

THIS WEEK

Sunday 21 July 2019 - the Fifth Sunday after Trinity

8.00am HOLY COMMUNION, page no 163

President: Canon Alison Kennedy

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

9.30am PARISH EUCHARIST

President: Canon Ivor Moody

Preacher: Canon Imogen Nay

11.15am CHORAL EUCHARIST with the *Cathedral Occasional Singers*

President: Canon Ivor Moody

Preacher: Canon Imogen Nay

3.30pm EVENSONG with the *Cathedral Occasional Singers*

Preacher: Canon Alison Kennedy

NEXT WEEK

Sunday 28 July 2019 - the Sixth Sunday after Trinity

8.00am HOLY COMMUNION, page no 165

President: Canon Alison Kennedy

8.30am Breakfast with the Bible

9.30am PARISH EUCHARIST

President: the Revd Kate Moore

Preacher: Canon Ivor Moody

11.15am CHORAL EUCHARIST with the *East London Evensong Choir*

President: Canon Ivor Moody

Preacher: Canon Ivor Moody

3.30pm EVENSONG with the *East London Evensong Choir*

Preacher: the Revd Kate Moore

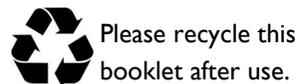
Daily Prayer through the Week (Mon to Sat):

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

Evening Prayer: 5.15 pm



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CATHEDRAL LIFE WEEKLY

TRINITY 5, 21 July 2019



SUMMER SUNDAYS

Last year we experimented with a new pattern for August Sundays—8 am Holy Communion, then a 10 am Sung Eucharist, with Evening Prayer at 3.30 pm. We are continuing that this summer, but with a slight twist!

At 3.30 pm each Sunday a different form of Evening Prayer will be celebrated. There will be an emphasis on space and stillness, time to reflect and listen.

The forms may vary each week, but the purpose will be to invite each of us on a more reflective journey in prayer.



Everyone is very welcome to join in—simply come along and share in the beautiful stillness of this special space.

Contact us at:

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and visit our website: chelmsfordcathedral.org.uk

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Diocese of
Chelmsford

Study Notes on the Sunday Gospel

Readings for Trinity 5

Genesis 18.1-10a
Psalm 15
Luke 10.38-42

'Welcome Lord!'

Our readings and prayers this week may lead us to open our hearts to Christ, our welcome guest. May he increase our faith and our love, so that we may see him amongst us as our friend.

In our **First Reading** from Genesis, Abraham gives us the wonderful example of Bedouin hospitality. Nothing is too good for the stranger, and Abraham does not hesitate to offer comfort and food because he recognises God in them. God rewards him with the promise of a son.

The well-known **Gospel** story of Martha and Mary shows us Jesus himself as the guest, welcomed into their home where they receive from him as well as give to him.

In the **Psalms**, it is we who are the guests in the Lord's house. What readiness might we have to dwell in his house? May we also welcome God's word this week and ponder it.

Next Sunday's Readings - 28/7/19 :Trinity 6

9.30 am & 11.15 am:
Genesis 18.20-32
Psalm 138
Luke 11.1-13

3.30 pm:
Psalm 88
1 Kings 3.5-12
Romans 8.26-39

THE WEEK AHEAD

Monday

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

Wednesday

9.30am Parent and Toddler Group (Learning Centre)
12.35pm Eucharist
1.00 - 3.00pm Welcome on Wednesday: coffee and cake in the North Transept
1.00 - 4.00pm Friendship Club (Chapter House)

Thursday

10.00am Eucharist

AUGUST SUNDAYS

A different pattern for August

8.00 am Holy Communion

10.00 am: THE EUCHARIST

with crèche in St Cedd's

3.30 pm: Evening Prayer

in a variety of styles

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 is in the service booklet. Please ask one of the welcome stewards on duty at the doors if you have any questions.

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.

