

# CONTACT

Christ's Church Cathedral

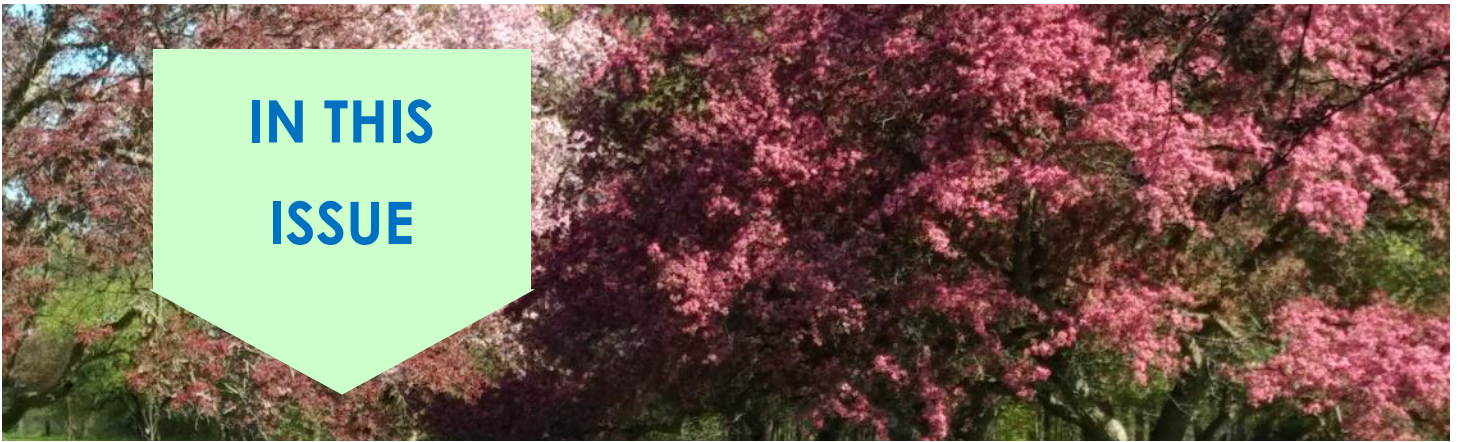
Easter 2024



*Service*

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# FROM THE EDITOR

The iconic image of Jesus washing the feet of his disciples demonstrates just how personal and intimate an act of service can be. Imagine the scene: the disciples seated around the room, perhaps the remnants of a meal on a nearby table, Jesus stooped at a man's feet with a cloth and bowl of water, a truly humbling experience to have one's feet bathed by the man one most admires and respects. The event is commemorated at every Maundy Thursday service. My feet are too ticklish to engage in the practice, but I do appreciate the concept of the Lord's service. But this is not the only way to affirm acts of service.

In this issue, you will discover that our parish has been active in a variety of types of service. Anne-Louise Watts tells her story of training to be a Nightingale nurse and the upcoming 60<sup>th</sup> anniversary celebration this year of her class. Rev. Monica's examination of Paul's first letter

to the Corinthian church insists that everyone brings a different skill or talent to the community that serves the greater good. Therefore, we must ponder the roles, skills, and talents we can offer to our own community. This past quarter the Community Engagement folk have been very busy with the Cathedral Café, an evening chat group about affordable housing, and a fund-raising walk on the Coldest Night of the Year event. Louise van Woelderren reminds us that service has an international scope as well. The PWRDF has relief projects all over the world, but in this issue, Louise focusses on efforts in Gaza and Uganda. Jeni Darling describes her work as a lay weeder in Bishopsgate Garden and its on-going needs. Jim Newman offers another installment on climate change, focusing on climate anxiety and what we can do about it, both collectively and individually.



Photo: Alexander (Sandy) Darling

Yours, in service,

**Sally Braun-  
Jackson**  
*Editor*



## Easter 2024

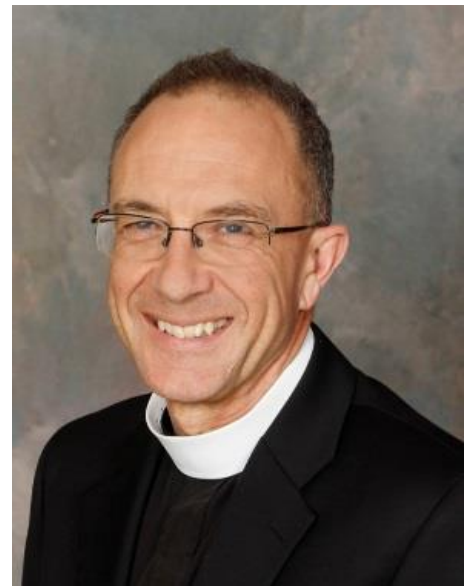
That we might struggle with the notion of 'service' in following Christ is nothing new. Peter, James and John, the reputed pillars of the early Church, pushed back – Peter initially was having none of Jesus' washing his feet; James and John wanted the two best seats in the house in the new reign Jesus was ushering in. Jesus informed Peter that 'Unless I wash you, you have no share with me' (John 13.8); Jesus reminded his disciples after the brothers' bold request that 'the Son of Man came not to be served, but to serve...' (Mark 10.45).

What Christ clarifies in his responses to Peter, James and John is that service is fundamental to who he is and what he's about. To this end, Jesus reminds us that service is not only about bringing about personal or social change; nor is it only about feeling good for making a difference. Thanks to the compassion and generosity of our volunteers, change is happening at the Cathedral Café – a number of our guests are seeing improvement in their quality of life; and I hope and pray that our volunteers experience a lightness and joy in their self-offering. Jesus, however, teaches that service at its core is a way of encountering God. As Henri Nouwen helps us understand, when we see God, the One who is the source of our compassion and care, at the heart of servanthood, service becomes much more than 'doing good for the less fortunate.' Service can become a way of life in which we catch the vision for a just and peace-filled world of a God who chose to reveal Godself in servanthood. Nouwen writes:

*The poor are called blessed not because poverty is good, but because theirs is the kingdom of heaven; the mourners are called blessed not because mourning is good, but because they shall be comforted.*

In this way our service becomes a way of expressing our desire to grow closer to God, to lead lives that are more Christ-like. As we prepare to enter Holy Week, the week around which the rest of the Church year revolves, may Jesus' death in a state-sponsored execution and his victorious rising again from a sealed tomb, draw you all more deeply into his life of self-offering through which we discover what it means to be truly alive. ■

Tim Dobbin †



See <https://henrinouwen.org/meditations/in-service-we-encounter-god>. Retrieved Feb 25 2024.

## Service in Community

*Now there are varieties of gifts but the same Spirit, and there are varieties of services but the same Lord, and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. – 1 Corinthians 12:4-7*

In Paul's first letter to the Corinthian church, he describes for a troubled and fractured church body what unity in diversity is supposed to look like within their community. He outlines the various ways that the Holy Spirit gifts different people within the church – with faith, healing, wisdom, knowledge, prophecy, and interpretation. Then after outlining this diversity of gifting, Paul reminds the readers of the reason they should be unified in their use of these gifts: they all come from the same Holy Spirit (1 Cor 12.4-11).

