CONTACT

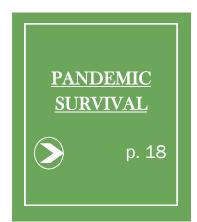
Christ's Church Cathedral | Easter 2021

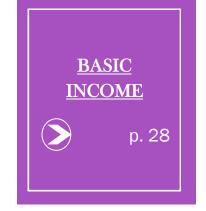




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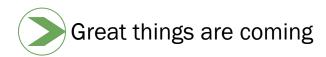




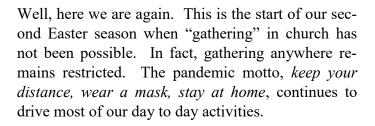
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FROM THE EDITOR

LOOK AHEAD



by Paula Esteves



This past year has been difficult for all, and I would not presume that it's more difficult for one group versus another. However, a lot of attention has been paid to the impacts of loneliness on our mental health. So, *Contact* reached out to several members of our Cathedral family who are on their own to find out how they are coping (p. 18-23).

I was privileged to have a telephone conversation with each of these contributors prior to receiving their submissions. I was impressed and, at times, surprised. I was impressed with how upbeat, positive, and hopeful they all are. I was surprised at how well most have adapted to using technology and what a difference that has made.

As someone who is also on her own, I am keenly aware of how 'aloneness' can quickly become loneliness and despair. So, early on, I identified what my lifelines were or needed to be. I see threads of these lifelines in all of the submissions:

1. Maintain a connection with family and friends in whatever ways possible. Luckily, I'm able to be with my family periodically and I'm in touch regularly with several friends either by phone, FaceTime, Zoom, text, email or whatever works.

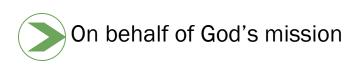


- 2. Stay busy doing things you enjoy! The Cathedral plays a major role in keeping me both occupied and connected to a larger world—everything from working on *Contact*, the website, donation administration, and of course, participating in virtual services. For completely solitary activities, there's reading, doing sudoku and crossword puzzles, watching way too much television, and more recently, knitting, and dancing around the house to very loud music! Good exercise, lots of fun, and confusing for Coco!
- 3. My dog, Coco. Without Coco, I would likely have spent the entire winter indoors. She takes me out walking several times a day, and I have daily conversations with her, albeit one-sided. When you can't be with people, a pet is even more cherished.
- 4. The sense of anticipation also helps and brings me joy—the anticipation of a changing season, the anticipation of Easter, the anticipation of being with my family and sharing a meal, the anticipation of returning to "normal", and best of all, the anticipation of births in my family—3 imminent births. It is wonderful and therapeutic to look ahead and know that so many great things are coming my way.

So, yes, here we are again—I like to think more compassionate and caring as a result of the shared experience of having lived through this pandemic. So many, too many, have not. Let us always remember that and let us be grateful.

Happy Easter to all! ■

OUR PURPOSE



by Tim Dobbin †

Dear sisters and brothers in Christ,

Alleluia! Christ is risen! He is risen indeed, alleluia!

Every time we gather on Sunday, the theme at the heart of our worship is Jesus' resurrection. We are a resurrection people. That Jesus rose from the dead is our proof that Jesus is God; that Jesus rose from the dead is the guarantee of our own resurrection; that Jesus rose from the dead is our promise and our hope of new life in whatever we are living.

These remain unprecedented times; we are still in uncharted waters. This is the second Easter for most of us when we have not been able to gather together nor receive the Eucharist. Some of you will be feeling the loss deeply; others will be experiencing frustration and anxiety - 'Is this ever going to end?' Many of us grieve. At the same time, we celebrate and give thanks for all the ways in which the Risen Jesus is inspiring us and empowering us to keep witnessing to God's life and love: experimenting with innovative ways of worshipping together and on our own; reaching out to those in our parish whom we may not have been in touch with before; practising small acts of kindness and generosity to those in need. The Cathedral is a strong, beautiful, and caring community, growing stronger, more beautiful, and more caring as we navigate this time of uncertainty together.



My prayer for each of you this year is that God gives us each grace to receive and embrace the gift of Easter in a way that moves us beyond simply restoring our 'Alleluias' and enjoying chocolate eggs and daffodils. Gathered physically or not, the Church blesses us with fifty days – a longer season than Lent – to absorb the gift of Easter into the very depths of our being. As we live in and from this central truth, just watch how the new life of Jesus transforms our hearts and our minds. Allow the Spirit of the Risen Jesus to restore your hope in the God whose vision is for the healing and restoration of all the created order; to rekindle your compassion for those who are ill, isolated or living in fear; to renew your resolve in both prayer and in action to respond to need wherever and however you are able.

I am so proud of you and am deeply grateful for the joy and privilege of being called to share this journey together. Please continue to pray and care for one another, and especially those who are vulnerable, as you are so graciously doing. Our heartfelt thanks once again as a family for all the ways in which you are helping us to feel so at home with you.

A joy-filled and peaceful Easter to you all. ■

EASTER SERVICES

Passion Sunday, March 28

Presider & Preacher: The Right Rev. Susan Bell Livestreamed from the Cathedral on <u>Facebook</u> at **10:00 a.m.** and posted on <u>YouTube</u>

March 29th, 30th, & 31st

Cathedral Evening Prayer

<u>Details</u>

Also on Apple Podcasts & Spotify

Maundy Thursday, April 1

Presider: The Very Rev. Dr. Tim Dobbin
Preacher: The Right Rev. Susan Bell
Livestreamed from the Cathedral on <u>Facebook</u> at 6 p.m.
and posted on <u>YouTube</u>

Good Friday, April 2

Presider: The Right Rev. Susan Bell
Preacher: The Very Rev. Dr. Tim Dobbin
Livestreamed from the Cathedral on <u>Facebook</u> at **10:00 a.m.**and posted on <u>YouTube</u>

Holy Saturday, April 3

Cathedral Evening Prayer

<u>Details</u>

Also on Apple Podcasts & Spotify

Easter Day, April 4

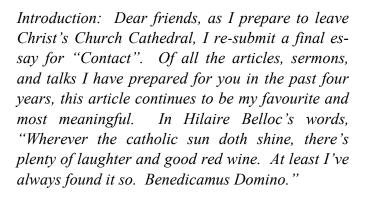
Presider: The Very Rev. Dr. Tim Dobbin
Preacher: The Right Rev. Susan Bell
Livestreamed from the Cathedral on Facebook at 10:00 a.m.
and posted on YouTube

THE PERSON IS THE MISSION

WHAT SHOWS ITSELF



by Dan Tatarnic



There is wisdom in old adages: you are where you are; the life you save might be your own; oft goes the Christ in the stranger's guise. I was standing in the Church of St. Ignatius of Loyola, at the Campus Martius, Rome. The end of my ten day visit to the Anglican Centre, our Emissary's office to the Holy See, was approaching. There was still one more Caravaggio left in my 'must-see-art-in-Rome' bucket list. But, finding myself mesmerized by Andrea Pozzo's *Painted Ceiling*, and the way the early morning sunlight struck the marble floor of the church, I lost all sense of space and time; so I gave myself permission to be exactly where I was.

Months earlier, I had set myself a personal challenge. Summer vacation is a good time to buy a solid pen, a nice journal, and some books you'd otherwise neglect in the hustle-bustle of the work-a-day year. I chose Jean Luc Marion, a French philosopher-theologian as my summer interlocutor. Some people go to beaches to bathe in the sunshine; I go to beaches to read theology.



My pilgrimage to Rome actually began on the beach in Savage Harbour, P.E.I.; it was there, spelunking for sea glass with the kids, and listening to jazz records with Martha, well into the evening, that Marion's thought affected me: "What shows itself gives itself, and what it gives is itself, only insofar as it gives itself in itself from itself alone." That's a mouthful, and notwithstanding, I realized that I needed more time for prayer and recollection. Marion had struck a chord in me; I needed to 'go walking'.

