

# Cathedral Life Weekly | Palm Sunday, 5<sup>th</sup> April 2020

## The Dean writes: Keeping in Touch.

One of our deepest human instincts is to gather together – as families, communities, churches. For Christians, gathering for worship is written in to our core identity. We worship together. In the Acts of the Apostles – written at a time when church buildings hadn't even been thought of – gathering “at the same place” is a phrase that crops up again and again.

So how do we gather now?

I hope that everyone is already aware of the material on the website. That is all intended to help us go on a deeper journey with God through these unusual times. It may be “virtual” but it is still an opportunity to gather, to know that we are still connected with God and with one another. It has been amazing to see just how many people are sharing in daily Morning and Evening Prayer and the Sunday Eucharist.

And how do we care for one another?

Over the last few days, I have been reminded of just how much pastoral care is done by the congregation. The way in which so many people have been ringing one another up. I have loved rediscovering the telephone not as a necessary work tool but as a wonderful way to connect with people. It is a wonderful ministry and I want to encourage everyone to join in. Please let us know if there is any way we can help keep you connected.

As many of you will already have seen, I have decided to write a weekly letter to the Cathedral community. Currently the only mailing list I have for that is the emails of those who get this newsheet by email. Please let me know of anyone who would like to receive both the newsheet and the Dean's letter either by email or post.

The next few weeks will be challenging, and I recognise that all of us have family members, friends and relatives who are particularly at risk. Each of us carries burdens that we keep hidden. And so – very simply – can I encourage us to pray more deeply for one another? A great teacher of prayer once said, “If prayer is standing before God, then praying for others is simply bringing them into God's presence.”

Please be reassured of my prayers for you.

*Nicholas*

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## Canon Alison Kennedy: Palm Sunday Reflections.

“Hosanna! Hosanna!” Crowds jostling. Cheering. Noise. As Jesus rides a donkey through the outskirts of Jerusalem, people flock to him. There’s an air of expectation. This is it: this is what we’ve been waiting for. Christians all over the world mark this day with processions – solemn, or otherwise. Today we go public about our faith. This is a day for proclaiming.

But how to do that in isolation? How to do that when the streets are empty and quiet, when we’re confined to our homes and prevented from gathering?

I don’t know about you, but there are moments on most days at the moment when I feel tempted to despair; tempted to give in to gloomy thoughts about the future, tempted to be anxious that life will never be the same again and that hope has gone for good.

I think that God’s people in Jerusalem knew what that was like. They knew what it was like to feel confined and restricted, even though their restrictions as citizens in an occupied city were political rather than physical. So, their jubilation was a realisation that hope hadn’t gone for good. That the new kingdom they’d longed for, for generations, was finally here.

Sadly, their jubilation didn’t last. The mob quickly turned from cries of “hosanna” to cries of “crucify”. But Palm Sunday gives us a chance to reclaim that joy and hope. For, though it is terrifyingly easy to forget it, our hope is not gone. However restricted we may feel, there is no reason to mute our hosannas. We are free people!

So: on Palm Sunday find a way of proclaiming your faith. Dig out an old palm cross or make one out of paper or some sticks from the garden. Open the windows and shout “hosanna!” Wave at any passers-by! Phone a friend and cheer them up. If you’ve got access to some greenery, put some on your door. Look up a church somewhere in the world that is still open and processing. Remember that you are connected to the whole body of Christ and that no powers on earth and heaven can take away or destroy the hope that is real and alive. Challenge the temptation to despair and gloom! Hosanna! Hosanna!



The Ongar MMU, a church in our Diocese, have suggested an alternative way to receive Palm crosses this Sunday. We are encouraged to wave at passers-by this Sunday.



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## Palm Sunday and Holy Week Services

Please see the Cathedral website of FaceBook page for details on how to access these services. Some will be live streamed whilst others will be available via a link.

### Palm Sunday:

7.45am – Morning Prayer

10.30am – Palm Sunday eucharist

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

### Monday in Holy Week

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

7pm –Reflection for Holy Week by Bishop John Perumbalath, followed by compline

### Tuesday in Holy Week

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

7pm –Reflection for Holy Week by Bishop John Perumbalath, followed by compline

### Wednesday in Holy Week

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

7pm –Reflection for Holy Week by Bishop John Perumbalath, followed by compline

### Maundy Thursday

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

7pm –Eucharist, by Bishop John Perumbalath

### Good Friday

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

12 noon - Seven Reflections on Jesus' words from the cross by Bishop John Perumbalath

5.15pm – Evening prayer

### Holy Saturday

7.45am – Morning Prayer

Stations of the cross (a new reflection for each day of Holy Week until Easter)

5.15pm – Evening prayer

8pm – dawn: Rumours of hope: A vigil for our time An Easter vigil around the Easter fire with reflections from around the UK

### Easter Day

7.45am Morning Prayer

10.30am Eucharist

5.15pm Evening Prayer



## Pray with Us:

Jesus, you rode into your city in triumph of this day, receiving the shouts and welcome of many. Come into our Churches today. Receive our welcomes and our acclaim. Come to rule in the hearts and minds of all who lead us and help us all to go out and proclaim you as King over all the world.

