts and video recorded eucharists, have quite an adventure to tell.

Come, join me on this behind-the-scenes look at the world of video/podcast production at Christ’s Church Cathedral!



A lighter moment between takes. He thinks Michael doth seeth the Holy Ghost.

Essentially, our work at the cathedral continues to be the recorded video for Eucharist and Spiritual Communion and audio production for the evening prayer podcast.

The podcasts were the very first area in which we decided to establish a connection with the parish and larger Cathedral community. The basic premise grew out of *Cathedral Café*. As you recall, this faith formation opportunity, opening the doors of the cathedral to the surrounding community via coffee, study, and conversation included a worship piece in the form of a service of evening prayer. The goal was to return to some of the foundations of the Church so that these services would foster an interest in plainchant and the age-old prayers and hymns of the Church.

Thus, this liturgical framework came together in an audio format. My digital recorder worked very well in capturing the soundscape. Each week allowed me that much more experience in the placement of the recorder so that the immediacy of the voice together with the feel of the “room” could be captured. The idea was to have the listener right there in the middle of the action surrounded by the Word and its music.

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For efficiency, we record items separately. Usually the sermon is recorded on its own, as are the prelude/postlude and any solo work by the vocalist. The work of editing brings all these tracks together with the use of a Wave Editor™.



The digital recorder used to pick up all the audio files for the podcasts.



Wave Editor™ at work connecting the various tracks into one flowing file.

The occasional use of vocalists for these services is also exciting. The podcast for Pentecost Sunday was especially memorable for the motet by Thomas Tallis, *Loquebantur in variis linguis*, which just had to be part of the service. It is written for eight voices, but we were only allowed four vocalists at one time. So, each of the four vocalists had to record not only their part but also a neighbouring one. What a marvel that, for example, the soprano lead, Sarah McPherson, on the finished product, can be heard singing two lines at the same time. Imagine that for each of the other three singers!



Sarah and Michael negotiating the finer points of the psalm appointed for the day.

Eight individually recorded tracks were blended into one! That took a bit of patience. Most of the time it is one vocalist with the accompaniment of the small portable instrument. If you listened to the Organ “Open House” evening prayer podcast, you have a new appreciation for the history and style of that instrument.

Since the middle of March, evening prayer podcasts have offered evening prayer, hymn festivals and on September 16, for the first time, BCP Choral Evensong. These offerings are now to be found Wednesdays, so be sure to add this to your weekly schedule of things to listen to and meditate with.

As with all these services, you can download the service leaflet from the website and/or the Chronicle link to follow along. You might even be inspired to sing along at home with the hymns and psalms. Remember too that these podcasts are also available on *Spotify* and *Apple Podcast* for you to listen to when you’re out and about.

The more recent project, which debuted at the beginning of July, has involved video recording a weekly Eucharist and Spiritual Communion service. These have required thought and imagination in the ways in which the room and the specific “view” of the Word and Sacrament get represented. Sight lines, lighting (a challenge when the morning sun comes streaming in through the east window), and sound need to be considered. At the same time, in order to maintain the liturgical integrity of the Eucharist, we aim to record this as a single take, occasionally adding in a musical solo at communion, the prelude and the postlude. Consequently, things have to run efficiently and perfectly each time. The care and diligence of the rehearsal beforehand is always paramount for the success of the take.

The editing for the recorded videos is task saturated and time consuming. And the technical process of posting

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these files on YouTube is not as straightforward as one might imagine. Dan Tatarnic has been the lead in the production and post-production of these. Beyond that, Terry is a key element in the provision of Officiant/ Presider and Homilist. The assembly of the elements of the spoken and musical parts of the service ultimately end up as a finished product both in the visual result as well as the service leaflet which you can follow along with. Scheduling of the recordings is also as detailed as are the portions found therein.



Terry ponders the eschatological in the Nicene Creed before the recording begins.



The editor's station as the Eucharist video raw data gets assembled.

There is much prayer and inspiration that goes into these pieces of our current mission to the parish and the community. Please tell your friends about these opportunities and as our Facebook page now gains more momentum, you can access the videos and podcasts there as well as via the Chronicle and cathedralhamilton.ca. Don't forget to like and share us on Facebook.

A very sincere invitation comes your way from all of us here in Hollywood North to be a part of this adventure. That's something to sing about! ■



Warmup for Evensong with the Cathedral Vocal Ensemble (CVE) – physically distanced and masked as needed while singing.



The nuanced Rector-in-the-Interim...



An "ah-ha" moment for Richard Cunningham.



Dan's wondering about the playback. Did Bloss play the right tune for that hymn?

PART V

Next steps

by Kerry Lubrick
On behalf of the Parochial Committee



- ✓ Parochial Committee established and regularly meeting
- ✓ Transition plan completed; monitoring and adjusting timelines
- ✓ Self-Study completed
- ✓ Parish profile completed
- ✓ Recruitment for new Dean and Rector
- ✓ interviewing of potential candidates
- Recommendations to Bishop Susan
- Appointment by Bishop Susan and Announcement

The Parochial Committee is in the last phase of the recruitment process for our new Dean and Rector of Christ’s Church Cathedral. Recruitment started in July 2020, when our “Parish Profile” was completed and posted on the Diocese of Niagara website and broadly. If you have not had a chance to review our Parish Profile, please visit this [link](#).

The recruiting process ended on August 15, 2020, the deadline for applicants to submit resumes to the Bishop’s office. The Parochial Committee is now entering the interview process. The Parochial Committee continues to meet in the new virtual and safe way—ZOOM. This is also the way we will complete interviews with the applicants for the Dean and Rector of Christ’s Church Cathedral. It is anticipated that a recommendation will be given to Bishop Susan Bell by mid to late-October.

