

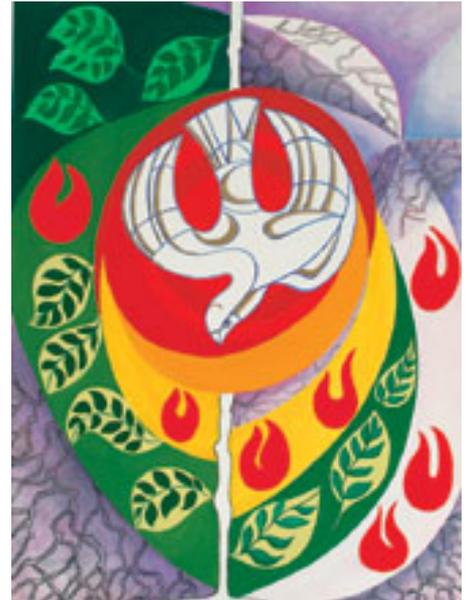
## A Message from The Very Revd Nicholas Henshall: Come Holy Spirit

### What is the Holy Spirit?

We should probably take our cue from the Bible – Old and New Testament – which only speaks of work of the Holy Spirit by means of metaphors. In today's readings we already have quite a few: it is like flames coming out of the top of your head; it is like being drunk at 9 o'clock in the morning; it is like everybody hearing in their own language. The Spirit is referred to by words like "peace", "love", "the comforter". The Spirit is like a wind that blows wherever it wants to. In Genesis 1.1 the Spirit from God sweeps over the face of the waters. The Spirit is alive and active, bringing hope and promise to God's people.

In John's Gospel Jesus frequently refers to the Spirit as the "paraclete". This is a word that essentially means "helper", "intercessor" – the Spirit as one who stands at our side always ready to support us.

And although there are times in the church's life and particular traditions when people have a particularly intense experience of God which they identify as the work of the Holy Spirit, the Bible is clear that the Spirit is always at work, whether or not we are aware of it. And the sign of the Spirit's work is not the intensity of our experience, but how we bear fruit. And Paul tells us exactly what this looks like: '...the fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, <sup>23</sup> gentleness, and self-control' (Galatians 5.22-23).



Every day between Ascension and Pentecost, there are a series of five-minute reflections at 12 noon on the Cathedral's YouTube channel, on the Cathedral's Face Book page and via a link on the Church at Home page of the website.

### Contact Us:

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## Volunteers' Week.

The Dean writes:

Every year 1<sup>st</sup> – 7<sup>th</sup> June is designated as “Volunteers' Week”, a wonderful opportunity to say ‘Thank you’ to the hundreds of volunteers at Chelmsford Cathedral, and to Ann Bell, our new Volunteer Manager. Although we live in unusual times when so much of our normal activity is suspended, I am profoundly aware of (and thankful for) the huge range of volunteer activity that has continued during lockdown – especially in the crucial but mostly hidden work of mutual support, phoning each other up, looking out for vulnerable friends and neighbours.

And some of the Chelmsford Cathedral community have been very much on the front line as volunteers for the NHS. One person spoke very movingly last week of being called into the ICU at Broomfield to pray with someone as they died of Covid-19, a crucial piece of volunteer ministry.

And beyond the Cathedral community, this is a week to celebrate all of the volunteers' work done by people of good will everywhere – allies in a common cause.

You can find out more information about national Volunteers Week at <https://volunteersweek.org/about-volunteers-week/>.



### A Family challenge:

On the Junior Church page of the website, there are lots of new ideas to try each week. This week: make natural wind streamers. Get some sticks from outside. Get some old pieces of fabric, cut them out in strips and tie them to your sticks. The more colours you have the better. *No plastic and no glue!* **Run around and enjoy.**



### Pray with Us:

Father, pour out your Spirit upon your people, and grant us: a new vision of your glory, a new experience of your power, a new faithfulness to your Word, and a new consecration to your service; that your love may grow among us, and your kingdom come: through Christ our Lord. Amen.

Little Waltham URC and the North Avenue Christian Centre, Melbourne.

PRAY for the Anglican Church of Melanesia,  
The Most Revd Leonard Dawea,  
Archbishop

For those who are unwell: Pray for those who are unwell: Jim, Brenda and Chris Cole, Jean Cooper, Teresa Hipgrave, Rita James, Winnie Towers, Jill Withams and all those in need of our prayers.