For St Mary's, Great Baddow

For the Church of the Province of the Indian Ocean, The Most Revd James Richard Wong Yin Song, Archbishop

For those who are unwell: Ernie Andrews, Jean Cooper, Teresa Hipgrave, Rita James, Alan Ketley, Norman Sharpe, Winnie Towers and all those in need of our prayers

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## Jean, our Families and Children's Minister...

suggested making emotion biscuits in the Junior Church newsletter. Here is a fantastic example by one member of Junior Church. If you do not receive the Junior Church newsletter, you can subscribe. Go to the 'Church at Home' page on the Cathedral website (accessed beneath the home button) and scroll to the bottom of the page where you will find the link.



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## Study with Us:

### Study Notes on the Sunday Gospel:

5 April 2020

Philippians 2.5-11

Ps 31.9-16

Matthew 21.1-11

**Let every tongue acclaim Jesus Christ as Lord!**

This Sunday we begin the prayer of Holy Week as Jesus enters Jerusalem on the back of a donkey, accompanied by crowds shouting joyfully 'Hosanna!' and waving palm branches. Very soon, the mood of the people changes and their cry is 'Crucify him!' (**Gospel**). We accompany Jesus as he goes to his death.

In the first reading Paul shares his profound understanding of the meaning and purpose of God becoming one of us in Jesus – his birth, life, death, resurrection and ascension. It ends with the powerful declaration that Jesus Christ is Lord to the glory of God the Father.

The Psalm is one of those quoted by Jesus from the cross. Like the other Psalm Jesus quotes – Psalm 22 – this psalm moves from dejection to hope; from scorn and horror to trust and deliverance.

Even as we find ourselves confined and isolated, walking in sorrow with Jesus this Holy Week, we look forward to Easter joy in his Resurrection, the ultimate victory over death and suffering.

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

Monday: John 12. 1-11

Tuesday: John 12. 20-36

Wednesday: John 13. 21-32

Thursday: John 13. 1-17, 31b-35

Friday: John 19. 1-37

Saturday: Matthew 28. 1-10



## News

**Giving Generously:** We should be very grateful if those who have been accustomed to giving through the collection plate or in a donation box would now consider **setting up a standing order**. This can be done easily from home if you use online banking. Otherwise ring or write to your bank if you are unable to call in to a branch. The information you need is this: name of account, Chelmsford Cathedral Chapter Church Members Fund, sort code 20-19-95, account number 50265934, reference your name. If you have been used to using yellow envelopes and would like your donation to be **Gift Aided**, please email Caroline, [treasurer@chelmsfordcathedral.org.uk](mailto:treasurer@chelmsfordcathedral.org.uk) who will send you a declaration form which you can return to her again by email. If you need any more information, please do get in touch with Caroline. We really need your continuing help and support to sustain the ministry of the Cathedral, thank you.

**Canon Imogen Nay** is sending out a weekly 'Growing in Faith' newsletter. If you would like to receive it, please sign up via the 'Church at Home' page of the website.

**Imogen** is also posting the Study Material for her Wednesday Lent Group on her blog: <https://revnay.blogspot.com/> and this will continue past Lent into Easter.

**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 '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. It also has links to other websites including new for this week, a hymn of the day from the RSCM! Something new appears every day! Currently, 'Stations of the Cross', a daily reflection that was planned for the Cathedral, will be on the website with a new picture and reading each day until Easter.

**The Cathedral Book Group** continues to meet via Zoom, an easy to use video conferencing app (full instructions available!) During April we will be reading "Stanley and Elsie" by Nicola Upson, which we will "meet" to discuss on Monday April 27<sup>th</sup> from 7.30pm. New members very welcome – email [sallydilley@tiscali.co.uk](mailto:sallydilley@tiscali.co.uk) to be added to the circulation list.

**Groups aren't physically meeting at present.** But you can still stay in touch. Why not set up a WhatsApp group with members from your group? Or give someone a call who may be feeling isolated. A lot of us have more time than usual so why not use some of that free time to phone those people you've been meaning to call.