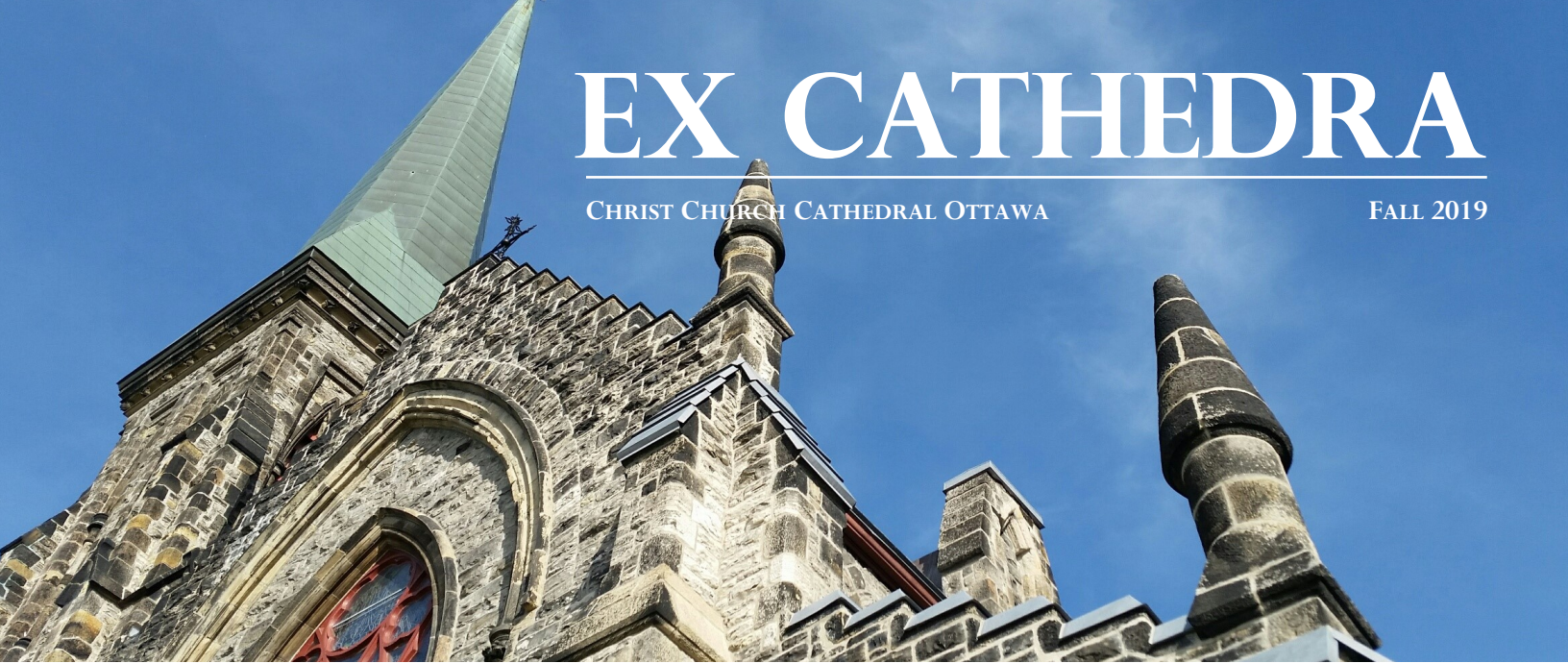


# EX CATHEDRA

CHRIST CHURCH CATHEDRAL OTTAWA

FALL 2019



## DEAN PARKER WRITES ...

In 2017, Christ Church Cathedral Ottawa became a partner in Coventry Cathedral's Community of the Cross of Nails (CCN), an international network of churches committed to reconciliation. If you visit the East Transept of the Cathedral, known as the Chapel of Reconciliation, you

will see our Cross of Nails and a wall plaque describing its significance.

