

## THIS WEEK

**Sunday 20 October - Trinity 18**

**8.00am HOLY COMMUNION**, page no 185

*President: Canon Imogen Nay*

**8.30am** Breakfast with the Bible, led by *Linda Brown-Easton*

**9.30am PARISH EUCHARIST with baptisms**

*President & Preacher: Canon Ivor Moody*

**11.15am CHORAL EUCHARIST**

*President: Canon Imogen Nay*

*Preacher: Canon Ivor Moody*

**3.30pm EVENSONG**

*Preacher: Canon Alison Kennedy*

*Revd Kate Moore is at St Albans Westcliff this Sunday*

## NEXT WEEK

**Sunday 27 October - Feast of St Cedd**

**8.00am HOLY COMMUNION**, special sheet used

*President: Canon Ivor Moody*

**9.30am PARISH EUCHARIST**

*President: Canon Ivor Moody*

*Preacher: Canon Alison Kennedy*

**11.15am CHORAL EUCHARIST - incense is used**

*President: Revd Kate Moore*

*Preacher: Canon Alison Kennedy*

**3.30pm EVENSONG**

*Preacher: Canon Alison Kennedy*

**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

Trinity, 20 October 2019



## Stay and Play Lego

On Tuesday 29 October, the Cathedral hosts its next Lego Stay and Play event between 10am and 12 noon.

Back in February this year, the first Stay and Play attracted over 200 children and their parents and carers and since then we have welcomed many families and local nurseries. The principle behind the idea is simple: turn up and enjoy building Lego with others.

There will also be colouring sheets and a trail around the Cathedral, can you find Harrison (pictured right)? Refreshments are available.



The final Stay and Play of the year is taking place on New Year's Eve, again between 10 and 12 noon. As families wait for the countdown to midnight, enjoy some post-Christmas fun.

### Contact us at:

Cathedral Office, New Street, Chelmsford CMI 1TY  
01245 294492

and visit our website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk)

Facebook: /chelmsfordcathedral Twitter: @CCathedral

Safeguarding Officer: Elizabeth Marshall 07762 549288



Diocese of  
Chelmsford

## Study Notes on the Sunday Gospel

### Readings for Trinity 18 (20 October):

2 Timothy 3.14 – 4.5  
 Psalm 121  
 Luke 18.1-8

### Pray continually and never lose heart

As we come towards the end of the church year, the readings for these weeks invite us to ponder the on-going conversation with God that is our prayer, to ask God to deepen our faith and our trust. This week, we are encouraged to continue to lift our minds and hearts towards God even when our lives are difficult or God does not seem to give us the answers we are seeking.

As examples of perseverance, even when life is difficult, the **Gospel** can help us if we take time to ponder. Jesus uses the story of an unjust judge to point out that if a person who has no respect for God or his fellow human beings can be influenced by one who is persistent, how much more will God hear the prayer of those who pray continually and never lose heart.

Paul writes to Timothy to encourage him to keep faithful to all that he has been taught and knows to be true. Like Timothy, we too can trust that the scriptures we read and pray are inspired by God to guide us and teach us to be holy. Then we can share the Good News with others as Paul and Timothy did.

### Next Sunday's Readings

	OCTOBER	9.30 & 11.15	3.30 pm
27	Sunday <b>CEDD, ABBOT OF LASTINGHAM, BISHOP OF THE EAST SAXONS, 664</b>	Jonah 3: 1-5 Psalm 87 Matthew 9: 35-end	Pss 100, 117 Romans 15: 17-21 Luke 5: 1-11

## THE WEEK AHEAD

### Monday 21 October

5.30 - 7.00pm Youth Group (8pm yr 9+) (YMCA)

### Wednesday 23 October

9.30am Parent and Toddler Group (Chapter House)

11am - 3pm City Prayer

12.35pm Eucharist

1 - 3pm Welcome on Wednesday: coffee and cake in the North Transept

1 - 4pm Friendship Club (Chapter House)

### Thursday 24 October

10am Eucharist

### Friday 25 October

12.30pm Lunchtime Concert - Swift Singers (Ladies Choir)

### Saturday 26 October

9.30am Pre-loved clothing sale

her warmest greetings and love to all the congregation.

**Monday 22 June 2020** marks the centenary of the re-consecration of St Peter's Chapel, Bradwell-on-Sea. Events are being planned by the Cathedral, which owns the Chapel, and the parish of St Thomas's Bradwell to celebrate this important anniversary. A committee has been formed to arrange the activities and if you would like to help arrange the celebrations, then please contact David Simmonds at [djsimmonds@aol.com](mailto:djsimmonds@aol.com)

### Thursday 7 November 8pm

**Mothers' Union meeting:** a talk on the work of the Boys & Girls Clubs in Chelmsford. All welcome. Meetings are held in the Chapter House.

