

Welcome! You are standing at the entranceway of Christ Church Cathedral and about to enter sacred space. It may be hushed and empty or filled with music and marketers. All are welcomed!

This land was first cared for by the peoples of the Haudenosaunee Confederacy and the Anishinaabe Nation. They travelled along the Lake Ontario shores and gathered to celebrate, trade and give thanks to the Great Spirit. Their relationship with the land was at the centre of their lives and spirituality.

By 1836, when Hamilton was barely a City, settlers built a place of prayer on this site to bring their joys, worries and celebrations. God's message of love has been spoken and heard within these walls since then.

The spiritual traditions of this church go back more than two thousand years. Prayer, meditation, sacred reading, life practices are all helpful treasures we can share with you.

So please enter in peace and love. If a worship service is happening feel free to take a seat, join in or quietly engage in this space, as you need. If you require spiritual help, please reach out to a Cathedral Guide. Below, we have provided three spiritual pathways for your journey, Architectural, Spiritual and Christian. May God guide your steps along the way.

### **A Sacred Pilgrim's Prayer**

I am seeking, I am hesitant and uncertain,  
but will you, O God, watch over each step of mine  
and guide me in your way. Amen

*A Prayer of Saint Augustine*



## **Architecture**

As you enter, your first impression might be of the bigness of this space. It is always good for the spiritual seeker to gain perspective. Look up and all around and take in the beauty and space of the building.

This is known as Decorated Gothic style which goes back as far as the 1200's. By being here, you join with a vast community—both visible and invisible—of those who throughout the ages have brought their spiritual yearning to the great mystery of life, to the God of love.

### Reflective Questions

Where in your life, do you need to gain perspective?

Big or small, are you able to name your spiritual yearning?

### Spiritual Activity

Stand or sit in silence...still your body, slow your breathing, clear your mind...take in this space...surrender...be open to God's divine love...

## **Spiritual**

The Celtic spirituality includes a concept called "Thin Space". A thin space is where the spiritual world and the physical world, touch. Many have experienced this cathedral as a thin space.

### Reflective Questions

What do you bring with you today? What is on your heart? Can you form words for your sacred yearning?

### Spiritual Activity

Stand or sit. Quiet the body and mind. Be mindful of the noises and activity around you but then let them float away. Open yourself to a heightened awareness of the sacredness of this place, the countless whispered prayers, the numerous holy yearnings, the spiritual dance of energy...

## **Christian**

Jesus prayed in the Temple, in homes, in the wilderness and by the shore. Our cathedrals, therefore, can be magnificent architectural structures or beautiful natural forests. Any place can be a place of prayer as long as we are communicating with God. Jesus life and death and resurrection showed us the importance of prayer, the need for forgiveness and the promise that we can start again. God's love is greater than the wrongs we do or have been done to us.

### Reflective Questions

What do we carry on our hearts that weigh us down?

What would we like to talk to God about?

### Spiritual Activity

Stand or sit. Quiet the body and mind and be open to the sacred and loving space of this building and of Jesus' loving presence.

The Christian scriptures tell of a story of Jesus and his disciples walking along a road when a blind beggar cried out for help. The disciples told him to be quiet but Jesus asked them to bring the man to him. Jesus looked at him and asked, "What do you want me to do for you?"

Imagine yourself as the blind man. How would you answer Jesus?

As Jesus approached Jericho, a blind man was sitting by the roadside begging. When he heard a crowd going by, he asked what was happening. They told him, 'Jesus of Nazareth is passing by.' Then he shouted, 'Jesus, Son of David, have mercy on me!' Those who were in front sternly ordered him to be quiet; but he shouted even more loudly, 'Son of David, have mercy on me!' Jesus stood still and ordered the man to be brought to him; and when he came near, he asked him, 'What do you want me to do for you?' He said, 'Lord, let me see again.' Jesus said to him, 'Receive your sight; your faith has saved you.' Immediately he regained his sight and followed him, glorifying God; and all the people, when they saw it, praised God. Luke 18:35-43.