# Cathedral Life Weekly | The Day of Pentecost, 31st May 2020



## Study with Us:

### Bible Notes for the Day of Pentecost:

Acts 2.1-21  
Ps 104.26-37  
John 20.19-23

### All these joined in continuous prayer ...

#### 'Peace be with you!'

Pentecost, seen as the birthday of the Christian Church, is the culmination of Eastertide. It is the day when we celebrate the gift of the Holy Spirit and the start of the Church's mission to the world – a mission to bring people to God. We hear of this in the **Gospel**, when the risen Jesus comes to the disciples in the locked room bringing peace. He shows them his wounds, encouraging them to believe that he is indeed risen from the dead, and sends them out.

In the **First Reading** the disciples receive the gift of the Holy Spirit, bringing them courage and the ability to speak different languages. Now they can reach out to all nations, telling the peoples about God.

The **Psalms** praises God's greatness, celebrating all the riches and goodness that the Spirit freely gives to 'renew the face of the earth'.

As we celebrate Pentecost and the birthday of the Church, we might like to reflect on the particular role that God has for each one of us. This week, I might ponder the contribution that I myself can make to the mission of the Church, and to all those around me.

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

Monday: Luke 1. 39 - 49

Tuesday: Mark 12. 13 -17

Wednesday: Mark 12. 18 - 27

Thursday: Mark 12. 28 - 34

Friday: Mark 12. 35 - 37

Saturday: Mark 12. 38 - end



**Public Worship:** there have been many questions about when churches and cathedrals will be open again for public worship, and the only response is to say that we do not know, but that it is unlikely to be in the near future. That is challenging for all of us, but also an essential part of our care for one another and for the wider community. It is the case now that a single designated priest or designated lay minister is permitted to go into a church to lead a service which can be live streamed. However, the work that has to be done to make this safe and secure – especially in a building like the Cathedral – means that we will only be approaching this step by step and very much guided by the information that is being regularly updated by the Church and the Government.

The **Greening the Church Conference** will now take place online. This will be initially hosted on Facebook- join the Group: <https://www.facebook.com/groups/727013254703425/> to take part live on Saturday 13th June, starting with live worship at 9.30am. However - resources and information will then be shared on our Website, YouTube Channel and on the Diocesan Website - we will be letting you know more details nearer the time.

**The Next Bishop of Chelmsford:** please do play your part in the consultation. Simply go to the Diocesan website <https://www.chelmsford.anglican.org/> and click on the button on the home page marked “find out more”. This will take you to the consultation questionnaire.

**On-Line Giving:** on the website: you can now donate on-line to support the mission and ministry of the Cathedral. This is particularly important at the moment as the Cathedral works hard to continue ministering through these challenging times and begins to build for the future. If you want to donate now on-line, simply go to the home page of the website and click on the link, or click <https://givealittle.co/campaigns/0c7bf37c-62f7-4011-b9f0-854ead22f93a>

**Norman Sharpe's** cremation service is at 4pm on 1<sup>st</sup> June. Whilst we are unable to attend, please remember Pam and the family in your prayers especially at this time.

**Revd Kate Moore** recently took part in an on-line retreat. There is another one planned for this Saturday (30<sup>th</sup> May). The theme is "Via Lucis: the Path of Light". It will be exploring signs of new life and resurrection through scripture, art, music, poetry, prayer and meditation. You can find out more about it here: <https://www.losolivosretreats.co.uk/quietdaymay2020>. Kate highly recommends the day.

### **Being Resourced:**

**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](mailto:clare.broome@chelmsfordcathedral.org.uk)

**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](mailto:imogen.nay@chelmsfordcathedral.org.uk)

**Stations of the Resurrection:** How do we encounter the Risen Lord in this time of darkness? Join with the Rev'd Canon Imogen and others as they lead us through personal encounters with the Risen Jesus, look at the website, or sign up to the Growing in Faith mailing, details above.

### **Social Time:**

#### **Book Group**

This month we are reading “**Where the Crawdads Sing**” by **Delia Owens**. We will be meeting via Zoom to discuss the book on Monday June 1<sup>st</sup> at 7.30. All are welcome to join us – email [sallydilley@tiscali.co.uk](mailto:sallydilley@tiscali.co.uk) for more information.