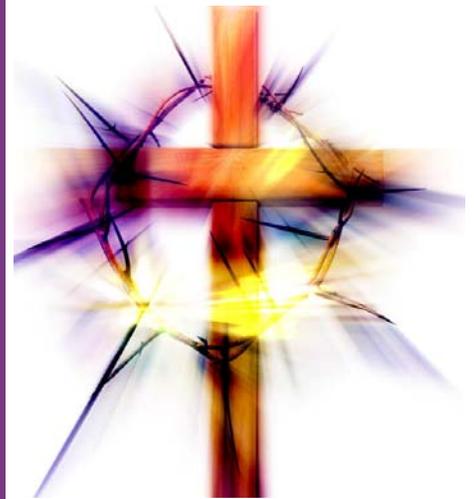




Cathedral CORNERSTONE

LENT/EASTERTIDE - MARCH/APRIL 2019



The Journey from Christmas to Easter



Greetings,

There are some interesting contrasts between the two most pivotal events in our Christian faith, Christmas and Easter. At Christmas we celebrate the birth of the Christ child, at Easter his resurrection. I happened upon an interesting article in an unlikely place for religious reflection; James Martin writing in the Wall Street Journal in 2016 notes: *The Christmas story is largely nontreating to nonbelievers: Easter is not as easy to digest as Christmas. It is harder to tame. Anyone can be born, but not everyone can rise from the dead...*

We know Christmas all too well. It is characterized by a great flurry of activities; gift buying, house decorating, special meals and homecoming guests. Even the Bible mirrors this excitement with angels singing, shepherds scurrying in from the hillsides, a special star lighting the night sky and visitors from far-off lands journeying great distances to pay homage.

But Easter, brings a hushed awe. Wonderment, no less than the birth story, but shrouded in a deeper mystery. Births we have witnessed, death we are all too familiar with, but resurrections?

An empty tomb, the scriptures tell us, did not lead to dancing in the streets and celebrations, but rather confusion and weeping by those who first peered into the empty tomb. Out of fear, “behind locked doors”, the Gospel writer John tells us; the disciples gathered to try and make sense of it all.

It took time for the message to sink in, to take root, and to bring a sense of hope to hearts heavy with grief and loss. So the telling of

Inside >>>

Divine Energy2

Hope Bear4

Indoor Yard Sale5

Holy Week & Easter Day Services6

Pancake Supper8

Celebrating African Heritage Month9

Children’s Page12

this incredible story does not deny the improbability of it all, but rather affirms that God often defies our human experience and expectations. In Luke's account the terrified women at the tomb are asked; "Why do you look for the living among the dead? He is not here, but has risen." Like plants emerging from winter's frozen earth; hope emerges from despair, faith blossoms from disbelief. May it be so for you.

This letter is an invitation for you to join us as we retell this defining story of our Christian faith in worship, word, and music throughout Palm Sunday, Holy Week, and Easter. May our whispered wonder at the empty tomb become a song of triumph - the Lord is Risen indeed -Alleluia!

With blessings to all,

Dean Paul

Divine Energy

We admire the person who has achieved a goal or met a challenge, perhaps winning an award or trophy. The dedication and training involved requires energies of mind and body to focus on what is required to be successful, and then to go ahead and do it.

Most of us spend our energies in day to day living, without thought of a reward, and often our efforts are tempered by the stress of everyday living, in meeting schedules and the expectations of others. However, the satisfaction gained will probably be more lasting than that of special events. For even great achievements will only satisfy for a time, before one moves on to something else.

Nevertheless, we marvel at what man has achieved as a result of technology: of having access to immediate communication, of travel-

ling in space, exploring the planets, as well as the ocean depths and the polar regions. Yet, an assumption may arise that nothing is out of reach for man, except what is not achievable, perhaps the world of the Spirit and its concerns.

However our human efforts by definition can be limited, despite our levels of skill and training and commitment to a goal. And our achievements do not always translate into an inner satisfaction and sense of well-being. Outer success can be a transitory thing, depending on changing circumstances.

There is another energy which can enhance our human endeavors, stemming from our 'spiritual nature', which we all possess. This is not the result of religion or church, but of birth, (and creation), 'Let us make man in our image and likeness', (Gen. 1:26). This suggests that we all have a connection with the divine Spirit. For the believer this is a given, but for others it may be frightening, the thought that one can achieve other than by one's own resources.

Yet, the action of the Spirit is evidenced in the world, particularly in the tensions between good and evil, between the pull of the Spirit and that of the world. It is marked by a desire to make good choices, to do what is best in a situation, observing certain norms and ethical concerns. Our conscience comes in here as well, causing people to pause and discriminate between peoples and situations in our responses.

