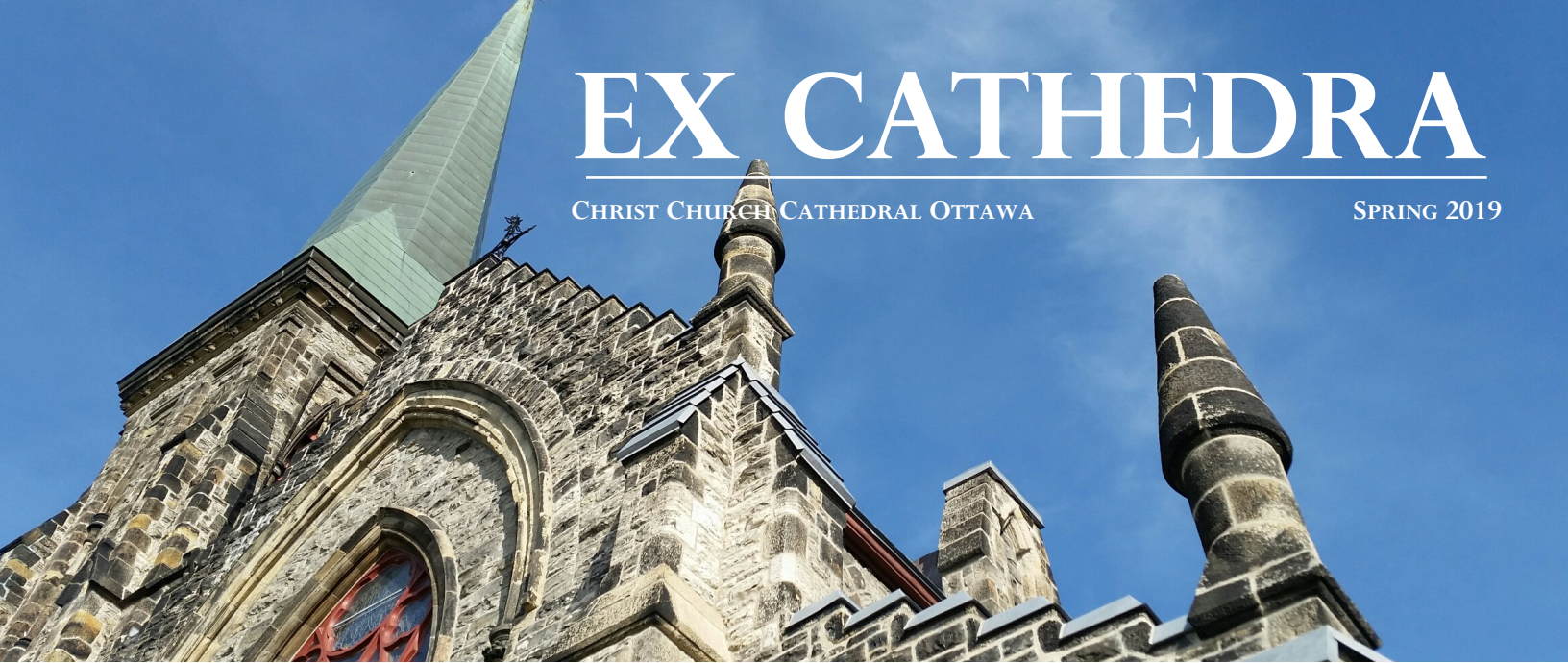


# EX CATHEDRA

CHRIST CHURCH CATHEDRAL OTTAWA

SPRING 2019



## THE DEAN WRITES

I have two grandchildren, five years old and nine months old. A little “grandchild chair” and “grandchild bed” stand ready in our home, and a few special toys sit in various corners, along with a laden bookshelf at kid-height in the living room. My daughter thinks it is great that her brothers have little girls—a kind of sweet retribution.

They live in another city, and as I am not one for video chatting and neither granddaughter is drawn to talking on the phone yet, visits take on a special significance, with little rituals, places, and things that can be recalled or looked forward to. It is remarkably easy to pick up where we left off, and I have learned to let things unfold slowly and natural-

ly after a period of separation, trusting in the strong bond at the heart of the relationship.

