

## THIS WEEK

### Sunday 3 March - Sunday Next Before Lent

8.00am **HOLY COMMUNION**, page no 82

*President: The Very Revd Nicholas Henshall*

8.30am Breakfast with the Bible, led by Revd Dr Paul Beasley-Murray

9.30am **PARISH EUCHARIST**

*President: Canon Alison Kennedy*

*Preacher: The Very Revd Nicholas Henshall*

11.15am **CHORAL EUCHARIST**

*President: Canon Alison Kennedy*

*Preacher: The Very Revd Nicholas Henshall*

3.30pm **EVENSONG & thanksgiving for Essex County Council**

*Sermon: The Rt Revd Hugh Allan O.Praem, Titular Abbot of Beeleigh*

## NEXT WEEK

### Sunday 10 March - First Sunday of Lent

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

*President: Canon Ivor Moody*

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

9.30am **PARISH EUCHARIST**

*President: Canon Ivor Moody*

*Preacher: Canon Alison Kennedy*

11.15am **MATINS**

*Preacher: Revd Kate Moore*

3.30pm **EVENSONG**

*Homily: The Very Revd Nicholas Henshall*

### Daily Prayer through the Week (Mon to Sat):

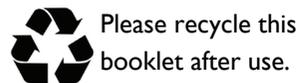
**Morning Prayer:** 7.45 am

**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



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# CATHEDRAL LIFE WEEKLY

Sunday Next Before Lent, 3 March 2019

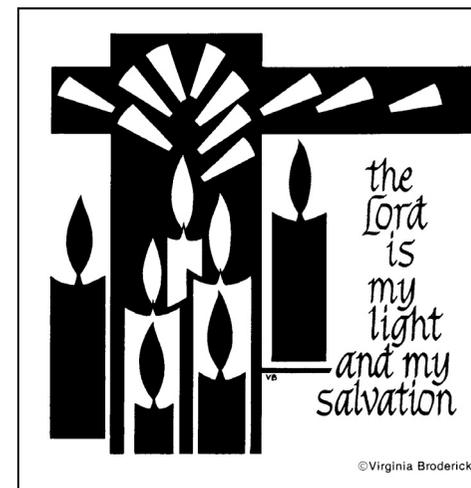


## Lent Reflections

**The “lengthening of days” from which “Lent” is named launches our journey towards the cross and the resurrection.**

How to mark this season? The first Christians were baptised on the anniversary of Jesus' resurrection. With martyrdom a terrifying reality, this life-or-death decision required serious thought. So the season preceding Easter was designated a period of preparation.

Nevertheless, the early church were disappointed to discover that baptism didn't completely prevent them from sinning. So the whole church was encouraged to use this season for penitence: a season for reflecting and making amends, in order to celebrate Easter as a new start.



Choosing to break an old habit or start a new one is by comparison a luxury. But disciplining ourselves in small choices also prepares us for when those choices become life-or-death.

*Canon Alison Kennedy*

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Diocese of  
Chelmsford

## Study Notes on the Sunday Gospel

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### Readings and reflections

2 Corinthians 3.12 – 4.2

*Psalm 99*

Luke 9.28-36

Lord, show us your glory ...

Just as we are preparing for the beginning of Lent, today's readings speak to us of glory. They invite us to see Lent as a royal road, a healing time when we invite the Lord to get to grips with the rough stuff of our humanity, and to know that God loves us not in spite of our frailties, but that he loves us warts and all.

In the First Reading Paul contrasts his ministry with that of Moses. The dead letter of the Law has in Christ been replaced by the living letter of the Spirit. As we become more like the Lord, so we give God the glory.

*Psalm 99* This is a great hymn of praise to God as king. God is one who helps his people in need, gives them just laws (v. Z); and both punishes and forgives.

In the Gospel Jesus has already predicted his suffering, death and resurrection to his disciples; now he takes Peter, James and John up a mountain and they see him in glory. Just as they set out to Jerusalem – which means suffering and death – Jesus points to the glory that lies ahead.

This week, we pray that we may begin the journey of Lent with a deep intention of following closely in Jesus' footsteps day by day.