A further reality is ironically the 'spiritual hunger' among many people despite a lagging interest in religion and church. Meditation and spiritual groups are popular today, as people long for some inner satisfaction and sense of well-being, and perhaps to escape from a fast paced society. This activity is not tied to



organized religion and encourages participants to ponder their 'inner' selves and the spirit. They have a chance to unwind and to regroup perhaps, before resuming everyday activities. Thoughts of the Spirit are not focused on making us church people per se, although the church can nourish our spiritual life, but to encourage a relationship with the Spirit, since we are part of his creation. So this spiritual hunger is not surprising, as people wrestle with thoughts about life, their own lives, and perhaps God.

Meditation groups can encourage a greater appreciation of ourselves, quite a part from being a member of society. For each of us desires to be valued for the person we are and to experience 'the me' within. We may long just 'to be' for a moment, shutting out thoughts of job and expectations, to ponder the me and to enjoy 'just being'. And this deliberation may lead on to questions about life, the world, and my place in it all.

Contemplating the divine is the other focus in spiritual groups. It requires that one be open to a greater power, a living Spirit who desires to relate to his creation, you and me, whether we embrace religion and her rites. or not. Such acceptance can enhance any spiritual exercise and prevent it from becoming an end in itself. For the believer, it is the Spirit that is a guiding light in our lives, to encourage faith and a call to action. St Paul would say that the Spirit gives life at birth, and to our spiritual nature, and by living in faith each day we can rely on the Spirit for our needs. For each person is valued by God and he wills that each be treated fairly and with justice.

In particular the divine Spirit is a source of divine energy which is available to us all through the Spirit. It requires that we nourish a relationship with him. Our true self in-

cludes 'the ego or me', together with our spiritual nature, (created in his image), and these two make up the 'soul' or self in each of us. In nourishing the spirit we can have access to this divine energy. Jesus speaks of 'empowering' the faithful, enabling them to do things they may have hesitated to do before.

How can we define this divine energy? It is a blessing which allows us to go beyond our human resources to an infusion of the Spirit which maximizes our own energies and concentration to achieve more than we are able to do on our own. It may reflect an 'inner confidence' which can result in our responding without a second thought, meeting a challenge perhaps, yet, something that needs to be done. It may be like the man who has trained to a point where he knows what is required and then goes ahead and does it.

Becoming aware of the divine Spirit and allowing him to influence my life and yours is a fulfillment of the spiritual hunger or desire for the Spirit. One becomes more open to oneself, and the urge just 'to be' and enjoy who I am, with my desires and need to be different perhaps. One can re-establish priorities and perhaps reclaim a 'discriminatory trait' which was lost in the process of fulfilling the demands of job or society.

More especially, in becoming aware of the Spirit and being open to that Spirit one can have an appreciation of the 'nature' of God and his purposes. And one can sense perhaps a divine purpose in one's own life, and see the world and all living creatures in a new light. One may come to see in the bible not prohibitions but guidelines for living in today's world. Such relationship with the Spirit can allow one's 'inner' self to be more active in one's plans and decision making. And the self can take on a more compassionate role, seeing life as something to embrace and enjoy.



Jesus said, 'I have come that they may have life, and have it to the full', (an abundant life - KJ), John 10:10b, not more of life, material things or opportunity, but a greater appreciation of life, including the spiritual life. This is what most of us seek, a life where we feel valued and worthwhile, to be part of things and to contribute to society. And the spiritual life rather than being an option is meant to complement the mind and body, to nourish our relationship with the divine, and to discover perhaps qualities which we may not be aware of in ourselves.

We admire the achiever in life and the person who embraces the Spirit. For the world needs the spiritual response which is not deflected by societal conflicts and lack of hope. It has as a goal, seeing all people as brothers and sisters and the world as a place to nourish harmony and getting along with each other.

-The Reverend John Swain

Ecumenical Service with Continental Breakfast



April 15th Holy Week Monday at 7:30 am (Choir Stalls) Followed by Light Breakfast in the Great Hall 8 am. This is a wonderful

way to begin your Holy Week Journey. **Sign up sheet at Main Entrance** if you can help with the food (suggestions, Tea biscuits, Muffins, Devilled Eggs, Mini Yoghurt, Orange juice, brown bread, Oat cakes, Cheese, Grapes, Butter, Jam, Milk, Cash donations) Donated food can be left in the Great Hall on Sunday, March 25th clearly marked for the breakfast.