Paul further develops this theme of unity in diversity by offering the metaphor of the Christian community as a body made up of many body parts, each of them working together for the good of the whole (1 Cor 12.12-26). He then notes that the church is not just any body: it is the body of Christ (1 Cor 12:27).

Often when I think of service, I think of people who are paid to wait on others and see to their needs, like at a restaurant or more dramatically, like in scenes from *Downton Abbey*. It is easy to think of service primarily in terms of this hierarchy of privilege. But this is not the picture that Paul is describing for the church. Paul's ideal image of service is a symphony of individual community members each exercising the gift that God has given them, working together in unity for the good of each other and the world. No one is above another, because everyone together is serving God, each other, and the greater community. Having everyone's contribution coordinate together as smoothly as one's own body parts involves offering one's service while simultaneously being mindful of all the other

offerings as essential for the whole. It requires all members to practice communal conscientiousness, attention, respect, humility, and most of all, love (1 Cor 13).

Paul's picture of service within diverse community may seem too perfect to achieve, but like all areas of the Christian life, it is something that we can continually grow in and towards with intentionality and God's help.

As you consider your membership within our expression of the body of Christ – Christ's Church Cathedral – to what degree are you currently offering to Christ and the community the gifts the Holy Spirit has given you? How are you being of service to God's reign through Christ's body?

How are you doing in the co-ordination of your gifts with the other gifts being offered within the body? Are you being conscientious and paying attention to the contributions of others? Are you giving others respect as fellow beloved members of Christ's body? Are you practicing humility towards God, one another, and the greater community?

Finally, how might God's love so grow in your heart as to overwhelm and overtake all other motivations for your service?

May our God who is generous in giving and activating the Spirit's gifts for serving the Body of Christ and the world graciously draw us deeper into the Triune love, in the name of Christ. Amen. ■

**The Rev. Monica Green**



## 3...2...1...CONTACT

### **Jasmine Christiansen & Michael Hobbins**



#### **What is your idea of a perfect day?**

J: Going for a hike on a summer day with my dog, sushi picnic at sunset, go home to read in bed.

M: My perfect day is going for a hike with my dog and coming home and taking a nap; then watching a good movie.

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

J: Was called to visit during Super Crawl and it turned out to be a great fit.

M: Visited during Super Crawl and felt very drawn to the cathedral after experiencing its beauty and being so welcomed by everyone here.

#### **What is the one thing that you most look forward to at the cathedral?**

J: Meeting new people.

M: The Eucharist. It is my favourite part of every service. I look forward to it all week long and I always feel so spiritually refreshed after receiving the gifts.

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

J: Nothing comes to mind.

M: I wouldn't change a thing.

#### **Which living person do you most admire?**

J: My mom.

M: My mother.

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

J: The Bible, Out of Touch by Hall & Oates, Italian cheese bread from Little Caesar's.

M: Berserk by Kentaro Miura, You'll be Fine by Hot Mulligan, and pizza.

#### **Where would your dream vacation spot be?**

J: Banff, Japan, or Costa Rica. Anywhere, really.

M: Somewhere in Alaska. ■

# COMMUNITY ENGAGEMENT

## Service, part of Discipleship

This Lent, we have been reflecting on discipleship within our faith community. Service is definitely part of discipleship. When providing service to the outcasts, as Jesus did, we are closer to the Father. I have had the opportunity to read the Bishop's recommended Lenten book, Being Disciples Essentials of the Christian Life by Archbishop Rowan Williams. As I read this book, I realized there are connections between all the components of our parish life and the Mission Action Plan and how it connects with discipleship. The key questions I reflected on were:

Where do you most often sense the company of Jesus?

Does your Christian community or congregation expect people to grow in understanding and how does it help that to happen?

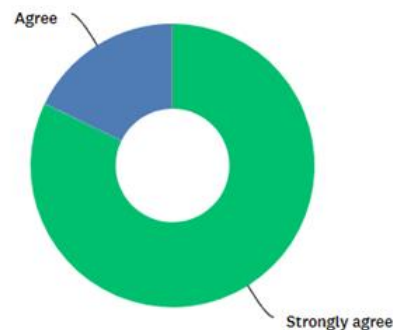
These questions, along with the recent Cathedral Chat on Affordable Housing, the feedback from Cathedral Café volunteers on a recent survey, the presentations by newcomers to the parish at vestry and initiatives in worship and community confirms that discipleship is forming.

For me, I sense Jesus in the Cathedral at a 10.30 am Sunday service, in the Cathedral Café (Monday to Saturday) and walking the streets of Hamilton, especially during the Coldest Night of the Year. *"A disciple is, as we have seen, simply a learner; and this, ultimately, is what the disciple learns: how to be a place in the world where the act of God can come alive."* Awareness, learning, and listening is occurring when we are in the Cathedral; we learn from our

amazing preachers, readers, and intercessors. In addition, we learn from the messages and sound bytes we heard during Cathedral Chat. We learn through the service provided at coffee hour and in the Cathedral Café. We are learning in order to follow Jesus and to provide service to the poor, the homeless, those who are excluded from our secular society. The Community Engagement Committee works to act on social justice issues through love, dignity, and reconciliation. The hope is to ensure our Cathedral is a space where the community of the eucharist becomes an agent of God's grace and challenges society and us to act where there is need.

*"Being where Jesus is means being in the company of the people whose company Jesus seeks and keeps. Jesus chooses the company of the excluded, the disreputable, the wretched, the self-hating, the poor, the diseased."*

In a recent survey of the Cathedral Café volunteers (73/104 responded), the question was asked: *Do you believe that your role contributes to the Cathedral Cafe's objective of participating in a ministry of hospitality, welcoming space, and safety for homeless and precariously housed members of the Hamilton community?* **82% strongly agree.**



(Cont'd on page 8)

Here are some comments from the volunteers at the Cathedral Café on their experience. Reading through the comments, there is the acknowledgement of service, faith, gratitude, joy, love and learning:

- ◆ It has been a wonderful experience. The other volunteers have been lovely and fun. Most interestingly, the gifts I have received from the guests have far exceeded what I have given them and I arrogantly had thought I'd be giving more than I would receive. The culture of welcoming everyone and treating each guest with dignity, respect and kindness is the magic of the Cafe and I hope that never changes.
- ◆ All the volunteers are so kind. It's been an honour to serve our community.
- ◆ It is a loving and teaching place to be in.
- ◆ It has been and continues to be a very satisfying experience. Meeting first hand the people whom I meet and pass by often on the streets of Hamilton. To be able to provide some small measure of support is better than none at all. If only our legislators could learn to love people rather than bottom lines of budgeting the money we give them through taxes. I would gladly pay more taxes if they would.
- ◆ Thank you for letting us be a part of something significant in the city of Hamilton.
- ◆ I believe that this is a worthy cause and that it is beneficial to our guests
- ◆ Very friendly volunteer staff. I learn so much from the guests and enjoy my time with them
- ◆ I have always lived with a great deal of privilege. Volunteering at the CC has provided an opportunity to learn a huge amount about poverty in Hamilton. I'm very grateful for this.
- ◆ I think I receive more from the guests than I give
- ◆ I love and respect this ministry that you do for the neighborhood - it aligns well with your MAP!

