

A Message from the Revd Kate Moore:

Listening to the right voices

*Risen Christ,
faithful shepherd of your Father's sheep:
teach us to hear your voice
and to follow your command,
that all your people may be gathered into one flock,
to the glory of God the Father.*

It's the beginning of May and on many days the sun is shining and there is a gentle summer breeze, but the world is an incredibly tough place for us all to inhabit at the moment. I miss my school community, my staff are doing an amazing job of virtual teaching and running a childcare facility. I miss the cathedral community and all those links and fellowships and networks. I miss orchestras and bands and choirs and all those place that we took for granted that made us feel gathered and connected. I miss feeling useful!

Belonging to groups (or flocks!) is a hugely important part of our wellbeing and mental health and speaking personally my mental health has taken quite a battering over the last few weeks. When I spoke to a friend about this, he put me in touch with an amazing little community in Italy that offered an online quiet day. I wasn't sure that more 'quiet' was what I needed but the day was comforting and consoling and grounding.

You can find the community and their resources at www.losolivosretreats.co.uk/quietday

Part of the day included "The ten tips from an enclosed nun to live through the confinement and stay sane" which is copied at the end of this newsheet.

My top tips and the things that are helping my own mental health struggles would include

- Tell trusted people if you are struggling
- Find some kind of routine that works for you (but don't despair if on some days none of it is possible)
- Only watch the news once a day
- Eat, sleep and exercise as well as you can manage (but again don't despair if it all goes wrong)
- I anchor my day with morning and evening prayer from the cathedral website (there are lots of good and creative ideas to support you in all types of prayer here)
- Stay connected with family and friends, even and especially on the days that you really don't want to talk to anyone!

Psalm 23 The Lord is my shepherd; therefore I can lack nothing...

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CHELMSFORD
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Marking VE Day in Chelmsford

Together with Chelmsford City Council, you are invited to mark VE Day – the 75th anniversary of Victory in Europe day. The original plan for a public event has clearly been modified. However, Chelmsford City Council is working with an exciting range of voluntary organisations to help us mark this day together at home.

Friday 8th May

You are all invited to create a “picnic for peace”, wherever you are. The project asks people to stay at home, to picnic indoors or in their gardens, and to join friends and families virtually. At the same time as something fun to take part in with other people around the country, the project affords a unique way to remember heroes who have kept our country safe in the past and those on the new home front. It gives the nation another way of saying thank you for the incredible effort and sacrifice being made by our key workers from carers, delivery personnel, grocery workers and public transport workers to medical researchers and frontline NHS staff. The project also serves an opportunity to recognise that these times are difficult for many people and aims to raise £5000 towards The Trussell Trust, a charity supporting a network of foodbanks and helping those in need in the UK.

2.55pm: An hour’s programme of readings and music, introduced by the Mayor of Chelmsford, Councillor Bob Massey, which will include: Battle’s O’er played by Jonathan Swan on the bagpipes, Churchill’s Speech and local voluntary groups

6.55pm: A Cry of Peace, read by the Mayor

7pm: Sound the bells, or keys, or pots and pans, outside, wherever you are, for a national “cry of peace”

Sunday 10th May

10.30am: Eucharist with The Dean, The Very Revd. Nicholas Henshall, which will include commemorative prayers and readings

Details will be put on our website and FaceBook pages next week giving details of how to access these events

Daily Hope:

If you cannot access worship on-line, the Archbishop of Canterbury has launched a **free dial-in worship phone line**. You can call at any time to listen to a message from the Archbishop of Canterbury and a selection of hymns, prayers and reflections that are updated regularly.



A free phone line of hymns,
reflections and prayers



Pray with Us:

Pray for followers of other faiths, that there may be discussion and understanding between all of God’s people.

