

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021



### All-Age Eucharist

On Sunday 22<sup>nd</sup> August at 10.30am, the whole cathedral community is warmly invited to join together for a service of Holy Communion. The All-Age Eucharist service is familiar to many who have worshipped at the Cathedral before, and many of the elements of singing, praying, hearing the Bible read and explained are part of that service. And sharing the Eucharist, the last supper that Jesus shared with his disciples, will be an integral part of this service too.

But if you have never been to an all-age service before, or are uncertain about what to expect, then first and foremost, expect a warm welcome. The Cathedral family joining together with familiar hymns and songs and an opportunity to gather outside together afterwards for refreshments.

We hope over the coming months, to shape and develop this service as a regular part of what we offer in worship.

### Services this Sunday: Ninth Sunday after Trinity

<b>Sunday</b> <b>1<sup>st</sup> August</b>		
<b>7.45am</b>	<b>Morning Prayer</b> The Revd Jackie-Dee Thornton	Livestreamed from the Facebook page <a href="#">@chelmsfordcathedral</a>
<b>8.00am</b>	<b>BCP Holy Communion</b> The Revd Kate Moore	You are welcome to attend in person
<b>10.30am</b>	<b>The Eucharist</b> Presiding: Canon Alison Kennedy Preaching: The Revd Kate Moore	You are welcome to attend in person. Livestreamed on our Facebook page <a href="#">@chelmsfordcathedral</a>
<b>10.30am</b>	<b>Junior Church</b> in Guy Harlings Garden	There is no need to book
<b>3.30pm</b>	<b>Evensong with St Mildred's Addiscombe</b> Preaching: Canon Ivor Moody	You are welcome to attend in person. Livestreamed on YouTube accessible live on the Cathedral website. <a href="#">Regular Worship   Chelmsford Cathedral</a>

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](#) Facebook [@chelmsfordcathedral](#) Twitter: [@ccathedral](#)  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021



### Pray with Us: 1<sup>st</sup> August – 8<sup>th</sup> August

Please pray for those in our Diocesan Registry: Aiden Hargreaves-Smith, Registrar; Melanie Tucker, Registry Clerk & please pray for the work of the Leprosy Mission. Remember, too the people of those countries where leprosy is still a major problem today.

Please pray for the Church of the Province of South East Asia & The Church of South India (United)

Please pray for Christ Church URC, City Centre & Central Baptist Church, City Centre

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

### Study with Us: 1<sup>st</sup> August, Ninth Sunday after Trinity Sunday

Monday: Matthew 14. 13-21

Thursday: Matthew 16. 13-23

Tuesday: Matthew 14. 22-end

Friday: Luke 9. 28-36

Wednesday: Matthew 15. 21-28

Saturday: Matthew 17. 14-20

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

#### ***Bible Notes for Sunday, 1 August 2021***

*Today's readings:*

Exodus 16.2-4,9-15

Psalm 78.23-29

John 6.24-35

---

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021



### Christ satisfies our hunger

All four Gospels relate the miracle of the Feeding of the Five Thousand, which comes immediately before the passage we hear in today's **Gospel**, taken from St John. This text begins what is known as the 'Bread of Life Discourse' (John 6. 22–59), which we start today and will continue reading over the next two Sundays.

It is the morning after the night before, and the people go across the lake looking for Jesus – because, as he says, 'they have eaten all the bread they can eat'. Through dialogue, Jesus helps them to see that it is the Father who has always provided for them – a theme reinforced in the **First Reading** and **Psalm**.

Jesus also reveals something new to them: he himself is the sign they seek. Through his gift of living bread, he is offering them renewal of their minds and the ability to walk in the way of goodness and truth.

This week, let's give time to talk with the Lord that we, too, might respond to his desire to give himself totally to us, so that our deepest hunger and thirst may be satisfied.