- ◆ I have thoroughly enjoyed my time at the Cathedral - it has been very well organised, the staff and other volunteers are lovely people, as are the vast majority of the guests. I hope and pray that we have offered encouragement and sustenance to folk who come to the cafe.
- ◆ I feel honoured & humbled to be able to assist so many at-risk members of our community.
- ◆ I've been at the Cafe since January 2022 and it is such a privilege for me. It's always a good day!
- ◆ I love helping out and look forward to my shift.
- ◆ Fulfills need to help others.

*"The community that most perfectly represents what God wants to see in the human world is one where the resources of each person are offered for every other, whether those resources are financial or spiritual or intellectual or administrative."*

From our awareness from learning and service, we are discerning the next step in our Community Engagement journey. It is anticipated that we will take further actions to engage our parish and others in ensuring that we are building up and using our voices to defend and uphold a better moral basis for decisions impacting the most vulnerable; those who often have no voice. Anglicans and Lutherans across Canada have prioritized poverty and housing as an area to work on together. In short, continued prayer and **ADVOCACY** would be the next step. Through the Affordable Housing Cathedral Chat, we know there are solutions and answers; however, the government is neither listening nor prioritizing the needs of the most excluded from society. We heard that income levels are the main contributor to lack of housing, yet we are seeing social assistance payments not

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keeping pace with inflation. This has identified the need for supporting increases in social assistance rates and a basic income. Dr. Sally Palmer (social worker and life long community advocate) was at the Cathedral Chat collecting signatures for a petition to increase social assistance rates. She confirmed that a majority of the attendees to the Cathedral Chat signed the petition. We heard that there are affordable housing projects which could be started right away; however, the provincial and federal governments are not prioritizing funding for housing. We heard of the need for new policies on rent control in order to control the rental market and renovations. These are key opportunities where our voices can be used to advocate.

*"Creator God, You have provided all that we need to care for one another. Help us to recognize our responsibility to all our neighbours and to work toward an end to homelessness and housing need in our communities. Empower us to walk together with those experiencing poverty, homelessness, and housing insecurity toward creative solutions in these difficult times. Embolden us to make our faith tangible by calling for justice and dignity for all your children. Through your son, Jesus Christ, Amen" (Parish Engagement Resource for Social & Ecological Justice).*

We have taken other actions to raise the awareness of "Poverty and Housing". On February 24, 2024, Christ's Church Cathedral Team participated in the Coldest Night of the Year Walk. Roseann Barry, Pat Barton, Willow Braun-Jackson, Richard Cunningham, Leslie Ho, Kerry Lubrick (team captain), Jess Merko, Inez Morgan, Reece Morgan, Wendy Newman,

Valrie Rodney, Dena Thomas, Steve Thomas and Louise van Woelderen all walked 2.5 kms on Barton Street East (along with approximately 294 other walkers/40 teams).



We were raising money and awareness for Helping Hands Street Mission, a neighbour who is also committed to serve people experiencing hurt, homelessness and hunger. Once again, through our moral conviction and place of abundance, we were able to exceed our fund-raising goal, and raised **\$5,157**. With this support, Helping Hands Street Mission exceed their funding raising goal and received \$79,361.

Thank you to everyone who supported our team and who participated in the walk, another example of how Christ's Church Cathedral takes action on social justice. ■



**Kerry Lubrick**  
**Chair, Community Engagement Team**

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## Coldest Night of the Year 2024 Walkers



# MUSIC AND SERVICE

What do we get if we bring together the words “service” and “music”? The possibilities seem endless! There is not enough space here for a thorough investigation. Instead, I propose that we just let our minds wander through some of the ways music and service can be linked.

One way the words fit our Anglican tradition is through what we call “Service Music”. This refers to the settings of the recurring texts which we sing every week, or at least seasonally, in our services: such as the Glory to God in the Highest, the Holy, Holy, Holy, or the Lamb of God. (There is a whole section of our hymn book *Common Praise* entitled “Service Music” in this sense, from CP#677 to the end of the book.) In this context, the word “Service” clearly derives from “Church Service”. Okay – but why are our church rituals called “services” in the first place? And how does music fit in to that? Without claiming to be exhaustive, here are a couple of suggestions:

- ◇ Our prayer and praise are an expression of our service of God — in other words, our duty to acknowledge God's greatness and to thank him for his overflowing gifts towards us. This is definitely a kind of service where music can play a wonderful role. We need only think of classic hymns of praise, such as “Holy, Holy, Holy, Lord God Almighty” (CP#1) or “Praise, My Soul, the King of Heaven” (CP#381), or a great anthem like the Hallelujah Chorus from Handel's *Messiah*.
- ◇ Thinking a bit more outside the box,

music can allow us in our church ceremonies to express our aspiration to love and serve each other. There are lovely hymns on this theme, such as “Sister, Let Me Be Your Servant” (CP#500) or “Lord, Whose Love in Humble Service” (CP#585).

Beyond the ways we can use music to enhance the religious ceremonies we call Services, music can more generally be a powerful vehicle by which we can be of service to one another. Music can gift both hearers and performers with a delight in beauty, a sense of peace, and an enhanced ability to express important emotions. People making music together, for example in a choir or a band, are of service to each other, sharing their creative energies and supporting each other in many ways.

It is small wonder that music has been a central dimension of religious and cultural expression since time immemorial. I never cease to thank God for such a truly awesome gift, and to ask for the wisdom to use it for the greatest good and service of God's kingdom. ■

**Bruce Burbidge**  
**Director of Music**  
**Ministries**



## MY NURSING TRAINING AT ST. THOMAS' HOSPITAL

*A Short History of St.Thomas' Hospital, London UK.*

The Sick House that belonged to the Priory of Saint Mary Overie in Southwark was named Saint Thomas in 1173, as a tribute to Archbishop Thomas a Beckett who was murdered three years earlier. In 1552, King Edward VI re-endowed St Thomas' Hospital as The Royal Hospital of Saint Thomas the Apostle. Three hundred years later, Queen Victoria opened the new St Thomas' Hospital in 1871. Designed by Henry Curry, the building was heavily influenced by Florence Nightingale, who argued for a pavilion style hospital with separate buildings, rather than a single large building, to enable better ventilation and control of infectious diseases. Each ward had full-length windows between the 30 beds, (15 beds on each side), and a large balcony for taking beds out into the fresh air. Miss Nightingale, (as she was always known to us), stipulated that Clean and Dirty areas of the ward should be separated. Food and Clean Linen were stored at the entrance to the ward. Washing and the Sluice areas were to be at the other end of the ward. She also was very clear that every patient must be treated as an honoured guest.

The hospital is in Lambeth, with the River Thames between it and the Houses of Parliament. There is a wonderful view from St Thomas' Hospital of Westminster. As a very junior nurse, I found this whole place a bit overwhelming, but it really was amazing! The Times of London had raised 42,000 pounds as a tribute to Florence Nightingale, after her work in the Crimean War. She used this money to establish the Florence Nightingale Training School for Nurses at St Thomas', the First Professional Nursing School in the World.