Last May, something new was added to the 45-year history of the CCN. For the very first time, one of the biannual pilgrimages to Coventry Cathedral was ex-

pressly interreligious, combining partners from both the international CCN network and the Cathedral's new *Together for Hope* interfaith network (T4H). I was very privileged to be a leader and participant in this new venture, as part of my residency in Coventry Cathedral during a recent sabbatical leave.

For three days, 18 individuals from five organizations, representing five religions (Zen Buddhist, Jewish, Muslim, Sikh and several Christian denominations) shared time together, listening respectfully to one another's experiences and perspectives on reconciliation. We heard of the challenges and opportunities for reconciliation in Germany and Canada, as well as in communities, centres, cathedrals and hospitals in the UK.

It was a great joy to meet the skilled and sensitive chaplains of the Guys' and St Thomas' NHS



*Interreligious pilgrimage participants on the steps leading to the Coventry Cathedral ruins.*  
Photo by Alice Farnhill

*continued on page 12*

# PONDERING LIFE AMONG FALLING LEAVES

From South Wind/Albert Dumont, Algonquin Spiritual Teacher in Residence

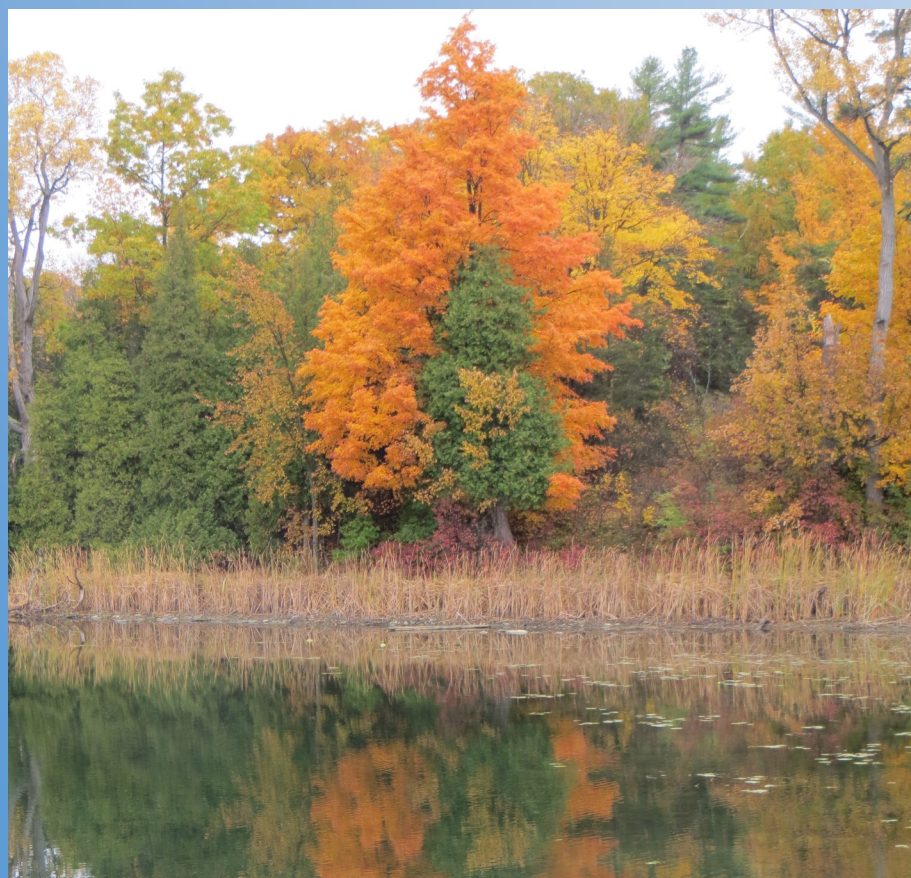
**O**f the four seasons, autumn is the one you should closely examine, if your wish is to discover soul searching teachings, most of which touch on the emotional health of human beings. Beauty and grandness are at the forefront of the season, but towards its last moments of life, we find the heaviness of loss, seeking to find a place in the human heart. We find also sleepless hours, in the haunting of a

chilly night brought on because of forlorn feelings which seem to overwhelm us when we least expect it. We ask ourselves, from where did all of this originate? Who or what was it which placed these feelings at the entrance-way of our circle? As prepared as we might feel we are for it, we must accept that autumn truly is unpredictable.

