

Study Notes on the Sunday Gospel

Notes on the Sunday readings:

(22 March 2020 – Lent 4)

Today there are different readings at 9.30 am and 11.15 am. We have the special readings for Mothering Sunday at 9.30 am and the readings for Lent 4 at 11.15 am.

Ephesians 5.8-14

Ps 23

John 9.1-41

Wake up from your sleep and Christ will shine on you!

Today is called “Rejoice” Sunday and is intended to give encouragement to all those travelling the Lenten road to Holy Week and Easter.

Today’s readings affirm that I do not make this journey alone. I am offered a helping hand by the Lord who is my shepherd and guide (**Psalm 23**). By leading me on the right path in goodness, he is being true to his name. I want for nothing. Though I may have been walking in darkness, even sometimes feeling as if I am trapped in the valley of the shadow of death, I am now exposed to the light of the Lord.

And the Lord, looking with love at my heart rather than at external appearances illuminates me, turning me into light.

Jesus curing the man born blind is a well-known piece of scripture (**Gospel**). Perhaps I am like the one without sight who can suddenly see. And finding myself looking at the Son of Man, I can come to believe and to trust in him even more deeply.

Reason, indeed, to rejoice today!

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

Monday	John 4.43-end
Tuesday	John 5.1-3, 5-16
Wednesday	John 5.17-30
Thursday	John 5.31-end
Friday	John 7.1-2, 10, 25-30
Saturday	John 7.40-52

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

CATHEDRAL LIFE WEEKLY

4th Sunday of Lent, Sunday 22nd March 2020



Caring During the Coronavirus

Throughout the current crisis public worship across the Church of England has been suspended. Chelmsford Cathedral will remain open daily as normal. People are very welcome to come in and use this beautiful space for prayer and reflection. The only requirement is that people stay at least 2 metres (about six and a half feet) away from each other. There will be prayer stations and resources for prayer around the Cathedral. This will include a dedicated hour of silent prayer between 12 noon and 1 pm every day (including Sundays). Clergy will be on duty regularly in the Cathedral.

Each day of the week (including Sundays) we will be live streaming Morning Prayer at 7.45 am and Evening Prayer at 5.15 pm from around the main altar in the



Cathedral. These are simple acts of prayer, praise and silence which can really support our personal rhythms of prayer as individuals and as a community. These will be live streamed on Facebook, but will also be available at any time on YouTube. Simply visit the Cathedral website and follow the links.

Contact us at:

Cathedral Office, New Street, Chelmsford CM1 1TY
01245 294492

and visit our website: chelmsfordcathedral.org.uk

Facebook: /chelmsfordcathedral Twitter: @CCathedral

Safeguarding Officer: Elizabeth Marshall 07902 225131



Diocese of
Chelmsford

We are also making a very simple daily prayer booklet available. This is another way in which we can support each other and stay connected. The booklet can be picked up from the Cathedral but do please ring the office if you would like us to post it out to you. The prayer booklets for each day are also available on the Cathedral website.

We will not be able to have a public celebration of the Eucharist on Sundays. This is very challenging but it is essential that we comply fully with the guidance. However, the clergy team will meet behind closed doors to celebrate the Eucharist and there will be a homily or reflection live streamed each Sunday morning, and available via the links on the Cathedral website.

Please visit the “CHURCH AT HOME” page on the Cathedral Website. This is a real hub for a whole range of resources that we will be making available to help people sustain a regular pattern of prayer, share news and support one another, and to keep in touch with new developments. The Sunday Newsheet is already available online and hundreds of people receive it by email. Do contact the Cathedral Office if you want to be added to the email list. We are also very happy to post the Newsheet out – again contact the Office if that would be helpful.

We will issue regular updates, and do visit the website regularly both to keep and touch and find out more. We are encouraging the Cathedral staff to work from home as much as possible through this period, so please be patient.

Pastoral support is a crucial part of the Cathedral’s core purpose and particularly for those who are over 70 and all those who are self-isolating it is very important that we keep in touch. If this applies to you or to someone you are aware of, please contact Marion in the Cathedral Office and let her know who they are, what their needs are, and how we can help.

Nicholas Henshall
Dean of Chelmsford

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

Church at Home

The Cathedral has a new webpage! (accessed from the Home button at the top of the page). Here we will regularly post sermons, prayers, reflections and even live-stream some services so that everyone can still be cared for, part of the community and remembered.

As all services and events are currently suspended, there will be no Sunday services this Sunday and continuing. All groups are also not meeting meaning there will be

no Junior Church, Welcome on Wednesday and Baby and Toddler groups. Other groups that meet such as Mothers’ Union, the Art and Craft Group are also cancelled. The New Interest’s Group, The Walking Group and others are also suspended. Do please look out for the people you usually meet and direct them to phone the Cathedral office if they wish to keep in contact through receiving information via email. If you do not have the internet, updates can be posted to you. Please contact Marion Palmer in the Cathedral Office to arrange this. Tel: 01245 294497.

Monday 30 March 7.30 - 9pm Cathedral Book Group: Due to the updated coronavirus advice the planned meeting on March 30 is cancelled. If you would like to join a WhatsApp group to discuss “The Humans” by Matt Haig and future books, please e-mail me with your mobile number sallydilley@tiscali.co.uk.

Please pray for:

- Mothers everywhere, give thanks for their love and devotion. Pray too for the work of the Mothers’ Union and the Women’s Institute and all who work to maintain the values of home and family life
- St Mary’s Great Baddow
- The Hong Kong Sheng Kung Hui & the Most Revd Paul Kwong
- Ernie Andrews, Teresa Hipgrave, Rita James, Alan Ketley, Norman Sharpe, Winnie Towers, and all those receiving home communion and all in need of our prayers