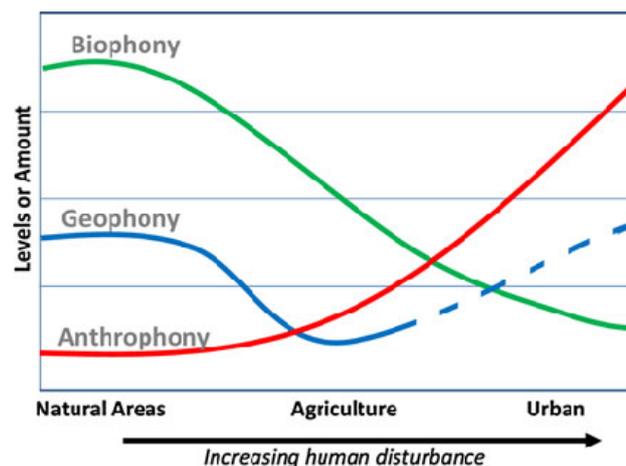


### Absence:

This week I've been reflecting on the idea of absence. Could we think theologically about the idea? The Gospels are full of Jesus' presence. It's a presence that is at times overwhelming, challenging, comforting, exciting, frightening and full of hope. Yet, for the far bigger part of Christian history, we've been living with the physical absence of Jesus, the man. Indeed, our sacramental life is an attempt to mediate Jesus' absence: 'Do this in remembrance of me'. We remember what is no longer present to us, or what never was, but has been passed onto us by others.

Absence has loomed large in our minds perhaps over the past 18 months. We've been absent from the regular public places that have been part of our normal routines. What does it do to our identities to be formed by such absences? How does it alter our collective understanding of who we are? At the very least such absences re-shape our public places; unoccupied, empty, quiet, almost apocalyptic.

I was intrigued to encounter the concepts of anthrophony, biophony and geophony in a seminar led by the Rev'd Professor June Boyce-Tillmans this last week. Anthrophony is the noise made by transportation, the mechanical (air-conditioning, building works) and the non-mechanical (music, speech). Geophony is water based sounds and biophony is the sound from animals, such as bird song and dog barks. From the table, below, you can see the way the sounds have changed due to human activity over the past few hundred years. Biophony has taken a dramatic decline, geophony has declined but then increased slightly, whilst anthrophony has shown a marked increase. This is the more scientific understanding underpinning the common reflection over the lockdowns that everyone heard the sound of birdsong more. We indeed did, because anthrophony saw a marked decrease during our enforced absences from public spaces, from work, from travelling and the like.



Graph by the Rev'd Professor June Boyce-Tillmans

Absence is nothing to be frightened of. Indeed, perhaps we should spend more time learning to accept that our absence might be something that facilitates growth and well-being. The sabbath might be viewed as an intentional, holy absence. One that allows the earth, the air, the water, the birds, the land to breathe and declare their own existence. At the very least, humans might do well

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to notice the ways in which their dominance, their heavy-footedness, their noisiness, their power, their presence is not always beneficial to those around them. Could we all learn to live more simply, more humbly and more quietly? I, at the very least, feel called to try.

*Canon Imogen Nay*

### Services this Sunday: Eighth Sunday after Trinity

|                             |  |  |
|-----------------------------|--|--|
| <b>Sunday<br/>25th July</b> |  |  |
| <b>7.45am</b>               | <b>Morning Prayer</b><br>Canon Alison Kennedy  | Livestreamed from the Facebook page @chelmsfordcathedral   |
| <b>8.00am</b>               | <b>BCP Holy Communion</b><br>The Revd Kate Moore                                       | You are welcome to attend in person  |
| <b>10.30am</b>              | <b>The Eucharist</b><br>Presiding: Canon Ivor Moody<br>Preaching: Canon Alison Kennedy | You are welcome to attend in person.<br>Livestreamed on our Facebook page @chelmsfordcathedral   |
| <b>10.30am</b>              | <b>Junior Church</b> in Guy Harlings Garden  | There is no need to book   |
| <b>3.30pm</b>               | <b>Evening Prayer</b><br>Preaching: Canon Alison Kennedy                               | You are welcome to attend in person.<br>Livestreamed on YouTube accessible live on the Cathedral website. <a href="#">Regular Worship   Chelmsford Cathedral</a> |

### Pray with Us:

Please pray for all who work in our local hospitals, both medical and ancillary, that they may feel valued and appreciated. Pray also for all who work in the Ambulance and Air Ambulance Services.

Please pray for Christians Together in Chelmsford and All Saints, Springfield

Please pray for the Scottish Episcopal

Please pray for Mary Bradford, Rita James, Pam Sharpe and all those in need of our prayers.