Being in a grandfather-grandchild relationship is new to me because my grandfathers died before I was born. While being kind of dad-like works, I realize that grandfathering has a different quality because one is less focused on the immediate tasks of nurturing a child through the stages of development, which opens up enormous possibilities for unstructured companionship, listening without judgement, telling outrageous anecdotes and offering spontaneous teachings about cool things one has learned along the way (all with appropriate levels of goofy humour).

A number of times over the years, in the springtime, when water levels in rivers are high, I have run rapids in a canoe. After a few unpleasant and alarming spills, I ap-



*Reading the rapids (photo by Becky Armstrong)*

*continued on page 12*



# THE RICH, HEALING ENERGY OF SPRING

By Albert Dumont, Algonquin Spiritual Teacher in Residence

**I**t is spring! In forest dwellings, many a new heart will begin to drum before the Strawberry Moon (the first moon of summer) signals to this wondrous season of countless blessings that her time of service to Creator has come to its end. The hearts of bear cubs, deer fawns, wolf and coyote pups and those of a wide variety of birds will sing an ancient song and together, will contribute to the spiritual greatness of spring.

The land will stir and gently send forth her plea for all life of the forest to obey the instructions given to them by Creator. Over the course of its time the maple sap will flow, the rooster partridge will stand on a drumming log and send his energy into the welcoming forest, while flowers will decorate the pathway, great flocks of geese will blacken the sky. Spring — there is no other time of the year more special! The first thunder strikes will fully awaken a re-energized and refreshed landscape. It is a

powerful occurrence! The hiker in the forest at springtime can taste the season when a deep breath is taken into human lungs. Spring is a time of ceremony and prayer. To fast deep in the forest and contemplate life is such a natural thing for a human being to want to do. We should never take for granted what Creator has placed before us.

In the past, a human being might be drawn to go onto the land after the snow had melted away to partake in a ritual of thanksgiving for having been born with a human

heart. One would stand, ankle-deep, in spring, river or lake water, a short length of cedar branch in hand. The cedar would be dunked into the water and then sprinkled onto the top of the individual's head. "I awaken my mind to the blessings of Creator," the human being would say. "May my thoughts be pure and peaceful, may I have the ability to give good counsel to my children, may my mind always possess the ability to reject hatred." On

*continued on page 9*



## COME TO ME—EASTER REFLECTIONS FROM THE VICAR

By Canon Hilary Murray

Lent is a time when we acknowledge, strengthen and renew our faith in God. It can often be a time, through contemplative prayer, whereby we become aware of new truths in ourselves about our relationship with God. It can also be a time of searching—searching to find understanding, justification for the trials we are facing, searching for peace and comfort in God. Lent can also be a time to celebrate a relationship with a long-time friend who has been a continuous support through life's journey. No matter who we are and where we are in our journey with Christ, as we walk through Lent, into Holy Week and toward the Cross on Good Friday, we hear God's call: "Come to me."

In his Angelus from July 6, 2014 Pope Francis said that in those words from Matthew 11:28 "Come to me," Jesus promises to give us relief and rest. As Pope Francis acknowledged,

responding to Jesus's invitation can be quite difficult, particularly in the presence of a world full of suffering, oppression and pain of social and political isolation. As I reflected on this and what it means to respond to God's call 'come to me,' I thought the most difficult part of answering God's call is not acting on the call, but actually answering it. In answering the call the challenge is trusting in God, whether we are tired, suffering or even content in our own lives. In all those circumstances there is a need to question, to wait and see what will happen before we step forward and trust. We ask ourselves:

How do I know God will answer my prayers and take away my suffering?

I'm content with my life, I don't want anything to change.

I'm tired and I need rest yet but it doesn't feel like God is really listening.



