

## THIS WEEK

### Sunday 10 September - The Blessed Virgin Mary

8.00am **HOLY COMMUNION**, page no 176

*President: The Canon Theologian*

8.30am Breakfast with the Bible, led by Heike Prentice

9.30am **PARISH EUCHARIST**

*President: The Dean*

*Preacher: Simon Pearce*

11.15am **CHORAL EUCHARIST with incense**

*President: The Dean*

*Preacher: Simon Pearce*

3.30pm **FESTAL EVENSONG with procession**

*Address: The Dean*

Canon Edward Carter is presiding and preaching at Margaret Roding and Good Easter

## NEXT WEEK

### Sunday 17 September - Holy Cross

8.00 am **HOLY COMMUNION**, page no 179

*President: The Vice Dean*

8.30am **Breakfast with the Bible** led by Canon Edward Carter

9.30 am **PARISH EUCHARIST**

*President: The Canon Theologian*

*Preacher: Heike Prentice*

11.15 am **CHORAL EUCHARIST**

*President: The Vice Dean*

*Preacher: Heike Prentice*

3.30 pm **EVENSONG**

*Address: The Vice Dean*

### Daily Prayer through the Week (Mon to Sat):

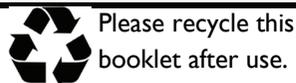
**Morning Prayer:** 7.45 am

**Holy Communion:** 8.15 am (also Wed at 12.35 pm & Thurs at 10.00 am)

**Midday Prayer** in St Cedd's Chapel

**Evensong/Evening Prayer:** 5.15 pm (sung on Mon, Tues, Thurs & Fri,  
said on Wednesday & Saturday)

On certain Saturdays Evensong is sung by a choir  
– please check the Music & Services list for dates



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# CATHEDRAL LIFE WEEKLY

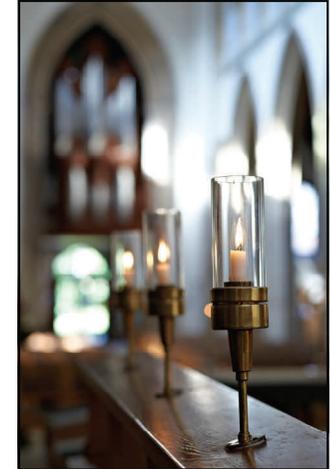
The Blessed Virgin Mary, 10 September



## Singing our Faith

As the school year begins again, our choirs return from their summer vacation. We are hugely grateful to the visiting choirs who contributed to the worship here over the summer, and now look forward to a new term, including some new faces in the choir stalls. We particularly welcome new choral scholars Ralph Williams and Ben Crone, who join us from Blackburn and Colchester respectively. Two of last year's choral scholars, Tristan and Lenny, stay on, as does organ scholar Chris Strange.

We hope to welcome more new faces over the course of the term, including in the front rows of the choir stalls too. As a full timetable of choral services resumes, do take the opportunity of hearing one of the choirs at Evensong or the Choral Eucharist.



Details of sung services are listed on the back of this booklet, and music choices can be found on the Cathedral website. There is a lot of wonderful music in store for this term, including an entire Bach cantata sung with visitors from Sweden in October.

Everyone is very welcome to attend any choral service and enjoy the wonderful music on offer.

### Contact us at:

Cathedral Office, New Street, Chelmsford CMI 1TY  
01245 294492 (Emergency out of hours contact: 07518 124858)  
and visit our website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk)  
Facebook: /chelmsfordcathedral Twitter: @CCathedral  
Safeguarding Officer: Elizabeth Marshall 07717 043202



Diocese of  
Chelmsford

## Study Notes on the Sunday Gospel

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### **Luke 1: 46-55**

#### **Introduction & Context**

This is the Gospel reading for Mary, the mother of Jesus, and one of our three patron saints here at Chelmsford Cathedral.