Please join us in the Cathedral by the main doors at 1pm on Friday, April 1. Light Refreshments will be provided. Sign up sheet at main entrance. Please bring your scissors, instruction is available. Look forward to seeing you there, all welcome.



Hope Bear Gift Ideas for Easter



What better way to share the joy of Easter with a child than with an Anglican Foundation *Hope Bear* gift? When you purchase a *Hope Bear* gift you support children who experience some sort of disadvantage. So . . . whether the proceeds from the sale of

Hope Bear items help pay for a day or residential camp, tutoring support, breakfast or lunch program, to name a few ways that certain children benefit, you know that your purchase keeps on giving.

Consider *Hope Bear* with his jaunty scarf? What about *Baptismal Hope Bear* as the perfect Baptismal gift? *Hope Bear* is available @ \$20 each. Also available is the newest addition to the *Hope Bear* collection, *Children's Prayers with Hope Bear* @ \$15. This is a delightful book of prayers for children of all ages. There is the *Hope Bear* colouring book with crayons @ \$5.00. These *Hope Bear* items are available in the Anglican Church Women Board Office and cheques are payable to the *Anglican Church Women Diocesan Board*. Contact Cynthia: cynthia.pilichos@ns.sympatico.ca or 902-429-5945.

-Cynthia Pilichos



The Indoor Yard Sale Needs Your Support

The great support of the Cathedral congregation for the Flea Market 2018 has encouraged the Cathedral's *St. Catherine's Group* to coordinate another Indoor Yard Sale for April 27, 2019. The Proceeds will help the *St. Catherine's Group* with its priorities, both those for the Cathedral and those for the wider community. By the time you are reading this brief message, there will be sign-up sheets in the Cathedral where you can indicate the times that you can help out.

We essentially have a one day of intake and set-up - intense and focused - Friday, April 26. Please consider what you can offer by way of "goods" for the Indoor Yard Sale and set aside these "treasures" - eg. books (no textbooks), games, puzzles, sports equipment, household and decorative items, collectibles, accessories, jewellery, etc.



In addition to the great support of the Cathedral congregation last year for the Flea Market, we had very appreciative patrons. It was very validating to hear a yard sale patron extol the

virtues of previous Cathedral yard sales by saying they were "the best in the city" - she was thrilled to see the Cathedral offering such an opportunity again and hoped we would continue!

Yard sale updates as we move closer to the date - April 27 - will be featured in the Cathedral's Sunday Bulletin - stay tuned.

Margy Withrow and Cynthia Pilichos

A Call to Order - In our Congregation



The Congregation of the
Cathedral Church of All Saints, Halifax



2018 Annual Report
Annual Meeting March 31, 2019

From late Epiphany to early Lent, our Sunday Bulletin notices included the yearly announcement that our congregation would have a special meeting, entitled "The Annual General Meeting".

Such a meeting is described carefully in the Canons (or laws) of our Diocese of Nova Scotia and Prince Edward Island. Since our annual meeting is for our congregation of the Cathedral Church of All Saints, our Agenda and our conduct of the meeting goes by requirements that are a little different from those of Parish Churches.

Some Anglican church annual meetings are called Annual Vestry Meetings. Here in Canada and in the Commonwealth, Anglican churches sometimes begin the Annual Meetings with a bidding prayer and then a Motion to extend best wishes to the Queen, and one to the Bishop of the local Diocese.

Like almost every annual meeting conducted by all kinds of institutions and organizations, the meeting we have has a specific date in this year, but most of the meeting's business is for the previous year. We met here on March 31, 2019. The meeting's proceedings reported on the year 2018, and also considered some important business for our Cathedral's ministry in this year of 2019. So the AGM looks back, considers the present and the future of our life as a Christian family in the Anglican tradition.



The basic format of our AGM is set with items required by our Diocese, as well as some matters we have as a congregation; the instrument that does the job is The Agenda.

The Agenda's list directs our AGM, and those at the meeting have printed copies of that Agenda, and all the reports and other matters that have been received in time for publication. The Annual General Meeting offers interested members of our congregation a very well documented account of our Cathedral's life and witness with many Reports submitted by our Cathedral's clergy and laity. It is through the contents of the Reports that one gets a truly wonderful understanding of the diverse and the talented gifts of time and talent and treasure from our congregation. All to the Glory of God!

We remember the work and service of those members who step down from leadership, and we celebrate the election or acclamation of willing new leaders. All AGM meetings must dedicate time and discussion that covers the financial condition of our Cathedral. That includes both last year's details of the treasury, and this year's expected details - that is, the 2019 Budget. Those two items include our part to provide for the monetary needs of our Diocese - a dollar amount entitled, Allotment.