So, when I walked into St. Ignatius', on the Campus Martius, I did so as an anonymous visitor. Dressed in my jeans, a button down shirt, and a light blue blazer, my intent was to make a prayerful visit, write a few reflections in my journal, and carry on. Anonymity was exactly what I was going for, especially after a week that included a papal audience and plenty of opportunities to be 'in office'. Rome's a great city to visit and it's an even better city to visit in a cassock. But that day, enjoyment was to be measured in my ability to take in art and enjoy the mild autumn weather. Ideally, that would include some fresh-pasta carbonara for lunch, a glass (maybe two) of red wine, and a midday nap. Just as I was losing myself in the experience of the painted ceiling, I heard a soft voice in broken English, "Padre...blessing". Without thinking, I turned, put my hand on the man's shoulder, and offered him a blessing.

(Continued on page 7)

I was suddenly overwhelmed! I had to sit down. And sit I did, for about two hours, as wave upon wave washed over me: "What shows itself gives itself, and what it gives is itself." It wasn't as though he, a fellow pilgrim, was asking for directions and confused me (as complimentary as that might be) as a local. It wasn't as though he looked around the church and found the only person clothed in clericals; I wasn't dressed in any way that would have indicated priestly office. So, how did we, on that early morning, on the Campus Martius, end up transcending our solitudes? What did he see that convinced him that I was, in spite of my attempts at anonymity, a priest? Why did I, at the simple call, "Padre", turn toward him? And why, in the grand scheme of things, did the whole thing feel right?

My walk had brought me to the margins. The carbonara would have to wait. I travelled to Rome looking for insight. I got my answer. Not surprisingly, insight came exactly as Marion describes it—the saturated phenomenon—an event so meaningfull, that its immediate effect is one of bedazzlement.

The saturated phenomenon is saturated-right-through-with-meaning. It is often experienced as something purely 'given', the unexpected appearing of an *Other*, whose sudden manifestation, at a particular time and place in life, is without precedence (i.e. I couldn't have created the conditions to make it happen). And as much as this *Other* appears to me, the very appearing of this other, in a time-and-place that includes me, is simultaneously an invitation (call) to me (i.e. my whole person) to appear! It's pure gift, a miracle of grace; everything is given, and no-*thing* is given.

For example, when the Angel Gabriel appears to Mary (Luke 1:26-38), we are dealing in saturation. Recognizing full well that God could have chosen (freely) to remain undisclosed, and Mary could just as well have chosen (freely) to say 'no', the en-

counter between these persons transcends the bounds of possibility/impossibility.

In the biblical sense, it's often called, the *hour*: the moment-in-time that God, in God's time, in God's manner, by God's initiative, at God's discretion, does what we would consider impossible. The hour is meaning-full (saturated, full of grace); and what characterizes the phenomenon is its excess of meaning, excess of presence, excess of self: *more* is given than we imagined or expected. So we understand, with Mary, how the saturated event, an encounter with what we assumed to be impossible, leaves us bedazzled, "how can this be, how did we end up with *more*?"

I ended up having a fantastic plate of carbonara that afternoon, and two glasses of wine, at a cafe just off the Piazza Navona. I also had a great midafternoon nap. My bag was packed, my online flight details confirmed; I was missing Martha and the kids, and I was ready to go home.

But just before the sun set on my last day in Rome, there was one more thing I needed to do. I went walking. And I walked right over to the vestment maker on Via Borgo, and purchased a black priest's cassock fascia. The clerk assured me, in broken English, that there were purple and red ones too! I joked with him about his effort to 'up-sell', and reassured him that I had the right colour. I took that black fascia with me and sat quietly on the steps of St. Peter's. A brilliant indigo twilight enveloped the autumn sky as the air cooled; the angelus rang, and the day came to a close. I went to Rome looking for insight, looking for the answer to a question. So I breathed deeply, and closed my eyes and asked God for the strength, the courage, and the desire, to be a priest.

And there, I answered the question.

MUSIC MINISTRIES

MUSIC AROUND YOU



by Michael Bloss

As of this writing we are closing in on the anniversary of the time when the COVID-19 pandemic began to result in the shutdown of the economy and the closure of public gathering places, particularly churches. There is every indication that this situation, our new reality, will continue for some months to come. I know that I am missing terribly the community we are when we gather together for worship; I miss terribly making music with the choir and congregation. But as we experience another Holy Week apart, it is all of these things that I am particularly heart sick about. No Easter Brass, no Good Friday reproaches and no Exultet ringing out at the start of Easter Vigil are only a few of the things only memory can rescue from the mists of time to cheer my spirit. Maybe you feel the same?



We can all agree on the value and benefit of making music together, whether as a member of a congregation or in a choral group. There are neurological and physiological studies showing that music contributes to physiological changes in us that affects us positively in so many ways. Some have



also said that singing can take you out of yourself. There is a comforting presence in having music around you. I myself have found solace in listening to BBC 3 and another streaming service known as Klassikradio.



I recently had the opportunity to chat with a few of you about what music has and continues to keep you alive during this time of isolation. It was a fascinating conversation which left me with a number of remarkable insights.

Music and hymns which hearken back to the Gospel tradition seemed high on the list of musical comfort food. Hymnologists often label Gospel hymnody as Hymns of the Heart. Music comes to us emotionally as it paints the text. It delivers a kind of earworm and many people recall times from their youth when they heard relatives and parents whistling, humming, or outright singing hymn

(Continued on page 9)

choruses. This also includes singing in your car or remembering from earlier times car singing on long drives to vacation locations. I even heard someone refer to gospel karaoke as a way of keeping the song alive in their soul.

Others spoke about the traditional hymns of our faith. Of the Father's Love Begotten, often sung around Christmastide, is one example of this timeless expression in the form of plainchant – the unison, almost comforting ebb and flow of a melodic line. This is especially impacting when sung by a congregation in a resonant cathedral such as ours supported by organ and choir. I heard this context described as being a sense of home; something extremely comforting, like a warm blanket thrown around you in front of the fire.

Further resources for this kind of sentiment could be found in the collections of hymn and psalm singing presented on numerous CD's by King's College, Cambridge, or any of the major cathedrals such as St. Paul's, London, UK. For me personally, the version of Psalm 23 to the setting of Hylton-Stewart sung by this latter choir and conducted by John Scott is my go-to when things get rough. You can easily find it on *YouTube*.

A more surprising thing for me (in that the foregoing is often what I most expect as a response from a church going group) was the importance of folk song, specifically, sea shanties. Folk repertoire keeps alive the stories of a people, a country, and even, a congregation such as ours. There has been a resurgence, especially in groups like the Iona Community and hymn writers/composers like John Bell, in writing folk songs as hymns.



As we journey through this time, be conscious of the musical earworms that go through your mind or the musical memories you experience. Write them down and live with the memory – see what other associations come to mind. Let those thoughts lead you in your meditations and into another post Easter season. We will all be different when we gather again to sing in the future. But we will also have so much to share with each other about how important music has been and continues to be in our Christian journey.

That is something to sing about. ■



The Phoenix

Carved on the front of the lectern is a **phoenix** rising out of the flames. It represents the resurrection of Jesus after three days, just as the phoenix is said to rise from its ashes after three days.

