

Chelmsford Cathedral



***The Eucharist
on the Sixth Sunday after Trinity***

*Sunday 11th July
at 10.30am*

*President: The Rev'd Kate Moore
Preacher: Canon Imogen Nay*

You are warmly welcomed to the Eucharist at Chelmsford Cathedral. Today is the Sixth Sunday after Trinity.

Everything you need for this celebration is in this booklet. Please ensure that your mobile phone is switched off.

Hearing Aids: There is a loop system installed throughout the church. If you are a hearing aid user, please turn it to **T**.

Music: The music today is sung by the Cathedral choir, directed by Hilary Punnett, Assistant Organist and Director of the Girls' Choir. The organist is James Davy, Organist and Master of the Choristers. The mass setting is the Missa Brevis by Jonathan Dove (b.1959). Please feel free to join in at home with the singing of the hymns.

You are warmly invited to make a financial contribution to the life of the cathedral by making a donation using the contactless giving plates near the doors. Your gift will be used to enable us to deliver our ministry in its varied forms, from hosting community events, cultural activities, maintaining free entry to this glorious building, supporting our musical and worship tradition and much more. If you would like to find out more about our planned giving scheme, please ask one of the stewards. To donate online, please visit the cathedral website, scroll towards the bottom of the page and under the heading "supporting your cathedral" click the link. Thank you.

Receiving communion: You are invited to receive communion (in one kind – the bread) at your seat. Please hold out your hands to receive and the bread will be placed in your hands.

Gluten-free wafers are available. Please speak to one of the stewards.

If the alarm sounds, please exit the Cathedral and, if safe, assemble at the rear of the Shire Hall in the South Eastern corner of the churchyard. Please leave your belongings until it is safe to collect them.

Rubrics: Please stand or sit as is comfortable for you.

Live stream: This service is being live streamed to the Chelmsford Cathedral Facebook page.

If you would like to know more about the Christian faith and the life of the Christian community in this place please speak to Canon Imogen Nay, ring 01245 294486 or visit us at chelmsfordcathedral.org.uk.

Do join us for coffee outside after the service. Please bring your own mug. Please note that **zoom coffee** has now ended.

Music before the Service

Schmucke dich, O liebe Seele op.65 no.5

Sigrid Karg-Elert (1877 – 1933)

¶ **The Gathering**

Before the celebration begins, the congregation is welcomed.

Please stand

The President says

In the name of the Father, and of the Son,
and of the Holy Spirit.

All **Amen.**

The Greeting

The President says

The grace of our Lord Jesus Christ, the love of God,
and the fellowship of the Holy Spirit be with you all

All **and also with you.**

Prayers of Penitence

The Deacon says

God so loved the world
that he gave his only Son Jesus Christ
to save us from our sins,
to be our advocate in heaven,
and to bring us to eternal life.

Let us confess our sins in penitence and faith,
firmly resolved to keep God's commandments
and to live in love and peace with all.

Silence is kept for a short while.

In a dark and disfigured world
we have not held out the light of life:
Lord, have mercy.

All **Lord, have mercy.**

In a hungry and despairing world
we have failed to share our bread:
Christ, have mercy.

All **Christ, have mercy.**

In a cold and loveless world
we have kept the love of God to ourselves:
Lord, have mercy.

All **Lord, have mercy.**

The President says

Almighty God
who forgives all who truly repent,
have mercy upon you,
pardon and deliver you from all your sins,
confirm and strengthen you in all goodness,
and keep you in life eternal;
through Jesus Christ our Lord.

All **Amen.**

The choir sings (in Latin)

The Gloria

Glory be to God on high, and in earth peace, goodwill towards men. We praise thee. We bless thee. We worship thee. We glorify thee. We give thanks to thee for thy great glory. Lord God, Heavenly King, God the Father Almighty. O Lord the Only-begotten Son, Jesus Christ. O Lord God, Lamb of God, Son of the Father. Thou that takest away the sins of the world have mercy on us. Thou that takest away the sins of the world receive our prayer. Thou sittest at the right hand of the Father, have mercy on us. For thou only art holy. Thou only art the Lord. Thou only art the Most High, Jesus Christ. With the Holy Spirit in the glory of God the Father. Amen.