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### Next Sunday's Readings - 17/3/19 FIRST SUNDAY OF LENT

**9.30 am & 11.15 am:**

Deuteronomy 26.1-11

*Psalm 91.1-11*

Luke 4.1-13

**3.30 pm:**

*Psalm 119.73-88*

Genesis 2.15-17; 3.1-7

Romans 5.12-19

## THE WEEK AHEAD

### Monday 4 March

5.30 - 7.00pm

7.45pm

Youth Group (8pm yr 9+) (YMCA)

Volunteers' Steering Group meeting (Chapter House)

### Wednesday 6 March (Ash Wednesday)

8.15am

9.30am

12.35pm

1.00 - 3.00pm

1.00 - 4.00pm

7.45pm

Eucharist with imposition of ashes

Parent and Toddler Group (Chapter House)

Eucharist with imposition of ashes

Welcome on Wednesday (Chapter House)

Friendship Club (Chapter House)

Choral Eucharist with imposition of ashes

### Thursday 7 March

10.00am

8.00pm

Eucharist

Mothers' Union (Chapter House)

### Friday 8 March

12.30pm

7.00pm

Lunchtime Concert - Jonas Stonkus (accordion)

Compline

### Saturday 9 March

7.00 for 7.30pm

Rotary Young Musician Competition

### Sunday 17 March 12.30pm

**A congregational St Patrick's Day Lunch** is being held in St Cedds Hall, and everyone is welcome. Tickets priced at £8 adult, £4 Child, (£20 a family) includes two course lunch and soft drinks, (wine will be available) and there will be activities for all ages. Tickets from Yvonne Spence tel: 01245 465108, or email: yvonnespence@hotmail.com or speak to members of the Social Committee.

### Friday 22 March 7 for 7.30pm

**Flower Guild Quiz Evening:** in St Cedd's Hall. Tickets £6 each, tables of up to eight people. Please bring your own food and drink. Tickets available in advance from Isabel Fyfe on 01245 258505 or email: isabelfyfe41@gmail.com

### Sunday 24 March 3.30pm

**Volunteers' Thanksgiving Service**  
All volunteers are warmly invited to attend this service which will be followed by light refreshments. Once again the service follows the normal Evensong format with our splendid choir and you do not have to be a volunteer to attend! *Andrew Duke – Volunteer Coordinator*

**Advance Notice:** The Bradwell Pilgrimage and Gathering is taking place on Saturday 6 July from 10.30am to 3.45pm at St Peter's Chapel, Bradwell-on-Sea. This is a FREE day of pilgrimage, worship, activities and talks for the whole family in association with a variety of organisations. Full details at [bradwellpilgrimage.co.uk](http://bradwellpilgrimage.co.uk)

**Remember: electoral roll forms need to be returned by 30 March. Details on the Cathedral website.**

## NOTICES & DATES FOR THE DIARY

**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.

**Junior Church** meets today, starting at 9.30am in Chapter House. This week's theme is 'The Transfiguration'.

**Yellow Envelopes** 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 name, house number and postcode and the date.

**The team** who count and bank collections would be glad of two or three more members to join them. Please speak to Elizabeth Marshall or Dan Glading if you can help.

**Geoff Brignell** would like to thank everyone for their kind messages, prayers and support following Sue's death. In the six months that have passed, the generosity of so many people has resulted in over £3,000 being donated in her memory to the nominated charities. Thank you.

A wide range of **Lent books** are available from the Cathedral Bookstall.

**We are delighted** to have been awarded a grant by the Friends of Cathedral Music (FCM) to extend the provision of vocal coaching for the younger choristers, complementing

the current work by Colin Baldy. A formal presentation will be made at Matins on Sunday 10 March at 11.15am.