Have you ever placed your bare feet on the soft carpet of leaves covering a forest trail

after the leaves have detached themselves from the maple, oak, poplar and other leaf-bearing trees? To do so is a spiritual medicine for you to benefit from. It is also an experience of sheer physical joy.

I have felt oak leaves glance off my face after a late October breeze had finally removed the last stubborn leaves from the grip of the tree's powerful branches. I have gone into deep spiritual meditation standing on the moss-covered rock, white pine trees by my side, overlooking Bitobi Lake. I have sat in the centre of my forest fasting circle at the time of the Moon of the Falling Leaves, pondering my purpose of life. These things are mine to do and experience. Why? Because I m a human being. Life is as a tree with many branches, some are short, some are long, some are damaged, all of them play a role in the measure of the tree's grandness as seen by the eyes of the eagle.



*continued on page 3*

# GIVING THANKS FOR GOD'S GRACE

By Canon Hilary Murray

**A**s I sit and reflect on the season of Thanksgiving I find myself thinking about God's grace, which is given to all of us. What do we mean by divine grace, and how does it relate to us as human beings?

If my grandmother were here today she would probably say that to live a life of grace involves much sacrifice and devotion to our Lord and at the centre of it is prayer: it is through prayer we build a stronger relationship with God.

## DUMONT...

continued from page 2

The Whitefish Moon (September/October) will bring a stirring in the waters of Bitobi Lake and many other lakes on Great Turtle Island. The Whitefish and Lake Trout are now spawning. These are fish who prefer to live where water is cold and deep. In the dark depths of a lake like Temagami (over 300 ft. deep) the Whitefish glitter like living, breathing diamonds, as

However, digging a little deeper, The Merriam-Webster Dictionary defines "God's grace" as "unmerited divine assistance given to humans for their regeneration of sanctification; a virtue coming from God; a state of sanctification enjoyed through divine grace."

Regeneration: being brought into new life, or born again.

Sanctification: to free from sin; to purify.

Through God's grace, as Christians, we all receive a

they move from one place to the next in their great domain.

Autumn, I look forward to it. As it grows older, the more it produces healing medicines for me. I go off the beaten path after the leaves are gone from the trees. This in itself is an action rich in spiritual significance. The spirit of a human being sometimes needs time to adapt to this extraordinary time which arrives before the cold moons of winter begin.



new life and are reborn through the power of the Holy Spirit and freed from sin. All we are called to do is to believe in God. In essence, grace is God's love for us.

When we accept God's call to us, we are called into a divine relationship. Accepting His invitation opens us up to receive and experience God's grace. When we accept and commit ourselves to God it places us in the position to have our lives transformed.

Through this gift of grace we are we are strengthened in our relationship with God, with others and with ourselves. Through grace we receive the ultimate gift of divine love and salvation.

For this I am thankful.

## WALKING AND RIDING FOR WOMEN IN AFRICA

By Maya McDonald

**O**n a crisp October day, a team from the Cathedral joined over two hundred local stewards of the community to raise money for a variety of charitable causes. Our small but mighty team of walkers completed the five kilometre walk around Andrew Haydon Park and the Nepean Sailing Club, to raise awareness and raise funds for an appeal organized by Primate's World Re-

lief and Development Fund (PWRDF). The temperature had begun to drop before the walk, but our energy remained high throughout the trek.

PWRDF partnered with the Panzi Foundation, a local organization stationed in the Democratic Republic of Congo, to aid women who have survived gender- and sexual-based violence. Funds raised for this appeal are capacity-building tools for Panzi to

assist in reintegrating women back into their communities. Funds collected pay for a variety of necessities: medication and medical supplies, hygiene products, psychological counselling and therapy services, supplies and support to initiate micro-businesses, literacy training programs, and much more!