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### Study with Us: 25th July, Eighth Sunday after Trinity Sunday

|            |                     |           |                      |
|------------|---------------------|-----------|----------------------|
| Monday:    | Matthew 20. 20 – 28 | Thursday: | Matthew 13. 47 - 53  |
| Tuesday:   | Matthew 13. 36 - 43 | Friday:   | Matthew 13. 54 - end |
| Wednesday: | Matthew 13. 44 - 46 | Saturday  | Matthew 14. 1 - 12   |

### Daily Gospel Readings for this week and use in your prayers:

#### **Bible Notes for Sunday, 25 July 2021**

Today's readings:

2 Kings 4.42-44  
Psalm 145.10-19  
John 6.1-21

#### **'His hands were as earth beneath the bread and his voice was as thunder above it' St Ephrem the Syrian (d. 373)**

This Sunday's readings remind us that God provides for us physically as well as spiritually. In the **First Reading**, Elisha assures his servant that one hundred people will be fed with just twenty barley loaves because the Lord has promised it, while the **Psalmist** praises the Lord who, by feeding us from his own hand, answers all our needs.

The three readings are brought together in the **Gospel** account of the Feeding of the Five Thousand which is a foreshadowing of the Eucharist and the only miracle of Jesus that is recounted in all four gospels. Not only does Jesus outdo Elisha's miracle, he demonstrates that, by feeding the people from his own divine hands, God is unifying the people through meeting their need.

Let's pray, this week, that we might know ourselves to be in the hands of the Lord, and that our lives may bear abundant fruit as a result.

### News:

#### GOING FORWARD IN WORSHIP

*The Dean writes:*

We've been listening to your comments following last week's Dean's Letter and looking at the fascinating outcomes of the survey. Around 120 people completed the survey - an incredibly high response rate for such a questionnaire. That has given us a fantastic picture of the range and diversity of the congregations. If you missed the presentation last Sunday, there is a summary in the Dean's letter on the website (accessed from the home page).

#### SUNDAYS GOING FORWARD AT CHELMSFORD CATHEDRAL

Following the lifting of most Covid restrictions on 19 July, the Cathedral Exec is now left with the responsibility of making local decisions. Following discussions, the changes we have put in place are as follows:

- Masks are no longer required, but we strongly encourage people to wear masks in order to protect others.
- Social distancing is no longer required, but again, we encourage everyone to be aware of the need for space.
- We can sing now together inside, and it is safe to sing wearing masks.
- We no longer need to sign in before services and events, but the QR code will still be available near the south door.
- Hand gel will be available near the entrance and everyone is encouraged to make use of this.
- At the end of the service the final hymn will be sung in the Cathedral and refreshments will then be served outside in the Cathedral grounds.

#### SONGS OF PRAISE – Sunday, 15<sup>th</sup> August at 3.30 pm

To celebrate a return to singing, we are having a "Songs of Praise" style service at 3.30 pm on Sunday, 15<sup>th</sup> August. Everyone is very welcome to come along and take part – and do please submit suggestions as to what hymns we should sing. Please send hymn suggestions to Laura ([laura.brayford@chelmsfordcathedral.org.uk](mailto:laura.brayford@chelmsfordcathedral.org.uk)) by Friday, 6<sup>th</sup> August.

**Coffee with cups:** From now on there is no need to bring your own cup if you would like coffee after the 10.30am Eucharist. There will be several stations so we can maintain social distancing.

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### Recruiting:

**Kickstart opportunity:** The Cathedral is offering a position of trainee technical assistant for six months through the Government's Kickstart Scheme. Applicants have to be referred through the Jobcentre. If you know anyone who might be interested and is registered at the Jobcentre, do encourage them to ask to be referred.

### Shaping and Supporting the Cathedral School

Chelmsford Cathedral is responsible for the appointment of the foundation governors at the Cathedral Primary School as members of the governing body. This is an important way in which the Cathedral and the wider Christian community supports the work of the school, sustaining its Christian ethos. Governors make a significant contribution to the identity of the school; a school with high aspirations, that nurtures a diverse, inclusive and outward looking environment where children that love to learn and learn to love.

We currently have two vacancies for foundation governors and would be delighted to hear from anyone who is interested in taking on this fulfilling role. Full governing body meetings take place three or four times a year and although experience of school is helpful, it is not essential. If this may be the new role you are looking for, please email Nicholas Henshall [nicholashenshall@chelmsfordcathedral.org.uk](mailto:nicholashenshall@chelmsfordcathedral.org.uk) or Keith Baggs [keith.baggs@chelmsfordcathedral.org.uk](mailto:keith.baggs@chelmsfordcathedral.org.uk)

**Cathedral Children and Family Ministry:** Baby and Toddler Group - Many of you will know that the Cathedral branch of the Mothers' Union have faithfully run a weekly Baby and Toddler Group for the past four decades! They have done an amazing job and it is certain that they have made more of a difference to families in Chelmsford than they will ever know. A huge thank you to anyone who has ever led the group or been part of the team. For many reasons, MU no longer have the capacity to run the group and in September we are very much hoping to launch a new Baby and Toddler Group (name yet to be announced). It will come under the umbrella of the Cathedral's Children and Family ministry and be co-ordinated by Jean Elliott. **We need a dynamic new team of volunteers who are excited about serving young families in our community in this way.** If you think God is calling you to be part of this new venture, Jean would love to hear from you. You will go through the Cathedral's 'Safer Recruiting' process and receive support and training as a team. Please email [jean.elliott@chelmsfordcathedral.org.uk](mailto:jean.elliott@chelmsfordcathedral.org.uk) to express your interest.

