

## THIS WEEK

### Sunday 26 January - Third Sunday of Epiphany

8.00am **HOLY COMMUNION**, page no 71

*President: Canon Alison Kennedy*

8.30am Breakfast with the Bible, led by Canon Imogen Nay

9.30am **PARISH EUCHARIST**

*President and Preacher: Canon Imogen Nay*

11.15am **CHORAL EUCHARIST**

*President: The Revd Kate Moore*

*Preacher: Canon Imogen Nay*

3.30pm **EVENSONG with installation of canons**

*Preacher: Rt Revd Stephen Cottrell, Bishop of Chelmsford*

## NEXT WEEK

### Sunday 2 February - Candlemas

8.00am **HOLY COMMUNION**, page no 205

*President: Canon Imogen Nay*

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

9.30am **PARISH EUCHARIST**

*President: Canon Imogen Nay*

*Preacher: Jean Elliott*

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

*President: The Revd Kate Moore*

*Preacher: Canon Ivor Moody*

3.30pm **EVENING PRAYER**

*Preacher: The Revd Kate Moore*

6pm **CANDLEMAS & EPIPHANY SERVICE**

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

**Morning Prayer:** 7.45 am

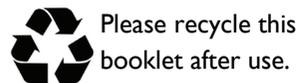
**Holy Communion:** 8.15 am (also Wed at 12.35 pm & Thurs at 10.00 am)

**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

3rd Sunday of Epiphany, 26th January 2020



## Reflections from Jean

**AS PART OF** my interview for the post of Children and Family Minister at the Cathedral I was asked to bring something which helped me to explain my approach to children's spirituality. I took a kaleidoscope - something full of colour and pattern and infinite variety. I think a kaleidoscope also helps to describe the first two and half weeks of my new post! They have been full of colour and pattern and variety.



I've met a huge number of lovely people of all ages and taken in a lot of information about how a cathedral works! I've chatted, over school dinner, with children at the Cathedral School and led collective worship and staff prayers there. I've visited 'English for Women' and spent time at a Schools' Day. I've enjoyed two sessions of Junior

Church and look forward to getting to know everyone and seeing our community grow. I've appreciated week day Morning Prayer and Communion in our wonderful building, and I'm looking forward to our Sunday evening around the HOPE installation.

Let's thank the God of all Hope for the opportunities He gives us to share the kaleidoscope of His Light and love in this place.

### 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

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Diocese of  
Chelmsford

## Study Notes on the Sunday Gospel

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### Readings for Epiphany 3 (26 January):

Isaiah 9.1-4  
Ps 27.1-8  
Matthew 4.12-23

### 'Christ, our light and our help!'

The prophecy of Isaiah in today's **First Reading** tells of a time, 700 years before Christ, when the lands of Zebulun and Naphtali would sit no longer in darkness but be filled with glory.

Christ begins his ministry by choosing that very location, "in the valley of the shadow of death", to shine a light into the darkest recesses of peoples' lives and so call them to him (**Gospel**).

Perhaps, this week, I may allow the Lord, 'my light and my help' (**Psalms**), to transform me that I might be a light to others.

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### Next Sunday's Readings - Sunday 2 February : Candlemas

#### 9.30 am & 11.15 am:

Malachi 3.1-5  
Ps 24.7-10  
Luke 2.22-40

#### 3.30 pm:

Pss 122, 132  
Haggai 2.1-9  
John 2.18-22

## THE WEEK AHEAD

### Sunday 26 January

6pm Hope Event

### Tuesday 28 January

9.40am Cathedral Walking Group meet (Railway Station)

### Wednesday 29 January

9.30am Parent and Toddler Group (Chapter House)

12.35pm Eucharist

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

1 - 4pm Friendship Club (Chapter House)

### Thursday 30 January

10am Eucharist

7.30pm CCCA Curry Night (Indian Nights)

### Friday 31 January

12.30pm Lunchtime Concert - Jazz Septet

5.15pm Evensong with prayers for unity

### Saturday 1 February

10am Coffee in the Cathedral

10am Essex Mind and Spirit Talk (Chapter House)

2pm Chorister for an afternoon

### Thursday 30 January 7.30pm

**CCCA Curry Night:** All are welcome to a curry night at Indian Nights, London Road in aid of the Chelmsford Cathedral Choirs 2021 tour to Tennessee. Tickets £20 each, please email [CCCA.Tickets@gmail.com](mailto:CCCA.Tickets@gmail.com) for bookings & enquiries. Beverages are extra.

### Sunday 2 February 6pm

Everyone is welcome to the **Candlemas service taking place** in the Cathedral and the Friends are providing mulled wine and mince pies after the service - all are welcome.

### Thursday 6 February 8pm

**The Mothers' Union** meet in the Chapter House where Steve Nelson will be speaking on Community Policing. All welcome.

### Sunday 9 February 1pm

**Meeting Point lunch:** at Bartella's, Writtle. Enjoy a Sunday lunch with others. To book please phone Penny tel: 07872 942625.