Mary visits Elizabeth and Zechariah. Gabriel has told her that she will bear Jesus, “Son of God” (v. 35). With God, “nothing will be impossible” (v. 37). Mary now thanks God in a poem based on the Song of Hannah in 1 Samuel. In v. 38, she has acknowledged that she is a “servant of the Lord”, i.e. obedient to him in all things. She will be hailed by people of every age (“generations”, v. 48) because of the seemingly impossible “things” (v. 49) God has done for her. Then a reminder (v. 50): God is compassionate to all who hold him in awe throughout time. Vv. 51-53 universalize her experience, to reflect how God deals with all humanity. The “proud” (v. 51) are alienated from God by their very “thoughts”; he reverses fortunes, raising up those in need (“lowly”, v. 52, “hungry”, v. 53) and rejecting the “rich”. Vv. 54-55 sum up the poem: in his compassion, God has fulfilled and continues to fulfill his promises to the patriarchs.

#### **Once you are settled and are ready to go:**

- Read the passage slowly and reflectively
- Note anything that particularly strikes you and refer to the notes if they are helpful
- Spend a few moments in quiet reflection
- If you are a group, share your reflections in pairs or as a whole group (remembering that each person will have different perspectives and views on the passage)
- Read the passage for a final time and give thanks to God for the gift of his holy word.

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## Next Sunday's Readings - 17/9/17: HOLY CROSS

### **9.30 am & 11.15 am:**

Philippians 2: 6-11

*Psalm 22: 23-28*

John 3: 13-17

### **3.30 pm:**

*Psalm 110*

Isaiah 63: 1-16

I Corinthians 1: 18-25

## THE WEEK AHEAD

### **Wednesday 13 September**

9.30am	Parent and Toddler Group (Chapter House)
12.35pm	Eucharist
1.00 - 3.00pm	Welcome on Wednesday: coffee and cake in the North Transept
1.00 - 4.00pm	Friendship Club (Chapter House)
8.00pm	Theological Society (Chapter House)

### **Thursday 14 September**

10.00am	Eucharist
10.30am	Cathedral Walking Group (meet CM4 0HH)
2.00pm	Mothers' Union (Chapter House)

### **Friday 15 September**

12.30pm	Lunchtime Concert - James Davy (organ)
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**Sunday 15 October 12.45pm**  
**The next Meeting Point Lunch** will be held at Pontlands Park Hotel. Please book via Maureen.

**Two further events for Sunday 15 October:**  
**Cantata Evensong at 3.30pm** including a performance of Bach's Reformation Cantata BWV80 with visiting musicians from our link diocese of Karlstad. followed by  
**Martin Luther Exhibition** of books from the Cathedral's Knightsbridge Collection 4.30-6pm.

**Wednesday 18 October 8pm**  
A Grundtvig Cantata. Led by St Clement's Youth Choir, Randers, Denmark. Classic hymns in new English versions.

**Wednesday 18 October 8pm**  
**Theological Society meeting** in the Chapter House. Barbara Ridpath speaks on 'Christian Stewardship and the Theology of Water'. £3.50 payable open the door.

## NOTICES & DATES FOR THE DIARY

**A very warm welcome** to Chelmsford Cathedral especially if you are a visitor or here for the first time. Everything you need for the celebration is contained in the service booklet. Please ask one of the welcome stewards on duty at the doors if you have any questions.

**Junior Church** meets today, starting at 9.30am in Chapter House. This week's theme is 'The Feast of St Mary'.

**Yellow Envelopes** If you are a UK tax payer, please use a yellow Gift Aid envelope (available at the doors) to increase the value of your donation by 25% at no extra cost to you. Remember to fill in your name, house number and postcode and the date.

### **Children's Society**

Please return your boxes for counting as soon as possible either by giving them to Richard Spillsbury in person at the 9.30 or phone 268792. Please get them in early this year because old £1 coin ceases to be legal tender on 15th October.

### **Monday 25 September**

**The New Interests Group** are visiting Wymondham Abbey Booked for "Quality Biscuits with Coffee and Tour" at 11am. Shared transport to be arranged

the week before so please let Anne Freese know if you require or can offer a lift.

### **Saturday 30 September 6-9pm Cathedral Harvest Supper Family Barn Dance**

A fantastic evening to suit ALL ages ... come and join the fun or just sit and watch it!

**It's being held in** the Cathedral School Hall, 6-9pm and includes a two course supper (filled jacket potatoes and fruit crumbles). Bring you own drinks!

All for £5 a head ( under 5s free). Tickets from the Social Committee or Yvonne Spence tel 465108 or email yvonnespence@hotmail.com

**Thursday 5 October 8.00pm  
Mothers' Union meeting** entitled 'Super starters for supper' All welcome.

**Saturday 14 October 7.30pm  
Concert: Caprice Orchestra**  
A varied programme of popular classics. Proceeds will go to Essex Mind & Spirit, a community organisation that supports those with mental health issues and challenges the stigma around mental health.