More than \$17,000 has been raised by supporters of PWRDF and Ride for Refuge, which is over halfway to the \$30,000 goal. **Save the date!** We hope to see you racing to register for next year's CCCO team at Ride for Refuge on Saturday, October 3, 2020!



**RIDE**  
**FOR REFUGE**

## WARM PRAYERS KNITTED INTO WARM SHAWLS

By Canon Hilary Murray

**H**enri Nouwen said: “We need to be angels for each other, to give each other strength and consolation. Because only when we fully realize that the cup of life is not only a cup of sorrow but also a cup of joy will we be able to drink it.”

Being a strong parish community depends on the way we support and care for one another, how we respond to the most vulnerable within our midst and how we welcome the stranger into our spaces. It has been my honour, since my arrival, to work with and serve our pastoral care team. However I’ve also had the pleasure of bearing witness to many parishioners who offer God’s grace and support to many friends within our community. Much of this work is invisible. Those who provide this kind of care don’t ask for praise or notification. Instead they offer divine gifts of friendship and listening ears, warming the hearts of many who are alone and isolated in our community.

This spring I was humbled by two amazing women, Beth Handley and Marilyn Boake who asked for my thoughts about starting a prayer shawl ministry at Christ Church. Marilyn was inspired to do when she received a prayer shawl from her mother church at time of her mother’s death.

When the word went out, much to our surprise, many of you, from across the parish joined in and committed time to knit shawls.

Traditionally prayer shawls go back to the ancient Jewish traditions. They were worn by worshippers during liturgical and public events as symbols to remind the congregation of the covenant of obedience they made with God. Today in many Christian churches these shawls are made as a pastoral gesture of connection and comfort to be given to those who are shut in and/or struggling with difficult changes in their lives, such as a health changes, mourning, dealing with isolation, etc.

As each maker knits or crochets these shawls they recite prayers with each stitch. These prayers are for God’s presence in the making and for the persons who will receive the shawl.

Since beginning of this ministry we now have 20 shawls to be given away. This is a good start. But we need more. Anyone interested in making shawls Beth Handley has a variety of patterns to be shared.

The shawls were blessed at the Thanksgiving back home Eucharist. We’ll start giving them out soon to people who would appreciate the comfort they offer. The distribution of the shawls will be coordinated through Canon Hilary.

These shawls are blessings from God and symbols of how we as community share God’s love and grace with others.

Thank you to the many caring angels

# BRIGHT CLEAR VOICES REACH FAR SHORES— THE GIRLS' CHOIR TOURS JAPAN AND HONG KONG

By Oonagh Calkin

It was summer of 2016 when I first heard of the idea to take the Christ Church Cathedral Girls' Choir to Asia in 2019, from my dad, James Calkin, conductor of the choir. It seemed impossible, but through the tireless work and generous donations of many people, the trip was suddenly happening.

It was the morning of July 7th, 2019 at the Ottawa Airport, when our journey began. I remember Karen McBride, the tour director, leaning over and saying “Step two of 197” as we waited to clear security. We arrived at Haneda Airport in Tokyo 13 hours later. We all piled into a bus that took us to the Tokyo Youth Hostel. That night we slept well, but sadly not long—many of us awoke at 5:00 a.m. because of jetlag.

The second full day in Tokyo we walked about the Senso-Ji Temple and Nakamise shopping street and then later we went to the Tokyo Skytree, the tallest structure in the city. Up there, you could see buildings forever, all the way to the horizon. It



*Girls cool off in steamy Hong Kong heat*

was nearly impossible to grasp the immensity of Tokyo.

Three days later, we left for Kyoto, where my favourite day took us to Kiyomizu Temple. We separated into free groups to look around and I went down a forest path with three other girls, looking for a shrine we'd heard of. The path turned to dirt (Did I mention it was raining?) and there were signs saying “Beware of monkeys.” Suddenly we realized we were supposed to

be back at the rendezvous point soon, so we ran back the way we'd come, panting and gasping and trying not to slip, terrified Karen would be livid with us if we were late.