On Good Friday we remember the sacrifice which Jesus Christ made for us, giving of himself fully to reconcile us with God. From the depths of his humanity Jesus cried out to God: "My God, my God, why have you forsaken me?" (Matthew 27:46) Although this is a difficult image to view and to imagine his cries of despair, recognizing his suffering allows us to acknowledge that God is aware of our pain and suffering and in loving us greatly God gave of his only

*continued on page 10*



## REBUILDING WALLS BEYOND REPROACH: RESTORATION 122

By David and Peggy Morgan, co-chairs, Restoration 122

After 30 years of work and more than \$3 million spent, one could be forgiven for thinking that the restoration of our heritage buildings must be complete or, at least, mostly done. Indeed, we have made wonderful progress, but what we have learnt over the past quarter century of working on this cathedral church is that good stewardship demands we pay continuous attention to the condition of our heritage assets.



It's a big job—but because we have worked diligently for many years on the exterior of the church we feel confident we can now begin work on the interior, which has remained largely untouched for more than 50 years.

That's because those renewed exterior walls make it possible to repair and repaint the interior walls without the same concern moisture will seep in and spoil the result. The plan is to begin this summer, by working on all the areas where the plaster has deteriorated or cracked. Damaged plaster will be removed and

redone and then waterproofed to protect against mold and mildew. After that, several coats of primer and new paint will go on all the arches, walls and window frames (we'll use a colour consultant to guide us).

One of the major costs of the work is scaffolding and a scissor lift for areas that are difficult to reach. Accordingly, it makes sense to do other high up, hard-to-reach work at the same time. Since air conditioning for the church has been ruled out, the proposal is to replace our relatively ineffective ceiling fans with industrial quality ones (which will blend into the wooden ceiling



tones). We also plan to remove the heritage dust from the transverse beams, putting an end to it breaking loose at inconvenient times! The contractors we've hired to do this work are experienced in working on heritage buildings of similar calibre and have excellent references. [It's important to note, however, that we'll be calling on the congregation to pitch in as well — volunteer work crews will be needed to remove and re-install memorials and pews as the work proceeds].

The only way to accomplish this essential work is with your help. The anticipated cost for all materials, rentals, taxes and work is \$122,000, an appropriate number in this our 122nd year as Christ Church Cathedral.

To put it in perspective, we could meet this challenge with: 1,000 gifts of \$122; 100 gifts of \$1,220; or, perhaps, just ten gifts of \$12,200. Whatever your capacity to give, it's worth it. Please consider carefully what you can do to help us reach this important goal.



## PILGRIMS PROGRESS ACROSS THE LAND OF THE HOLY ONE

By Jamie Tomlinson and Archdeacon Pat Johnston

For 11 days in March, a group of 26 pilgrims (mostly from the Cathedral parish) were on an unforgettable pilgrimage to the land of the Holy One. Led by Dean Shane Parker, the group of pilgrims worshipped together, prayed together, explored together and broke bread together (you can really get to know your fellow pilgrims over a plate of delicious hummus and wonderfully fresh pita bread). The pilgrimage was about growing in our faith and spirituality as we followed in the footsteps of Je-



sus. It was an opportunity to have the stories and lessons of scripture come alive as we touched the ground where Jesus was born, felt the waters where Jesus was baptized and breathed the

air where Jesus spent time in the wilderness. We were given a rich opportunity to experience the fifth gospel — the land. And along the way we deepened our understanding about the complex





narratives that are the reality of the Holy Land — where Christianity, Islam and Judaism intersect unlike anywhere else in the world.

A pilgrimage is not a tour of churches and historic sites. Worship and prayer formed the foundation of our time together. Every morning we would board the “pilgrim-mobile” (a wonderful wifi-equipped bus driven by Bassam, the most skilled driver in the Middle East) and set out on adventure. On the way we said morning prayer. We would hear from scripture and sing hymns that helped to situate our hearts and minds into the context for the particular places we



would visit that day. On the Sunday morning, we worshipped with our brothers and sisters at St. George’s Cathedral in Jerusalem. We enjoyed hearing Dean Hosam Naoum preach in English and Arabic.