For over a century of annual meetings our congregation has a rich and a bountiful account of dedicated clergy and devoted laity, through the Minutes taken at the Annual Meeting.

Members of our congregation who attend and who contribute to the proceedings are blessed with an increased and useful body of knowledge about our cathedral's ministry. May the Blessed Trinity bless our daily care of the Church of God. Amen.

-Kent Doe

Holy Week and Easter Day Services at the Cathedral

Monday, April 15

- 7:30am** Holy Week Ecumenical Service (followed by Continental Breakfast)
7:00pm Holy Eucharist & Reading of the Passion Narrative

Tuesday, April 16

- 12:15pm** Holy Eucharist
7:00pm Great Litany sung by the Cathedral Choir

Wednesday, April 17

- 7:30am** Holy Eucharist
7:00pm Stations of the Cross
9:00pm Tenebrae sung by the King's Chapel Choir

Thursday, April 18

- 7:00pm** Maundy Thursday Commemoration of the Last Supper, stripping of the Altar and Vigil

Good Friday, April 19

- 12noon** Good Friday Liturgy Reflections on the Cross in Music and Prayer

Holy Saturday, April 20

- 11:00am** Devotions
8:00pm Great Vigil of Easter

Easter Day, April 21

- 8:00am** Holy Eucharist
9:00am Holy Eucharist
10:30am Holy Eucharist—The Resurrection Mass for Easter with sax, drums, bass, piano, organ, and choir.



Holy Week Ecumenical Services

South-end churches invite everyone to attend joint Holy Week services. Services begin at 7:30am followed by a light breakfast at 8:00am.

Monday, April 15:

Cathedral Church of All Saints
1330 Cathedral Lane

Tuesday, April 16:

First Baptist Church, Halifax
1300 Oxford Street

Wednesday, April 17:

St. Mary's Basilica
5221 Spring Garden Road



South Transept Restoration

Answers to the Ruth Ballah Memorial Quiz

1. a cloud (Numbers 8 :15)
2. John (Matthew 3:13)
3. it is Jerusalem (Neh 11:1)
4. the Synagogues of Thessalonica and Beroea (Acts 17)
5. Song of the Three Children (Daniel)
6. All four Gospels
7. Pentecost Acts 2 vs 1
8. Pilate (Mark 15 vs 45)
9. The Church at Corinth
10. creation, flood, parting of the sea, baptism, water into wine, feet washing

The Cathedral Flowers in this photo were given in Loving Memory of Ruth Ballah by her children.



Shrove Tuesday in the Great Hall

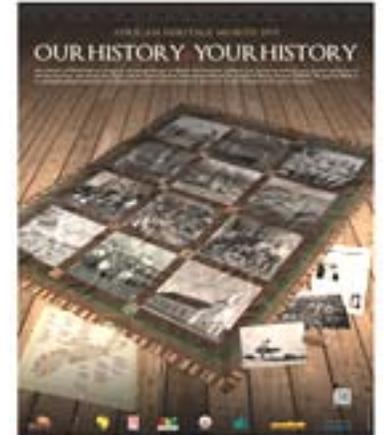
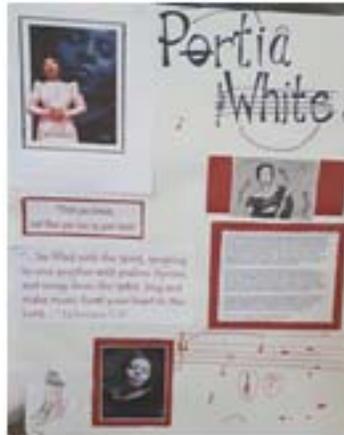
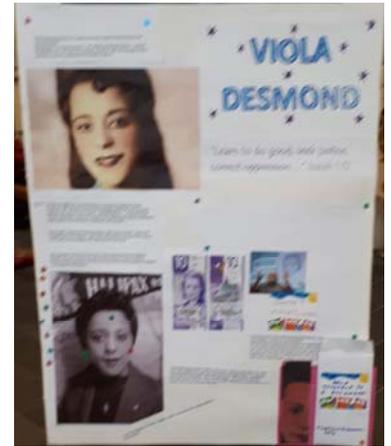
In the early evening before this year's Ash Wednesday in our Cathedral Church, our congregation welcomed guests into the Great Hall for a scrumptious, very popular pancake supper. Thanks to Sheila Gordon for her camera work !! Great pictures of a great feed .