I passed the necessary University Entrance

exams that were required to be a nurse at St Thomas' Hospital. For the interview with Matron, I was asked to bring my mother with me! This was to make sure that I came from a suitable family, and that I was a good candidate for Nursing at St Thomas'. I passed the interview and found out that I was a suitable candidate, and I was told to start in the January 1964 Set.

On January 4<sup>th</sup>, 1964, 52 of us went to the Provisional Nursing Training School in Manor House at Godalming in Surrey. Manor House was a lovely old house, and we all enjoyed our time there. We got to know each other, and learned a lot of procedures that we would need when we started on the Wards at St Thomas' Hospital. We were there for two months, and we had several short trips to the hospital to work on the Wards. This was quite scary! We were dressed in provisional uniform dresses with plain caps. This made it obvious that we were very new Nurses! Finally, we started on the wards at St Thomas', and we were all living in Nurse's Homes. We also got a new fancy Nightingale cap, that we had to sew before wearing it. Every day, as Big Ben struck 8 am, we started the day with Morning Prayer, said by the Sister (Head



**Anne-Louise's "Nightingale" Badge**

**(Cont'd on page 13)**

Nurse), with all the nurses kneeling on the bare wooden floor at the entrance to the ward. As very junior nurses on the wards, it was our job to set the trolley for breakfast and deliver fresh water and glasses to the patients. We then had to boil a large kettle and make tea for 30 patients. We also had to clean the windowsills, and between the beds. On Sunday, we had to boil 30 soft boiled eggs for breakfast! This was not easy! Every evening, we had to set up the drinks trolley, and take it round to all patients. This was good training for the Cathedral Cafe!

We each spent three months on each Ward, chosen for us by Matron's office. I spent a lot of my training on Medical Wards, also Children's Wards, Surgical Wards, and Outpatient Clinics. This was an interesting placement, as was Emergency, where it was impossible to know who would come in for treatment. I also did my turn at being Night Sister. There were five of us and we had to cover the whole hospital. I really enjoyed getting to know the patients and caring for them, especially the elderly patients, often with great stories of their past. I also loved nursing dying patients, and we were told never to leave a dying patient alone. This led to me playing a significant role in Canada with some of my friends, when they were dying.

We also went into "Block" several times a year, in a classroom, to listen to lectures from Medical Staff, and Sister Tutors, to further our knowledge of Nursing. We did no Ward nursing while in Block.

St Thomas' had an extraordinary range of patients from Aristocracy, MPs and Cabinet Ministers, to the homeless who lived under the arches of Waterloo station. This experience makes volunteering at Cathedral Cafe easy! I really enjoyed my

time at St Thomas' Hospital, and I know that I got the best training possible. I will always remember my years there with the utmost pleasure and gratitude, as I met some amazing people, and made a lot of very good friends.



*Figurine of a Thomas' Sister in uniform as worn by Anne-Louise in 1960's*

I passed my State Registration exams in 1967 and became a Charge Nurse. I received my Nightingale Badge in 1968. I can now call myself a Nightingale! I was asked by one of my favourite Sisters to join her in setting up the Renal Unit. I then became a Sister in a navy spotted dress, a black belt with a silver buckle, and a very fancy cap! I must confess to a little bit of pride, because I was at the time, the youngest Sister ever appointed at St Thomas' Hospital. I loved my time as a Sister on the Renal Unit, where the patients became good friends and we had fun with them while they were on dialysis. The renal unit was one of the first in London to allow home hemodialysis. This meant that we had to teach the families how to manage at home. I was very sad to leave the Renal Unit, and I have wonderful memories of my time there.

*(Cont'd on page 14)*

## PRIMATE'S WORLD RELIEF



*"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms"*

**1 Peter 4:10**

In this Bible passage from Peter 1, we are all reminded that, as Christians, we should use our many gifts and talents to serve and help others.

Thinking about our Easter Contact's theme of "serving", I am reminded of the countless ways in which the members of our Cathedral community use their various gifts of time, talent, and treasure to serve in our many lay ministries and outreach programs – assisting in lay roles at services, giving us beautiful music, providing pastoral care, extending hospitality to both our congregation and Cathedral Cafe friends, and supporting our various fundraising initiatives.

One of the organizations we support is our Primate's World Relief and Development Fund. The Primate's World Relief and Development Fund is the Anglican Church of Canada's agency for sustainable development and humanitarian relief and is a true example of serving and helping others. PWRDF supports projects nationally and worldwide in partnership with local organizations that understand the cultural, social, economic, and political conditions of the communities and people they serve. This knowledge is invaluable for achieving programs that respond to the specific challenges each community encounters.



**Class of 1964. Anne-Louise in middle of back row**

My husband John got a Neonatal position in Bristol and then in Exeter, Devon, where our daughter Rachel was born in 1972. I am really looking forward to the 60th Reunion of our 1964 Set in England in May 2024, and to seeing many friends again. ■



**Anne-Louise Watts**

**(Cont'd on page 15)**

In Canada and worldwide, PWRDF staff, partners, and volunteers are key to engaging Anglicans about the humanitarian relief and development work (health, empowering women and girls, food security and climate change, and Indigenous programs) its partners are doing.

Here are two examples illustrating PWRDF's commitment to helping others as it works towards a truly just, healthy, and peaceful world.

### **Humanitarian Aid** **Gaza/West Bank Conflict**



Amid the horrific conflict in Gaza and the West Bank, PWRDF has joined a multinational alliance of Anglican organizations in a joint project.

After the Hamas attack on Israel on October 7, 2023, and the following retaliatory attacks by Israel, PWRDF issued an emergency appeal for Gaza and immediately sent a relief grant of \$30,000 to its long-standing partner, Al-Ahli Arab Hospital, to hire staff and to buy much-needed fuel and medical supplies. In Gaza, the Al-Ahli Arab Hospital continues to operate, despite dangerous conditions, performing upwards of 20 surgeries per day and

catering to 300 outpatients.

Looking towards longer-term support in the region, PWRDF and its partners have proposed a new six-month project, running from February 1, 2024 to July 31, 2024. Eight Anglican humanitarian and development agencies have joined in support of this single proposal aimed at supporting those people affected by:

- ensuring quality health services and medical intervention are provided where needed, and
- ensuring the most vulnerable, especially children, receive quality education.

***The project proposed in this joint initiative will directly support 2,608 people, while an additional 14,512 people will benefit indirectly, bringing the total to 17,120 people supported.***

### **Sustainable Development** **PWRDF Supports Agriculture Education in Uganda**



In Uganda, youth from rural, agricultural communities are leaving in search of more lucrative jobs in industry and service sector job preparation due to the education system moving away from promoting skills in agribusiness.

To combat the issues of youth unemployment, dropping secondary school enrolment, and malnutrition, PWRDF has renewed its partnership with St. Jude Family Projects in a project to promote agricultural entrepreneurship in the rural communities of Uganda's Masaka District. St. Jude has been supporting poverty eradication efforts of smallholder farmers through the promotion of integrated, organic farming for sustainable livelihoods since 1985. PWRDF has been partnered with St. Jude since 2018.

This project, called "Agroecology for School Nutrition Enhancement and Entrepreneurship," takes a two-pronged approach. Along with promoting agricultural entrepreneurship, it also includes a nutrition component to keep youth fed and well-nourished throughout the day – a major incentive for students to remain in school. The project also includes building a more culturally relevant school curriculum within rural communities and offers activities to develop the agro-ecological entrepreneurial skills of young people, so they can remain in their communities while supporting themselves and their families.