### **Monday 4 & Tuesday 5 March**

The Cathedral School Visits Team and Advisers from the Chelmsford Diocesan Board of Education Team will welcome over 470 children aged between 5 to 11 years from Church schools from across the Diocese. If anyone would like to join the team, please contact Marian Emuss email: m.emuss\_cathedral@hotmail.com

### **Thursday 14 March 9.30am**

**The New Interests Group** travel to the Dulwich Picture Gallery to view the House Collection with an opportunity to visit the Harald Sohlberg show 'Painting Norway'. Meet at 9.30am at Chelmsford Rail Station and bring bus passes if you have one. For further details contact Ann Freese tel: 01245 357096 or email: allfreese2@gmail.com

### **Thursday 14 March 2pm**

**Mothers' Union** meet in St Cedd's Hall where Mary Love leads the Lenten Observance 'Mary's Way of the Cross'.

### **Friday 15 - Saturday 16 March**

**Ivor Moody** is leading an overnight retreat on his book 'Songs for the Soul' at St. Katherine's House, Butcher Row London E14 8DS. If you would like to book a place, go to events.rfsk.org There are copies of the book available at the Cathedral bookshop, and they will also be available to purchase at the retreat.

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

*Sunday: Luke 9.28-36*

*Monday: Mark 10.17-27*

*Tuesday: Mark 10.28-31*

*Wednesday: Matthew 6.1-6, 16-21*

*Thursday: Luke 9.22-25*

*Friday: Matthew 9.14&15*

*Saturday: Luke 5.27-32*

*Sunday: Luke 4.1-13*

You can find a simple 10 minute reflection at: [pray-as-you-go.org](http://pray-as-you-go.org)

### Thought for the day

God is not a matter of mood. He is still present even when we are not in the mood to meet with him.  
— Dietrich Bonhoeffer

### Please pray for:

- Mary Bradford, David Brider, Rosemary Duffin, Mark Harris, Rita James, Julie Liney, Bartholomew Mullane, John Nightingale, Ray Cooper's mother, Winnie Towers; all those receiving home communion and all in need of our prayers
- The Church of St Augustine of Canterbury, North Springfield
- All those diocese across the world which the Diocese of Chelmsford has links with
- The Anglican Church of Chile and The Most Revd Héctor (Tito) Muñoz, Archbishop

**The Diocesan Director of Ordinands** is looking for a part-time secretary, 20 hours per week, mornings, working in the Diocesan Offices, starting in mid-April.

Full details are on the Diocesan Website under Clergy Vacancies / Staff Vacancies. Canon Philip Need would be happy to speak to any enquirers [ddo@chelmsford.anglican.org](mailto:ddo@chelmsford.anglican.org)

## 'Stay and Play Lego' Day



**MORE THAN 200 children and their families enjoyed two half term Lego play sessions in the Cathedral last Tuesday.**

Children designed and built models together, completed Lego colouring sheets and consumed lots of squash and biscuits. It was the first time a half term activity like this had been put on and it proved very popular. Even Wildstyle and Emmett, from the LEGO movie popped in to greet the children, and a certain Vice Dean! The next session is already being planned for the Easter holidays on Tuesday 9 April. In the meantime, if you have any Lego you no longer want, we would love to give it a new home. Either speak to Canon Ivor Moody on Sundays or contact Clare Broome [clare.broome@chelmsfordcathedral.org.uk](mailto:clare.broome@chelmsfordcathedral.org.uk)



## CHELMSFORD CATHEDRAL EASTER 2019



### Wednesday Day-Times in Lent

An invitation to explore together the "why", "what" and "how" of Holy Communion led by Nicholas Henshall

**13 March, 20 March, 27 March,  
3 April and 10 April**

11 am -12.30 pm in the Johnson Room,  
Chapter House - all are welcome

### Wednesday Evenings in Lent

7.30pm- 9pm in the Cathedral

### Faith and Pilgrimage

Each evening ends with Compline  
(a simple form of Night Prayer)

**Wednesday, 13 March 2019**

Rt Revd Stephen Cottrell

**Wednesday, 20 March 2019**

Canon Alison Kennedy

**Wednesday, 27 March 2019**

Very Revd Nicholas Henshall

**Wednesday, 3 April 2019**

Brother Sam SSF, Anglican Franciscan Friar

**Wednesday, 10 April 2019**

Canon Cilla Hawkes