The Collect

The President says Let us pray. The congregation, still standing, remains for a short time in silent prayer, after which the President prays:

God of justice, God of salvation,
from every land you call a people to yourself.
Yours is the work we do, yours the message we carry.
Keep your Church single-minded and faithful to you.
Let failure not discourage us
nor success beguile our hearts,
as you send us to proclaim the gospel.
We make our prayer through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
God, for ever and ever.

All **Amen.**

Please sit

¶ **The Liturgy of the Word**

The First Reading

Amos 7 v 7 - 15

Read by Philippa Penkett

This is what the Lord God showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the LORD said to me, 'Amos, what do you see?' And I said, 'A plumb-line.' Then the Lord said, 'See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.'

Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land."

And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.'

Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the LORD said to me, "Go, prophesy to my people Israel."

All Save your people, Lord, and bless your inheritance,
govern and uphold them now and always.

Psalms 85 v 8 - 13

Response: Show us your mercy, O Lord.

I will listen to what the Lord God will say,
for he shall speak peace to his people and to the faithful,
that they turn not again to folly.
Truly, his salvation is near to those who fear him,
that his glory may dwell in our land.

Response: Show us your mercy, O Lord.

Mercy and truth are met together,
righteousness and peace have kissed each other;
Truth shall spring up from the earth
and righteousness look down from heaven.

Response: Show us your mercy, O Lord.

The Lord will indeed give all that is good,
and our land will yield its increase.
Righteousness shall go before him
and direct his steps in the way.

Response: Show us your mercy, O Lord.

Alleluia

Please stand as the choir sings



Choir Alleluia...

*I am the way, the truth, and the life, says the Lord,
No one comes to the Father except through me.
Alleluia...*

The Gospel Reading

Mark 6 v 14 - 29

Hear the Gospel of our Lord Jesus Christ according to Mark.

All **Glory to you, O Lord.**

King Herod heard of the healings and other miracles, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.'

For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

This is the Gospel of the Lord.

All **Praise to you, O Christ.**

Please sit

The Sermon

Canon Imogen Nay

Music after the Sermon

Organ music is played

Please stand

Affirmation of Faith

Let us affirm our faith in Jesus Christ the Son of God.

All **Though he was divine,
he did not cling to equality with God,
but made himself nothing.
Taking the form of a slave,
he was born in human likeness.
He humbled himself
and was obedient to death,
even the death of the cross.
Therefore God has raised him on high,
and given him the name above every name:
that at the name of Jesus
every knee should bow,
and every voice proclaim that Jesus Christ is Lord,
to the glory of God the Father.
Amen.**

Prayers of Intercession

The President says

In the power of the Spirit and in union with Christ,
let us pray to the Father.

Please sit or kneel

The prayers are led by Nick Robinson. This response is used after each bidding

All Lord in your mercy,
Hear our prayer.

After the final bidding the President says

Creator God,
you made us all in your image:
may we discern you in all that we see,
and serve you in all that we do;
through Jesus Christ our Lord.

All **Amen.**

The Valediction of Choristers

The Dean and the Assistant Organist & Director of the Girls' Choir move to the chancel step with the choristers to be valedicted.

The Assistant Organist & Director of the Girls' Choir says:

Mr Dean, I ask you to give valediction to Bethany and Pippa, who are singing with the Cathedral Girls' Choir for the last time today.

The Dean says to Bethany and Pippa

Bethany and Pippa, we thank you for the work that you have done for us in this Cathedral Church. You have contributed to the life and witness of this Cathedral and you have sung with dedication and skill. We not only thank you for this service but thank the music staff of this Cathedral and your parents for nurturing your talent.

It now falls on me to give you the charge and to bless you.

I charge you never to forget the great benefits that you have received in this place, and in time to come to do all you can to enable others to enjoy the same advantage; and remember that you carry with you, wherever you go, not only our thanks but also our prayers.

