

THIS WEEK

Sunday 1 March - First Sunday of Lent

8.00am **HOLY COMMUNION**, page no 86

President: Canon Alison Kennedy

8.30am Breakfast with the Bible, led by Canon Imogen Nay

9.30am **PARISH EUCHARIST**

President: The Very Revd Nicholas Henshall

Preacher: The Rt Revd Tim Thornton, Bishop at Lambeth

11.15am **CHORAL EUCHARIST**

President: The Very Revd Nicholas Henshall

Preacher: The Rt Revd Tim Thornton, Bishop at Lambeth

3.30pm **CIVIC SERVICE**

Preacher: The Very Revd Nicholas Henshall

NEXT WEEK

Sunday 8 March - Second Sunday of Lent

8.00am **HOLY COMMUNION**, page no 88

President: Canon Imogen Nay

8.30am Breakfast with the Bible, led by The Revd Kate Moore

9.30am **PARISH EUCHARIST**

President: Canon Ivor Moody

Preacher: The Very Revd Nicholas Henshall

11.15am **MATINS**

Preacher: The Revd Kate Moore

3.30pm **EVENSONG with valediction of a head chorister**

Preacher: Canon Ivor Moody

Daily Prayer through the Week (Mon to Sat):

Morning Prayer: 7.45 am

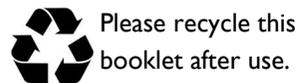
Holy Communion: 8.15 am (also Wed at 12.35 pm & Thurs at 10.00 am)

Midday Prayer in St Cedd's Chapel

Evensong/Evening Prayer: 5.15 pm (sung on Mon, Tues, Thurs & Fri, said on Wednesday & Saturday)

On certain Saturdays Evensong is sung by a choir

– please check the Music & Services list for dates



Printed by Diocesan Print Unit
printunit@chelmsford.anglican.org
chelmsford.anglican.org/printunit

CATHEDRAL LIFE WEEKLY



First Sunday of Lent, Sunday 1 March 2020

How will you change this Lent?

Lent is a wonderful opportunity to deepen our love for God and our neighbour. This year, at the Cathedral, there is both an opportunity to reflect and a commitment to make a positive change as we prepare for Easter. Canon Imogen Nay is leading a day-time Lent group entitled '**Resting in God's Love, Being challenged by God's Word**'. These will be reflective sessions using silence, scripture and some time for response. The sessions take place on Wednesdays in March in the Chapter House (first floor) between 11.15 and 12.15. All are welcome and there is no need to book.



The Archbishop of Canterbury has launched a campaign called LiveLent - Care for God's creation and the £1

accompanying booklet can be purchased in our book shop.

Our Bishops are giving a series of events called **Air, Water, Fire, Earth and Life** - Environmental and Climate Crisis: A Christian Response. They take place on Wednesdays in March at 7pm in the Cathedral. Please bring your own mug for a hot drink.

And we can do our bit too. What changes can we make to care for God's world and leave a healthier planet for future generations? If you can film yourself making a change: walking to work, using an alternative to single-use plastic, or other great ideas please post on FaceBook and tag us in using @Chelmsfordcathedral, or Email: hello@chelmsfordcathedral.org.uk, or tweet @CCathedral and we can share your photos or videos.

Contact us at:

Cathedral Office, New Street, Chelmsford CMI ITY
01245 294492

and visit our website: chelmsfordcathedral.org.uk

Facebook: /chelmsfordcathedral Twitter: @CCathedral

Safeguarding Officer: Elizabeth Marshall 07762 549288



Diocese of
Chelmsford

WELCOME TO CHELMSFORD CATHEDRAL

A very warm welcome to Chelmsford Cathedral especially if you are a visitor or here for the first time. Everything you need for the celebration is contained in the service booklet. Please ask one of the welcome stewards on duty at the doors if you have any questions. Coffee/juice is served after the 9.30am service and after 11.15am we serve sherry.

Junior Church for children aged 4-12 meets in the Chapter House, with 'big kids' and 'little kids'. The groups return for communion. For babies and toddlers we have 'busy bags' plus the Children's Chapel - please do ask the welcomers for more information. Jean Elliott is our Children and Family Minister.

