

Cathedral Life Weekly | 4th Sunday after Trinity, 5 July 2020

A Message from The Dean: Reopening Chelmsford Cathedral

It has now been more than 100 days since Chelmsford Cathedral has been open for public worship and personal prayer. This has been challenging for all of us, though it has also been a time when we have discovered new ways of praying together and on our own, and a deeper sense of what is important about the Cathedral.

As things begin to change in wider society, we are beginning to take the first steps in re-opening the Cathedral. This begins on Saturday, 4th July. On that day the Cathedral will be open for personal prayer and reflection from 11 am to 3 pm. And that will be the case daily from then on – always recognising that things may change along the way.

When you come to the Cathedral you will find that the building has been arranged with care to retain its character as a place of prayer and also to minimize risk as we continue to live with the Coronavirus pandemic. Prayer material will be available each day for visitors to pick up and take away, and you are very welcome to light candles and to use the prayer stations in the building.

On the same day - Saturday 4th July – at 9 pm we will be live streaming a special service from inside the Cathedral to mark the re-opening. This will be streamed on Facebook at 9 pm and then available through later on YouTube.

The following week, on Sunday 12th July. Public worship will resume in the Cathedral. We are still awaiting further guidance to develop our plans further, but there will be a simple celebration of the Eucharist at 10.30 am in the main body of the Cathedral. The acting Bishop of Chelmsford, Peter Hill, will preside and preach, and the whole service will be live streamed on Facebook. Further details will be available soon.

For the present, Daily Prayer will continue to be streamed on Facebook at 7.45 am and 5.15 pm each day. This will be done by the Dean and Canons from their homes.

Contact Us:

Cathedral Office, 53 New Street, Chelmsford CM1 1TY. Tel: 01245 294492

Website: chelmsfordcathedral.org.uk FaceBook: @chelmsfordcathedral Twitter: @CCathedral



Safeguarding Officer: Elizabeth Marshall tel: 07902 225131

or email: safeguarding@chelmsfordcathedral.org.uk



Nicholas has made a short film about what it will be like when visiting the Cathedral from Saturday. Please view on the link below or visit our You Tube channel (search Chelmsford Cathedral YouTube).

<https://youtu.be/ezb0yJL12k>



A Family challenge: Bake Rock Buns!

The theme of last week's Junior Church newsletter was Peter. Often called 'the Rock' Jean's challenge is to make rock buns. As you make them you could chat about the job 'Peter the rock' has been given by Jesus. He is to build God's church. (Not a building, but people - welcoming them into God's kingdom).

225g self-raising flour
100g butter
75g mixed dried fruit
25g mixed peel
50g caster sugar
1 egg
milk to mix

*Rub the butter into the flour so it looks like breadcrumbs
Stir in the fruit, peel and sugar
Mix to stiff dough with the egg and milk
Place in rough heaps on a greased baking tray and bake for 10-15 minutes at 200 degrees C, gas mark 6*

If you don't already receive the Junior Church newsletter, which is full of ideas to try as a family, go to the Church at Home page of the website and near the top is a link to the newsletter. You can also subscribe and get it emailed to you directly. Don't forget, if you get baking, send us a photo of your results!



Pray with Us:

Please pray for the work of the Hockerill Foundation, which provides grants to teachers in training from this diocese, St Albans' diocese and others, especially those studying Religious Education.

Pray for Broomfield Road Evangelical Church, Broomfield.

Pray for the United Church of Pakistan, The Most Revd Humphrey Peters, Moderator & Bishop of Peshawar

For those who are unwell: Jean Cooper, Rita James, Winnie Towers, Jill Withams and all those in need of our prayers.

The Very Revd Peter Marshall died 20 June 2020 in Canada. Peter was appointed a residentiary Canon here at Chelmsford Cathedral in 1981, and then went on to be Vice Dean of Ripon Cathedral and then Dean of Worcester. Please remember him and his family in your prayers.