Pray for the Salvation Army in Chelmsford City Centre

Pray for the Anglican Communion in Japan, The Most Revd Nathaniel Makoto Uematsu, Primate

Pray for those who are unwell: Ernie Andrews, Jim, Brenda and Chris Cole, Jean Cooper, Teresa Hipgrave, Rita James, Norman Sharpe, Winnie Towers, and all those in need of our prayers



Study with Us:

Study Notes on the Sunday Gospel:

Bible notes for the Fourth Sunday of Easter: 3 May 2020

I Peter 2.19-25

Ps 23

John 10.1-10

Good Shepherd Sunday

Today is often known as Good Shepherd Sunday, for the Gospel is always taken from John 10, where Jesus speaks of himself as the 'Good Shepherd'. A shepherd leads his flock and Jesus is the shepherd who leads his followers. The sheep know his voice, trust him, and will follow only him. In the same way, we also keep today as Vocations Sunday, when the Church prays for new 'good shepherds' to lead our Christian communities, especially at this difficult time.

In the **First Reading**, Peter continues encouraging the people to follow Christ's example and to put their trust in God, particularly when times are difficult or unjust. By dying on the cross, he has healed us and brought us back to God.

Psalm 23 is even today one of the most familiar – "The Lord is my shepherd, I need nothing more..." It gives us words of hope and trust to speak to the Lord. He is our shepherd, who cares for us providing guidance, comfort and rest.

Jesus tells his disciples – and us – that he is the gate of the sheepfold; it is in following him that we can have the fullness of life. (**Gospel**)

In my prayer this week, I may want to take time to speak to Jesus as my shepherd and reflect on what that means for me. On this Vocations Sunday, perhaps I can also consider how I am responding to the way Jesus is calling me and pray that others also hear his invitation.

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

Monday 4th: John 10. 1-10

Thursday 7th: John 13. 16-20

Tuesday 5th: John 10. 22-30

Friday 8th: John 14. 1-6

Wednesday 6th: John 12. 44 - end

Saturday 9th: John 14. 7-12



News

Giving Generously: Although the Cathedral building is closed, our mission and ministry continues as we seek to care for and support each other and our community. We lost our income from the Chapter House and events in the Cathedral, but our expenditure has not substantially changed. Therefore, we are enormously grateful to everyone who is continuing to donate regularly through the bank. Now the **Parish Giving Scheme (PGS)** has made it easy for those who were accustomed to give through the collection plate or donation box to give by phone. Many in the congregation already use this helpful scheme which looks after all the administration and claims Gift Aid for us monthly at no cost to the Cathedral. To arrange a 'paperless' regular donation, ring PGS on 0333 0022 1271 (you will need your personal bank details and the Cathedral's PGS parish code which is **080608001**). The call will last about 15 minutes or you can register your interest in the PGS by completing a simple secure online form at <http://register.parishgiving.org.uk/> and they will ring you back. If you need any more information, please do get in touch with Caroline, treasurer@chelmsfordcathedral.org.uk. We really need your continuing help and support to sustain the ministry of the Cathedral, thank you.

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

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

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 email Imogen if you'd like the notes.

The 'Church at Home' page of the website is updated daily with new information, prayers and reflections. Live streamed services can also be accessed from this page normally an hour or so after they have taken place. More advice on where to get help has been added to the Pastoral Support section on the Church at Home Page of the website.

Social Time

Saturday 2 May, 8pm – last few days to get involved!

John and Yvonne Spence are holding a **quiz night** via zoom. It is just a bit of fun and an opportunity to get together online. There is no charge. You will need to download the zoom app which is simple to do. Please email Yvonne at yvonnespence@hotmail.com so that she has your email address as she will need to send an 'invite' for you to join the zoom meeting to quiz.

The Cathedral is now completely closed, and all staff are working from home. Therefore, the best way to contact staff is via email if possible. If you are not on email and would like a call from a member of clergy, please contact Marion Palmer tel: 01245 294497. Leave a voicemail message at the prompt and this will be sent as an email to Marion for her to pick up.