Other powerful moments in worship included an out-

door eucharist at Tabgha, with the Sea of Galilee as a backdrop and a renewal of our baptismal vows at Qasi Al Yahoud the waters of the Jordan River. One night we celebrated the eucharist at our hotel.

The space limitations of an article don’t allow us to cover every point of our itinerary. But some of the memorable moments include sipping water from Jacob’s Well in Nablus, looking out over Jerusalem from the Mount of Olives and the Garden of Gethsemane, walking the Good Friday path along the Via Dolorosa and praying at



*continued on page 12*

## DEVELOPMENT PLANS SHAPING UP FOR THE PARKING LOT

By Barbara Gagne, chair, Cathedral Hill Foundation

**L**et us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up.  
—Galatians 6:9

Journeys are typically long and enlightening, requiring a willingness to be open to what may happen along the way. That's been the case with the path the Cathedral Hill Foundation team has been following since 2006, when the project to create a

long-term plan for the properties surrounding the Cathedral and Roper House was launched.

The intention behind the diocese and Cathedral's decision to develop the land was to provide a secure stream of revenue at a time when fewer people are joining the church but costs continue to rise.

Phase 1 — the development of the condo tower and

townhouses on the west side of the Cathedral — was completed in 2015. The lump sum payment we received from leasing the land it stands on has supported renovations to the crypt and the archives as well as the construction of the Great Hall, and helped with essential repairs to Roper House. Interest on the balance provides annual payments to the diocese and the Cathedral.



An artist's rendering of the Signature Retirement Living building planned for construction on the parking lot. With 152 suites over its 18 storeys and a mix of independent and assisted living, the development will bring life to our block seven days a week. The landscaping will include an accessible pathway between Queen and Sparks streets. It's expected construction will begin in mid-to-late 2020 and take about three years.



Now, the Cathedral Hill Foundation has announced the development plan for the east side of the property: we have signed a 99-year lease (with options to renew) with Reichmann Senior Housing Development Corporation. The plan is to build a high-end seniors' residence, which is a business line Reichmann International has been focused on for 25 years. In 2005, the company established Reichman Senior Housing to build and own retirement homes in Canada, which are operated under the brand name Signature Retirement Living. The company owned and operated

the Rockcliffe Retirement Residence before selling it to Chartwell a few years ago, and is now building the Wellington West Retirement Community at the intersection of Wellington and Parkdale. Signature Retirement Living operates throughout Ontario, and has a residence in Calgary as well.

Unlike the office tower that was originally planned for the site, a seniors' residence will bring life to our block seven days a week, with 152 suites over its 18 storeys and a mix of independent and assisted living. The landscaping will include an accessible

pathway between Queen and Sparks streets.

The Cathedral Hill Foundation has negotiated underground parking: exclusive use of 10 spaces 24/7 plus 15 additional spaces weekday evenings (from 6:00 pm to 6:00 am) and 24 hours a day on weekends and holidays. That is fewer spaces than we have now. As with Phase 1, we will be paid for lost income from parking rentals during the construction period. The plan is for construction to begin mid-to-late 2020 and take approximately three years.

## DUMONT

continued from page 2

it would go and the mind was awakened to goodness and emotional health. Next, water would be sprinkled over the eyes, words acknowledging the beauty of Creator's domain would be spoken. The sunrises and sunsets, the colour of birds and flowers, beauty in the face of

a loved one, all was acknowledged. The entire body of the human being was awakened in the way the life in the forest too awakes with the touch of water after its time of rest and sleep has come and gone.

Each season brings with it a rich healing energy. It will serve us well if we believe in it.





## THE VICAR

continued from page 3

son for us. God allowed Jesus to surrender into our hands and suffer in order to bring us closer to God and for us to receive redemption and forgiveness of sins.