Hong Kong turned out to be a completely different beast than Japan, which wasn't bad, but it was something to adjust to. We'd thought Japan was hot, but Hong Kong was much worse. One day it was 44 degrees celsius with 80 per cent humidity! I remember filling up the reusable bottle I'd brought with



me from Canada every morning at the Diocesan Boys' School, as well as a massive plastic bottle and a normal sized one. I had hydration covered.

We had a cultural experience at the Kowloon Ladies' Market. The cool thing about the Ladies' Market was you could barter for items. My friend Emily was great at bartering, and helped me get prices a little lower. It was a lot to take in, people everywhere, cramped stalls, heated exchanges as customers bartered. I watched my father try to charm the saleswomen into giving him lower prices, as they giggled and blushed shyly.

July 18, we went up to Victoria Peak, where the view was spectacular. Once we came down, the majority of the choir headed back to the school to rest for the remainder of the afternoon, but some other girls, chaperones and I soldiered on—we wanted to squeeze every last drop of experience from the trip.

We walked through Hong Kong, soaking it all up, from the street full of food vendors under colourful tents, to the massive multi-story Apple de-

partment store. In the evening we went to see a light show, standing in the rain watching across the harbour, where all the skyscrapers lit up, their multi-colour strobe lights flashing across the water. It was incredible.

Sadly, everything comes to an end, and it was soon the second-last day in Asia, and our last day of singing. We sang two services at St. John's Cathedral, which was massive, bigger than Christ Church Cathedral here in Ottawa.



## GIRLS' CHOIR TOUR

continued from page 7

The end of the trip was weighing on everyone's mind: an era was coming to an end because many girls would be leaving the choir after this. As we processed out of what was probably the best-attended evensong the choir had ever sung, I couldn't help thinking that change was coming; it was unavoidable. Once we were out of the church, everyone began falling into each other's arms crying, as the skyscrapers around us lit up the dark.

On the walk back from St. John's to the metro station, we ran into the Hong Kong protesters, on their way to a demonstration. It was an intense experience; there were hundreds walking through the streets. Almost all of them wore black, some wore gas masks. It felt like the city around us was holding its breath. Days later, after we returned safely to Canada, tensions rose drastically in the city. I remember reading international headlines on the protests as they



*Girls feeding monkeys at Arashiyama Monkey Sanctuary, Kyoto*

worsened; we'd left Hong Kong just in time.

Those 16 days in Asia are some of the best in my life so far. I've experienced more than some people will in a lifetime, and I'm so grateful for that. I've been in the girls' choir for seven years, and I understand that it's not for everyone, but it's definitely for me. The experiences I've had because of the choir are irreplaceable, and I wouldn't change them for anything.



## REFRESHED TO RENEWED GLORY—A FINAL APPEAL

by J.B. Coutts

**W**e love our Cathedral—from its soaring roof beams to its tiny quartet of Cathedral mice, tucked around around the chancel—but we got to see it in an entirely new light this summer during Restoration 122.

For what may have been the very first time ever (Dean Shane Parker could find no record of it ever having been done before) the entire interior of the Cathedral was painted, stem to stern. Take a look around: this was a job that required more than a stepladder and a couple of helpful friends. Just as July's extreme heat took hold, a dedicated band of volunteers started moving

out the pews (part of their job was scraping seven generations' worth of chewing gum off the underside of the seats, putting them on a fast road to salvation, if you ask me). The memorials also had to be taken down, after most had hung untouched for more than a century. (The crew that did that looked like coal miners by the time it was done). Then the professionals took over: first the scaffold builders, who needed 470 person-hours and 30,000 pounds of equipment to build the infrastructure that boosted the painters up to the peak of our glorious space. It took three full days to build the main 60-foot arch. After that, the four-person paint-

ing crew took over, spending day after blistering day high up and low down, transforming our dingy walls.

And it looks beautiful. Sunlight shines more brightly through the windows, lamp-light gives more warmth. But, although many people have been generous, we haven't reached our fundraising goal. We're still about \$50,000 short of what we need. Please, if you haven't given, do so; and if you have, could you give a little more?

