
A Message from the Vice Dean: A Prayer Postcard

When I was training for the priesthood at Mirfield Theological College in Yorkshire, my pastoral studies tutor Fr. Jack Nichols gave me a prayer on a postcard. Curiously it has never left my wallet and although now very dog-eared and tatty, it still travels in my back pocket!

It is the Methodist Covenant prayer:

I am no longer my own but yours, put me to doing, put me to suffering; let me be employed for you, or laid aside for you, exalted for you or brought low for you; let me be full, let me be empty; let me have all things, let me have nothing. I freely and wholeheartedly yield all things to your pleasure and disposal and now, glorious and blessed God, Father Son and Holy Spirit, you are mine and I am yours. So be it.

Amen.

For me it has always been a prayer that defines my calling and my priesthood; the prayerful preparation I need to have to be able to do and to endure anything that my God might ask of me. To be full or empty; to be employed or laid aside; to be exalted or brought low, to have all things or to have nothing. But in these times when that is literally the experience of so many of us- to endure a situation which has, indeed, laid us aside and perhaps made us feel empty and low and fearful of the future- then maybe you might find this prayer useful to pray for the ensuing days?

But remember: the prayer makes it clear that however we feel and whatever happens to us, because of the glorious Easter happening- which still we have been able to celebrate in different ways undefeated by the closure of our churches- nothing can separate us from God's love. You are mine and I am yours. So be it.

Ivor Moody

Contact Us:

Cathedral Office, 53 New Street, Chelmsford CMI ITY. Tel: 01245 294492

Website: chelmsfordcathedral.org.uk FaceBook: @chelmsfordcathedral Twitter: @CCathedral



Safeguarding Officer: Elizabeth Marshall tel: 07902 225131
or email: safeguarding@chelmsfordcathedral.org.uk



Whole family challenge:

Here is a challenge for the whole family. During these strange and difficult times, a little bit of calm is what we all need.



DAY 3 A STILL SMALL VOICE OF CALM

FAMILY CHALLENGE

Take a deep breath and count to five. Slowly let your breath out as you count to five. Do it twice more. Breathing slowly can help us to feel calm when everything stressed or confused. When the psalmist felt stressed, he thought about God to help him become calm. When you need to feel calm today, breathe in and out slowly and say: "God is with me."



Download the free app at cote.io/EasterPilgrim.



Pray with Us:

The Second Sunday of Easter Please pray for all who use their talents and skill to write hymns and music that enrich our worship.

For: St Paul's Church, Great Baddow

For: The Church of Ireland

For those who are unwell:
Ernie Andrews, Jean Cooper, Teresa Hipgrave, Rita James, Norman Sharpe, Winnie Towers, Jim, Brenda and Chris Cole and all those in need of our prayers.



Stay at home to stop coronavirus spreading

Everyone must stay at home to help stop the spread of coronavirus. You should only leave the house for 1 of 4 reasons:

- shopping for basic necessities, for example food and medicine, which must be as infrequent as possible
- one form of exercise a day, for example a run, walk, or cycle - alone or with members of your household
- any medical need, or to provide care or to help a vulnerable person
- travelling to and from work, but only where this absolutely cannot be done from home

These four reasons are exceptions - even when doing these activities, you should be minimising the time spent outside of the home and ensuring you are two metres apart from anyone outside of your household.

Stay Home, Stay Safe



Study with Us:

Study Notes on the Sunday Gospel:

Bible notes for the Second Sunday of Easter:

19 April 2020

1 Peter 1.3-9

Ps 16

John 20.19-31

God's love has no end!

At the heart of today's Easter liturgy, we witness God's unending love and mercy at work in the midst of very human doubt and weakness.

In the **Gospel**, the risen Christ appears amongst the disciples in their hiding place. Blessed with the Holy Spirit, they are sent out to spread Christ's message of love, forgiveness and peace. Thomas is not with them and cannot believe what they tell him, but eight days later, Jesus returns, and the reality of resurrection is revealed to Thomas in a personal way.

The **First Reading** reminds us that the resurrection has reclaimed our birth-right as children of God. We are encouraged to be mindful and joyful at this reality. This changes us and everything forever. Even in the trials and anxieties of the times we are living through, faith will always be enough.

United with Christians everywhere, and against a tide of doubt and scepticism, our faith-filled actions, expressed in small acts of kindness will declare with the **Psalm**: "You show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore."

At one with the Easter spirit of joy, simplicity and mercy, let's pray for each other, and especially for those facing trials because of their health or isolation. May we remain joyful in the certain knowledge of God's great mercy that has made us his children.

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

Monday: John 3.1-8

Tuesday: John 3.7-15

Wednesday: John 3.16-21

Thursday: John 15.18-21

Friday: John 6.1-15

Saturday: Mark 13.5-13



Stations of the Resurrection

Breakfast with the Bible are studying Stations of the Resurrection and participants are sharing responses to the Resurrection, through audio, video, image and other. If you'd like to receive the materials contact Canon Imogen. They will be shared on the relevant webpage and across social media. Please share with friends and family.

Staying in Touch

If you would like to receive the Dean's letter emailed to you once a week and you do not already receive it, please email clare.broome@chelmsfordcathedral.org.uk

The 'Church at Home' page of the website is updated daily with new information, prayers and reflections. Live streamed services can also be accessed from this page normally an hour or so after they have taken place. This week there is a new section 'Sustaining Prayer' with suggestions from the Dean. There is also a summary at the top of the page to help you find what's been added more quickly as the page grows. There are new resources on the Breakfast with the Bible and Junior Church pages going on later this week.

Growing in Faith resources in a weekly email. If you would like to receive it, please sign up via the 'Church at Home' page of the website or email imogen.nay@chelmsfordcathedral.org.uk

The Cathedral Book Group continues to meet via Zoom, an easy to use video conferencing app (full instructions available!) During April we will be reading "Stanley and Elsie" by Nicola Upson, which we will "meet" to discuss on Monday April 27th from 7.30pm. New members very welcome – email sallydilley@tiscali.co.uk to be added to the circulation list.

Groups aren't physically meeting at present. But you can still stay in touch. Why not set up a WhatsApp group with members from your group? Or give someone a call who may be feeling isolated. A lot of us have more time than usual so why not use some of that free time to phone those people you've been meaning to call.

The Cathedral is now completely closed, and all staff are working from home. Therefore, the best way to contact staff is via email if possible. If you are not on email and would like a call from a member of clergy, please contact Marion Palmer tel: 01245 294497. Leave a voicemail message at the prompt and this will be sent as an email to Marion for her to pick up.

Giving Generously: We should be very grateful if those who have been accustomed to giving through the collection plate or in a donation box would now consider **setting up a standing order.** This can be done easily from home if you use online banking. Otherwise ring or write to your bank if you are unable to call in to a branch. The information you need is this: name of account, Chelmsford Cathedral Chapter Church Members Fund, sort code 20-19-95, account number 50265934, reference your name. If you have been used to using yellow envelopes and would like your donation to be **Gift Aided,** please email Caroline, treasurer@chelmsfordcathedral.org.uk who will send you a declaration form which you can return to her again by email. If you need any more information, please do get in touch with Caroline. We really need your continuing help and support to sustain the ministry of the Cathedral, thank you.