Giving There will be a collection in the service during the last hymn. If you are a UK tax payer, please use a **yellow** Gift Aid **envelope** (available at the doors) to increase the value of your donation by 25% at no extra cost to you. Remember to fill in your full name, house number and postcode and the date.

Study Notes on the Sunday Gospel

Readings for Lent 1 (1 March):

Romans 5.12-19
Ps 32
Matthew 4.1-11

Be glad in the LORD and rejoice, O righteous, and shout for joy, all you upright in heart.

Psalm 32 invites us to sing about sin and forgiveness – our acknowledgment that we make all sorts of mistakes, but through facing them we open a door to God's love.

Paul in Romans takes "sin" as a big theme. But it's easy to misunderstand what he is saying. In Paul "sin" does not so much mean the bad things we do but who we are. Paul is really clear that there is nothing we can do about sin, other than in trust to understand that God has already forgiven us.

We find this really difficult. But both Paul and the Gospels are quite explicit: through the death and resurrection of Jesus we have been put right with God. It is not something we earn or deserve. All we need to do is receive that as a gift.

THE WEEK AHEAD

Sunday 1 March

12.30pm
6pm

St David's Day Lunch (Chapter House)
Finding Faith

Wednesday 4 March

9.30am
11.15am
12.35pm
1 - 3pm

Parent and Toddler Group (Learning Centre)
Lent Reflections (Chapter House)
Eucharist
Welcome on Wednesday: coffee and cake in the North Transept
Friendship Club (Chapter House)
Lent Talk

1 - 4pm
7pm

Thursday 5 March

10am
8pm

Eucharist
Mothers' Union (Chapter House)

Friday 6 March

12.30pm
7pm

Lunchtime Concert - organ recital - Dan Soper
Compline

Saturday 7 March

10.00am

Coffee in the Cathedral

Thursday 19 March 10.45am
The Cathedral Prayer Group meets in the Mildmay Chapel to pray for the church, the diocese, the country and the world. All are welcome to join the group to listen or pray with them.

Looking ahead to Easter: There are several events especially for families taking place at the Cathedral this Easter. On Tuesday 7 April there is a Kids' Easter Experience Day running from 10am to 3pm. On Easter Sunday there is an Easter Egg

hunt planned after the 9.30am family service and our next Easter Stay and Play Lego morning is on Tuesday 14 April.

NOTICES & DATES FOR THE DIARY

Over 200 people already receive Cathedral Life Weekly by email. If you would like to join them, please let us know so that you can be added to the database. Your information will be stored securely, will only be used for the purpose for which you give it and you can opt out at any time. To sign up email: clare.broome@chelmsfordcathedral.org.uk

Several people have expressed a concern regarding taking communion during the coronavirus outbreak. Please do follow government guidelines in order to minimise the risk of spreading any germs; discarding used tissues and washing hands. It is Anglican teaching that to receive the sacrament in one kind only (i.e. just the bread) is to receive the sacrament in its entirety. Please do not dip the bread in the cup as this risks spreading more germs.

Friday 6 March 12.30pm

We welcome back former organ scholar Dan Soper to give the lunchtime concert this Friday (6 March). All are welcome and admission is free.

2pm

A World Day of Prayer service will be held at Great Leighs Free Church, Main Road,

Great Leighs. More information from Beryl Dean, tel. 01245 283410.

Sunday 8 March 1pm

Meeting Point Lunch: join others for Sunday lunch at the White Hart. Please let Maureen know you are coming tel: 01245 697781.

Thursday 12 March 2pm

The Mothers' Union meet in St Cedd's Hall for their monthly day-time meeting. This time, Pat Clarke speaks on her faith journey. All welcome.

Saturday 14 March

The Cathedral choir's lower voices will give a concert at St Mary's Wivenhoe to aid in the church development project. Details are online at stmaryswivenhoe.org/news

Saturday 14 March 7.30pm

The Caprice Wind Orchestra are holding a concert at the Cathedral. Tickets are £12 and are available from Allegro Music, High Street, Chelmsford.