It is the hope of the Bishop and the Committee that the new Dean and Rector will be in place as soon as is practical but hopefully no later than the start of 2021.

Please continue to keep the Parochial Committee, the Bishop, and the applicants in your prayers as we proceed with the selection process. ■



WHAT'S THE SAME

➤ And what's different

by John Watts & Kerry Lubrick
On behalf of the Reopening Work Group



Our beloved Christ's Church Cathedral will be reopening on Thanksgiving Sunday, October 11th, 2020 after having the doors closed to in-person worship since March 15, 2020 when the pandemic hit our country, province, and city. It may be hard to remember but on that Sunday morning there had been only 103 cases of COVID in Ontario. In June 2020, the provincial House of Bishops made the brave decision to continue keeping the doors of our Anglican Churches in Ontario closed until September 2020.

Late in July, the Diocese of Niagara shared the announcement and resources for the reopening plans of our churches. Immediately, our Rector in the Interim, Rev. Canon Terry DeForest, formed a reopening work group to start planning. This group is comprised of the following membership: Rev. Dr. Dan Tatarnic, Michael Bloss, Derek Smith, Alison Meredith, Dale Guenter, Kerry Lubrick, and John Watts. The working group started meeting in late August to plan for a successful and safe reopening. The group was faced with the challenge of meeting all of the provincial and diocesan restrictions necessary for the safety of everyone, while at the same time maintaining the quality of Cathedral worship as well as the warmth and friendliness that we so prize and long for.

“Eternal God, you call us to life and compel us to love. Guide and strengthen us by your Spirit, that the wellbeing of one another and our communities

is foremost on our hearts and minds as we make plans to return to our church buildings; we pray this through Jesus Christ our Lord. Amen”

Thank you to those who responded to the survey on return to in-person services. Your responses have been critical for our planning of the reopening. Outcomes received from our congregation are as follows:

- 104 individuals responded
- 69 returning to in-person services (approximately 40% of whom indicated they wish to attend weekly)
- 35 not returning to in-person services at this time

Based on the responses and considering the limit on the total number of people who can attend at one time, it was decided that two Sunday in-person worship services will be planned for the reopening. Mid-week services, Centering Prayer (although it will continue online), and The Litany of Reconciliation will not resume at the Cathedral as part of this first phase of the in-person worship reopening plan.

While in-person worship is planned to be conducted in various ways, we feel it is important to allow those who decide not to attend in-person worship to nevertheless retain their connection to the life and worship of the cathedral. These services are

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available from the Cathedral website and the Cathedral's YouTube channel.

1. Sunday morning video-recorded Eucharist with Spiritual Communion (virtual): offers meditative instrumental music, prayers, homily, and spiritual communion led by Cathedral clergy and musicians. These services are available from the [Cathedral website](#), which includes a service leaflet for you to participate with and contains complete text and music, or on the [Cathedral's YouTube channel](#).
2. Sunday live-streamed Praise and Prayers with Bishop Susan at 2 p.m. (virtual): These diocesan services are live-streamed on the diocesan [Facebook page](#) and then made available on demand later in the afternoon on the diocesan [YouTube channel](#). Every Third Sunday of the month, Bishop Susan will celebrate A Service of Eucharist and Spiritual Communion. These services come to you from the Cathedral.
3. Wednesday Evening Prayer podcast at 4 p.m. (virtual): Focused on the Word with vocal and instrumental music, this service presents readings, hymns, prayers, and a homily. You may also take part in services of Choral Evensong using the Book of Common Prayer (BCP). Another feature of this series is the offering of Hymn Festivals which explore specific moments in our church's liturgical calendar. A service leaflet, containing complete text and music, is available on the Cathedral website to enhance our participation. Services are available from the [Cathedral website](#) and when you're out and about, on Spotify and Apple Podcasts.
4. Thursday, Centering Prayer at 7:00 a.m., live via Zoom, (virtual): to participate or register, please email [Dale Guenter](#).

As we now prepare ourselves to re-enter in-person services at Christ's Church Cathedral, it is im-

portant to understand the processes and protocols but also what will remain the same and what will be different with in-person services at Christ's Church Cathedral.

Pre-registration:

Although we will keep a small number of places available for walk-ins as an expression of our values of hospitality and outreach, parishioners will have to pre-register on Eventbrite (a user friendly online event planning site which allows for the registration and tracking of attendees. The link to register your attendance will be available in the Chronicle and on the [Cathedral website](#) between Sunday and Thursday of the week before a real-time service.) Registration will include confirming the standard COVID screening questions, which will be repeated on entry to the Cathedral. Although we expect that many people will opt for the 10:30 service, we hope that if this is filled, people will feel free to come to the 8:30 service. Since the maximum number allowed is a total of 50 including clergy and staff, we hope to be able to accommodate all or almost all who wish to attend.

Unfortunately, on-site children's programmes and nursery or "childminding" services are cancelled. Parents bringing children to the in-person worship service may consider bringing activity materials for their children.