Submitted by Sandy Darling



NOTES AND NEWS

by Tim Dobbin 🕈

- I have loved the opportunity to meet with almost 70 of you in the 12 Tea with Tim sessions during the season of Epiphany. In keeping with the liturgical calendar, it was not only an 'enlightening' time, it was a delight to make your acquaintance and to listen to your stories. I am deeply grateful for your willingness to take part and for your openness and honesty. I felt honoured by the trust you placed in me. My heartfelt thanks to Alison Meredith for the countless hours she put into organizing us into groups and scheduling the meetings. She also graciously offered to take notes on our discussions which will be a significant resource for us in helping us discern the priorities God is laying on our hearts in the months and years to come. Over the course of our dozen conversations, I was struck by how much you value and appreciate:
 - the depth and stability of the relationships we enjoy with each other at the Cathedral
 - our hospitality and openness to diversity
 - the beauty of the Cathedral and the richness of our liturgical and musical tradition
 - our connection with the wider Hamilton community, especially through the arts
 - our social outreach in the Jamesville neighbourhood

I am grateful for how much there is for us to build on in our life together.

 Our staff meet weekly as we get to know each other, learn how to work together, and build trust, the foundation of any shared ministry initi-

ative. Again, I am grateful for the considerable strides we have made in the last two months and for the dedication and commitment to excellence already present amongst the team. I am sorry to be saying farewell to Fr. Dan after what will be ten weeks of serving together. As you are probably aware, Fr. Dan has been one of the gifts of the Diocese to us for the past four years. At the same time, he serves with us at the Bishop's pleasure. What this means is that if there is an unmet need in the Diocese, then the Bishop may invite Dan to respond to such need. Dan has accepted Bishop Susan's invitation to serve as parttime Rector of St. Alban's Beamsville, effective March 15. I am especially thankful for Dan's ministry with us during the pandemic. He has shouldered the load of recording and editing our online worship, whilst presiding and preaching regularly as well as offering leadership in developing our digital presence. He is a gifted preacher, teacher, and liturgist with a heart for those on the margins. Our loss will be St. Alban's gain. I thank and praise God for all he has contributed to our life across these past four years and with you, pray for God's abundant blessing on Dan and Martha, Cecilia and Gord, as Dan embarks on this next chapter in his priestly vocation. God bless you all.

The Corporation have gone out of their way to help me settle into Cathedral life. I am thankful for their willingness to meet bi-weekly to assist with this process. As some of you will know, wardens carry a significant load at the best of times. A pandemic only serves to increase the burden. We owe each of them our debt of gratitude. We are so blessed to have someone of Canon J.'s competence and personability as our treasurer. He goes above and beyond in ensuring that we have such a good read on our financial resources. The Corporation is especially grateful for the time and energy Canon J. has expended on formulating a proposal to the Diocese for our DMM assessment, the occupancy fee, and the debt repayment schedule. Entering into a formal financial agreement with the Diocese was one of

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the recommendations of the Johnson Report. I was delighted that Canon J., Janina, and I were able to conclude that agreement with Archdeacon Bill Mous and Jody Beck, which you in turn ratified in our 2021 budget proposal at Vestry. Thank you so much. It provides us greater clarity and certainty in terms of our financial commitments as we plan for the future. I am praying now for Synod Council's approval, the final step in the process.

- By the time you read this, we will be transitioning from Lent into Holy Week. Your response to Revive Lent, our Lenten study, has been most encouraging. It is a resource compiled by Assistant Professor Dawn Davis who was our Diocesan Faith Formation Coordinator before taking up a teaching post at Huron University College in London. The goal of the course is to foster transformation in our lives through spiritual formation. If there is interest, we can consider running other modules from the same resource. Connect Lent has been our other initiative. We are hosting Zoom coffee hours right after our service of Morning Prayer on Wednesdays at 9am. Once again, the response has been strong. Alison has also put together a phone tree to ensure that all members are being kept in touch with, especially those who are on their own. As the pandemic grinds on, it will be important that we be intentional about finding ways of keeping connected with each other when we are not able to meet in person. To that end, I am very grateful for Canon Dr. Sharyn Hall's generosity in joining with Bishop Ralph, Alison, and me on a monthly basis to review pastoral need in the parish.
- One of the areas in our life Vestry directed our attention to is stewardship. Whilst we finished 2020 in a strong financial position, thanks to your generosity and to the Canadian Emergency Wage Subsidy (CEWS), we are forecasting deficits this year and next which will consume the 2020 accumulated surplus. This is a matter of concern for your Corporation. I am hoping that

- by the time you read this, we will have met with Gillian Doucet Campbell, Director of Stewardship and Development for the Diocese to solicit her input on options we have for further promoting our culture of generosity as a vital dimension of being the kind of people God is calling us to be.
- I am particularly excited about conversations Rob Jones and I are having with a group of younger leaders in the Diocese. We have been gathering by Zoom on Monday mornings for Morning Prayer with a focus on interceding for renewal of faith in the Diocese and at the Cathedral. We are hoping to promote and take part in an online course on 'new monasticism' being offered by Ian Mobsby our Canon for Mission and Theology. It is a way of exploring what intentional Christian community can look like in our current context. I would love for the Cathedral community to support this vital ministry for our present and our future in whatever way we can.
- You will be hearing more about the Niagara School for Missional Leadership in the weeks and months to come. Essentially, it is a teaching centre offering an array of courses on how to attune others to God's mission in the world. In Mike Frost's words, '... missional people live generous, hospitable, Spirit-led, Christlike lives...in our own neighbourhoods... We need to become a godly, intriguing, socially adventurous, joyous presence in the lives of others.' Please pray about our involvement with the school. I would love to send a small team to participate in one of the courses in the Fall.
- Finally, we have submitted an application for a Parish Technology Support Grant from the Diocese. We recognize that we will need to allocate time and resources to developing the Cathedral's 'multi-channel' presence − how we engage with folk not only in-person but online, meeting them where they are at and helping them take the next step in their spiritual journey. We are currently exploring options for how we can move in this direction. ■

PWRDF

The earth is the Lord's and all its fullness,

The world and those who dwell therein.

Psalm 24:1

by Louise van Woelderen



The matter of climate change remains an acute issue for the Primate's World Relief and Development Fund (PWRDF) and its partners, for Anglicans in Canada, and the world, despite the Covid-19 pandemic currently dominating our lives. Indeed, the UN Intergovernmental Panel on Climate Change (IPCC) calls climate change the defining issue of our time.

The decade between 2010 - 2019 was the warmest recorded in history. Climate change is affecting national economies as well as lives and livelihoods, especially those countries in vulnerable conditions. Changing weather patterns have threatened food production, and rising sea levels have resulted in disastrous flooding. These effects have the most impact on those communities where PWRDF partners work with those who do not have the knowledge or resources to cope.

Despite witnessing the growing impact of climate change, there is also a reason for hope. As part of PWRDF's 2019-2024 Strategic Plan and its commitment to the 2030 U.N.'s Sustainable Development Goal #13 (Climate Action), PWRDF is working with partners in Tanzania, Bangladesh, Cuba, Uganda, Kenya, Zimbabwe, and Colombia on strategies to mitigate the impact of climate change.

Many of these projects have been highlighted in the seven Climate Action Bulletins produced in 2020 by PWRDF. These bulletins focus on the impact climate change has on PWRDF partners' work, from food security, emergency relief, and health to empowering women and engaging youth.





(Continued on page 13)

To continue to promote and build on these resources, PWRDF has introduced a three-year education focus called **Creation Care: Climate Action.** Through this education program, it hopes to highlight the perspective of how climate change is affecting the developing world and how it is being addressed.

During Lent, the Primate's World Relief and Development Fund's Lenten on-line resource has focused on Creation Care: Climate Action, providing 40 days of scripture passages, reflections and prayers, and stories about PWRDF's partners who are working on the front lines of climate action to bring safe, clean water to communities, to provide monthly food relief for displaced people and refugees, to assist with health and medical services, and to give training for disaster preparedness.

At Easter, as we are given hope and joy in new life through Christ's resurrection, let us, as Anglicans, strive to live out part of our baptismal covenant by being good stewards of our earth and caring for our global neighbours who share this planet we call home by doing our part to work towards a truly just, healthy, and peaceful world.



Creator God, we enjoy the abundant fruits of the earth,

Yet, we acknowledge that we in the developed world, have often wasted the gifts of the earth, taking more than our share.

leaving our sisters and brothers in other places in poverty and need.