Cathedral Life Weekly | 4th Sunday after Trinity, 5 July 2020

Study with Us:

Study Notes on the Sunday Gospel: 5 July 2020

Today's readings:

Romans 7.15-25a

Ps 145.8-15

Matthew 11.16-19,25-30



'Come to me, and I will give you rest'

There is a very welcome thread of joy and encouragement woven throughout the readings for this Sunday.

In Paul's letter to the Romans, we are reminded that we are not fully alive until we wake up to the reality of Christ's Spirit living within us (**Second Reading**).

Today's **Psalm** is at the heart of Jewish worship and is recited three times a day. It joyfully declares that God our King rules the whole of creation with compassion and love; he is faithful and lifts up all those who are bowed down.

Notes on the Gospel

In his prayer of thanksgiving, Jesus contrasts 'mere children' (the disciples; everyday people; us) with the 'learned and the clever' (the Jewish spiritual leaders; the Scribes and Pharisees). The latter burdened faithful Jews with many rules and regulations to help them follow the Law to the letter.

No one knows the Son except the Father

This phrase reads like a saying from John's Gospel. It makes it plain that whereas the Jews thought they had complete revelation of God through the Law and the Prophets; Jesus has a unique relationship with the Father. Knowing the Son or the Father is not concerned with factual knowledge, but with a deep personal intimacy into which we are invited.

Shoulder my yoke and learn from me

The yoke metaphor – taken from ploughing a field with oxen yoked together – was common amongst rabbis for the difficult task of following the Law to the letter. It may also be a reference to Sirach (51: 26–27). Often farmers would put one old, experienced animal with a younger one to train it. Jesus invites us to labour with him, sharing the burden with us, teaching us through practice a new way of understanding God's will.

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

Monday: Matthew 9.18-26

Tuesday: Matthew 9.32-38

Wednesday: Matthew 10.1-7

Thursday: Matthew 10.7-15

Friday: Matthew 10.16-23

Saturday: Matthew 10.24-33



The Next Bishop of Chelmsford: the diocesan consultation has now been completed and six people have been elected to represent the Diocese to sit in the national Crown Nominations Commission. This is the body that has the important task of interviewing candidates and appointing the next Bishop of Chelmsford. Please pray for this work and for all those involved in the process, and for those whom God is calling to consider being the next Bishop at a critical time for the future of the Diocese of Chelmsford.

To celebrate the anniversary of the NHS on Sunday, members of the Cathedral congregation have recorded prayers, written especially for the day. See their video on Face Book, our YouTube channel and via a link on the Church at Home Page of the website this Sunday afternoon.

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>

The Cathedral has been **live streaming services** now for three months and many other resources too have moved on-line. As lockdown restrictions ease, we would like to know what you enjoy, what you want more of and how we can do what we currently do, better. Could you help us by answering ten questions so we can plan the way forward for our digital Cathedral? There are links to complete a short survey on our Face Book page, on the Church at Home page of the Cathedral website, or by following this link. <https://www.surveymonkey.co.uk/r/QNHM8MT> It will take less than five minutes and will really help us to shape our future mission. Many thanks.

Greening the Church Online Conference- The Cathedral and Diocese's **first ever online conference** had c.300 people join us for learning during the day. All the content from the day is available on our You Tube Channel, from the opening worship with Canon Imogen to presentations from A Rocha, Tearfund, Christian Aid and also a beautiful Postcard from our brothers and sisters in Christ from Polynesia; and the Rev'd Gemma Fraser and the congregation from St John's Moulsham explain their journey to a Silver Award. Despite the challenges of lock-down, Michael Minta will be steering our cathedral towards making changes so we can achieve our Gold Eco Award – an essential part of our Christian discipleship.

Chelmsford Cathedral You Tube Channel – full play list 'Greening the Church'

<https://www.youtube.com/playlist?list=PLKMrowl1rKL3eNzwtsFQ2qBnUwSYMzQOC>

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 sign up to the Growing in Faith mailing, details above.