Some of the specific project activities include:

- training workshops within schools on soil, fertility, and water conservation harvesting;
- training sessions on specific agro-ecological principles, climate change science, mitigation, and adaptation practices with local examples, and;
- additional training sessions for students in agroforestry principles and practices, nutrition, and food preparation.

By addressing the issues of hunger and

malnutrition, and the impractical approach to agriculture currently offered in schools in the Masaka District, this project will reduce youth unemployment and underemployment by nourishing students, thereby keeping them in school longer, and equipping them with practical skills and education to break the cycle of poverty, improve their livelihoods, and allow them to stay in their home communities.

***This project – which began in November 2023 and will run until October 2026 – is PWRDF's third project in partnership with St. Jude. PWRDF is supporting this project with \$288,047 over its three-year span.***

As we journey through this season of Lent, keep the Primate's World Relief and Development Fund in your prayers as they strive to bring relief and development to the many areas of the world in most need.

To discover the many other ways in which PWRDF serves around the world, visit its website at [www.pwrdf.org](http://www.pwrdf.org). ■

**The best way to find yourself is to lose yourself in the service of others.**

*Mahatma Gandhi*

**Louise van  
Woelderen**  
**PWRDF Parish  
Representative**





# LOVE BADE ME WELCOME

Reflection on how service can lead us to transformation.

*Love bade me welcome. Yet my soul drew back  
Guilty of dust and sin.  
But quick-eyed Love, observing me grow slack  
From my first entrance in,  
Drew nearer to me, sweetly questioning,  
If I lacked any thing.*

*A guest, I answered, worthy to be here:  
Love said, You shall be he.  
I the unkind, ungrateful? Ah my dear,  
I cannot look on thee.  
Love took my hand, and smiling did reply,  
Who made the eyes but I?*

*Truth Lord, but I have marred them: let my shame  
Go where it doth deserve.  
And know you not, says Love, who bore the  
blame?  
My dear, then I will serve.  
You must sit down, says Love, and taste my meat:  
So I did sit and eat.*

*George Herbert*

Published in the early 17th century, this poem is also part of a song cycle by Ralph Vaughan Williams known as "Five Mystical Songs". As I read the poem the music plays in my mind adding a depth of emotion .....so why do I mention this? We are emotional beings in addition to all the other characteristics, qualities and skills that make up being human. Love's invitation to be a guest at the table of life is so profound, even with all our faults, weaknesses, uncertainties and frailties that we bring as the people we are....yet Love can indeed help us to become the servants of Love's great passion....to accept that we are loved deeply, regardless of our history, to accept the call to share that love with all we meet and where we live, and to continue to turn to Love for our nourishment.

I've been incredibly blessed with an eclectic journey and in retrospect, can see the hand of God in this little life of mine. I'm no one special - grew up in a

Christian family, a member of the Anglican church all my life. Enjoyed a fairly standard life in a working-middle class family with the necessities of life, a stable home, good public schools, sports and music. Then I met a new friend who joined our church. She worked for a church-based, community food bank and crisis response organisation. They needed a new newsletter editor and being reasonably confident I could string a sentence or two together, I volunteered. Little did I know how this would change my life – completely and forever! Because the next call was, "well, if I'm going to volunteer to edit and write about these folks, I better learn more about what they do". So, my volunteering increased and I became their food truck driver including regular runs to Daily Bread Food Bank, picking up church donations and at times, packing groceries for clients, and delivering to folks who were physically unable to come to us.

During this time, and even though I was fully employed, some life circumstances had me facing possible homelessness and poverty. Again, the generosity of another helped me through this difficult time, yet the learning of how desperate and all consuming the survival instinct became was so powerful, I could think of nothing else. It made me acutely aware of what so many people face day after day, without hope of an end to it. Again, another moment where Love taught me....to experience the pain and uncertainty and the gratitude of generosity.

This all led to deeper learning and service (at Stop 103), from here heard a call to service with the United Church for 15 years, initially as a food project co-ordinator, then as a lay community

# PASSAGES

## Baptisms

### Irannah Louisah Tumwesigye

January 7, 2024



### Riley Charles Robinson

February 11, 2024



\*\*\*\*\*

## Deaths

**Antonio Biasutti** (December 20, 2023)

**Alan Bishop** (March 1, 2024)

**Shirley Webb** (March 5, 2024)



minister, all the while opportunities to learn more were presented along the way. I know now it was God's Spirit calling and nudging me to say "yes" to these moments and opportunities. I mention these roles not to boast, but to show what I felt called to do, even though **many** times I was uncertain that I was able or worthy. This ultimately brought the understanding that if we don't know ourselves, or have confidence in our own God-given voice, how difficult it can be to participate in transformation, both within ourselves, and within our community.

Each step, God's Spirit showed me new things and where Jesus was present especially with people whose backgrounds and experiences were far different from my own, an awakening so to speak, to the "other". Love invited me into such deep, heartfelt conversations, even with those so deeply wounded by poor health - both physical and mental, poverty and racism - to find Love in our common humanity. No matter how broken, such love and hope continued to be expressed from these folks.....Love meets Love.....

The poem speaks to me so deeply because throughout much of this time of "taking up the calls" I didn't feel worthy, skilled, good enough....put in your own adjective about what holds you back here. Yet choosing to hear Jesus' voice of "come and see" and working alongside others who had experience of walking in Love opened me up to much growth, learning and experience, that I now understand that I don't have to have it all figured out. God is with me and it is God through me who ministers and gives of that deep Love... a gift Love offers all of us, which we are invited to share with all we meet. ■



**Sue Crowe Connolly**

# COPING WITH ECO ANXIETY

I'm feeling it – are you? The Mental Health Commission of Canada (MHCC) says as the environment changes, people worry about what the future, severe enough to cause distress and dysfunction. It's called *eco anxiety*. The American Psychological Association agrees, noting that "this fear can stem from direct experience of extreme weather events and exposure to climate change information through news media." Symptoms include:

- Obsessive thoughts about the climate and fatalistic thinking.
- Guilt related to your own carbon footprint.
- Anger or frustration toward older generations or governments who have ignored climate change.
- Feelings of depression, anxiety, or panic.
- Grief and sadness over the loss of natural environments.
- Trouble sleeping or concentrating.
- Changes in appetite.

I am particularly discouraged by the lobbying of the fossil fuel industry, the billions of dollars that continue to be invested in non-renewable resources, by threats to our natural resources and green space in the name of profits and by inaction of various levels of government.