Renew our minds and transform us into servants of the earth.

so that her richness and bounty will sustain, not only us

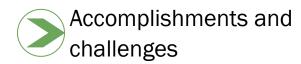
but generations to come after us.

(Taken from a prayer by Karen Turner for the Diocese of Toronto on Earth Sunday 2018)



WARDEN'S WORLD

VESTRY



by David Savage

By the time *Contact* is published Vestry will be just a fond memory! Dean Tim and Rob Jones did an amazing job of conducting the hiccup free virtual Vestry.

New to being a Warden, I had a different perspective on Vestry 2021. Working on the Nominations Report gave me a better understanding of the commitment and involvement of so many parishioners in the life of the Cathedral. I was especially impressed that most of you were very willing to continue in your roles even after a year of COVID. Vestry gives us the opportunity to look at the accomplishments and challenges of the previous year and get a glimpse as to what the immediate future may hold.

The COVID-19 pandemic was the game changer for everyone last year, and it looks like it will continue well into 2021. To put it in perspective, everyone in the world had to pivot and there continues to be a level of uncertainty. We just need to focus on the things we have control over. Even though some programs and committees are paused, there are still exciting things that will be happening at the Cathedral.

Christyn Perkons, the Diocesan Director of Congregational Support and Development, will be starting in September 2021 through April 2022 to facilitate the development of our strategic plan. The summary document will include the mission,



values, priorities, and goals to provide a road map for the next few years. A Visionary Team has been established to act as a sounding board and includes Dean Tim, Rob Jones, Alison Meredith, Wendy Newman, and Brian Kreps.

Two summer student grant applications have been submitted to the Canada Summer Jobs Program by Wendy Newman. If approved, one student will help with digitizing the archives and the other student will engage and survey the neighbourhood as part of the strategic plan process. This should provide insight into how the local environment is changing and how the Cathedral can more effectively interact with the neighbourhood.

The Cathedral has relationships with organizations that will be an important source of information regarding those in need. We know through our association with St. Matthew's Seniors Program that subsidized housing and food security continues to be the most significant factors especially for older adults. The aggressive Hamilton real estate market has resulted in a greater number of precariously housed and homeless individuals. When the Resting and Hygiene Centre was established, the Cathedral team learned from the centres at St. Patrick's and New Horizons. The Cathedral also has a long-standing relationship with the Salvation Army to provide meal tickets for the Tuesday

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morning outreach program. From an outreach perspective, we have access to information which will help us understand what the real needs are and how we can most effectively contribute to meet these needs with the resources we have available.

The important work of the Technology Working Group will be expanded to include an overall media strategy. In addition to a new website, the "multichannel" approach will have the ability to reach people beyond in-person worship. The virtual services and events, established so well early in the pandemic, have allowed us to participate in worship, coffee hours, and meetings. Advancements in virtual technology are happening at an amazingly fast pace. I am sure it will not be long before Zoom is old technology. Corporation has applied for a grant through the Diocese to help offset the cost of a new website. We pray that we will be successful.

I am looking forward to participating in these projects. I am sure there will be some challenges but nothing we as the Cathedral family with God's help cannot overcome.

In the words of the doxology:

Glory to God whose power, working in us, can do infinitely more than we can ask or imagine...



Editorial Update: Two down, one to go!



Laurence Joseph Esteves Morrison March 13, 2021



Alice Jane Millgate Varey March 15, 2021

PANDEMIC

What if you thought of it as the Jews consider the Sabbath—the most sacred of times?
Cease from travel.
Cease from buying and selling.
Give up, just for now, on trying to make the world different than it is.
Sing. Pray. Touch only those to whom you commit your life.
Center down.

And when your body has become still, reach out with your heart. Know that we are connected in ways that are terrifying and beautiful.

(You could hardly deny it now.) Know that our lives are in one another's hands. (Surely, that has come clear.) Do not reach out your hands.

Reach out your heart.
Reach out your words.
Reach out all the tendrils
of compassion that move, invisibly,
where we cannot touch.
Promise this world your love-for better or for worse,
in sickness and in health,
so long as we all shall live.

--Lynn Ungar 3/11/20

Submitted by Dale Guenter

March/April

Sun Mon Tues Wed Thurs Fri Sat

Calendar Notes:

- Cathedral Place Offices will be closed on Friday, April 2 and Monday, April 5 for Easter.
- During Easter Week, Bishop Susan's services are being livestreamed from the Cathedral.
- As of date of publication, all services are virtual (V).
- Please click on underlined blue text to link to service details or to email an individual as listed.
- For Sunday Eucharist, the link takes you to the Cathedral's YouTube Channel. From there, select the service of your choice. For the Order of Service, <u>click here</u>.

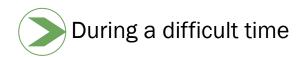
21 (V) Eucharist with Spiritual Communion with Cathedral Clergy on <u>YouTube</u> .	22	23	(V) Morning Prayer with Dean Tim Zoom	25 (V) Centering Prayer via Zoom 7:30 am Contact	26	27
(V) Sunday Prayers with Bishop Susan 10 am <u>Details</u>			(V) Evening Prayer <u>Details</u> Also on Apple Podcasts & Spotify	Lynn Godfrey or Thom Davies		
28 The Sunday of the Passion (Palm Sunday)	29	30	31	April 1 Maundy Thursday	2 Good Friday	3 Holy Saturday
(V) Service with Bishop Susan 10 am <u>Facebook</u> and <u>YouTube</u>	(V) Evening Prayer <u>Details</u> Also on Apple Podcasts & Spotify	(V) Evening Prayer <u>Details</u> Also on Apple Podcasts & Spotify	(V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer <u>Details</u> Also on Apple Podcasts & Spotify	(V) Service with Bishop Susan 6 pm <u>Facebook</u> and <u>YouTube</u>	(V) Service with Bishop Susan 10 am <u>Facebook</u> and <u>YouTube</u>	(V) Evening Prayer <u>Details</u> Also on Apple Podcasts & Spotify
4 Easter Sunday (V) Service with Bishop Susan 10 am <u>Facebook</u> and <u>YouTube</u>	5	6	7 (V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	8 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	9	10
11 Easter 2	12	13	14	15	16	17
(V) Eucharist with Spiritual Communion with Cathedral Clergy on <u>YouTube.</u> (V) Sunday Prayers with Bishop Susan 10 am <u>Details</u>			(V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	(V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies		
18 Easter 3 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Eucharist with Spiritual Communion with Bishop Susan 10 am Details	19	20	21 (V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	22 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	23	24

April/May

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
25 Easter 4 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. V) Sunday Prayers with Bishop Susan 10 am Details	26	27	(V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	29 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	30	May 1
2 Easter 5 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Sunday Prayers with Bishop Susan 10 am Details	3	4	(V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	6 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	7	8
9 Easter 6 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Sunday Prayers with Bishop Susan 10 am Details	10	11	12 (V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	(V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	14	15
16 Easter 7 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Eucharist with Spiritual Communion with Bishop Susan 10 am Details	17	18	(V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	20 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	21	22
23 Pentecost (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Sunday Prayers with Bishop Susan 10 am Details	24	25	26 (V) Morning Prayer with Dean Tim Zoom (V) Evening Prayer at the Cathedral Details. Also on Apple Podcast & Spotify	27 (V) Centering Prayer via Zoom 7:30 am Contact Lynn Godfrey or Thom Davies	28	29
30 Pentecost 2 (V) Eucharist with Spiritual Communion with Cathedral Clergy on YouTube. (V) Sunday Prayers with Bishop Susan 10 am Details	31					Table of Conte

PANDEMIC SURVIVAL

BEING ALONE





Editor's note: The pandemic has been stressful for all of us but particularly challenging for those of us who live alone. Contact reached out to several members of our Cathedral family to find out how they were coping.