### Thursday 13 February 2pm

**Mothers' Union:** meet in the Chapter House where there will be a Eucharist, led by Canon Imogen Nay followed by the AGM.

## 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.

**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.

**Chelmsford Cathedral Flower Guild:** The flowers this week are floral swag arrangements created by Flower Guild members at their recent workshop. We hope you like them !

**Cathedral Art & Craft Group:** The Art Group is expanding to welcome newcomers who enjoy drawing, knitting sewing or any other kind of craft! It's not a formal class, but an opportunity to get together, continue your own project in the company of others and join together for refreshments.

The group meets in the Learning Centre, Thursdays, 1.30pm – 3.30pm during term time. For more information please contact Tony at harrington303@outlook.com or call 07852 504308.

**Job vacancy:** there is an opportunity to become a Cathedral verger. If you are interested or know someone who is, please see the opportunities section of the Cathedral website.

**Book Group:** Would you be interested in joining a Cathedral Book Group? Sally Dilley invites those who are interested in exploring this to email her on: sallydilley@tiscali.co.uk For more details, see the centre of the newssheet.

**All notices** for next week should be emailed to Elspeth elspeth.manders@chelmsfordcathedral.org.uk

**Resting in God's Love, Being challenged by God's Word**  
On Wednesdays throughout Lent, Canon Imogen will lead a reflective session using silence, scripture and some response time. This session is being held in the Johnson/Chancellor Room from 11.15 to 12.15pm.

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

Monday	Mark 3.22-30
Tuesday	Mark 3.31-end
Wednesday	Mark 4.1-20
Thursday	Mark 4.21-25
Friday	Mark 4.26-34
Saturday	Mark 4.35-end

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, Rita James, Winnie Towers, Norman Sharpe, and all those receiving home communion and all in need of our prayers
- The Religious Society of Friends, Quakers
- Pamela Brider, her daughter Antonia and daughter-in-law Sarah on the sudden loss of Pamela's son David
- The Spiritual Direction Co-ordinating Group and all who minister as Spiritual Directors
- The Igreja Episcopal Anglicana of Brazil, the Most Revd Naudal Alves Gomes

On 2<sup>nd</sup> February we celebrate Candlemas and we have our final Carol Service at 6pm. The Vice Dean, Canons and lay staff would like to thank everybody who contributed in any way to the Cathedral services held over Christmas, it was an extraordinary effort, well-appreciated by all those who came. Numbers at our services did increase on last year with an increase in giving as well; our challenge now is to continue to invite and encourage people to come and discover more about the Christian faith through the year.

## The Cathedral's Boy Bishop 2019/20



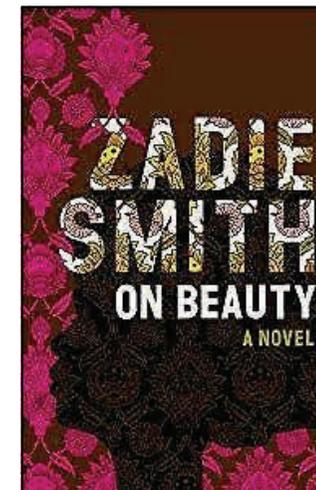
The tradition of electing a boy or girl bishop from a Cathedral's choir is an old custom, dating back to the Middle Ages and speaks of the subversive nature of God in preferring the humble to the powerful. The custom was introduced to Chelmsford in 2015 and the election alternates between boys and girls. In December 2019 Stuthin Varghese became the fifth chorister to be elected; previous boy and girl bishops have preached sermons, led intercessions and participated in other events alongside Bishop Stephen. Stuthin has been a member of the choir since 2017 and his bubbly personality and enthusiasm has endeared him to everyone; we congratulate him, and expect that he will bring great enthusiasm and liveliness to his tenure as Boy Bishop.

## Cathedral Book Group

**OVER RECENT WEEKS** there has been a lot of interest in setting up a Cathedral Book Group. With the support of Canon Imogen we have decided to launch a book group using The Church Times Reading Group suggested books.

Each month we will publicise the selected book and, a month or so later, provide an opportunity for those who wish to meet and discuss the book. The plan is to keep it very informal, so that people can come along as and when they wish or even treat it as a virtual group and e-mail in any thoughts to be shared. Although it will be a cathedral based group, family and friends are also very welcome. As we discuss each book, as well as a general discussion, we will try to discern any faith related themes and explore whether or not we find them helpful.

The January book is "On Beauty" by Zadie Smith. This was written as a tribute to EM Forster's *Howards End* and is a comedy campus novel whose plot centres



on an academic rivalry between two families. If you are really keen you may also want to read *Howards End* – or watch the film!

If you plan to read this month's book and would like to join in a discussion in late February, please e-mail me [sallydilley@tiscali.co.uk](mailto:sallydilley@tiscali.co.uk) so that we can try to find a time(s) which suit as many people as possible. The Fox and Raven in Chelmer Village are very happy to host us, so we will be able to relax with a drink or a coffee!

Sally Dilley