On arrival:

Entry to the Cathedral will be through the link doors (front and back). Masks are required for entry but will be available to those who do not have one. The greeters will confirm registration and continued freedom from COVID risk, ensure hand sanitization, and help with seating. Although chairs must be separated (by the 2 meters distance required by public health), we will try to ensure that seating together is available for those in a

(Continued on page 16)



family or similar bubble. Orders of Service will be available on each seat, and expanded to include material from the Chronicle, which will also be available digitally. There will be no passing of a collection plate or offertory processions, but there will be a box for donations just inside the Cathedral from the narthex to receive our in-person offerings. (The use of pre-authorized gifts, e-transfers, Pay-pal, and cheques being mailed to the Cathedral offices all continue as options for expressing our generosity.) We will not be collecting any food donations for St. Matthew's House on Sundays. It is recommended that if you wish to donate to St. Matthew's, you may deliver non-perishable food directly to 414 Barton St. E. Hamilton or make a [monetary donation](#).

Music:

While there remain limitations to congregational sung participation, over time our imaginations will start to fire as we focus on what we can do. Humming and feeling the rhythm and mood of the music through clapping or swaying can help us all to see something beautiful and contemplative in the two metres of space that is between our seating. Consequently, music including vocal and instrumental elements will continue to enliven and bring out the emotion of the text at both Sunday in-person services – 8:30 a.m. and 10:30 a.m. For this initial period, the vocal ensemble and other instrumentalists will make music which invites you to reflect and find peace.



Service format:

You can anticipate the same exemplary preaching and prayers during the in-person worship. The number of liturgical leadership roles will be re-

duced from our usual congregational practice, foregoing at this time the roles of choir (except for individual cantors or choral leads), server (except perhaps as someone who administers the hand-sanitizer at the time of communion), and teams of communion ministers. There will be no physical touching during the passing of the peace. We can wave or signal the peace sign.

Communion:

Both services will include a Eucharist which will be in one kind – bread only. We will be requested to sanitize our hands prior to receiving communion. Communion will be brought to us when we stand at our seats. The communion bread should be consumed after the communion minister has left, briefly removing your mask, and then returning our mask.

Coffee Hour:

Sadly, oh so sadly, we are not permitted to have a coffee hour. We ask that worshippers not congregate in the narthex but rather leave quietly at the end of the service, taking our Order of Service with us. Together with hand washing/sanitizing and mask wearing, social distancing remains a most important element of public health protocols, and so we remind you to continue showing due regard for yourself as well as your Cathedral friends.

Other Protocols:

A few other items to keep in mind as we open:

- The washrooms will be open but limited to one person at a time.
- Use of the coat tracks, votive candle prayer stand, and access to other spaces in the Cathedral or Cathedral Place will not be permitted.
- Appointments can be made through the office to visit the Columbarium.

All of us on the planning group are very aware that this form of service and these restrictions, are not

what any of us would ideally wish. We would all so much want to return to the church that we have been accustomed to (for some of us over many years!) and will find the new way of doing things to be strange and even uncomfortable. However, many of us have had the opportunity during COVID to look at our world and our life in a new and different way. So too for our worship and our spiritual life. ■

A Visual Tour of Christ's Church Cathedral, Hamilton, Ontario

Compiled during COVID – 19 to support community



Alexander (Sandy) L. Darling

Written by Sandy Darling, this book is a comprehensive compilation designed to take you on a visual tour of the Cathedral with photos, historical information, and interesting revelations, telling the story of the Cathedral.

\$12.00

To purchase and arrange pick-up, please contact Sandy directly at 905-689-7481 or by emailing darlinga@cogeco.ca.

Payment can be made by cash or cheque made out to "Christ's Church Cathedral" or by e-transfer (available via online banking) to cathedral@niagaraanglican.ca with the notation "Visual Tour Book".

OUR WORLD TURNED



by Janina Vanderpost



As you can imagine, along with everyone else's world, Wardens' World was turned upside down also. Nevertheless, there was business to attend to and we are doing our best to keep on top of things. Thanks to the magic of Zoom, with which many of us have now become familiar, we are able to hold our meetings in a semblance of something familiar, i.e. we can see one another.

Of course the new technology is not just for our benefit. An enterprising and proactive group involving Rev. Dan, Jeremy Ludwig, Michael Bloss, Rob Jones, Canon Terry, and others got busy assembling cameras and microphones and, with their combined expertise, are bringing us videos and podcasts of daytime and evening services. These, along with Sunday Prayers with Bishop Susan, are helping us keep connected to our tradition of worship.

Some of Corporation's business was "new business" in every sense of that term! The Resting and Hygiene Centre was one of those items. With the closing of many of the places homeless people seek out during the daytime, we tried to do our part in providing shelter and refreshments to those with absolutely nowhere else to go. This ministry involved not only some of our regular "Tuesday morning" volunteers but people from other churches and from other walks of life. Much gratitude is extended to Warden Kerry Lubrick who had a crucial role in this ministry, brought reports to Corporation, and who provided a detailed account of this ministry in the summer edition of *Contact*.

With the reopening of the Jamesville Childcare Centre, the Resting and Hygiene Centre had to be discontinued in late July because of the potential common use of some Cathedral Place space. While we recognized the significant loss to those in need with the closing of the Resting and Hygiene Centre, we were very encouraged about the reopening of the childcare centre knowing how much many parents need this service in order to return to employment. Our experience with the Resting and Hygiene Centre gave us much information about needs in the community and ideas for future social justice initiatives.

At our August Corporation meeting we had the very emotional task of saying farewell to one of our longstanding Corporation and Cathedral clergy persons. The Rev. Canon Dr. Sharyn Hall embarked on a well-deserved and long-overdue retirement from the Cathedral on August 30. Sharyn will be deeply missed by all of us at the Cathedral for her wisdom, quiet strength, and steadying influence during tumultuous times. We regretted sincerely the inability to properly celebrate her retirement but on October 25th, we will have that opportunity at the end of the 10:30 service for those in attendance.