Refreshments after the 9.30 am Eucharist: weather permitting, refreshments will be served on summer Sundays in the Cathedral grounds on the north side (the left!) Everybody welcome.

Capture the Cathedral

Attention keen photographers (amateur or professional): we are running a Chelmsford Cathedral photography competition! For full details visit the website.

Friends of Chelmsford Cathedral The Friends Council is updating the membership list, to include email addresses. If you are a member of the Cathedral Friends, you are invited to send your contact details to Elizabeth Marshall (Interim Secretary), 9 Rossendale, CMI 2UA, or ej.marshall@blueyonder.co.uk or via the Office. If you know other Friends or Corporate Members please pass this on to them as some of these details are extremely out of date. The next Friends' Festival and AGM is on Saturday 21st September 2019 at 3pm. Everybody is welcome.

Wednesday 7 August:

"Loads of Cobbles" - Flint & Other Stones in Essex Church Walls

A study day, tour & lunch in aid of St Mary's Church Spire, Broomfield organised by The Art Society, Church Recording Group. Cost £20, bring a seat, details from Ann Freese allfreese2@gmail.com.

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

<i>Sunday:</i>	Luke 10.38-42	<i>Thursday:</i>	Matthew 20.20-28
<i>Monday:</i>	John 20.1-2,11-18	<i>Friday:</i>	Matthew 13.18-23
<i>Tuesday:</i>	Matthew 12.46-end	<i>Saturday:</i>	Matthew 13.24-30
<i>Wednesday:</i>	Matthew 13.1-9	<i>Sunday:</i>	Luke 11.1-13

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

Thought for the day:

Many people are good at talking about what they are doing, but in fact do little. Others do a lot but don't talk about it; they are the ones who make a community live.

— Jean Vanier

Please pray for:

- Clare Broome, Eileen French, Teresa Hipgrave, Rita James, Winnie Towers, Norman Sharpe, all those receiving home communion and all in need of our prayers
- Christians Together in Chelmsford—for the committee, its chair David Gilbey.
- All Saints, Springfield—Susan Iskander, Vicar
- The Province de L'Eglise Anglicane au Rwanda and the Most Revd Laurent Mbanda - Archbishop of L'Eglise Episcopal au Rwanda & Bishop of Shyira

Cathedral Prayer Group

The prayer group is a very important part of the Cathedral's ministry. It meets 10.45 to approximately 11.15 on the third Thursday of each month in the Mildmay Chapel. Everyone welcome!

Cathedral Bell Ringers

Congratulations to the bell ringers here at Chelmsford Cathedral who once again have won the Essex Ringers trophy! Sunday by Sunday we are deeply grateful for their ministry as the bells ring out across the city. Our thanks and congratulations.

CATHEDRAL LIFE

END OF TERM

Last Sunday was the end of the choir term with farewells to choristers and choral scholars and a special farewell to Laurence, our Assistant Organist and Director of the Cathedral Girls' Choir; to Keren Hollier, the Choir Matron; and Thomas, who returns to the USA after a year with us as Organ Scholar.



Choristers celebrating with Thomas, Keren and Laurence's family.

It has been a wonderful year of music here at Chelmsford Cathedral and we look forward to even greater things in September!

CATHEDRAL WALKING GROUP—8 August

The next walk starts at the main entrance gate to Hatfield Forest (almost opposite Bush End Church). Hatfield Forest is an extraordinary survival—one of the few areas of truly ancient woodland left in Essex and saved from complete destruction by an early environmentalist. It is a fantastic challenge to us today to pay attention to our environment.

The gates open at 10 am and we will meet in the car park by the lake and café. Everybody is warmly welcome.

ACTION SHOTS FROM SUNDAY

At a deeply moving celebration last Sunday morning we welcomed four young children who were baptised and welcomed into the family of the church.

We also welcomed all the new curates as they began their preparation to work in parishes across the diocese.

Please pray for the newly baptised and for those preparing for ordination—both great waymarks on the Christian journey.