Restoration 122 wraps up November 24 and we look forward to celebrating its success.



## WHAT'S HOLDING YOU BACK? GIVE ELECTRONICALLY!

By Holly Savage

**B**ack in the 1980s, when my workplace was at Booth and Carling, I had to take the bus downtown every two weeks to deposit my paycheque at the bank. When direct deposit was offered, I jumped at the opportunity! Gradually, the convenience of online banking grew on me. Whether it was my mortgage, property taxes or other routine household bills, I appreciated the ability to schedule payments online and how easy it made managing my budget.

Now, although I have been retired for almost a decade, I'm still leading a busy life—in fact, I may have more on my plate than ever—and I welcome anything that makes my life easier.

While I was working, I used payroll deduction for my annual United Way contributions. I was thrilled when I learned that I could direct my donation to the Cathedral—it was so convenient.

These days, I still want to regularly and reliably support the various ministries of the Cathedral. Electronic giving allows me to express my stewardship in a manner consistent with how I manage my other financial commitments.

October is Stewardship Month. As you prayerfully consider your pledge for 2020, I hope you will seriously consider making your offering by convenient, paperless, and labour-saving automatic withdrawals from your credit or debit card, or from your bank account.

Call it what you will: electronic giving; automatic debit; pre-authorized payment; or electronic funds transfer.

For me, it's all about convenience and the good feeling that comes with knowing that it helps the Cathedral with its budgeting and cashflow year-round, even when I am travelling or otherwise unable to attend services. I chose to use my credit card so that I accrue rewards points that I can use for travel, gifts, or charitable donations. I call that a win-win.

What's holding you back? For more information or for help signing up, please visit the Stewardship table during coffee hour this month or contact the envelope secretary at [envelope.secretary@ottawa.anglican.ca](mailto:envelope.secretary@ottawa.anglican.ca) or (613) 236-9149.

Indigenous Language Reclamation and Revitalization: What we can do

**DINNER LECTURE SERIES**

**VALERIE GALLEY BELLEGARDE**

**NOV 4, 2019, 6 PM**

The Great Hall of Christ Church Cathedral  
414 Sparks Street, Ottawa

Buffet dinner by Wawatay Catering

TICKETS: Cathedral Reception Desk  
[www.cathedralarts.ca](http://www.cathedralarts.ca)  
613-236-9149 ext. 15 • [info@cathedralarts.ca](mailto:info@cathedralarts.ca)  
[www.facebook.com/cathedralartsoffawa](http://www.facebook.com/cathedralartsoffawa)  
[www.twitter.com/CathArtsOttawa](http://www.twitter.com/CathArtsOttawa)

PLEASE PURCHASE TICKETS BY OCT 27

**\$65**

Proceeds to the The First Nations University of Canada



## WALKING THE LABYRINTH TO PROVIDE HEALING DURING TROUBLED TIMES

By Barbara Brown

Cultures all over the world are re-discovering the ancient practice of labyrinth walking to solve problems, calm the nerves, sooth the soul, comfort the heart and mend the body.

This season, the Cathedral Labyrinth Guild will offer two types of guided walks in response to the challenging times in which we live. Open community labyrinth walks will mark the changing of the seasons and more individualized healing walks will be led by experienced facilitators.

### Community Labyrinth Walks

Community Labyrinth Walks are a wonderful introduction to labyrinth walking. An introduction to the theme of the day is offered along with a general “how to” walk a labyrinth. Each participant

comes for their own reasons and yet there is a time of communion and fellowship as we share sacred space together.

Join us: New Year’s Eve 7:00 morning or evening?, Spring Equinox March 21 7:00 morning or evening?, World Labyrinth Day May 2nd 1:00.

### The Healing Art of Self Care

Four in-depth thematic workshops will be centred around a more contemplative labyrinth experience. These small group encounters offer time to explore healing themes and structured exercises which can be quite transformative! Participants pre-register and pay a fee to help cover basic costs.

