

Chelmsford Cathedral



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

*Sunday 8th August
at 10.30am*

*President: The Rev'd Kate Moore
Preacher: Canon Ivor Moody*

You are warmly welcomed to the Eucharist at Chelmsford Cathedral. Today is the Tenth 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 St Mary's Singers, directed by James Reed. The organist is David Richardson. The mass setting is the Missa Brevis in D by Wolfgang Amadeus Mozart (1756 – 1791). Please feel free to join in 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.

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Music before the Service

Organ music

¶ The Gathering

Before the celebration begins, the congregation is welcomed.

Please stand to sing

Hymn (ONC 304)

ST BOTOLPH

Gordon Slater 1896-1979



**I come with joy, a child of God,
forgiven, loved and free,
the life of Jesus to recall,
in love laid down for me.**

**I come with Christians far and near
to find, as all are fed,
the new community of love
in Christ's communion bread.**

**As Christ breaks bread, and bids us share,
each proud division ends.
The love that made us, makes us one,
and strangers now are friends.**

**The Spirit of the risen Christ,
unseen, but ever near,
is in such friendship better known,
alive among us here.**

**Together met, together bound
by all that God has done,
we'll go with joy, to give the world
the love that makes us one.**

Words: Brian Wren (b.1936)

Tune: St Botolph

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 our Father and provider,
whose Son has given his flesh for the life of the world,
sustain your pilgrim Church on its journey
with the word of life and the bread of heaven.
Draw us nearer to him in whose name we gather,
that, following his way of sacrificial love,
we may come to the banquet of eternal life.
Grant this 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

1 Kings 19 v 4 - 8

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God.

All Lord, open a path for your Word
to declare the mystery of Christ.

Psalm 34 v 1 - 8

Response: O taste and see that the Lord is gracious.

I will bless the Lord at all times;
his praise shall ever be in my mouth.
My soul shall glory in the Lord;
let the humble hear and be glad.
O magnify the Lord with me;
let us exalt his name together.
I sought the Lord and he answered me
and delivered me from all my fears.
Look upon him and be radiant
and your faces shall not be ashamed.

Response: O taste and see that the Lord is gracious.

This poor soul cried, and the Lord heard me
and saved me from all my troubles.
The angel of the Lord encamps around those who fear him
and delivers them.

O taste and see that the Lord is gracious;
blessed is the one who trusts in him.

Response: O taste and see that the Lord is gracious.

Alleluia

Please stand

Choir *Alleluia...*

All **Alleluia...**



Choir *Glory to the Father, and to the Son, and to the Holy Spirit,
one God, who was, and who is, and who is to come, the Almighty.*

All **Alleluia...**

The Deacon announces the Gospel

The Gospel Reading

John 6 v 35, 41 - 51

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

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

Jesus said to them, 'I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.

Then the Jews began to complain about him because he said, 'I am the bread that came down from heaven.' They were saying, 'Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, "I have come down from heaven"?' Jesus answered them, 'Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, "And they shall all be taught by God." Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the

Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

This is the Gospel of the Lord.

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

Please sit

The Sermon

Canon Ivor Moody

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

This response is used after each bidding

Lord in your mercy,
All Hear our prayer.

After the final bidding the President says

Lord of heaven and earth,
as Jesus taught his disciples to be persistent in prayer,
give us patience and courage never to lose hope,
but always to bring our prayers before you;
through Jesus Christ our Lord.

All Amen.

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 stand to sing

Hymn (NEH 353)

REPTON

C. Hubert H. Parry 1848-1918
from a song in his oratorio *Judith*



**Dear Lord and Father of mankind,
forgive our foolish ways!
re-clothe us in our rightful mind,
in purer lives thy service find,
in deeper reverence praise.**

**In simple trust like theirs who heard,
beside the Syrian sea,
the gracious calling of the Lord,
let us, like them, without a word
rise up and follow thee.**

**O Sabbath rest by Galilee!
O calm of hills above,
where Jesus knelt to share with thee
the silence of eternity,
interpreted by love!**

**Drop thy still dews of quietness,
till all our strivings cease;
take from our souls the strain and stress,
and let our ordered lives confess
the beauty of thy peace.**

**Breathe through the heats of our desire
thy coolness and thy balm;
let sense be dumb, let flesh retire;
speak through the earthquake, wind, and fire,
O still small voice of calm!**

Words: John Whittier (1807 - 1892)

Tune: Repton

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.**

The Eucharistic Prayer

All The Lord be with you
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 (in Latin)

Holy, Holy, Holy, Lord God of Hosts. Heaven and earth are full of thy glory.
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

All We break this bread to share in the body of Christ.
**Though we are many, we are one body,
because we all share in one bread.**

Hymn

ST COLUMBA

Irish Melody (Petrie Collection)



**Put peace into each other's hands
and like a treasure hold it,
protect it like a candle-flame,
with tenderness enfold it.**

**Put peace into each other's hands
with loving expectation;
be gentle in your words and ways,
in touch with God's creation.**

**Put peace into each other's hands
like bread we break for sharing;
look people warmly in the eye:
our life is meant for caring.**

**As at communion, shape your hands
into a waiting cradle;
the gift of Christ receive, reverse,
united round the table.**

**Put Christ into each other's hands,
he is love's deepest measure
in love make peace, give peace a chance
and share it like a treasure.**

Text: Fred Kann (b.1929)

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 willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through 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.**

The Dismissal

Please stand to sing

Hymn (NEH 296)

ST HELEN

George Martin 1844-1916

Majestically



**Lord, enthroned in heavenly splendour,
first-begotten from the dead,
thou alone, our strong defender,
liftest up thy people's head.
Alleluia, alleluia,
Jesu, true and living bread!**

**Here our humblest homage pay we;
here in loving reverence bow;
here for faith's discernment pray we,
lest we fail to know thee now.
Alleluia, alleluia,
thou art here, we ask not how.**

**Though the lowliest form doth veil thee
as of old in Bethlehem,
here as there thine angels hail thee,
Branch and flower of Jesse's stem.
Alleluia, alleluia,
we in worship join with them.**

**Paschal Lamb, thine offering, finished
once for all when thou wast slain,
in its fullness undiminished
shall for evermore remain,
Alleluia, alleluia,
cleansing souls from every stain.**

**Life-imparting heavenly manna,
stricken rock with streaming side,
heaven and earth with loud hosanna,
worship thee, the Lamb who died,
Alleluia, alleluia,
risen, ascended, glorified!**

*Words: G H Bourne (1840 - 1925)
Tune: St Helen*

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.**

The Dismissal

The Deacon says

Go in the peace of Christ.

All **Thanks be to God.**

Please remain standing as the clergy process out

Organ Voluntary

The Dean's Big Conversation

12th, 19th and 26th of August	After the Thursday morning Communion service (10.30am)
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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:

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: Evening Prayer every day during choir holiday

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 this evening, when we are joined by St Mary's Singers 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