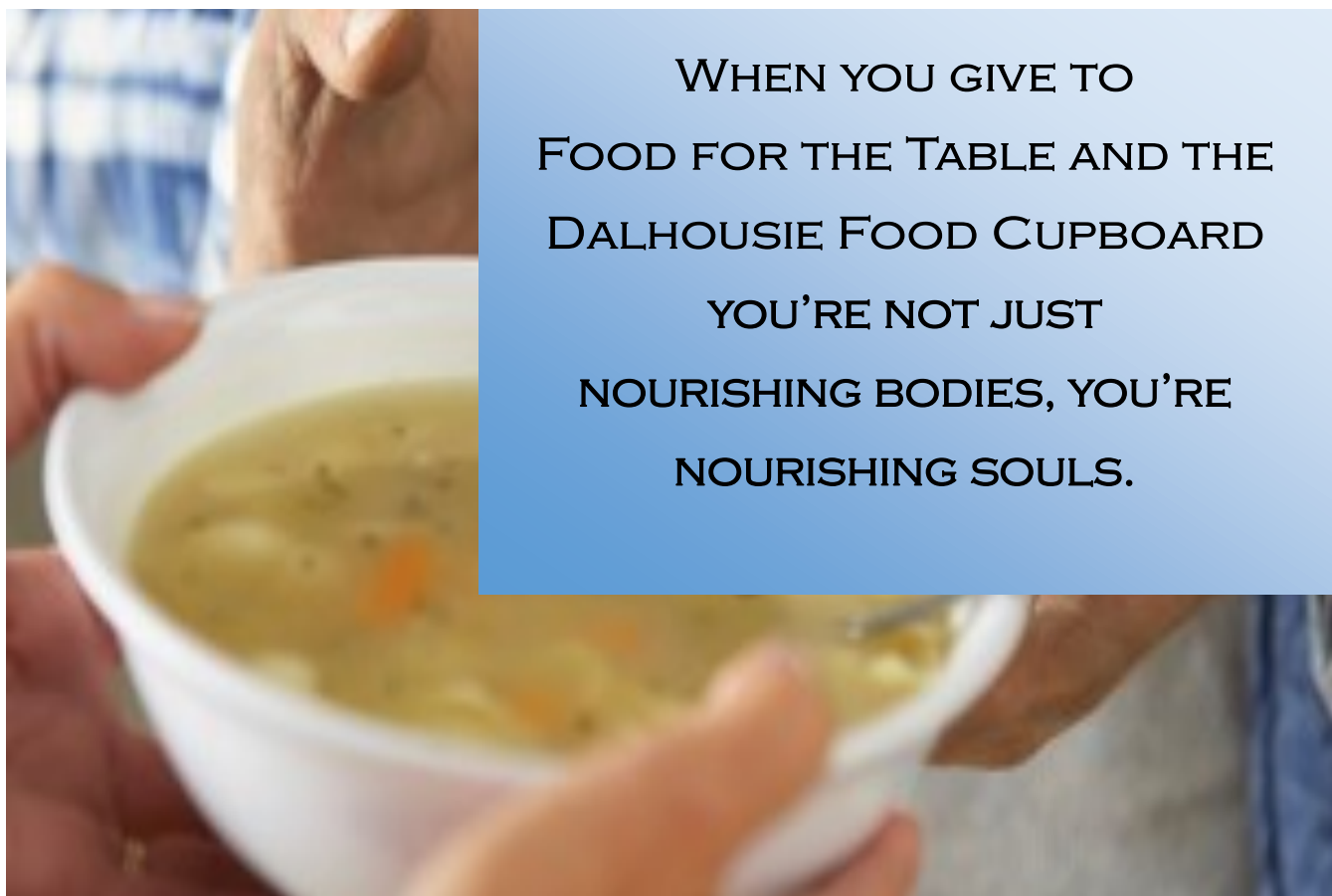
Through Christ's resurrection God's grace—the hope that no matter how desperate our lives, we are loved and we belong was bestowed on us. The promise God made to us through Jesus was that he would not die forever, that we are never forgotten,

and that God will be with us always. As Jesus says:

Very truly, I tell you, anyone who hears my word and believes him who sent me has eternal life, and does not come under judgement, but has passed from death to life. (John 5:24)

This Easter let us listen for God's voice whispering us through the wind, speaking to us through many familiar voices, as well as, coming to us from strangers. God is calling to us: "Come to

me." In our response, let us take a breath and listen for the words: "Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest," then let's pause, step off our busy path and acknowledge God's presence before we move forward and act.