Hazel Naylor

Living alone has never been a problem for me as I love to read, do puzzles, and maintain an active social life, both with family and friends. And honestly, once I got used to the idea of this pandemic, things haven't been all that bad.

What has been the most difficult is the loss of my social life and hugs! For quite some time, I was active with several groups of friends, playing euchre and mah-jong. And of course, I was also going to church regularly. These wonderful things in my life ended abruptly.

What has made it "not that bad", is that I continue to keep myself busy with those things that I am still able to do. I have a good and steady supply of books, so I read a lot and I have my jigsaw puzzles that help occupy some time – I've completed several! I still "go" to church except I do this online and I've discovered that I really enjoy the online services. I also have a daily morning routine that includes reading the *Day by Day** reflection. I've continued that practice during the pandemic, but I've added reading the Bible, which I'd never done

before. I use a modern-day language bible to make it easier for me to understand.

Also, I've always loved to bake but I definitely don't want to eat it all myself! So, my neighbours, who are simply great, are well-supplied with buns, muffins, and cookies. It keeps me busy and my neighbours enjoy having these treats dropped off at their door – it is the best of home-delivery!

Being cut off from family is of course particularly challenging. Thankfully, my daughter and two sons have been wonderful and call often. I also Facetime with my grandchildren. All of that helps!

So, I continue to do a lot of things that I've always enjoyed, but I've also started doing some "old" things in new ways as well as a few things I've never done before. Above all, a positive outlook keeps me going. I often remind myself that this will not last forever!

*For those interested in receiving the Day by Day booklet, please refer to the ad at the bottom of page 23.

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(Pandemic Survival Continued from page 18)

J. Lefebvre +

None of us could have imagined that we would ever have to deal with something like COVID-19. The need to hunker down at home and to limit social engagement with others has not been welcomed or easy for any of us, least of all those of us like myself who live alone. While I like to consider myself a pretty resilient and solid type of person, I realized early on just how important my social interaction with others was and is to my mental well-being and that I needed to figure out a new way to connect with people regularly, albeit in a different way than I would ordinarily want.

The first thing and most important thing that I did was to attach myself to another family. As a single person, I was permitted by the COVID "rules" to be in one other "family bubble" and I chose a very good friend and his family who live in Milton where I live. This association has been a life saver. My friend is very gracious in affording me opportunities to connect and even to go over to his house to work from there a couple of times a week. When we are in the office (which we haven't been since last March and no plans to return anytime soon), he sat in the office cube right beside me, so we were accustomed to banter across the cube walls. Being able to work from his house several times a week means that there is a little bit of that normalcy still intact. Plus, what a huge difference it makes just to hear someone else in the house!

I would be remiss if I did not also send out a huge thank you for all the people, both family and close friends, who regularly reach out to me via text, email, telephone, FaceTime, and ZOOM. There are too many of you to name but you know who you are, and I want to tell you from the bottom of my heart how appreciative I am for your efforts to make sure that I know I am loved and missed and cared for.

In addition to these "saints" in my life, I have also made sure that I've stayed connected with others that I care deeply about, through my own direct reaching out to them. I love and look forward to my almost daily telephone conversations with Bishop Ralph and my daily check-ins with John and Lori-Lynn Bradley. Lots of texting and photos come my way from my kids and there are regular ZOOM virtual cocktails with the Harvey-Wall, Anderson, and Millar families and yes, I'll admit to some "I need a pick-up" calls with my dear friend Paula Esteves, who as a kindred spirit, can relate to the things I express about the challenges of having so much alone time.

I do, however, miss the hugs and kisses and I guess I would say that I'm a little starved for some direct human affection so I pray for the time when some of this may return. Virtual hugs and kisses are fine, but they pale in comparison to the real thing – another learning for me around just how much these things mean to me!

In the meantime, I hope that if you know of anyone who lives alone that you haven't spoken to in a while that you consider reaching out to them. I'll say it again, for those of us that live alone, a telephone call, a text, or an e-mail are welcomed beyond measure!

(Continued on page 20)



(Pandemic Survival Continued from page 19)

†Ralph Spence

It was kind of Paula to call me and ask how I was doing in this time of isolation and ask if I would put some thoughts down.

Well, I must say I have survived thanks to my family, friends, the Sisters of the Church, the congregation, and the staff of Christ's Church Cathedral. The cheery phone calls, the drop offs of Holy Donuts and coffee at the door remind me that I am not alone. All of this has helped me in a BIG way in walking in this journey in the wilderness of Lent. Thank God I am not alone.

I have learned many things I would have never tried to do if this pandemic had not come our way. As many of you know, I no longer drive. Some would say that's an answer to prayer in itself. There are new ways of doing things I have had to learn. My groceries are now delivered but I do miss going up and down the aisles at Fortino's. My outings are often trips to the doctor (I'm fine); it's just part of the joy of getting old! My biggest outing so far was to get my flu shot and that happened in my doctor's parking lot! On the way home, I asked my daughter, Anne, to take the long way home. There was no long way home! I have nothing to complain about. I am blessed that I am still in my own home for now. Car rides will come again in the future when we are all vaccinated.

So, let me tell you about my journey and how I have survived so far.

1. Television: Certain programs have lifted my spirits. On Tuesday nights I watch Vision TV, two programs, one after the other. The Royal, a story of a small Yorkshire Hospital in the

1960s followed by *Born and Bred*, a father and son story, both doctors in a small English town in the 1950s – wonderful people in these stories. Sunday night is my PBS night – *Masterpiece Theater*. I am also a Netflix fan and find they often have wonderful movies – *The Dig* and *Fisherman's Friend* being a couple of their fine fare. I watch a variety of church services on YouTube including the Cathedral services, Prayers with Bishop Susan as well as a host of Anglican churches and cathedrals from around the world. This has helped me a great deal with missing church worship.

- 2. I have learned to ZOOM! Thanks to the gift of a tablet from friends, I can attend Cathedral staff meetings on Thursday mornings and prayers with Dean Tim on Wednesday mornings. Isn't our new Dean great! We are blessed to have him. Have you had your *Tea with Tim* on Zoom? What a great idea to get to know him in this time. I am not great on a computer yet, but I have learned some things I thought I would never do. Because I was in the house all alone, I had no excuse for not learning this task!
- 3. Cooking! I am cooking some of my mother's old standbys Scottish dishes like mince and tatties, stovies, and even sausage rolls, thanks to pre-made puff pastry. I'll share a recipe with you for one of my lunch favourites at the end of this piece.
- 4. Jesus and Me: Well, we have gotten closer. Jesus was always close to me; I just had to move closer to him. How did that happen longer time in prayers and me listening more!

(†Ralph Continued on bottom of page 21)



Mary Hughes

It's been three years since Don died; we had been married for sixty years. I'm still living in our home, alone. Well not exactly alone, I have my elderly cat, my friend Kira with me. My home is a bungalow, so that makes things easier.

I feel blessed to have caring family, friends, and good neighbours. Not all of them are local, but I'm in touch with them regularly. Every day I speak once or twice to my old nursing school friend of seventy years who lives in Hamilton. My daughter calls daily. My son takes me food shopping and stays for dinner when the rules allow. My other son and family in California call weekly. He's waiting to buy a plane ticket to visit as soon as it's

allowed.

I use the computer for emails, bridge, and internet searches. I follow the Cathedral Sunday services on YouTube. Each day I try to talk with one or two different friends. In good weather I get outside for a thirty-minute walk. I still enjoy baking and working around the house. Evenings are long and can be lonely. I watch a lot of TV—news, politics, sports, and of course, Jeopardy.