Finally, in late September we received a comprehensive Reopening Plan for In-Person Worship put together by an extremely hardworking team of Michael Bloss, Canon Terry, Dale Guenter, Kerry Lubrick, Alison Meredith, Derek Smith, Rev. Dan, and John Watts.

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As a result of this plan, in-person worship services will open on October 11 for numbers of people limited by provincial guidelines, and under a number of safety constraints. Several parishioners have indicated their desire to attend services; others are taking a more wait-and-see stance. Always, we would encourage parishioners to do what is comfortable and safe for them, given their individual circumstances. Nevertheless, it is a joyous occasion to look forward to live services again.

We thank Almighty God for Bishop Susan who has put the health and safety of parishioners and staff at the forefront during this pandemic and who has provided spiritual guidance and support through her weekly services; Canon Terry who has done so much during the past months to keep the home fires burning; Alison Meredith for Chronicle and other communications; and for all the clergy, staff, and many parishioners who have devoted hours to keeping us connected and carrying out our ministries. ■

ORDER OF NIAGARA



Congratulations to Wendy Newman and Derek Smith who received the Order of Niagara delivered by Bishop Susan Bell on September 21st. A special Order of Niagara service will be held on October 4th via Zoom for recipients and invited family & friends.

October

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Calendar Notes:

- Cathedral Place Offices will be closed on Monday, October 12 for Thanksgiving Monday.
- In-person services require pre-registration. Please refer to details in the Chronicle on a week by week basis.
- The annotation (V) denotes virtual services.
- Please click on underlined blue text to link to service details or to email an individual as listed.
- For Eucharist with Spiritual Communion, the link takes you to the Cathedral's YouTube Channel. From there, select the service of your choice. For the Order of Service, [click here](#).

4 <i>(V)</i> Eucharist with Spiritual Communion with Cathedral Clergy on YouTube . <i>(V)</i> Sunday Prayers with Bishop Susan 2 pm Details <i>(V)</i> Order of Niagara via Zoom 4pm	5	6	7 <i>(V)</i> Evening Prayer at the Cathedral Details .	8 <i>(V)</i> Centering Prayer via Zoom 7:30 am Contact Dale Guenter	9 The Litany of Reconciliation 12 noon (For in-home prayer.)	10
11 Pentecost 19 Thanksgiving Sunday In-person Eucharist 8:30 am In-person Eucharist 10:30 am <i>(V)</i> Eucharist with Spiritual Communion with Cathedral Clergy on YouTube . <i>(V)</i> Sunday Prayers with Bishop Susan 2 pm Details	12 Cathedral Place Offices closed for Thanksgiving Monday	13	14 <i>(V)</i> Evening Prayer at the Cathedral Details .	15 <i>(V)</i> Centering Prayer via Zoom 7:30 am Contact Dale Guenter	16 The Litany of Reconciliation 12 noon (For in-home prayer.)	17 International Day for the Eradication of poverty
18 Pentecost 20 In-person Eucharist 8:30 am In-person Eucharist 10:30 am <i>(V)</i> Eucharist with Spiritual Communion with Cathedral Clergy on YouTube . <i>(V)</i> Sunday Prayers with Bishop Susan 2 pm Details	19	20	21 <i>(V)</i> Evening Prayer at the Cathedral Details .	22 <i>(V)</i> Centering Prayer via Zoom 7:30 am Contact Dale Guenter	23 The Litany of Reconciliation 12 noon (For in-home prayer.)	24
25 Feast of the Consecration of a Church In-person Eucharist 8:30 am In-person Eucharist 10:30 am <i>(V)</i> Eucharist with Spiritual Communion with Cathedral Clergy on YouTube . <i>(V)</i> Sunday Prayers with Bishop Susan 2 pm Details	26	27	28 <i>(V)</i> Evening Prayer at the Cathedral Details	29 <i>(V)</i> Centering Prayer via Zoom 7:30 am Contact Dale Guenter	30 The Litany of Reconciliation 12 noon (For in-home prayer.)	31

November

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1 All Saints' Day</p> <p><i>In-person Eucharist 8:30 am</i></p> <p><i>In-person Eucharist 10:30 am</i></p> <p>(V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube.</p> <p>(V) Sunday Prayers with Bishop Susan 2 pm Details</p>	<p>2 All Souls' Day</p> <p>(V) All Souls' Service YouTube.</p>	3	4	5	6	7
<p>8 Pentecost 23</p> <p><i>In-person Eucharist 8:30 am</i></p> <p><i>In-person Eucharist 10:30 am</i></p> <p>(V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube.</p> <p>(V) Sunday Prayers with Bishop Susan 2 pm Details</p>	9	10	11	12	13	14
<p>15 Pentecost 24</p> <p><i>In-person Eucharist 8:30 am</i></p> <p><i>In-person Eucharist 10:30 am</i></p> <p>(V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube.</p> <p>(V) Sunday Prayers with Bishop Susan 2 pm Details</p>	16	17	18	19	20	21
<p>22 The Reign of Christ</p> <p><i>In-person Eucharist 8:30 am</i></p> <p><i>In-person Eucharist 10:30 am</i></p> <p>(V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube.</p> <p>(V) Sunday Prayers with Bishop Susan 2 pm Details</p>	23	24	25	26	27	28
<p>29 Advent 1</p> <p><i>In-person Eucharist 8:30 am</i></p> <p><i>In-person Eucharist 10:30 am</i></p> <p>(V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube.</p> <p>(V) Sunday Prayers with Bishop Susan 2 pm Details</p>	30	Dec 1 World Aids Day				

CRITICAL & RELEVANT

 More than ever before

by **Kerry Lubrick**

Diocesan Representative for PWRDF

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God? (Micah 6:8)

Many of you had warned me of “additional” volunteer work as I started retirement in January 2020. Well, you were right! However, it is a blessing to be able to have time, health, and the ability to assume an additional role.