Sunday 15 March 9.30am

Bishop Stephen will be presiding and preaching at the 9.30am service. There will also be a presentation of his card at the service.

Daily Gospel Readings for this week, to use in your daily prayer:

Monday	Matthew 25.31-end
Tuesday	Matthew 6.7-15
Wednesday	Luke 11.29-32
Thursday	Matthew 7.7-12
Friday	Matthew 5.20-26
Saturday	Matthew 5.43-end

You can find a simple 10 minute reflection at: pray-as-you-go.org

Next Sunday's Readings - Sunday 8 March : 2nd Sunday of Lent

9.30 am & 11.15 am:

Genesis 12.1-4a
Ps 121
John 3.1-17

3.30 pm:

Ps 69.1-19 & 31-28
Genesis 17.1-7,15-16
Romans 4.13-25

Please pray for:

- The success of the Bishop's Lent Appeal, that people may be moved to give generously to support the work of Five Talents as they help people in Masabit, Kenya
- The Anglican Church of Chile & The Most Revd Hector (Tito) Muñoz
- St John's Church, Old Moulsham and St Luke's Church, Moulsham Lodge
- Teresa Hipgrave, Rita James, Alan Ketley, Norman Sharpe, Winnie Towers, and all those receiving home communion and all in need of our prayers

We take **safeguarding** very seriously at the Cathedral, if you have any concerns please talk to Elizabeth Marshall our Safeguarding Officer or to Rev'd Kate Moore the Asst Safeguarding Officer. You can also talk to any member of the clergy. If you are a volunteer with us please make sure you have completed the online training.

The Dean returns from study leave



I've just got back from four months away – three months of extended study leave and a month's holiday. It has been an extraordinary time and I want to start by saying a huge thank you to those who have made it possible: first Bishop Stephen, and the

clergy team here at the Cathedral; to the Cathedral Chapter and our acting Administrator. And to those who supported the study leave financially – the Farmington Institute at Harris Manchester College, Oxford; the Diocese of Chelmsford and the All Churches Trust. And of course I owe a huge debt to my family for their support.

I spent the first two months back in Oxford as a guest of Harris Manchester College. I used much of this to catch up on some serious reading and to brush up on my New Testament Greek. I'm particularly grateful to Father Nick King SJ (who has recently published a fresh translation of the whole Bible from Greek into English) for his time and supervision.



But because of the space college gave me, this also became a time of deeper and deeper silence; an opportunity to spend extended time in prayer; focussed more and more on simply being there, the value of the time measured less and less by outcomes and more and more by the deepening of the journey. At weekends, Christine joined me in Oxford (and indeed over time all our children came to stay and even my brother!) Christine and I had a great time re-discovering the city together, and it was a delight to worship weekly at the University Church where we first met as students back in the 1980s.



We spent Christmas and New Year abroad – a highly unusual experience. This was technically holiday but our base for Christmas itself was the ecumenical monastic community at Taizé in Burgundy. We then all drove over the Alps to spend New Year with our rela-

tives in Ljubljana. Another amazing time, with temperatures rarely above minus 8 degrees! While the rest of the family flew back to Stansted, I spent two days having a wonderful drive back through the Austrian Alps and then right up the mighty German autobahn system – arriving at Dunkirk six hours early for my ferry home!

The final part of extended study leave – and very much planned in this order – has been the full Ignatian Spiritual Exercises at St Beuno's Jesuit Retreat Centre in North Wales (where the poet Gerard Manley Hopkins trained). This is essentially a thirty day silent retreat focussed on many hours of daily meditation on Scripture. I have made an eight day version of this retreat but the 30 day version is very much a once in a life-time event.



And so it has been – building very much on the time in Oxford, going on a deeper and deeper journey into silence, solitude and stillness. It has been like having the earth scooped out from in front of you and being invited to go deeper still. An experience not measured by its outcomes but which for me will resonate powerfully over the coming months and years.

It is great to be back here in Chelmsford. Thank you again for the gift of time over the last four months. But rather like a deep sea diver coming up to the surface, I may be a little unsteady on my feet for a while!