I feel I'm very fortunate, all things considered, in these difficult and strange times. I look forward to reconnecting with my Cathedral family in church, in person. ■

(Continued on page 22)

(₱Ralph Continued from page 20)

I miss worshipping God in church; I miss congregational singing; I miss all of us being part of the Prayers of the People; I miss Michael playing and our wonderful choir; I miss sharing in the bread and wine, the Body and Blood of our Lord; I miss that wonderful building. May I say, I miss all of you! But I thank God for filling that big hole in my life with God's love shown to me in God's presence in my days. I pray God that it will not be long before we are all together again to praise and thank

God in our Cathedral church. In the meantime, let's all pray for each other, for the sick, the lonely, the troubled, and for the joy in our community. We will keep in touch with each other by phone or email and prayer.

All my love to all of you.

Pandemically yours,

P.S. Who would have guessed that God would show me, an extrovert, the power of silence and loneliness in walking with God. ■

†Ralph's Shrimp Filled Avocado:

2 Ripe Avocados 1 lemon 1 dash or 2 of Tabasco sauce

1 can of cocktail shrimp 1 large spoonful of mayo

Hollow out the avocados and place the pulp in a bowl. Save the skins. Drain the can of shrimp and rinse under cold water. Add the shrimp to the bowl. Add the zest and juice of the lemon, the mayo, and tabasco. Mix together and spoon into the skins. Options: Feel free to add some combination of diced celery, finely chopped onion, parsley or tarragon, and capers. A pleasant change and treat for lunch!



(Pandemic Survival Continued from page 21)

Kathy Wolsey

I'm coping with the pandemic by keeping to my regular schedule. Oakley, my guide dog, and I go out early for the first walk of the day. I do my usual routine and the day starts.

It was difficult for Oakley at the start of the pandemic. He couldn't understand why we did not go anywhere, just went for walks. He prefers a destination walk to the bank, post office, or drugstore. We are out four times a day, around the block, to the park or to explore the neighbourhood. I was proud of him in October when the Cathedral opened for in-person services. We hadn't been there for six months. At the corners of James and Cannon I told him, "Cathedral." He turned north, marched down James street, turned in at the side door, up the stairs and into the sanctuary. The chairs are spaced apart due to Covid-19. He doesn't like lying in the open. You'll have to forgive me if I don't stand for prayers. He is probably stretched out across my feet.

I live in a 23-floor community. It is a condominium but feels like a neighbourhood. We are following the protocol and not visiting. Someone is always willing to help if I need it. My friends, who live next door, do my grocery shopping and errands.

I am an avid reader and have a wide range of interests. I am visually impaired, so I listen to the books and magazines that I download from the talking book library. I use my talking computer to access the Internet and e-mails. Online courses and studies are available in various topics.

I subscribe to the online Anglican Church of Canada. I've taken advantage of its recommendations. I've joined the good book club, attended the lectures on *Illuminating the Middle Ages* and participated on a forum with Christians and Muslims. It's all free and available to everyone.

Since the Cathedral has gone online, there are Sunday services, Centering Prayer, Wednesday morning prayers, Wednesday night podcasts, and ZOOM calls. I have friends who do not have access to the Internet. CTV Kitchener broadcasts services from St. Andrew's and St. Peter's alternately on Sunday mornings. We go to church together (in our own homes). We discuss the service during the week.

My hobby is writing. I belong to an older adult writing group. We meet on Fridays to read and discuss our work. Since we can't meet at the Central Library due to the Corona virus, we meet on ZOOM each week.

I was an active volunteer. Now I volunteer from my home office. I call people, send e-mails, write letters, and mail greeting cards. I am rewarded when a person says, "I'm sitting here waiting for your call." Each week until last March I volunteered at the Hamilton Wentworth Detention Centre. Now I answer a toll-free number from inmates at the Ontario Provincial Prisons. It provides them with spiritual support.

I am no Pollyanna. I get frustrated by my limitations. If I feel down, I call a friend, put on lively music, or laugh at a comedy show. I am grateful for all my blessings. ■

(Continued on page 23)



(Pandemic Survival Continued from page 22)

Pat Barton

Before COVID changed our lives, being alone after a busy day in the community was great, a time for happy recollection of the day and relaxation. Now the challenge is to be happy or at least content all day alone.

Obviously, the happiest times are when we connect with our friends. We are blessed with so much new technology to do this, but for me the 'phone call and the distanced chat with a neighbour on the street are the best. And then there is the rest of the day.

I've been asked, "Do you have a new hobby or are you taking advantage of online university courses?" No, I'm not, but I'm really surprised how a somewhat accelerated lifelong activity has come to the rescue, daily walking.

My Brasher hiking boots, which unfortunately are no longer manufactured, have stamped inside them "LIVE TO WALK". Today I would change that to "WALK TO LIVE". I have no idea how old I was when I first hiked with my dad, but I do know that Γ ve been at it ever since without really wondering why. Γ m fortunate to have easy access to the RBG and BTC trails for my daily escape into the woods from the COVID reality.

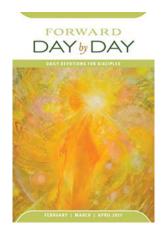
I find because this has become a routine I'm observing more details of the landscape and the trees. As autumn became winter I've appreciated the wonderful shapes, subtle colours, and textures of the bare branches and barks of the deciduous trees. I can sit on a log or rock and look, listen, dream, and sometimes even think of the trails hiked over many years. This is my time free from

isolation and restrictions, just wonderful. Every day is different depending on the weather. The pace is faster when it's sunny and dry but slower when the wind blows the rain and snow in your face. No matter the conditions, I feel really alive again when I get home.

When I led tours for RBG I would stop by a big mature tree and ask the group, "Have you hugged a tree today?" The reactions were mixed but most of them would go along with it resulting in smiles all round.

For a year now we have been unable to hug our friends which is so difficult, but we can still hug a tree. I confess to being a long-time tree hugger. There is something irrationally comforting in hugging a tree. The poet, Hal Borland, wrote "If you would know strength and patience, welcome the company of trees." I would add if you're feeling lonely, go out, wherever you live, and hug a tree.

So, no new hobbies, but for me a wakeup call to get up to date with all the current scientific research and applications available to us to conserve our trees, indeed, to save our planet.



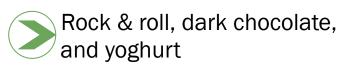
Day by Day is a booklet of daily inspirational meditations. The meditations are rich in substance and offer a wide range of witness and experiences.

Please contact the <u>Cathedral</u> <u>Office</u> if you're interested in receiving the *Day by Day* booklet.

\$1.53 per issue (each issue covers 3 months)

3...2...1 CONTACT

MARY ELLLIS





1. What is your idea of a perfect day?

A perfect day would include spending time with family and friends, travelling somewhere new, going for a walk, reading, and enjoying tasty food either at a restaurant or food that I had prepared. In saying that, I look forward to spending time with our daughter in Texas. Don't know when that will be. I like to keep busy.

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

When St. Thomas closed in 1996, we were encouraged to come to the cathedral. We came and never left. The other parishioners from St. Thomas found other churches in the city.

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

I look forward the Bishop Ralph Spence's sermons. He has such a great gift at delivering his message. His sermons are inspiring and memorable. I look forward to seeing and connecting with other parishioners.

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

I would include more contemporary music.

5. Which living person do you most admire?

I admire Steven Lewis and Jimmy Carter.

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

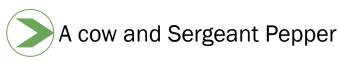
I usually read historical fiction but just finished reading *Anxious People* and would read it again. I would want to listen to fifties rock and roll music. On a desert island I would eat yoghurt and dark chocolate for dessert.

7. Where would your dream vacation spot be?

John and I have many wonderful memories from having travelled extensively. I would love to rent a car and travel through the south of France, Germany, and Scandinavia. ■

3...2...1 CONTACT

JOHN ELLIS





I have been asked by the august editor of this publication to submit answers for the 3...2...1 section of Contact. She was surprised that I had not been asked to do this previously. After reading my musings to her questions, it will no doubt become self evident why I had not been asked and the mistake she has made in asking.