In April 2020, I was appointed as the Diocese of Niagara’s Representative for PWRDF. I accepted this appointment after much discernment and self-education. This appointment matched my faith and commitment to my baptismal vow to “strive for justice and peace among all people, and respect the dignity of every human being” and also our mission in the Diocese of Niagara to “respond to this call, in love and service, and fully live the life of Christ”.

I was aware of PWRDF as a ministry of the Anglican Church in Canada but was not up to date on the activities here in Canada and globally nor understanding the contributions of the parishes here in the Niagara Diocese or nationally. I started this appointment with the full support of our corporation at Christ’s Church Cathedral, support from Deirdre Pike and Canon Christyn Perkons as Diocesan staff, information from Doris M’Timkulu (St.



PWRDF

The Primate’s World Relief and Development Fund

The Anglican Church of Canada

John’s Elora and previous diocesan representative), and care of the PWRDF staff. What I can tell you from my learning and participation is that PWRDF is a critical and relevant organization more today than ever before.

Why support PWRDF?

- Primate’s World Relief Fund started 62 years ago by the Anglican Church of Canada as a relief effort in response to a devastating accident in Nova Scotia.
- Evolved to include “development” as a way to act on social justice vs. just relief
- Faith based organization
- Vision is “A truly just, healthy, and peaceful world”
- Strong partnerships across the world with efficient and effective monitoring of initiatives
- Has a focus on women
- Supports indigenous communities here in Canada and other initiatives
- “We are called to life in Jesus Christ and therefore, compelled to love not only our local neighbours but our global neighbours.” (Bishop Bell September 19, 2020)

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According to a recent article by Bloomberg, millions are suffering hunger as a secondary impact of the coronavirus. It is projected that 132 million more people will go hungry in 2020 and that there may be 12,000 deaths per day globally due to COVID-19 related hunger. This is where PWRDF and your prayers and financial donations assist in lowering these impacts.

Thank you sincerely to those that keep PWRDF in their prayers and donations. I know we have quite a few parishioners that support this organization. If you would like to contribute to PWRDF, please visit the [PWRDF](#) website or submit an offering to the Cathedral marking “PWRDF” on your cheque.

So, you ask, what has she been doing over those five months as the PWRDF Diocesan Representative?

1. Learning: Direct conversation with PWRDF staff, reading the PWRDF website, newsletters, webinars, and praying. On September 25, I will be attending the Annual General Meeting of PWRDF as a voting member for the Diocese of Niagara.

2. Recruiting: I feel like Bishop Ralph, constantly on the phone. I have been connecting with clergy with no parish representative identified. I am impressed with the high caliber of clergy and commitment for PWRDF. Even our own

Cathedral did not have a representative! I was so excited when Louise van Woelderren accepted the appointment as the PWRDF parish representative in May 2020. Congratulations Louise! Currently, 50% of churches have a parish representative and the



balance rely on deacons, clergy, and administrative staff. Parish representatives are generally appointed at vestry; however, many parishes have appointed outside of this process. It has

been a challenge in maintaining the contact list as things change so fast.

3. Communicating: I am sending emails almost weekly to parish representatives with information on PWRDF which in turn is shared with parishes. I have also heard great stories about what parishes are doing to support PWRDF: scone Sundays, Prayers of the People, Little Brown Jugs, World of Gifts.

4. Organizing: Everything is more difficult with COVID. However, Deirdre Pike and I hosted a Zoom meeting on September 19 with approximately 20 parish representatives. Bishop Bell and the Executive Director of PWRDF were also in attendance. In addition, I have organized the Walk for Refuge for October 3. This is another way to support PWRDF. Donations to our Arise and Shine Team can be made until the end of October by accessing our [Fundraising page](#).



As I think about our ministry in faith, we partner with the following to care for God’s world:

1. Locally at Christ’s Church Cathedral.
2. In the community of Hamilton through the work of St. Matthews House.
3. Nationally and globally through our commitment to PWRDF. ■

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THE BIBLE

And catching a service

by J. Lefebvre



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

Spending time with family by enjoying a lovely meal together (and yes, a beverage or two!) with lots of chatter and banter and yes, lots of laughter but tears too if need be, along with the zaniness that often ensues when the older grandkids are causing havoc! I totally love it! It is where I am meant to be and belong!

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

Interesting question. I did not choose the Cathedral. Rather the Cathedral chose me. When a close friend of mine came to me and said she wanted to start attending church, she asked me where to go. I knew she loved choral and organ music and as she lived in Hamilton (albeit on the escarpment) I directed her to the Cathedral. At the time, I was not going to church. A long story but suffice it to say that I was feeling totally betrayed by the Church at the time. She asked me to come join her, and I repeatedly refused to do so. But she kept at it telling me that the choral music and the organ were lovely and that maybe I could just come to listen to those. After about 2 years of her asking me, I finally gave in. Now at first, I did not engage other than to do my own thing. The then Dean, Harry Dawson, knew who I was and asked me if I wanted to get involved. That was a flat NO! But obviously over time, God had other plans for me, and I eventually came to accept the Cathedral as my spiritual home. I am glad that I

did! A strong example in my own life and a direct witness to the power of the Holy Spirit in my life!