### Choir chaperones

Chelmsford Cathedral seek to recruit Choir Chaperones to support the Music Department staff in their work with the Choirs, providing supervision of Choristers during rehearsals and services. You will have experience of working with groups of young people; be friendly and approachable and deal with unexpected situations calmly. A genuine interest in the Cathedral's Choirs and their work will be essential. Morning sessions are from 7.30-9.00, afternoons from 3.15-6.15. We anticipate you will be available for one morning and afternoon session initially which may increase, depending on experience, training, and future planning needs. This post will be subject to an enhanced DBS check and those appointed will be required to undertake safeguarding training prior to commencing work.

To register your interest and for more information please contact [music@chelmsfordcathedral.org.uk](mailto:music@chelmsfordcathedral.org.uk) before **Wednesday 30<sup>th</sup> July 2021**.

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### Environmental Awards:

#### Christian Home Eco Awards

Congratulations to **John Foster** (bronze), **Michael Minta** (silver) and **Elizabeth Marshall** (bronze), **Sally and Peter Dilley** (bronze), **Imogen Nay** (Silver) for completing the home environmental audit and receiving their first award. We are encouraging everyone to review their lifestyles as part of our Christian commitment to value and rejoice in the whole of creation. You can complete the audit here: Please do let Imogen know of your award. <https://creationcare.org.uk>  
The Cathedral is now a registered church on the site.

**Essex Mind and Spirit** have their AGM in St Cedd's Hall of the Chapter House on Thursday 29<sup>th</sup> July from 10am to 12 noon. Come and hear about the organisation and its links with the Essex Faith Covenant. The guest speaker is The Revd Paul Walker who will be speaking on the relationship between faith and his role as a mental health professional. Refreshments will be available and all are welcome.

**Bradwell Chapel** have a new website. Do take a look. The address is <https://www.bradwellchapel.org/>

#### The Dean's Big Question

The next sessions to ask 'How are You' are taking place after the Thursday morning 10.30am Eucharist on 12<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup> of August. Do come along if you are able to.

**Garden Quiet Day: Friday 20th August 10am-3pm.** Canon Imogen will be leading a quiet reflective day in Guy Harlings. A time to rest in the beauty of that space and green the soul. Bring your own picnic. Tea and coffee will be provided. For a place or to find out more contact [Canon Imogen](#).

**Cathedral Book Group:** During July we are reading The Improbability of Love by Hannah Rothschild – we meet to discuss this by Zoom tomorrow, Monday 26<sup>th</sup> July at 7.30. All welcome; email [sallydilley@tiscali.co.uk](mailto:sallydilley@tiscali.co.uk) for the Zoom code.

**Office Closure 2<sup>nd</sup> to 13<sup>th</sup> August):** After the complex challenges of the last year, the Cathedral Exec has decided that the Cathedral Office will be closed for the first two weeks of August. For those two weeks there will not routinely be any staff working from the office answering calls or answering the door. This is the quietest part of the year so we hope that this does not cause any inconvenience.

Please send any notices for the newssheet for the next two weeks to Laura email: [laura.brayford@chelmsfordcathedral.org.uk](mailto:laura.brayford@chelmsfordcathedral.org.uk). There will be one newssheet covering Sunday 1<sup>st</sup> and 8<sup>th</sup> August and a second covering the 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> August. Further updates will be added to our website [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk)

**The Chelmsford Community Support Group** would like to thank the Cathedral congregation for the generous support they have given to the Syrian refugee family in Chelmsford. The summer holidays are upon us and the two children age four and five will be at home over the summer. We are looking for anybody who would enjoy taking the family to a park or other suitable place on one or more occasions during the summer. If you might be interested please contact me at

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[gervase@jgvernon.co.uk](mailto:gervase@jgvernon.co.uk). I am sure you will understand that, these days, that if you are kind enough to volunteer, you will be asked to provide, or go through, a DBS check.

**Two drop in events are taking place this Summer.** Details and all the dates are on the Cathedral website (from the home page) and in the events diary. Please do mention these occasions to anyone you know who may be feeling lonely, isolated or would like to meet other people over the summer.



You are welcome to join Canon Ivor Moody in the Cathedral grounds on Fridays in August from 10.30am until 12 noon for coffee. Come and spend some time in the beautiful grounds of the cathedral and Ivor will bring the tea and biscuits! There is no need to book and we look forward to welcoming you.



Based in Guy Harling's garden (behind the Cathedral offices) it is an opportunity for families to drop in and play in the beautiful garden. Bring a picnic blanket to sit on; there will be toys available or you can bring your own. Dates are Wednesday 21st & 28th July and 18th & 25th August anytime from 11am to 4pm.

There is no need to book and you can drop in at any time throughout the day.

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