### Services next Sunday: Tenth Sunday after Trinity

<b>Sunday</b> <b>8<sup>th</sup> August</b>		
<b>7.45am</b>	<b>Morning Prayer</b> Canon Imogen Nay	Livestreamed from the Facebook page @chelmsfordcathedral
<b>8.00am</b>	<b>BCP Holy Communion</b> Canon Ivor Moody	You are welcome to attend in person
<b>10.30am</b>	<b>The Eucharist</b> Presiding: Canon Imogen Nay Preaching: Canon Ivor Moody	You are welcome to attend in person. 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>Evensong with St Mary's Motley</b> Preaching: The Revd Kate Moore	You are welcome to attend in person. Livestreamed on YouTube accessible live on the Cathedral website. <a href="#">Regular Worship   Chelmsford Cathedral</a>

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021



### Study with Us: 8<sup>th</sup> August, Tenth Sunday after Trinity Sunday

Monday:	Matthew 17. 22-end	Thursday:	Matthew 18. 21 - 19. 1
Tuesday:	Matthew 18. 1-5, 10. 12-14	Friday:	Matthew 19. 3-12
Wednesday:	Matthew 18. 15-20	Saturday	Matthew 19. 13-15

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

#### **Bible Notes for Sunday, 8 August 2021**

*Today's readings:*

1 Kings 19.4-8

Psalm 34.1-8

John 6.35,41-51

#### **Taste and see that the Lord is good!**

Our reading of Chapter 6 of St John's Gospel, on the Bread of Life, continues today and throughout August. For the next three Sundays we also pray with Psalm 34, whose invitation to taste and see God's goodness connects directly with Jesus, our Living Bread.

Elijah, fleeing for his life to the wilderness, is convinced that he is a failure. But he is brought special food by an angel to strengthen him for the long journey ahead (**First Reading**).

The **psalmist** calls all of us, especially the humble and poor, to join him in praising God. We are invited to savour the goodness of the One who answers our call and frees us from our fears.

Jesus reprimands the crowd as they start to complain against him: they refuse to accept that Jesus himself is the bread that gives eternal life. Jesus reminds them that even manna did not prevent their ancestors from dying, while the bread that Jesus himself offers is his own body, given for the life of the world (**Gospel**).

This week, let us pray that we might be always more open to what Jesus, the Living Bread, is offering us, and take the time to taste and savour all that God gives us in our everyday lives.

---

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

### 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.

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021

---



### 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 **Monday 2nd August 2021**.

---

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021

---



### 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.

**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 12th, 19th and 26th 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:** This month we are reading Platform Seven by Louise Doughty (a thriller). We meet by Zoom to discuss this on Monday 23<sup>rd</sup> August at 7.30pm. 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.

**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 [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.

On **Sunday 15<sup>th</sup> August** Canon Ivor Moody and Sidra Naeem have organised another **day of Inter Faith cricket!** This year we are delighted that the Hindu community will be joining us, so we will be having a knock out competition during the afternoon! The **fun starts at 12 noon**, and this year we are at Boreham Cricket Club, Boreham Recreation Ground, Main Road Boreham CM3 3JD. Everyone is welcome to come and watch. Food will be served afterwards.

---

Contact Us: Cathedral Office, 53 New Street, Chelmsford CM1 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)

# Cathedral Life Weekly

## Ninth Sunday after Trinity, Sunday 1<sup>st</sup> August 2021



**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 with their children in the beautiful garden. Bring a picnic blanket to sit on; there will be toys available or you can bring your own. Dates are 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.

---

Contact Us: Cathedral Office, 53 New Street, Chelmsford CMI 1TY. Tel: 01245 294492  
Website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk) Facebook @chelmsfordcathedral Twitter: @ccathedral  
Safeguarding Officer: Lisa Blaco tel: 07902 225131  
email: [safeguarding@chelmsfordcathedral.org.uk](mailto:safeguarding@chelmsfordcathedral.org.uk)