1. What is your idea of a perfect day?

COVID has changed my perfect day. Prior it may have been a good round of golf, playing baseball but the most perfect, if that is possible, would be travelling with Mary. We would have a day visiting sights and then having a great meal on the shores of some body of water. Post COVID, it would be to hug our daughter in Texas and spend a day with her and Derek doing nothing but just hanging out.

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

Technically, I did not choose the Cathedral. My family had long connections to St. Thomas in Hamilton since the late 19th century. In 1996, the parish was closed. We will not go into the long bitter fight or that I was one of two last wardens. Initially, the idea was all the congregation would come to the Cathedral. Our family did. To the great joy of the Cathedral, we were the only family that stayed. It was like the Cathedral won the lottery or that is certainly my take on it.

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

The thing that I look forward to at the Cathedral, with the exception of when Hazel makes me date squares, is a good sermon which fortunately occurs frequently. Of course, having Bishop Ralph to compete against (although I am sure it is not a competition) must be a challenge. Seeing fellow parishioners is very important, also. In the interest of brevity (although that boat may have sailed already), I have not listed either those who one wishes to see more than others.

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

Before noting what I would change at the Cathedral, I have no musical talent. I do not get the hymn books with the music as I have no ability to read music. However, I do know what a treble clef is but not what it means. With this caveat, it would be nice to have more contemporary music. Why *The Lord of the Dance*, which is one of my favourites, is not in the hymn book is a mystery.

5. Which living person do you most admire?

At my age, most of the people that I grew up admiring have died. I would say Bishop Desmond Tutu for a living person whom I admire.

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

For reading I would take *War and Peace*. I have not read it and it is a book one should read, and it is long. Although since this is for a church publication, I am sure my answer was supposed to be the Bible.

As for food, this may depend on what cooking facilities there are. If there is no heat, steak tartar. However, finding a cow may be a challenge. If there is heat, roast beef with Yorkshire pudding. Unfortunately, still need that cow.

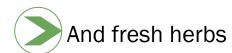
For a musical selection, without comment about the need for electricity, Sergeant Pepper's Lonely Heart's Club Band.

7. Where would your dream vacation spot be?

The dream vacation now is to go to Texas and see Sandra and Derek. Although, we would wait until the boil water advisory is over. Prior to COVID, the place which I want to go and never have is to rent a place in southern France for a few weeks and tour around having great wine and food.

BISHOPSGATE

A NEW GARDENER



by Jeni Darling



How fortunate we are to have the beautiful gardens fronting onto James Street North! Bishopsgate is the name we give to the forecourt of the Cathedral, between the buildings and the street. At the end of the 1990's the area between our buildings and James Street North was not very inviting. The Cathedral presented a dark face along-side the lighter stone of the School House which houses the space shared by the Cathedral Parish and the Diocesan offices. The intent of renovating this area was to make the space more inviting: to provide of a place of gathering for use by the congregation, the Diocese, and the wider community to relax and enjoy a green space in the city. A long-time parishioner, Vera Tomlinson, provided a substantial gift to help make the changes required and to ensure the long-term maintenance of the gardens in memory of her husband, Percy, who had been an avid gardener and had also been a faithful member of the congregation.

A committee of members of the parish was aided by a Master Gardener and plans were drawn up. The plan included the addition of native trees and shrubs, two large beds of perennials in front of the School House, small lawns, and formal beds to provide colour throughout the Spring, Summer, and Fall and in addition, a water feature. The concept was to have a team of volunteers to maintain the plantings, with heavy work provided as needed by occasional labourers and the Cathedral maintenance staff. The area behind the building facing Hughson Street, although not part of Bishopsgate, also demands the attention of the volunteer gardeners who maintain the planters along the sides of the building and the beds leading from the carpark.

I have volunteered in the gardens since 2005 and took on the role of *Leader of the Weeders* in 2010. Over that time many volunteers have come and gone. The gardens too have changed from the original plans to compensate for the increasing age and declining numbers of our volunteers and because gardens themselves are living, changing things.

The initial designs for the gardens included massed plantings of bulbs in the fall which had to be dug up again in the spring to be replaced by equally colourful annuals. This worked well while volunteers were many; work parties would plant in spring and fall and there were young folk available to do the heavier work of digging and preparing beds for planting. Initially the beds along the front of the building were outlined with low boxwood hedges. They are no longer there because they suffered winter damage, were taken out by turning hearses or delivery trucks, and were regularly visited by the neighbourhood dogs. Replacing the box hedges with short fencing displayed the plantings better and significantly improved air circulation. Although the fencing also requires regular maintenance and replacement as needed, the plantings can be more easily appreciated.

The water feature: the living rock

(Continued on page 27)



Spring garden with original boxwood hedges



Garden with fences replacing hedges

Gradually large numbers of perennial plants have been installed in the garden, thereby reducing maintenance. There are more native plants to be seen and Bishopsgate is recognised as a pollinator garden in Hamilton by Environment Hamilton.

The presence of native trees and shrubs, which flower from late April, encourages pollinators from early in the spring. There are still some permanent spring bulbs throughout the gardens. Most were planted by human hands to be left in place, but others are the work of squirrels. The south-facing wall of the School House has rose bushes that regularly flower in early June and we have had roses still producing flowers in November in some of the other beds.

So, how did we manage when the pandemic struck? I was told at the beginning of the lockdown that nobody should be working in the garden and was happy that I could tell the volunteers that they were to stay safe. On the other hand, I believe it is important that gardens look as if they are cared for. I made solitary masked visits to ensure that all was as it should be. The planters are difficult to plant with anything other than annuals, so I have ensured each year that already propagated plants have been installed before Easter. The mini daffodils planted in 2020 were taken out, dried over the summer, and replanted in the Fall. Local nurseries established contactless sales and I followed through with a suggestion from one of the growers to plant herbs in the planters. It will be interesting to see how well these thrive after this winter, but lavender, thyme, and sage did well over last winter. Maybe this could be a source of seasonings for the congregation!



Flowering dogwood

The Corporation soon realised that the garden would require regular attention that could not be provided by volunteers who were in the most vulnerable population group. We were, therefore, happy that Eric Geenen, the young man who had been responsible for the heavy work in the garden since the Spring of 2018, was pleased to work in the garden on a regular basis. When he first started working with me, he was a student at the Niagara Horticultural College. He has since graduated and has been working at the RBG. He was delighted to accept a part time position as the Cathedral Gardener and in those few hours can achieve so much. He and I work very well together – he is knowledgeable, not afraid to make suggestions, and he loves our gardens. Through his work, the bushes were trimmed, mulch laid, borders edged, and the gardens flourished. Eric did need to ask for help with one problem. He needed my husband Sandy's longer arms and legs (and extendable shears) to finish trimming the two barberry bushes outside the School House front door. Eric's presence takes a load of my shoulders.

So, what of the future? I shall continue to lead to the best of my ability, although it is time to think of the next generation of volunteers who will maintain the gardens with continuing devotion. ■

BASIC INCOME

FROM HELPLESSNESS



by Kerry Lubrick



Speak up for those who cannot speak for themselves, for the rights of all who are destitute. Speak up and judge fairly; defend the rights of the poor and needy. (Proverbs 31: 8-9)

Many of you know that I retired from my position as a Human Services Manager of Employment with the City of Hamilton in January 2020, a 33-year career in social services with over a decade on the front line and over two decades of management in social assistance. This retirement came as my position was eliminated due to a forthcoming change with social assistance (Ontario Works). Employment Services are being transformed and removed from Ontario Works to be delivered by existing community organizations (profit and non-profit). I sincerely support the transformation of employment services as it streamlines the employment services field, improves access, and simplifies the process for the person seeking help with employment. What I see as a continuing challenge is the monthly income paid to those in need of public assistance — a level of absolute poverty, which often makes it difficult for a person to obtain sustainable employment, upgrade skills, and fully participate in society.