May God almighty bless you in your ways and keep in you the knowledge of his love now and forever.

All **Amen.**

The Dean and the Director of the Girls' Choir return to their places, whilst Bethany and Pippa remain at the chancel step as the choir sings Psalm 15.

LORD, who shall dwell in thy tabernacle : or who shall rest upon thy holy hill?
Even he that leadeth an uncorrupt life :
and doeth the thing which is right, and speaketh the truth from his heart.
He that hath used no deceit in his tongue, nor done evil to his neighbour :
and hath not slandered his neighbour.
He that setteth not by himself, but is lowly in his own eyes :
and maketh much of them that fear the Lord.
He that sweareth unto his neighbour, and disappointeth him not :
though it were to his own hindrance.
He that hath not given his money upon usury :
nor taken reward against the innocent.
Whoso doeth these things : shall never fall.

Bethany and Pippa return to their places.

Please stand

¶ **The Liturgy of the Sacrament**

The Peace

The President says

Christ is our peace,
He has reconciled us to God
in one body by the cross.
We meet in his name and share his peace.

All The peace of the Lord be always with you
and also with you.

The Deacon says

Let us offer one another a sign of peace. *Please sit*

Offertory Hymn

God in His love for us lent us this planet,
gave it a purpose in time and in space:
small as a spark from the fire of creation,
cradle of life and the home of our race.

Thanks be to God for its bounty and beauty,
life that sustains us in body and mind:
plenty for all, if we learn how to share it,
riches undreamed of to fathom and find.

Long have our human wars ruined its harvest;
long has earth bowed to the terror of forced;
long have we wasted what others have need of,
poisoned the fountain of life at its source.

Earth is the Lord's: it is ours to enjoy it,
ours, as His stewards, to farm and defend.
From its pollution, misuse, and destruction,
good Lord, deliver us, world without end!

Text: Fred Pratt Green (1903 - 2000)

Tune: NEH 49

Prayer at the Preparation of the Altar

The President says

Wise and gracious God,
you spread a table before us;
nourish your people with the word of life
and the bread of heaven.

All **Blessed be God for ever.**

Please stand

The Eucharistic Prayer

The Lord be with you

All **And also with you.**

Lift up your hearts.

All **We lift them to the Lord.**

Let us give thanks to the Lord our God.

All **It is right to give thanks and praise.**

Father, we give you thanks and praise
through your beloved Son Jesus Christ, your living Word
through whom you have created all things;
who was sent by you in your great goodness to be our Saviour.
By the power of the Holy Spirit he took flesh;
as your Son, born of the blessed Virgin,
he lived on earth and went about among us;
he opened wide his arms for us on the cross;
he put an end to death by dying for us
and revealed the resurrection by rising to new life;
so he fulfilled your will and won for you a holy people.

Therefore with angels and archangels,
and with all the company of heaven,
we proclaim your great and glorious name,
for ever praising you and singing:

The choir sings the Sanctus and Benedictus (in Latin)

Holy, Holy, Holy, Lord God of Hosts. Heaven and earth are full of thy glory.
Glory be to thee, O Lord most high.
Blessed is he that cometh in the name of the Lord. Hosanna in the highest.

Lord, you are holy indeed, the source of all holiness;
grant that by the power of your Holy Spirit,
and according to your holy will,
these gifts of bread and wine
may be to us the body and blood of our Lord Jesus Christ;
who, in the same night that he was betrayed,
took bread and gave you thanks;
he broke it and gave it to his disciples, saying:

Take, eat; this is my body which is given for you;
do this in remembrance of me.

In the same way, after supper
he took the cup and gave you thanks;
he gave it to them, saying:

Drink this, all of you;
this is my blood of the new covenant,
which is shed for you and for many
for the forgiveness of sins.
Do this, as often as you drink it,
in remembrance of me.

The Deacon says

Great is the mystery of faith:

All

Christ has died:

Christ is risen:

Christ will come again.

And so, Father, calling to mind his death on the cross,
his perfect sacrifice made once for the sins of the whole world;
rejoicing in his mighty resurrection and glorious ascension,
and looking for his coming in glory,
we celebrate this memorial of our redemption.