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

The interaction with the people there. For me, family is who I choose to surround myself with and I have come to appreciate and love the family that enfolds and embraces me at the Cathedral. It is one of our strongest gifts as a community. We may not always agree with each other, but I have repeatedly witnessed that we find ways to uphold and support each other in love nonetheless. It is a community that I do not and could not live without.

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

Well, as treasurer, with the costs associated with running the place and providing all of the services that we do, I wish we had access to unlimited funds so that we could do ministry without having to worry about how to pay for it! My other pet peeve is long announcements but those of you who know me well already know that about me!

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

I know this will sound cliché and that you will think that I am trying to please a certain retired Bishop in our midst, but it is Queen Elizabeth II. She has shown such grace and adaptability and

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such determination despite all odds during her reign that I have to admire her for all of that. I don't think we could have or ask for a better person at the helm of the monarchy right now!

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

First of all, if you know me, the last thing I'd want to be is stranded on a desert island. I remember early in my ministry quipping that God was calling me, but only to concrete – meaning, only to urban settings! That said, if I only could pick one book it would be the Bible – I know that may sound like another obvious pick, but it is honestly what I would want. It is a most difficult text to read and digest and to live! It would keep me occupied and busy and yes, confused a lot of the time! As for music, I like all things classical but would have to say that Brahms 2nd symphony has always been one of my favourites. Can I get a whole orchestra to serenade me on the desert island? Now to the food. A good steak is the ticket...nicely seasoned and done medium rare, more on the rare side than medium. I'd like a beverage too – a robust and spicy red wine. I know my friends will say that I tend to pick white wine but with a good steak, a red wine is a must and since I'm on a desert island, I get to deviate from my normal habits – I'd have to because I'd not like being on a desert island!

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

Somewhere that has a lot of churches to visit that would also afford me an opportunity to listen to their choirs and the organ! The UK fits that bill perfectly. I loved my time there more recently and spending huge amounts of time in churches and insisting that my travel companions take in Evensong if possible! If I can catch a service – Eucharist or Evensong – a fantastic experience! ■

A Prayer for Justice

Grant us, Lord God, a vision of your world as
your love would have it:
a world where the weak are protected, and none
go hungry or poor;
a world where the riches of creation are shared,
and everyone can enjoy them;
a world where different races and cultures live in
harmony and mutual respect;
a world where peace is built with justice, and
justice is guided by love.
Give us the inspiration and courage to build it,
through Jesus Christ our Lord.



A sign of fall – chipmunks stuffing their faces with food to store for the winter

Photo courtesy of Janina Vanderpost

A CATHEDRAL TREASURE

 Rev. Canon Dr. Sharyn Hall
and the Hall Dream Team

by Wendy Newman



A young couple arrived at Christ’s Church Cathedral early in 1974 on a cold Sunday morning. Having just moved to the City, they were shopping for a church. The woman was expecting. There was a small congregation that morning, fewer than fifty, and chiefly older members. Sidesmen – all men, of course – wore morning suits. It was one of the more obvious “rules”. But they met a warm welcome, especially from the friendly Shirley Fricker. They loved music. The Dean, the late Jo Fricker, who had arrived the year before, had a very special sense of ministry, in their view. Sharyn and Fred Hall made the Cathedral their family’s church home.

The 1970s were years of ferment. Within the Canadian Anglican church, the liturgies, the music, the roles of women and children, and the role of church in society were hot – and often bitterly contested – topics. The first ordinations of women in the Anglican Church of Canada took place in 1976. At the time, Dean Fricker was chairing the national Anglican committee overseeing the development of the Book of Alternative Services – for many, a radical notion. Add to all this the particular challenges of ministry out of historic church buildings in fractured downtown neighbourhoods.

Fred and Sharyn Hall didn’t just stay; they became community builders. They admired Dean Fricker’s gifts and ideas, and his famous ability to engage

parishioners in trying new things. He envisaged much stronger roles for laity, both men and women. He had a particular way, Sharyn observed, of “drawing people in”. Sharyn became the Cathedral’s first female reader of the lesson, and eventually a “subdeacon” – assisting in the liturgy, robed, in such tasks as preparing prayers and administering Communion. Not all these changes were welcomed across the board. Indeed, some people would not take Communion from her. Much more than the Prayer Book was changing. Theatre and music groups were welcomed at the Cathedral, and artists showed their work in Gallery 252. And the congregation grew in numbers and diversity. Still raising young children and teaching at McMaster University, Sharyn and Fred co-chaired the year-long celebrations of the Cathedral’s 150th anniversary in 1985.

Back to the challenges of ministry in historic buildings. In the 1980s, during Fred’s term as a Warden, it was discovered that the beams under the floors had to be taken up, and worship had to be held in Myler Hall for months. After the celebration of the Cathedral’s 150th anniversary, during Sharyn’s term as Warden, the pinnacle fell, and very serious problems were identified in the walls. There were many, inside and outside the Diocese, who might well have abandoned the building altogether. The neighbourhood was reputedly a fright-

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ening place. Fortunately, a major fund-raising campaign and a successful application to the Ontario Heritage Foundation helped to save the day. Of course, there was a splendid opportunity side. The beautiful wall and ceiling colours we see in the Cathedral today replaced the all-grey interior and new moveable pews made for a more flexible space. In sharing with me the story of those decades, Sharyn observed in her trademark quiet and firm voice, “the Cathedral has always struggled” – that is, it has always required, and drawn upon, the dedication and resilience of parishioners.