It is time to take action and have the courage, compassion, and determination to remove poverty from our society. The current social welfare structure, erected in the 1930s, is now ineffective, humiliating, and unjust. Income security is one of the important social determinants of health; there needs to be a level of equality which is a guaranteed basic income for all. A basic income should be a right not a privilege. A basic income could be similar to the Canada Emergency Response Benefit (CERB); a responsive program designed to financially assist individuals impacted by low incomes based on needs test, not an intrusive means test, delivered through the federal tax system. A basic income can be the sustainable and transformational legacy which arises from this pandemic.

In 2018, 8.7% of Canadians had incomes which fell below the poverty line. \$733 per month is the maximum assistance available for a single person in Ontario. A low-income senior is eligible for \$1,534 per month (this is the Old Age Security (OAS) pension combined with the Guaranteed Income Supplement (GIS)).

Support and advocacy for a basic income program is a start in addressing poverty. Moving from welfare to an income transfer program is moving helplessness to hope. Below is a table highlighting the gap between what is now offered through social assistance in comparison to the poverty threshold:

(Continued on page 29)

Social Assistance		Social Assistance to	_	Gap between Basic Income to Poverty Threshold
\$9,394	\$22,389	-\$12,995	\$22,000	-\$389

In the summer of 2020, I was asked to join the steering committee for Basic Income Hamilton. This group was formed to raise awareness, educate, and engage Hamiltonians about the concept of basic income. The goal is to build support for and commitment to the implementation of a national basic income program for Canadians. Deirdre Pike, our Diocesan Program Consultant for Justice & Outreach and senior policy analyst with the Social Planning and Research Council, also joined this steering committee in the Fall of 2020.

Hamilton was one of the pilot sites to offer a "Basic Income" in 2018. In this pilot, individuals, 18 to 64 years of age, could receive \$1,475 per month and couples \$2,003 per month. Every dollar of basic income was reduced by 50 cents for every dollar earned. Early findings from this pilot were positive. Individuals and families that participated in the pilot reported less stress, improved mental health, fewer health problems, a greater ability to work or return to school, opportunity to seek out better living conditions, better food and nutrition options, and an increased sense of dignity. This pilot was implemented by the previous provincial Liberal government then cancelled shortly after the Conservative provincial government was elected.

Basic income is not a new concept; it was piloted in Manitoba (Mincome) in the 1970s but cancelled after a change in government and unstable economic times. Many other countries have implemented a basic income. In addition, Canada already has some forms of a guaranteed income with the seniors' OAS (old-age security) and GIS (guaranteed income supplement), and the Canada Child Care Benefits and Ontario Child Benefits. So why can't Canada have a guaranteed basic income? It really comes down to three issues that I would like to dispel:

1. Public attitudes towards the issues of work ethic & entitlement, i.e. People won't work if you provide a liveable income with no strings attached.

Evidence from previous basic income pilots states that there is NO indication that people will not work when provided a basic income. There was a slight decrease in working hours, but it was offset by higher rates of educational attainment and some choosing to stay home with young children. Some individuals were able to become and stay self-employed.

Currently there is a new reality with the nature of work; barriers to particularly entry-level jobs have been exacerbated by technological advances, a shift to part time and contract work (often lacking benefits and decent wages), and the current pandemic – in all sectors, these issues have caused the reduction of em-

(Continued on page 30)

ployment opportunities coupled with an increase in small business closures unable to compete with big box stores and on-line stores. To add to this, there has been a hollowing out of middle-wage jobs in part due to trade agreements. A basic income program could provide a wage top-up when required, afford the opportunity to upgrade skills as well as improve the viability of small business enterprises.

2. It costs too much for the government to implement a basic income. How will it impact me?

There will be a cost to a basic income some of which will be offset by the elimination of social assistance programs delivered by the provinces and municipalities, which would be harmonized into a federal guaranteed income program. In addition, some tax credits could be eliminated and used to offset costs. The tax system for the wealthiest could also be revised thus increasing tax revenues for a national basic income program.

3. Colonial thinking that does not trust people experiencing poverty to make right decisions for themselves, short term or long term.

There would be no change to the systems of employment, health, housing, etc. They would continue to exist but not considered a mandatory requirement of a basic income. Individuals will access these other services when they are empowered by having a stable income to enable decision making. Intense services are required for the most marginalized: those struggling with addiction, mental health, and homelessness. It is recognized that income alone cannot change some of the systemic issues of poverty.

We are all pursuing truth and reconciliation as we look back on the unjust structures, inequities, and the impacts colonization created. Here we are with growing poverty rates, people experiencing loss of hope and faith, and climate change impacting all of us. It is time for economic security for all and leadership for a just society. Can religion and politics mix? Yes, and should! My Lenten reflection reconfirms that faith can change our society's social safety net with the hope of a basic income for all.

I consider ethics, as well as religion, as supplements to law in the government of man. (Thomas Jefferson)

What can you do?

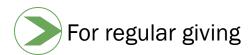
- ⇒ Join the Basic Income Hamilton mailing list: https://www.basicincomehamilton.ca/#take-action
- ⇒ Subscribe to Basic Income Canada to receive regular communication.

Click to Subscribe

- ⇒ Follow Basic Income Hamilton on Facebook, Twitter, and Instagram
- ⇒ Ask your candidates in the next federal and provincial elections if they support a basic income and how they will move this issue forward.
- ⇒ Read *Basic Income for Canadians* by Evelyn Forget. ■

FINANCIAL REPORT

MANY OPTIONS



by Corporation



We sincerely thank all of those who are faithfully donating by monthly pre-authorized payment, Interac e-transfer, PayPal, and Credit Card. We hope that anyone not currently donating will consider using the <u>donate button</u> 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 using the Cathedral's e-mail address: <u>cathedral@niagaraanglican.ca</u> We have direct e-transfer deposit so no security question is required for an Interac e-transfer and no service charges are assessed for this method, so we benefit from your entire donation.

Our staff continue to work to ensure that the on-going 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	28-Feb-21	2021 Budget	Variance	2020 Actual
Parishioner Givings	\$36,165	\$42,755	-\$6,590	\$38,763
Other Income*	\$405	\$3,562	-\$3,157	\$3,250
Open Collection	\$0	\$166	-\$166	\$519
Misc Income	\$0	\$416	-\$416	\$202
Fund Income	\$24,476	\$24,476	0	\$24,529
PWRDF	\$135	\$0	\$135	\$305
St. Matthew's House	\$1,620	\$0	\$1,620	\$660
Special Offerings**	\$12,809	\$0	\$12,809	\$3,000
Total Income	\$75,610	\$71,375	\$4,235	\$71,228
Expenses				
Staffing	\$47,245	\$48,954	-\$1,709	\$47,440
Diocesan Assessment	\$7,741	\$7,741	\$0	\$7,029
Property	\$11,200	\$11,200	\$0	\$10,583
Admin and Programs	\$7,633	\$16,336	-\$8,703	\$7,243
Transfer out to PWRDF, St. Matthew's	\$1,755	\$0	\$1,755	\$965
Transfer out to designated funds	\$12,809	\$0	\$12,809	\$0
Long Term Debt Repayment (Diocese)	\$2,500	\$2,500	\$0	\$0
Canadian Emergency Wage Subsidy	-\$7,075	-\$2,500	-\$4,575	\$0
Total Expense	\$83,808	\$84,231	-\$423	\$73,260
Net Income (Deficit)	-\$8,198	-\$12,856	\$4,658	-\$2,032

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

^{**}An undesignated bequest in the amount of \$12,709 was received from the Estate of Judy Dodman. These funds have since been transferred to Preserve to Serve. A donation of \$100 to Memorial Funds in memory of Robert Snelling was received and transferred to the General Memorial funds.

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