How can we cope? The MHCC suggests the following strategies can help manage symptoms:

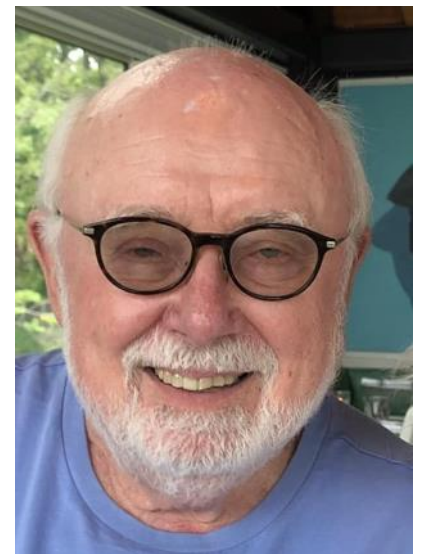
- Get the facts — but don't oversaturate with bad news.
- Acknowledge your emotions.
- Focus on the actions you can personally take such as reducing your carbon footprint.
- Connect with others who share your concerns.
- Seek additional help when you need it.

- Encourage others to voice their concerns.
- Develop an action plan with friends.
- Share encouraging stories.
- Direct others to mental health resources when they need them.

But as Christians, we can and must do more. We can encourage members of this parish and other faith communities to make safeguarding the integrity of God's creation a priority. We can advocate for all of society to reduce GHG emissions to help Canada reach a realistic level below 2005 levels by 2030. We can endorse ESG investing which considers people, society, and the environment as important as financial performance. And we can publicize our efforts as a Christian witness to our communities at large as a means of demonstrating our deep and abiding commitment to addressing the climate crisis.

We can do this! Seek out and talk to members of the Climate Justice Cathedral group. Follow our weekly commentary in the Cathedral Chronicle. We are eager to engage your passion about ecological concerns! ■

**James Newman**  
**Co-Chair,**  
**Climate Justice**  
**Cathedral**



# LET ME BE YOUR SERVANT....

## To Serve/To Give

A glass of water made of justice to the thirsty ones who never knew of such a rare commodity.

A cup of coffee in the coldest winter of our planetary hearts.

A piece of bread baked into peace, but not the peace of the cemeteries;

Rather those who live and sing and come to stay.

A coat of light and safety to those who were only covered by a dark cloak of horrors.

A short poem that brings the beauty of butterflies flying free.

A song to the orphan that brings remote memories of a mother's nursery rhymes.

A small wildflower that always looks skywards, like a needed prayer to God.

A dream to give wings to those who never expected to fly.

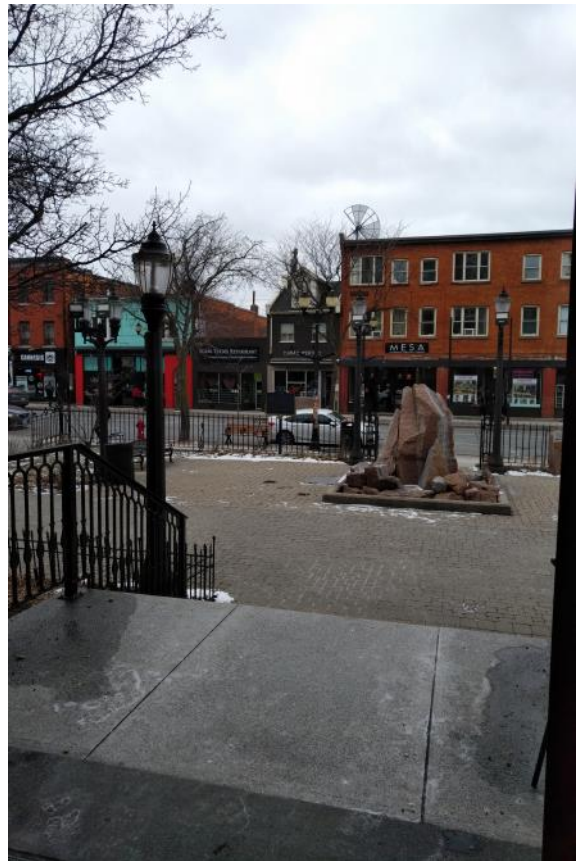
A word, perhaps the one Jesus taught to the children: Love.



Violeta San Juan



*Dorcus/Tabitha giving alms to the poor*  
(photo: Alexander "Sandy" Darling)



*Looking out from Cathedral at James North*



***Preparing Christmas Dinner for our neighbours who are homeless and lonely***

***Liturgical Services & Pastoral Care***  
***Weekly Eucharist & prayer services***  
***Lay Liturgical Teams***



***Servers for Sunday Eucharists***



***Cathedral Garden & "Layweeders"***



*Cathedral Chats on community and local issues*



*Diocesan Services & Celebrations*

## ***Cathedral Café***

### ***Community Engagement***



***Prayer Shawl Knitting Ministry***



*Visitors to Cathedral at Art and Super Crawl*

*Digging Deeper - exploring scripture*

*Lost for Words - learning to write prayers*



*Family*

*Friendship*



*Music*

*Cathedral Oasis*

*Choir*



# REFLECTIONS ON SERVICE

## **...with an invitation to join "The Layweeders"**

It is mid-February as I write this reflection on the last twenty years of volunteer service in the gardens we call Bishopsgate. I have been "Leader of the Weeders" since 2008. I was not a gardener, but I strongly supported the gift that the Tomlinson Bequest made possible for the creation of our beautiful gardens and I wanted to be a part of Bishopsgate's continuing success. I was happy to become one of a team of volunteers, helping where I could. Little did I know that I would grow in knowledge and experience as the gardens have grown and changed. Gradually, intensive, heavy gardening work evolved into plantings of native plants and pollinators that are easier to care for, closely spaced to reduce labour. In the Fall, clean-up is kept to a minimum, providing food from seeds for birds and leaving cover for insects, many of which help in tasks such as pollinating plants and breaking down the soil.

Volunteers are very important to the success of the garden, but we can pay for hired help for the heavier work because there are funds available. If we can find a seasonal gardener to do major clean-up, pruning etc., we can pay them. We were very fortunate to find a young horticulture student for this position for five years. If you know of someone who might be interested in taking over, please let Nancy Corman, or myself know so we can follow up.

Previously, we have had volunteers with specific interests, for example roses, but the important thing is willingness to learn, by asking or looking up how to do things. For any task we have a variety of tools in a bunker beside the School House. The Cathedral staff are responsible for keeping the grass cut and garbage control. At this time the perennial beds in front of the School House need some tender loving care and nutrition. Cuttings from here will



**Bishopsgate Garden**



form the basis of a plant sale in early June, providing we have volunteers to help with this project.

The gardens on the Hughson Street side of the buildings, two small beds and the planters that line the path, are also our responsibility. These are no less important and experience a different micro-climate than our west-facing beds. The planters will start to show signs of spring ready for Easter and then flourish with annuals through to the Fall.

For gardeners interested in building something from very little, look at the gardens along the Hughson Street fence, where neighbours have created a lovely, shaded garden on the city property. Over Covid they turned a neglected patch of grass into a joy to behold. There are the planter boxes for successfully growing produce along the parking lot.

I hope this article inspires you to consider

offering your time and talent in service to our gardens when opportunity arises. I know you will find pleasure in working with others in our beautiful space and will be blessed as you hear from passers-by how much they appreciate the gardens.