As we offer you this our sacrifice of praise and thanksgiving,
we bring before you this bread and this cup
and we thank you for counting us worthy
to stand in your presence and serve you.

Send the Holy Spirit on your people
and gather into one in your kingdom
all who share this one bread and one cup,
so that we, in the company of Mary, Peter,
Cedd, and all the saints, may praise and glorify you for ever,
through Jesus Christ our Lord;

by whom, and with whom, and in whom,
in the unity of the Holy Spirit,
all honour and glory be yours, almighty Father,
for ever and ever.

All **Amen.**

Please sit or kneel

The Lord's Prayer

As our Saviour taught us, so we pray:

**Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come; thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.
Amen.**

Breaking of the Bread

The President breaks the consecrated bread saying

We break this bread to share in the body of Christ.

All **Though we are many, we are one body,
because we all share in one bread.**

The Giving of Communion

The President says

God's holy gifts for God's holy people.

All **Jesus Christ is holy, Jesus Christ is Lord,
to the glory of God the Father.**

The body of Christ. The blood of Christ.

Those in the Cathedral receive communion (from their seats). Please indicate if you wish to receive Communion by holding out your hands. If you simply wish to receive a blessing, please keep your head bowed.

Spiritual Communion

If you are worshipping online, while the priest receives communion, you are invited to use this prayer of spiritual communion wherever you are.

Thanks be to you, Lord Jesus Christ,
for all the benefits you have given me,
for all the pains and insults you have borne for me.
Since I cannot now receive you sacramentally,
I ask you to come spiritually into my heart.
O most merciful redeemer, friend and brother,
may I know you more clearly,
love you more dearly, and follow you more nearly,
day by day. Amen.

after the Prayer of St Richard of Chichester

Agnus Dei

During Communion the choir sings (in Latin)

*O Lamb of God, that takest away the sins of the world, have mercy upon us.
O Lamb of God, that takest away the sins of the world, grant us thy peace.*

Motet

Ave verum corpus natum de Maria Virgine: vere passum, immolatum in cruce pro homine, cujus latus perforatum fluxit aqua et sanguine: esto nobis praegustatum mortis in examine. O Jesu dulcis! O Jesu pie! Fili Mariae, O Jesu, Fil Mariae.

Hail, true body born of the Virgin Mary which truly suffered and was sacrificed on the cross for the human race, whose pierced side poured with water and blood: be to us a foretaste of the verdict to be passed at death. O sweet Jesus, O holy Jesus, O Jesus, son of Mary, have mercy on me. Amen.

Text: Pope Innocent VI

Music: Colin Mawby (b.1936)

Prayer after Communion

The President says Let us pray. A moment of silence is kept. The President then says the Post Communion Prayer

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us as we go forward on our journey,
in the name of Jesus Christ our Lord.

All **Amen.**

All **Almighty God,
we thank you for feeding us
with the body and blood of your Son Jesus Christ.
Through him we offer you
our souls and bodies to be a living sacrifice.
Send us out in the power of your Spirit
to live and work to your praise and glory. Amen.**

Please stand

The Dismissal

The Blessing

The President blesses the people

The God of all grace,
who called you to his eternal glory in Christ Jesus,
establish, strengthen and settle you in the faith;
and the blessing of God almighty,
the Father, the Son, and the Holy Spirit,
be among you and remain with you always.

All **Amen.**

Organ Voluntary

Paeon

Kenneth Leighton (1929 – 1988)

You are most welcome to join us outside to sing a hymn together. Please follow the clergy and exit out of the North Door.

Hymn (NEH 364)

BLAENWERN

William Rowlands 1860-1937

The musical score is written on five staves in G major (one sharp) and 4/4 time. The melody is simple and hymn-like, using quarter and eighth notes with rests. The first staff begins with a treble clef, a key signature of one sharp (F#), and a common time signature. The second staff continues the melody with a double bar line. The third staff continues the melody with a double bar line. The fourth staff continues the melody with a double bar line. The fifth staff concludes the melody with a double bar line.