Celebrating African Heritage Month February 2019

In February, our Sunday School participated in a church-wide program to more deeply embrace African Nova Scotian heritage and history. The Children made three posters about heroes Sam Langford, Viola Desmond and Portia White and attended a youth service at New Horizons Church at the invitation of Rev. Rhonda Britton.



Cathedral Cornerstone will be published next online on June 19 and circulated in our Cathedral Church on Trinity Sunday, being June 16, (right after our taking part in HRM's Bicycle Week!) Thank you for your interest in Cornerstone.



The Ruth Ballah Memorial Bible Quiz # 4

1. Name what covered the Tabernacle when it was set up.
2. Who did Jesus seek Baptism from by the river Jordan?
3. Bethlehem is the Holy City that the devil takes Jesus to when our Lord is in the wilderness.
True or False ?
4. What was the building that Paul and Silas used to present their teaching and arguments about Jesus as the Saviour ?
5. Where do our prayer books get the Cantic: The Benedicite Omnia Opera that is often used in Lent?
6. What Gospels have a set of verses that are called - The Passion of Jesus?
7. What special day was "fully come" after the Day of Resurrection ?
8. What official released the body of Jesus to Joseph of Arimathea?
9. Where did Paul send his letter that proclaims the greatest way is love, for disciples of Jesus?
10. Can you name three bible special references to water?

Please see answers on page 7

CATHEDRAL

Indoor Yard Sale

SATURDAY, APRIL 27, 2019
10:00 - 12:30

THE GREAT HALL, ANGLICAN
DIOCESAN CENTRE
1340 CATHEDRAL LANE, HALIFAX

\$2 ENTRY FEE
(INCLUDES COFFEE & COOKIE)

THANK YOU TO THE VG PARKING AUTHORITY
FOR ALLOWING US FREE PARKING AT THE
COLLEGE ST. LOT ON SATURDAY, APRIL 27
FROM 9AM-1PM

PROCEEDS TO ST. CATHERINE'S GROUP MINISTRIES
INTERNAL AND EXTERNAL
"BONNY LEA FARM: A HOME FOREVER"

Contact Us:

Cathedral Church of All Saints—

Diocese of Nova Scotia and Prince Edward Island

Anglican Church of Canada

1340 Cathedral Lane Halifax, NS B3H 2Z1

902-423-6002 (tel) 902-423-1437 (fax)

cathedralchurch@eastlink.ca

cathedraldean@eastlink.ca

cathedralchurchofallsaints.com (web)



Easter Memorials

For inclusion in our Easter bulletins, memorials must be received by Monday, April 15th. Thank you for your cooperation.



From the Register

Baptisms

Dax Barachaua Cookey

Burials

Winston Parkhill

Duanne Tanswell

Blair MacEachern

Wendy Faye Siteman

Here!! Here!! at our Cathedral Church and St. George's Round Church. Web site searchers among us need only enter RCCO and there will be current news for music lovers, and as well a great opportunity to demonstrate our welcoming spirit.

<https://changingtides2019.ca/>



**Stay tuned for news about
Halifax Bike Week June 1-9**

Your 10:30 am Sunday Greeters

April

Team Leader is Irv Mossman

Sharon Awad

Mary Lib Bethune

Geraldine May

May

Team Leader is George Elliot

Cynthia Pilichos

Charlotte Cochran

Karen & Paul Nickerson



Our past Diocesan Bishop, Fred Hiltz, who became our Canadian Archbishop and Primate, will pass that Primatial leadership on this coming Pentecost/Trinitytide. We thank God for our gift to provide Anglicans with a Nova Scotia Bishop to care for the Church these many years.



Children's Page

Easter Word Search

G S N O I T P M E D E R Y Y M
J J U Y K I R Y T T F X E O L
R L K F W E E C I O J E R C K
X Y N G Q C U W V U P C M C K
R C R O S S H R E D P H M N E
I F V A I B Q U I R G P Q R N
S A Q Z M T M I R A C L E T S
E I A O I R C H R C O Y I U E
N T T P R C G E Y O H S S R L
I H H S O O C A R K I E P V K
N W O R C S D U B R J V R G T
O H T N G N T E S F U L A M I
D P V O U Q F L D K A S Y S H
Z M E S B Z Z W E M L Y E D F
E T G L M E G K B S L T R R U

APOSTLES
CROWN
LAMB
PRAYER
RESURRECTION
SON

CHURCH
FAITH
MARY
REDEMPTION
RISEN
SUNDAY

CROSS
JESUS
MIRACLE
REJOICE
SAVIOR
TOMB