I have learned so much from the garden. I see how it thrives on change. I am ready for my personal change but while I am able, I will act as an emeritus to support Nancy Corman as she takes over the leadership role. Knowing that Nancy has lots of knowledge herself and is not afraid to find out answers makes this easier. ■



**Jeni Darling**



**Hughson Street Garden**

# SPIRITUAL GROWTH

*If we're going to help people take wise action and imagine a better future amid coming troubles, then we will have to help people find that better future within themselves, so they can live that better future out into the world.*

– **Brian McLaren**, Centre for Action and Contemplation, Jan. 7, 2024

In the secular world, we talk about life-long learning, while Christians talk about spiritual growth. The yearlong curriculum of the Spiritual Growth Team aims to provide a variety of options for taking a next step on our spiritual journey as we seek to hear and to respond to God's endless call of love.

## Ongoing Activities

- ◇ Three "Centering Prayer" groups, co-ordinated by Lynn Godfrey, provide weekly time and space to listen for the Spirit and God's word within.
- ◇ Every Sunday, following 10:30 worship, Matthew Green provides background and context to the Scriptures in Digging Deeper.
- ◇ On alternating Thursday afternoons, The Rev. Monica Green and Robert James offer us possibilities for deepening our prayer life in Lost for Words.

## Past Events

- ◇ Our robust Lenten season of activities focused on "Loving Our Neighbourhood"
- ◇ Movie nights featuring *Won't You Be My Neighbor*, *Leave No Trace*, and *Lars and the Real Girl* fostered discussion on what it means to be a neighbour.
- ◇ For our winter Cathedral Chat, the Community Engagement Team took the lead, providing the topic and speakers for a panel discussion on affordable housing. Jeff Neven, chief executive officer of Indwell, Tom Cooper of Hamilton Roundtable for

Poverty Reduction, and Michelle Baird, director of housing services for the City of Hamilton, were informative and challenging. Impressive attendance shows this topic touches many of us personally (84 in person, and between livestream and video over a hundred views on our YouTube channel).

- ◇ Ian Mobsby had us look at sharing Christian Spirituality in a post-secular culture and practicing presence in our neighbourhood.
- ◇ Unfortunately our planned Lenten Quiet Day was cancelled due to lack of registration.
- ◇ The Lenten series concluded with a neighbourhood prayer walk.

## Spring Events

- ◇ On April 3, the film *The Look of Silence* will give us another look at loving our neighbour.
- ◇ On April 17, the season's final Cathedral Chat will address the problem of Christian Nationalism.

For more information, pick up a brochure at the back of the church or watch for the Sunday announcements in the Chronicle. Please direct any questions to the Spiritual Growth Team: The Rev. Monica Green, Matthew Green, Marie Avery, Catherine Leckey, and The Very Rev. Dr. Tim Dobbin. ■

**Catherine Leckey**  
**For the Spiritual**  
**Growth Team**



# CALLED TO PRAY AND CALLED TO GIVE –

## **Practice, Practice, Practice**

You've heard that old joke: a visitor to New York City asks a man who is carrying a violin case, "Sir, can you tell me how to get to Carnegie Hall?" The musician smiles and says, "Practice, practice, practice."

Like prayer, giving is a spiritual practice. How do we improve? See joke above. We start small and practice. In our prayer lives, we may start with grace at meals and communal prayer at Sunday services, and through practice, grow into spontaneous prayer at other times. In giving, we may start with modest amounts and, through prayer and practice, grow into more thoughtful and generous givers. We will step up, perhaps nervously, and then discover that we CAN give more. And not only do we not miss it significantly, but we have grown spiritually by being generous. As we continue to practice, we are more aware of God's amazing abundance, and more focused on our call to be salt and light to the world. I'm not talking about giving "until it hurts". In fact, I dislike the phrase. I'm talking about giving until the stretch is just right.

I am a charter reader of Dr. Lori Guenther Reesor's blog ([lreesor.com/blog](http://lreesor.com/blog)) on Christian generosity and the individual parish church. I've also workshopped her book, *Growing a Generous Church* (2021) with other Anglican parishes in Niagara. A Mennonite who worships in a Hamilton congregation, Lori is practical, prayerful, and resourceful. To research her book, she made the "church basement tour" across Canada, chatting with members of many mainstream denominations about stewardship.

In her current blog series, Lori writes about the strong relationship between the spiritual practice of prayer and the spiritual practice of giving. She also writes about

the importance of talking about it:

*"Christians celebrate the offering. Digital giving means the collection plate doesn't necessarily make the rounds, but Christian worship includes a time for giving. We are "out of the closet" givers, although too often the offering takes place in solemn silence. I pray that churches can learn to tell stories of how faithful givers learned generosity. The "left hand, right hand" story that is too frequently used to place a cone of silence over our generosity refers to giving alms, a specific type of giving to the poor. We shouldn't boast about our giving, but if we don't talk about our giving at all, how do people learn how to give?"*

So, let's continue to talk about it, indeed. Your Cathedral Generosity Team has developed a year-round program of prayer, reflection, and story sharing to inspire thought, prayer, and action in response to God's abundance. We are inspired and energized by your generosity. But we'll share a concern, too. As the Narrative Budget shows, the ministries of the Cathedral are financially dependent on a relatively small number of givers. In fact, over 50% of our annual parishioner givings come from fifteen contributors. Something for us all to pray about. And if you haven't completed and submitted your Reflection Form and Intention Form, today is a good day to do just that. Blessings on your reflection. ■

**Wendy Newman**  
**on behalf of the**  
**Generosity Team**



# FINANCIAL REPORT

**For period ended February 29, 2024**

The Cathedral Vestry which was held on Sunday, February 18 passed a budget that anticipates a 3.5% increase in parishioner giving over the 2023 actual received. This increase represents the year over year increase in our budgetary requirements (after filtering out one-time anomalies in 2023). Our expense increases are primarily being driven by inflation.

If you haven't completed the "Intention Exercise" as yet, now is a good time to do this and to submit your completed Intention Form to the church office either by placing it on the collection plate or mailing it (e-mail or snail mail).

If we all play our part in prayerfully considering how we can contribute to the 2024 income targets and goals, collectively we will ensure that the Cathedral programs and operations can continue to operate and thrive in 2024.

Income	29-Feb-24	2024 Budget	Variance	2023 Actual
Parishioner Givings	\$49,698	\$59,395	-\$9,697	\$42,154
Other Income*	\$3,515	\$4,332	-\$817	\$2,023
Open Collection	\$710	\$1,260	-\$550	\$985
Misc Income	\$121	\$83	\$38	\$144
Bishopsgate	\$80	\$700	-\$620	\$80
Fund Income	\$21,500	\$21,500	\$0	\$20,911
PWRDF & St Matthew's House	\$395	\$776	-\$381	\$360
Special Offerings	\$0	\$0	\$0	\$7,600
Transfer in from Funds	\$8,278	\$0	\$8,278	\$51
<b>Total Income</b>	<b>\$84,297</b>	<b>\$88,046</b>	<b>-\$3,749</b>	<b>\$74,308</b>
<b>Expenses</b>				
Staffing	\$47,695	\$55,887	-\$8,192	\$54,156
Diocesan Assessment	\$9,621	\$9,621	\$0	\$9,167
Property	\$21,493	\$13,215	\$8,278	\$12,348
Bishopsgate	\$0	\$700	-\$700	\$0
Admin and Programs	\$4,497	\$12,755	-\$8,258	\$4,841
Transfer out to PWRDF, St. Matthew's	\$395	\$776	-\$381	\$360
Transfer out to designated funds	\$1,915	\$0	\$1,915	\$270
Long Term Debt Repayment (Diocese)	\$2,500	\$2,500	\$0	\$3,333
<b>Total Expense</b>	<b>\$88,116</b>	<b>\$95,454</b>	<b>-\$7,338</b>	<b>\$84,475</b>
<b>Net Income (Deficit)</b>	<b>-\$3,819</b>	<b>-\$7,408</b>	<b>\$3,589</b>	<b>-\$10,167</b>