**WHEN YOU GIVE TO  
FOOD FOR THE TABLE AND THE  
DALHOUSIE FOOD CUPBOARD  
YOU'RE NOT JUST  
NOURISHING BODIES, YOU'RE  
NOURISHING SOULS.**



## MAKE A JOYOUS NOISE AS A CHORISTER FOR A DAY

By James Calkin

As you listen to the Cathedral choirs singing this Easter season, it's worth remembering that while their music is timeless, these ensembles are ever-evolving. Our talented roster of boys and girls is annually refreshed as we say good-bye to retiring choristers and welcome new faces and voices to our community. The period from Easter until our choir camps convene in August is our key recruitment season — and we want to draw your attention to an initiative that supports this drive: Be a Chorister Day, which debuted last year.

This year's Be A Chorister Day will be held on Saturday, June 1st from 2:00 p.m. to 5:30 p.m., as part of the Doors Open Ottawa weekend. Our aim is to introduce prospective choristers — boys and girls from age 8 — to all that joining a Cathedral choir has to offer: friends, food, games and plenty of singing! Chorister Day also allows our people, our space and our traditions to speak directly, personally

and enthusiastically to families about the advantages of their child being a part of our choir team. Our choirs are a treasured part of the Cathedral's fabric and we have wonderful stories to share about where we've come from, where we are and where we want to go.

Be A Chorister Day concludes with the men of the choir and current choristers joining our guest boys and girls in a service of Evensong — and later that same

night, everyone will have a chance to return to hear the Cathedral Girls' Choir perform their final fundraising concert in advance of the Asian tour.

Please do share the news of Be A Chorister Day! While not mandatory, families are encouraged to register in advance by being in touch with either James Calkin or Andrew McAnerney. Both of us are always happy to meet and speak with parents and/or prospective choristers.





## THE DEAN

continued from page 1

preciated being taught how to make sense of white water. Once my older granddaughter and I spent part of a visit walking alongside the roiling waters of the Rideau between Hog's Back Falls and the O-Train bridge. I looked out over the rapids and began to chat about the route that might be taken in a little canoe. We stopped at several vantage points along the way to consider the possibilities. She was three at the time, but seemed genuinely interested in spotting a line through Vs, rocks, waves, and eddies.

So began a little ritual of reading rapids, entirely for the connection it created between us. It is a lovely space to be in together, a place to remember and return to.

It is not too much of a stretch to think of your relationship with God being sustained in a similar way, with rituals, places and things that can be recalled or looked forward to. The ritual of worshipping God in Church, with music and singing, readings and prayers, bread and wine, seasonal colours, and the smell of candle-wax stays in your memory and feels familiar when you return after time away.

And prayer, whether in the quiet of a room or in nature, is entirely about creating a connection with God, expressed through silent companionship or saying whatever comes to mind, in whatever way seems right. God's love and wisdom is often quietly revealed in the spaces you make to be with God.

Most of all, there is an indestructible and trustworthy bond at the heart of your unique and personal relationship with God, which can be returned to and picked up where you left off, no matter how much distance or time has passed since you were last together.

## PILGRIMAGE

continued from page 7

the place of crucifixion and Jesus' empty tomb at the Church of the Holy Sepulchre in Jerusalem.

We looked out at the Judean desert and the Dead Sea from the ancient fortress of Masada. We ascended Mount Tabor to visit the Church of the Transfiguration. And we spent time both reflecting and dancing while we sailed on the Lake of Galilee. A few pilgrims even came home with more than a lifetime of memories, thanks to their vis-

it to the Razzouk tattoo shop in Old Jerusalem. The Razzoouk family has been practicing the art of tattooing for more than 700 years.

Our hearts are filled with gratitude for the gift this pilgrimage was for us.

*And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth. John 1:14.*

## Ex Cathedra

Published April 21, 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)