“You have to go forward in a scary time,” she said thoughtfully. Forward she went to ordination, eventually becoming deacon in December 1997 and priest in May 1998. She was installed as a Canon in 2006; Fred, a Lay Canon in 2017. Sharyn’s ministry has taken her to St. Cuthbert’s Oakville, St. Luke’s Burlington, and following retirement, to St. Jude’s Oakville, and finally back to the Cathedral since 2014. (By the way, in the midst of raising a family and teaching part-time at McMaster University, she completed a PhD in Historical Musicology in 1980.)

As a multi-year representative of the Canadian Anglican community at the United Nations Commission for the Status of Women, Sharyn pursued the calling to strengthen social justice that has been so conspicuous in her preaching and pastoral ministry. These UN sessions were eye-opening experiences of learning and sharing. She has a particular passion to address human trafficking, still so shockingly prominent in Canada and the world. Convinced of the growing importance of working together, she served as the Diocese’s Ecumenical Officer for several years, working with the Roman Catholic and Lutheran churches.

How blessed we have been that Sharyn and Fred

made the choice to join the Cathedral, raising their sons Matthew (now living in the US) and Elliott (now in the UK) in this church and leading in myriad ways through the joys and challenges of Cathedral life over the years. With Sharyn’s retirement at the end of August 2020, she leaves a distinct legacy of grace, resourcefulness, and innovation, in both lay and ordained ministry. With deep gratitude, we wish Sharyn and Fred – and rescue dog Reilly, their newest family member – God’s richest blessings in a long and happy retirement in Dundas.

With thanks to Sharyn and Fred for a lovely afternoon of tea and remembering on their front porch. ■



LISTEN OPENLY

 without judgement

by **Michael Fitzpatrick**
and **Kerry Lubrick**



September 10th is designated as World Suicide Prevention Day. According to the Canadian Mental Health Association (CHMA):

- Approximately 4000 Canadians die by suicide every year.
- Suicide is the second-most common cause of death among young people, but men in their 40s and 50s have the highest rate of suicide.
- One in five people in Canada will develop a mental illness in their lifetime. It could be family, friends, or the person sitting next to you in church.

The following story is true, and it may make you feel uncomfortable as you read through the details. However, before we share the story, it is important to tell you why it is being shared:

- **Stigma** associated with mental health prevents people from talking about it; there is the worry that once an individual identifies a mental health condition, they will face discrimination. “People begin to treat you with kid gloves, like you are a delicate piece of crystal that could crumble at any moment”.
- **Fear** of a person with mental illness; thinking a person could be violent. We do know that people with mental illness are generally the victim of trauma and violence themselves and a majority of those with mental illness are NOT violent.

- **Reactions** of people finding out about a mental health issue or mental disorder. There is the look of confused/concerned facial expression which can quickly change to one of pity. This is a societal stigma of increased rejection of the person with a mental disorder.
- **Lack of understanding** the difference between a mental health issue and a mental disorder. Receiving comments of "I know how you feel; I get depressed too". Mental health problems are generally temporary that can impact the ability to function like concentrating, trouble with sleep, a depressed mood. Generally, we all go through different levels mental health and we use a variety of coping skills to manage. Mental Disorders are a range of medical disorders and are not temporary, and if left untreated will get worse. Medical intervention is required and may include medication and psychological therapy.

*“Forgiving God,
We confess that we have judged those
who struggle with mental illness.
We have judged because we do not understand.
Forgive us for making assumptions.
Forgive us for our indifference.
Lord, in your mercy, Hear our prayer.”*

The most helpful ways to support someone experiencing a mental health condition is to be available, to give your attention, to listen openly, without

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passing judgement or giving opinions. If you hear indicators of suicide, use the resources provided at the end of this article or call **9-1-1**.

The story:

A short while ago, a friend was here, and I had mentioned that I had an anniversary coming up on the 14th. He then asked what this anniversary was? When I answered him, he blurted out, "WHY would you want to remember that date?" I blurted out, "WHY would I ever want to forget it?" (I normally answer a question with a question.) I went on to say how that was a major turning point in my life and a big part of the reason I'm still here today. My friend, like most people, was very uncomfortable talking about this. The topic was suicide.

On July 14, 1997, I made a serious and deliberate attempt to end my life. This was following 20 years in therapy and a horrific childhood which included physical, emotional, and sexual abuse. But I now had a new problem that I'm not prepared to deal with. I am gay.

Until this point in my life I thought and "hoped" my attraction to men was because of my sexual abuse as a child. I'm simply "confused" as it were. In May of 1997, at the age of 32, I realized there is no confusion. I am gay and I'm scared to death. I can't deal with this; how could I ever expect anyone else to? I felt I had no other option but to die.

I've recently been cleaning closets and finding things I hadn't seen in years. The old saying "out of sight out of mind" certainly rang true in this household. I came across a small box that was simply marked 'books'. When I opened the box, what I found was a medical dictionary and 5 Bibles. My immediate thought was, "am I dying?" There was one bible there that had belonged to my grandmother. That bible stirred up a lot of memories and made for a very emotional week. This is one of the reasons that

brought me to write this piece today.

My attempt to commit suicide was well planned. This was not a random act or knee jerk reaction to a situation. Everything was planned right down to having the air conditioning on high because it was very hot and I would not be found for approximately 21 hours. I was holding my grandmother's bible when I went to sleep, and I was still holding it when I was found 2 hours later and not the 21 hours as planned. Even with being found so early, I was still in critical condition for the next 30 hours and unconscious for 3 days. When making my plan I was determined to not survive.