**God is Love: let heaven adore him;
God is Love: let earth rejoice;
let creation sing before him,
and exalt him with one voice.
He who laid the earth's foundation,
he who spread the heavens above,
he who breathes through all creation,
he is Love, eternal Love.**

**God is Love: and he enfoldeth
all the world in one embrace;
with unfailing grasp he holdeth
every child of every race.
And when human hearts are breaking
under sorrow's iron rod,
then they find that selfsame aching
deep within the heart of God.**

**God is Love: and though with blindness
sin afflicts the souls of men,
God's eternal loving-kindness
holds and guides them even then.
Sin and death and hell shall never
o'er us final triumph gain;
God is Love, so Love for ever
o'er the universe must reign.**

Words: Timothy Rees (1874 - 1939)

Tune: Blauenwern

The Dismissal

The Deacon says

Go in the peace of Christ.

All **Thanks be to God.**

Music Notes

Sigfrid Karg-Elert wrote in a late Romantic French-inspired style but with an overall approach that today we might call 'accessible'; the op 65 chorale preludes take 66 hymn melodies and are shaped into varied compositions; *Deck thyself, O soul, with gladness* is a lush setting in quiet mood of a tune set by Bach and Brahms – this later setting is contemplative and calls for the softest stops of the organ.

The *Cistercian Choral (for an elevation)* is a reflective work written by early 20th century French composer Jehan Alain; written at the Cistercian Abbey at Valloires, situated in the Somme, it is typical of Alain's modal style, and contemplates the high point of the Eucharist when the consecrated host is shown to the congregation – rather than a moment of triumph and fanfare, the mood here is reverential and spacious, comparable to the style of the *Agnus Dei* to be heard later in this service.

The English composer Kenneth Leighton has a reputation for writing music that is rather 'spiky' and dissonant: it is certainly full of energy, driving rhythms, and lines that work against – as well as alongside – one another. His *Paeon* (meaning 'song of praise') was written for The Organ Club and received its first performance in 1967; its shapes and lines are angular and dramatic and call for all of the organ's resources, echoing the thrilling sound-world of the *Gloria in excelsis* and *Sanctus* from Jonathan Dove's *Missa Brevis*.

The Dean's Big Conversation

Thank you to everyone who participated in the Cathedral's consultation questionnaire. As part of the conversation process, we have held several social events to which all are welcome; the last of these are as follows:

Sunday 18th July	Afternoon tea after Muddy Church in Guy Harlings garden.
12th, 19th and 26th of August	After the Thursday morning Communion service (10.30am)

Safeguarding at Chelmsford Cathedral

Do you have a concern about a child or a vulnerable adult?

You must report that concern directly to our Cathedral
Safeguarding Lead

Ms Lisa Blaco

Telephone: 07902 225131

Email: safeguarding@chelmsfordcathedral.org.uk

If she is unavailable, you must report your concern to our
Assistant Safeguarding Lead

Revd Kate Moore

Telephone: 07860 459465

Email: safeguarding@chelmsfordcathedral.org.uk

If you have information about a safeguarding situation where a
child or adult is in immediate danger call the emergency services
on 999

To contact your local police to report a non-emergency concern
call 101

CHELMSFORD CATHEDRAL WORSHIP

Join us during the week for prayer online, or in person, at the following times every day:

Weekdays

7.45am: Morning Prayer

10.30am: Eucharist on Thursdays*

5.15pm: Evensong on Mondays*, Tuesdays*, Thursdays & Fridays

Sundays

7.45am: Morning Prayer

8am: Eucharist (BCP)

8.45am: Breakfast with the Bible

(available via zoom, contact Canon Imogen Nay for the link)

10.30am: Eucharist

11.30am: Coffee

(available to join us outside, please bring your own mug)

3.30pm: Evening Prayer during choir holiday, except for August 1st and 8th, when we are joined by visiting choirs for Evensong.

For details of how to listen live or later, visit our website chelmsfordcathedral.org.uk and find our Regular Worship page.

*available to join in person only



visit us at chelmsfordcathedral.org.uk