Tickets £10 tel: 01245 465718

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

*Sunday:* Luke 1: 46-55

*Monday:* Luke 6: 6-11

*Tuesday:* Luke 6: 12-19

*Wednesday:* Luke 6: 20-26

*Thursday:* John 3: 13-17

*Friday:* Luke 6: 39-42

*Saturday:* Matthew 9: 35-38

*Sunday:* John 3: 13-17

You can find a simple 10 minute reflection at: [pray-as-you-go.org](http://pray-as-you-go.org)

### Thought for the day

For the Son of God became a human being  
so that human beings might become God.

- Athanasius of Alexandria

### Please pray for:

- Rosemary Duffin, Julie Liney, Canon Simon Pothén; all those receiving home communion and all in need of our prayers
- Little Baddow URC
- All those involved in education, at schools, colleges, academies and universities on this Education Sunday. Help us to support those who work in education and remember them in our prayers
- The Diocese of the Seychelles

## Workplace Chaplains in Essex and East London



centre, Essex County Council (Canon Ivor Moody) and John Lewis (me, Sarah Carter).

As Chaplain to John Lewis I visit the store every Tuesday. In the morning I am available to the partners in their dining room, when they are taking their breaks. In the afternoon I walk the floor of the store for about an hour and a half, chatting to the partners when

they are not serving customers. I am there for everyone, regardless of religious belief or background, faith or none. I offer care, support and a confidential listening ear, share people's joys and sorrows and can pray with or for people if they wish.

If you'd like to find out more about the Workplace Chaplaincy then please do chat with me or Canon Ivor. All those working in the Chaplaincy Team in Essex and East London would also really appreciate your prayers for the ministry they have being a Christian presence in places of work.

Sarah Carter

Did you know that there are Workplace Chaplains with thriving ministries in a wide variety of contexts in Essex and East London? Some are ordained and some aren't, but all are working to the same primary aim: to develop a partnership with individuals and groups at all levels in their workplaces, standing alongside them in stress, routine and achievement, in the name of Christ.

There are Chaplains to the agricultural community, Anglia Ruskin University, Stansted Airport, Adventure Island Southend, Essex University, Lakeside shopping centre, London City Airport, Westfield Stratford shopping centre, Writtle College, and Essex Fire and Rescue to name but a few. Here in Chelmsford City Centre we have Chaplains visiting an industrial estate, The Meadows shopping

## Meeting and Greeting – and Caring

Welcome stewards are our 'front of house' contact for all visitors coming to the Cathedral between 10am and 4pm every day. We are all volunteers and keen to both make people welcome and to make sure that they are able to find what they came here for. Increasing numbers come as visitors from near and far just to enjoy and explore our lovely building; others may come specifically to light a candle in memory of a loved one or to sit quietly in St. Cedd's Chapel or within the body of the Cathedral for quiet and for prayer. The Bookshop too draws customers and the stewards then function as shop assistants!

However, some people come in not knowing quite what it is they want. Sometimes they are distressed and

want to talk to someone or just need somewhere quiet to sit and recover their emotional balance. Mostly, those who want help are happy to talk their troubles through with one of the stewards and listening with simple Christian love and concern is often so helpful. It's lovely if the steward feels comfortable to pray with the visitor too if that is what they would like. After all, that may be why they came to the Cathedral with their troubles in the first place!

There are a few visitors though who specifically want to talk with a priest and while we do try to have a system of a 'priest on call' there's not always one around. So there is a need there and a real opportunity for 'retired' ministers to continue to pursue their calling in a non-pressured way alongside the Stewarding team as opportunity presents.

We very much want to expand the range and numbers of our volunteers in this ministry so that we can provide full cover for every day. As you can see it's an important and quite varied opportunity to serve God and the community. If you would like to talk through the possibility of yourself helping in some part of this ministry than I should love to meet you or hear from you on 01245 441976.

David Frampton

*Members of the Cathedral School Visits Team meeting last week to plan ahead with Marian Emuss and Steve Kersys, the new Team Coordinators. The Team welcomes hundreds of children to the Cathedral during the year.*