I was extremely fortunate, not only because I did survive but because I ended up with a brilliant doctor who quickly realized I had been wrongly diagnosed for 18 years. I now had a diagnosis and was being treated for Bipolar disorder, type 2, and Social Anxiety disorder.

Not all suicides can be prevented, but there are strategies to reduce the risk:

- Seek treatment, care, and support for mental health concerns and build a good relationship with a doctor or other health professionals.
 - ◇ Visit [ConnexOntario](#) for mental health services or call **1-866-531-2600** (toll-free)
 - ◇ Visit [Crisis Services Canada](#) or call **1-833-456-4566**
 - ◇ Call COAST Hamilton at **905-972-8338**
 - ◇ **Call 2-1-1 to find services in your area**
- Build on social support networks, such as family, friends, a peer support or support group, or connections with a **faith community**.
- Learn good coping skills to deal with problems.

For us in the faith community, the most important support we can provide is listening and connecting the person with mental health services. ■

A Prayer for World Mental Health Day

God of compassion, you meant us to be both fragile and ordinary.

Silence the voices that say we are not good enough, haven't achieved enough, haven't enough to show for our lives, that we are not enough.

Help us to know that we are treasure, we are prized, we are cherished, we are loved.

Infinitely. By you.

So be with us in our corrugations of feeling:

When our hearts are in downward freefall, be with us

When our minds race with anxiety, be with us

When our throats close in fear, be with us

When sleep will not come, be with us

When waking hurts, be with us.

In the name of Jesus, who knew trauma, abuse, despair, and abandonment and has nothing but love for us.

Amen

(by Alison Webster)

Website Update

Many of you noticed that our website was under construction for several weeks. The timing could not have been worse. The original intent was simply to have our site function properly on smart phones, an absolute requirement in this day and age. The solution from our website designer seemed simple enough – a change to the existing theme would do the job and the turnaround time would be one week.

As with many technical ventures, unintended consequences set us back. Somehow, the simple solution resulted in removing some functionality on devices other than smart phones, specifically, laptops and tablets. I deeply regret the outcome and the inconvenience caused to all.

I am now pleased to announce that as of September 28, all functionality is available on all devices—laptops, tablets, and smart phones. There are some differences from one device to another, most of which are intuitive for those who are comfortable with internet navigation. The greatest difference appears on the smart phone version. Namely:

⇒ Instead of using tabs to locate additional content, the smart phone version offers a drop-down menu located on the header as shown here.



Click to view the menu items

I continue to work with our website designer on both content placement and aesthetic improvements, so I ask and am grateful for your continued understanding and patience.

Paula Esteves

GIVINGS NEED

 Your prayerful consideration

by Corporation



Parishioner giving is behind our 2020 year to date plan by \$54,535 and \$34,110 behind where we were at this time last year. Expenses continue to be under plan partially due to our not having been in assembly for much of the year. We have benefited by the Canadian Emergency Wage Subsidy (CEWS) program provided by the Government of Canada to help offset the cost of wages during this extraordinary period caused by COVID -19. The Diocese has been co-ordinating the application for this benefit by submitting one application on behalf of all parishes in the Diocese. We have been fortunate as a result to have qualified for this benefit and to date we have received \$30,088 that is applied as a credit towards our staffing costs. This has helped us immensely given that parishioner giving is below where we need it to be year to date. Even with the CEWS, we are anticipating ending the year with a larger deficit than our budget contemplated.

We once again thank all who are faithfully donating by monthly pre-authorized payment, PayPal, Credit Card and Interac e-transfer. We hope that anyone not currently donating will consider using the donate button on the Cathedral website (which allows for contributions by credit card or PayPal) or by sending your cheques directly to us by mail or by sending us an Interac e-transfer from your online banking site using the e-mail address of cathedral@niagaraanglican.ca. We have direct e-transfer deposit so no security question is required for an Interac e-transfer and no service charges are assessed so, we benefit from your entire donation.

Our staff continue to work to ensure that the ongoing programs, pastoral support, and virtual services are all being provided. The Corporation thanks all of those who continue to faithfully keep their contributions up to date, in support of this on-going important and vital work of the Cathedral. ■

Income	31-Aug-20	2020 Budget	Variance	2019 Actual
Parishioner Givings	\$149,825	\$204,360	-\$54,535	\$183,935
Other Income*	\$13,320	\$14,339	-\$1,019	\$13,195
Open Collection	\$639	\$4,466	-\$3,827	\$3,352
Misc Income	\$712	\$3,666	-\$2,954	\$2,198
Fund Income	\$98,115	\$98,115	0	\$95,371
Special Offerings	\$12,000	\$12,000	\$0	\$12,550
Total Income	\$274,611	\$336,946	-\$62,335	\$310,601
Expenses				
Staffing	\$210,069	\$213,538	-\$3,469	\$215,035
Diocesan Assessment	\$28,115	\$28,115	\$0	\$28,115
Property	\$44,809	\$44,801	\$8	\$42,856
Admin and Programs	\$27,555	\$43,631	-\$16,076	\$33,242
Canadian Emergency Wage Subsidy	-\$30,088	\$0	-\$30,088	\$0
Total Expense	\$280,460	\$330,085	-\$49,625	\$319,248
Net Income (Deficit)	-\$5,849	\$6,861	-\$12,710	-\$8,647

*Other Income includes Choral Scholarships, Dean's Discretionary, Memorial Flowers and Festivals, and Outreach.

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Who's who and how to contact them

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