Join us: Nov. 2nd, January 24, February 14 and April 21 from 1 until 4 pm.

### The Labyrinth Guild

The Cathedral Labyrinth Guild is a group of diverse and dynamic volunteers who come from within and outside the parish community. They bring various skills, interests and levels of experience in labyrinth facilitation. All are welcome. We work together to set up and open the labyrinth and invite the community to enter and experience meandering the path of the labyrinth.

### A personal note

I don’t think I could have possibly foreseen how my work with the Labyrinth would evolve at the Cathedral, but I do know it was a special day in 2007 when the Dean agreed to collaborate in hosting a labyrinth vigil on Easter Eve. It is an honour and a privilege to serve the community in this way and I look forward to seeing how things evolve as we respond to the needs of the community.



## THE DEAN ... continued from page 1

Trust Chaplaincy in the centre of London, who brought much front-line experience of diversity to our understanding of reconciliation. And it was truly a pleasure to welcome the spirited “Faithful Friends” of Smethwick—the first T4H Partners—into the discussions, and to hear of their remarkable journey of interfaith reconciliation and friendship.

The pilgrimage began and ended with sharing in the Coventry Litany of Reconciliation before the charred cross in the ruins, and joining in the Pledge for Transformation (for those of any or no religious background) before the reconciliation statue. It was moving to stand as a very diverse group, united in our concern for a reconciled world—and to gather many willing tourists into this circle of hope.

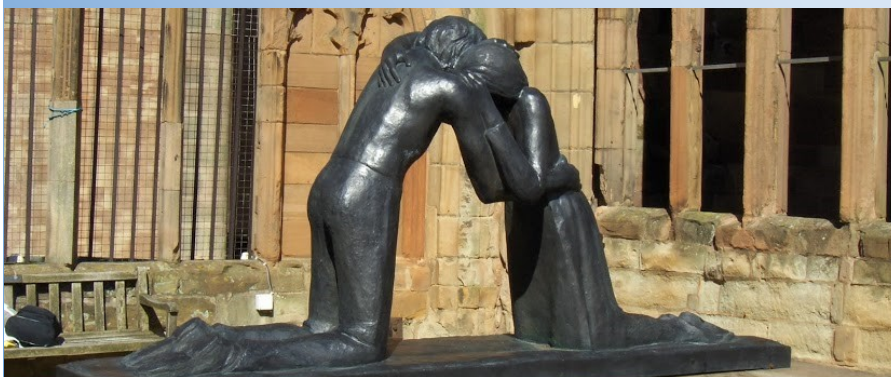
A traditional “Hilltop pilgrimage walk” in the area around the Cathedral was substantially modified as an interfaith pilgrimage, with prayers from each religious tradition being offered as we moved through four sacred sites—reflecting on what it means to move from division to community, from pain to healing, from despair to hope, from death to life.

In keeping with the long tradition of CCN pilgrimages, this first CCN-T4H pilgrimage was made rich by the participants’ willingness to share their stories with one another in a spirit of respect and trust, allowing

meaningful relationships to quickly form, and enabling mutual learning about the journey of reconciliation.

I commend to you Coventry’s Pledge for Transformation:

For love, which heals wounds,  
**we will stand.**  
For generosity, which opens space for hope,  
**we will stand.**  
For nurturing, which builds a culture of peace,  
**we will stand.**  
For compassion, which seeks the best for all,  
**we will stand.**  
For respect, which enables us to love with difference,  
**we will stand.**  
For humility, which allows healthy relationships with others,  
**we will stand.**  
Together for hope,  
**we will stand.**



*Reconciliation Statue in the Coventry Cathedral Ruins*

# Ex Cathedra

Published October 13, 2019

by the Corporation of  
Christ Church Cathedral Ottawa  
414 Sparks Street Ottawa, ON K1R 0B2  
[www.ottawacathedral.ca](http://www.ottawacathedral.ca)

Editor: J. B. Coutts  
[info@ottawacathedral.ca](mailto:info@ottawacathedral.ca)