“The ten tips from an enclosed nun to live through the confinement and stay sane”

Based on the advice by Sister Maria Teresa de los Angeles

1. Embrace this new situation from a place of freedom. We choose to stay at home freely for the greater good, and not just because we've been forced to do it. In doing so, we also find a deeper freedom, an inner freedom that no one can take from us. This is about our mental attitude.

2. Search for an inner peace that will enlarge your soul. In other words, look inside yourself for inner resources, for peace and creativity that you didn't know were there before because we live lives that are too busy to allow those things to flourish from inside out.

3. Take time to know yourself. Pay attention to your inner movements and moods, and how you respond to pressure, affirmation, encouragement, or broken expectations. Do not let fear, or sadness, or pessimism take the best of you. Instead, when a particular thought is not life-giving, get rid of it. Instead, try to hold onto those things that give you peace, joy and life. Remind yourself of the bigger picture and that this too will pass. Consider the words of Teresa of Avila wrote: Let nothing disturb you, let nothing frighten you, everything will pass, only God remains, only God suffices.

4. Practice kindness, patience, love and self-control with those you share your space with. The great test of these times of confinement is how we live with others without treading on each other's feet or getting into each other's nerves. At times like this we all become more touchy, maybe more irritable. Be aware of this, and try to share your space with generosity, don't be hard on others or on yourself. Don't get too worked up about petty things. Live and let those around you live.

5. Use your time wisely. This is one of the most important tips for those not able to work. Given the lack of structure, try and create a daily plan that works for you in your own family context, to give you a sense of rhythm and purpose. This can include time for activities, for being creative, for cooking – maybe even try slow cooking –, time for eating, for exercising, even time for leisure.

6. Expand your horizons. A few weeks ago we used to complain that we had no time to do the things we really wanted: to catch up with reading, or to do an online course, or to listen to music... Maybe this time is a gift to help you enlarge your music taste by listening to new artists, or to help you learn new skills, or simply to stimulate your mind by learning about other countries, maybe an exotic country you've always wanted to visit. Plan that journey, even if you don't ever go. Or try something new in your own spiritual journey, maybe follow the liturgy of the hours, or have a quiet day at home...

7. If you are particularly sensitive, try to avoid listening to the news all the time, especially now that all news seems overwhelmingly bad news, and avoid having conversations which enter into a negative spiral. Do not spend too much time in front of a screen – we tend to think about teenagers as suffering from *screenitis* or addiction to their mobile phones, tablets or computers. But sometimes, we adults can fall into the same pattern. Instead, try and play some happy music, even when you're cooking, and let your body move with it... even if you make a fool of yourself, dancing is a deeply healing activity.

8. You are not isolated. You may be on your own, but you are not alone. Our friends and families may not be physically with us, but we can stay in touch with them in many different ways: picking up the phone, or face-timing or WhatsApp video calling, through social media. We may also find time to sit down and write an old fashion letter to someone who's been on our hearts recently. If you live with others, try to communicate practicing the skill of intentional listening; that is, being fully present to them, and paying attention both to their words and to their mood and body language. Know that you are connected with others, and also with God. You are not alone.

9. Take time to reflect and connect with God. Within your daily rhythm, make sure to include a bit of time to reflect and meditate on your life, on what you are learning about yourself through this new situation. Think about how you can improve as a human being, how God may be doing something new in your own life, so that when this crisis and confinement is over, you will emerge as a stronger, happier, kinder, better person. And every so many days, if you're able, you may feel like taking a Quiet Day, just like this, to be in silence, to reflect, to think, to meditate. Times to be spiritually nourished and refreshed.

10. Pray. Prayer underpins all the above. Let prayer sustain who you are and what you do during these challenging times. Take time to be in God's presence, to hear God's voice in the silence of your hearts, in the reading of the scriptures, in your own breathing – the breathing that reminds you that you are alive, the breathing that reminds you that God's *ruah*, God's breath, God's life, dwells deep within you, that God's love fills every bone, muscle and cell in your body. And in that place of prayer, also open your heart to God, bring to God the needs of the world around you and of people you care for, and of those who are in greatest need. Take time to pray.