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

**J. Lefebvre, Treasurer**



# MARCH / APRIL 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Palm-Passion 24</b> <b>Sunday</b> Holy Eucharist with Blessing of Palms 8:30 am <b>Blessing &amp; Procession of Palms</b> Choral Eucharist 10:30 am (V) <b>St. Thomas Team</b>	<b>25</b> <b>Morning Prayer</b> 8:30 am in person Holy Eucharist 11:30 am in person Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey <b>Evening Prayer</b> 4:30 pm in person	<b>26</b> Contemplative Prayer 7:30 am ZOOM Morning Prayer 8:30 am in person <b>Holy Eucharist with Blessing of Oils &amp; Renewal of Vows</b> 10:30 am <b>Evening Prayer</b> 4:30 pm in person	<b>27</b> Morning Prayer 8:30 am ZOOM Holy Eucharist** 11:30 am in person Prayer Shawl Knitting Group 1-3 pm <b>Evening Prayer</b> 4:30 pm in person	<b>Maundy 28</b> <b>Thursday</b> Morning Prayer 8:30 am in person <b>Evening Prayer</b> 4:30 pm in person <b>Holy Eucharist with the Washing of Feet</b> 7:30 pm (V) <b>Ven. Bede Team</b>	<b>Good 29</b> <b>Friday</b> Contemplative Prayer 7:15 am ZOOM <b>Morning Prayer</b> 8:30 am in person <b>Celebration of the Lord's Passion</b> 11:00 am (V) <b>St. Andrew Team</b>	<b>Holy 30</b> <b>Saturday</b>  <b>Great Vigil of Easter</b> 9:00 pm (V) <b>St. Veronica Team</b>
<b>Easter Sunday 31</b> No 8:30 am service <b>Easter Choral Eucharist</b> 10:30 am (V) <b>St. Thomas Team</b>	<b>April 1</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>2</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey	<b>3</b> Prayer Shawl Knitting Group 1-3 pm Movie Night: "The Look of Silence" 7:00 pm Spence Room	<b>4</b>	<b>5</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>6</b>
<b>Office will be closed this week. Phone and email will be monitored.</b>						
<b>Second of Easter 7</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Ven. Bede Team</b> Digging Deeper 12:15 pm Spence Room	<b>8</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>9</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>10</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group 1-3 pm	<b>11</b> Morning Prayer 8:30 am in person	<b>12</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM Art Crawl 7:00 pm	<b>13</b>
<b>Third of Easter 14</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>St. Andrew Team</b> Digging Deeper 12:15 pm Spence Room	<b>15</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>16</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>17</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group 1-3 pm Cathedral Chat on Christian Nationalism 7:00 pm (V)	<b>18</b> Morning Prayer 8:30 am in person Lost for Words: Creative Ways to Pray 1-2 pm	<b>19</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>20</b>
<b>Fourth of Easter 21</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>St. Veronica Team</b> Digging Deeper 12:15 pm Spence Room Cathedral Oasis 12:30	<b>22</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>23</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>24</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group 1-3 pm	<b>25</b> Morning Prayer 8:30 am in person	<b>26</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>27</b>

- (V) indicates that service is both in person and livestreamed on YouTube
- Info about Contemplative prayer groups - [lynn.godfrey79@gmail.com](mailto:lynn.godfrey79@gmail.com)
- \*\*Cathedral Café continues until March 31st - future dates TBD, as is time of Wednesday Eucharists

# APRIL / MAY 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Fifth of Easter 28</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Sf. Thomas Team</b> Cathedral Oasis 12:30 pm Digging Deeper 12:15 pm	<b>29</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>30</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>May 1</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group, 1-3 pm Movie Night: TBD 7:00 pm Spence Room	<b>2</b> Morning Prayer 8:30 am in person Lost for Words: Creative Ways to Pray 1-2 pm	<b>3</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>4</b>
<b>Sixth of Easter 5</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Ven. Bede Team</b> Digging Deeper 12:15 pm Spence Room	<b>6</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>7</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>8</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group, 1-3 pm	<b>9</b> Morning Prayer 8:30 am in person	<b>10</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM Art Crawl 7:00 pm	<b>11</b>
<b>Ascension.....12</b> <b>Sunday</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Sf. Andrew Team</b> Digging Deeper 12:15 pm Spence Room	<b>13</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>14</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>15</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group, 1-3 pm	<b>16</b> Morning Prayer 8:30 am in person Lost for Words: Creative Ways to Pray 1-2 pm	<b>17</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>18</b>
<b>Pentecost 19</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Sf. Veronica Team</b> Digging Deeper 12:15 pm Spence Room Cathedral Oasis 12:30 pm	<b>20</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>21</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>22</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group, 1-3 pm	<b>23</b> Morning Prayer 8:30 am in person	<b>24</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>25</b>
<b>Trinity Sunday 26</b> Holy Eucharist 8:30 am Choral Eucharist 10:30 am (V) <b>Sf. Thomas Team</b> Digging Deeper 12:15 pm Spence Room	<b>27</b> Contemplative Prayer 4:00 pm ZOOM Lynn Godfrey	<b>28</b> Contemplative Prayer 7:30 am ZOOM Lynn Godfrey Morning Prayer 8:30 am in person	<b>29</b> Morning Prayer 8:30 am ZOOM Prayer Shawl Knitting Group, 1-3 pm	<b>30</b> Morning Prayer 8:30 am in person	<b>31</b> Contemplative Prayer 7:15 am ZOOM Litany of Reconciliation 12 pm- In person & ZOOM	<b>June 1</b>

# HOLY WEEK SERVICES

## **Blessing & Procession of Palms**

Palm-Passion Sunday  
March 24 - 8:30 & 10:30am

## **Morning Prayer**

Monday - Friday - 8:30 am

## **Evening Prayer**

Monday - Thursday - 4:30 pm

## **Holy Eucharist with Blessing of Oil and Renewal of Vows**

Holy Tuesday March 26 - 10:30am

## **Holy Eucharist with the Washing of Feet**

Maundy Thursday March 28 - 7:30pm

## **Celebration of the Lord's Passion**

Good Friday March 29 - 11:00am

## **The Great Vigil of Easter**

Holy Saturday March 30 - 9:00pm

## **Easter Sunday Choral Eucharist**

March 31 - 10:30 am (one service only)

## WHO TO CONTACT

The Very Rev. Dr. Tim Dobbin  
(Rector of the Cathedral & Dean of Niagara)  
905-527-1316 Ext. 210  
[tim.dobbin@niagaraanglican.ca](mailto:tim.dobbin@niagaraanglican.ca)

Rev. Monica Romig Green (Assistant Curate)  
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