### Friday 8 November 7 for 7.30pm

**CCCA Candlelit Supper:** an evening of outstanding food with entertainment from the music team in support of the choirs. Tickets including meal and drinks on arrival £27. Available from [music@chelmsfordcathedral.org.uk](mailto:music@chelmsfordcathedral.org.uk) and the Cathedral bookstall. Menu choices should be submitted to the music office.

## 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 'persisting in prayer'. To join the **Junior Church weekly mailing** please email [imogen.nay@chelmsfordcathedral.org.uk](mailto:imogen.nay@chelmsfordcathedral.org.uk) One weekly email on Thursdays is sent out to let you know about the services on Sunday and special events. You can unsubscribe at any time.

**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 full name, house number and postcode and the date.

**Canon Imogen Nay** is developing a podcast. Details are on the website under sermons or you can listen at [anchor.fm/imogen-nay](http://anchor.fm/imogen-nay) or <https://revnay.blogspot.com/>

**English for Women** are looking for male volunteers to support an additional session which is being trialled on Monday mornings. The new session will be open to all (including men) with the continued aim of supporting those in our communities who are isolated by language barriers. The sessions start on Monday 14 October and initially run until Christmas. If you would be interested in volunteering please contact Susannah ([susannah@englishforwomen.org](mailto:susannah@englishforwomen.org)) for more information. If you would like to take part in the session, or know someone who would, leaflets are available by the south door of the Cathedral.

**Please send all notices for Cathedral Life Weekly** for next week to Elspeth in the music office. Her email is: [elspeth.manders@chelmsfordcathedral.org.uk](mailto:elspeth.manders@chelmsfordcathedral.org.uk)

The **Pastoral Care Foundation Course** is starting on 28 October and running for five Mondays in Guy Harlings. Leaflets with more information are in the Cathedral.

**Blessy** who worshipped with us at the Cathedral for three years while a nursing student at Anglia Ruskin collected her degree in the Cathedral last Monday and sends

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

Monday	Luke 13.10-17
Tuesday	Luke 13.18-21
Wednesday	Luke 13.22-30
Thursday	Luke 13.31-end
Friday	Luke 14.1-6
Saturday	Luke 14.1, 7-11

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

#### Please pray for:

- Teresa Hipgrave, Jack Holmes, Rita James, Winnie Towers, Norman Sharpe, and all those receiving home communion and all in need of our prayers
- Those who work to protect and care for our world. Pray that a time will come when all peoples of the world may be enabled to live together in peace, harmony and love
- Tile Kiln Church
- The Church in the Province of the West Indies

#### Children and Families Minister

*Lay or ordained, full-time post*

**Chelmsford Cathedral has established excellent work with children and young people and is seeking a new member of the team to develop and enhance this work. The post-holder will oversee our work with 0-18 year olds, supervise our many volunteers and work with our new Canon for Evangelism and Discipleship to provide opportunities for children, young people and their families to grow in faith.**

**Salary in the range of £25-27,000, this is a full-time post**

**To apply visit:** <https://chelmsfordcathedral.org.uk/>

**Closing Date:** 12 noon, Wed 30<sup>th</sup> October 2019

**Interviews:** 12<sup>th</sup> November 2019

## A Greener Flower Guild

Sir David Attenborough's eye opening Blue Planet television series shocked us all into recycling and has prompted the Flower Guild into looking at how green our weekly flower arrangements are.

It has come to light that flower foam, invented in the fifties and used extensively by florists and arrangers is non-biodegradable and ends up in landfill. Manufacturers are trying to develop alternative foam but in the meantime the Flower Guild wish to make small changes initially, and will have at least one arrangement weekly, which will use greener, sustainable



floristry techniques. It is a case of returning to old school methods i.e. chicken wire, pin holders, moss and glass containers, so the arrangements may look a little different. We hope over time to learn new techniques, spread the word to other arrangers and become greener with our flower arranging.

Many thanks to all those who came to the first Environment Meeting, it was a great turn-out. If you would like to join the group, please contact Imogen.

The group will be conducting an Eco Audit and then will be creative and ambitious in what we hope to achieve.

Eco Tip of the week: switch to a green energy supplier, try Bulb, OVO energy, or Green Energy.



## Eco Church

The quantity of waste being produced by society these days is quite staggering. The need to recycle and re-use as much as possible is becoming ever more important and the Cathedral Community needs to play its part. A recent initiative to reduce waste means that we are now using china mugs for Sunday morning coffee rather than paper cups. By using re-usable china mugs so far we have saved 2,500 single use paper cups since May! If you do not create the waste, you do not need to recycle it.

One of the many responsibilities of the Vergers Department is to

empty the bins and, where possible, to sort the waste that has been produced into recyclable and non-recyclable. This year we have been able to reduce the quantity of waste being sent to landfill or incineration by approximately 140 black bags. This may not sound like very much but it is a very good start. I would therefore like to ask everyone if they could assist our efforts and be a little more discerning as to how they dispose of their rubbish and recycle as much as possible.

*John Elliott  
Head Verger*

