

THIS WEEK

Sunday 12 February - Third Sunday Before Lent

8.00am **HOLY COMMUNION**, page no 78

President: The Vice Dean

8.30am Breakfast with the Bible, led by Heike Prentice

9.30am **PARISH EUCHARIST** with welcome to

Elspeth Tamuno-Ibuomie Belema Alalibo

President: Revd Kate Moore

Preacher: The Vice Dean

11.15am **CHORAL MATTINS**

Preacher: Revd Kate Moore

3.30pm **CHORAL EVENSONG**

Address: The Canon Theologian

NEXT WEEK

Sunday 19 February - Second Sunday Before Lent

8.00 am **HOLY COMMUNION**, page no 80

President: The Canon Precentor

9.30 am **PARISH EUCHARIST**

President: The Dean

Preacher: Heike Prentice

11.15 am **CHORAL EUCHARIST** sung by the choir of

St Edward the Confessor, Romford

President: The Vice Dean

Preacher: The Dean

3.30 pm **CHORAL EVENSONG** sung by the choir of

St Edward the Confessor, Romford

Address: The Canon Precentor

Daily Prayer through the Week (Mon to Sat):

Morning Prayer: 7.45 am

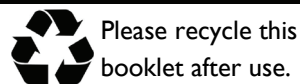
Holy Communion: 8.15 am (also Wed at 12.35 pm & Thurs at 10.00 am)

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



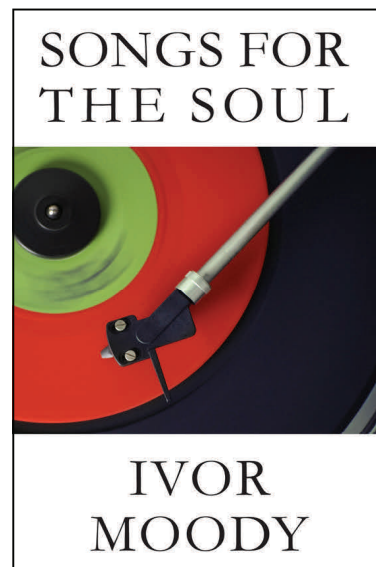
3rd Sunday Before Lent, 12 February 2017

Songs for the Soul

SONGS FOR THE SOUL will be released nationally on February 23, and will be available in all good bookshops, including the Chelmsford Diocesan bookshop. It will also be available on Amazon, and there will be a version for I-readers.

There will be a local launch at Chelmsford Cathedral on Sunday 26 February from 5pm. Bishop Roger Morris will be introducing and talking about the book, and there will be musicians playing some of the songs featured in the book. Ivor will be available to sign copies, and drinks and refreshments will be available.

Ivor says "Everyone is welcome; it would be great to see you, and I would value your support!"



More information about the book can be found at
<https://matthewjamespublishing.com/product/songs-soul-ivor-moody/>

Contact us at:

Cathedral Office, New Street, Chelmsford CM1 1TY
01245 294 492 (Emergency out of hours contact: 07518 124858)

and visit our website: chelmsfordcathedral.org.uk

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Diocese of
Chelmsford

Study Notes on the Sunday Gospel

Reading

Introduction & Context

Matthew 5:21-37

Jesus' comments on the Law begin with "[You have heard that] it was said" (vv. 21, 27, 31, 33, 38, 43). He then quotes a law. The Ten Commandments forbid murder (v. 21). Jesus extends this to nursing anger, calling someone good for nothing or a "fool" (v. 22). Vv. 23-24 say that reconciliation take priority even over worship. Vv. 27-28: avoiding adultery is not enough; even looking with lust is unacceptable. God expects purity of thought and desire as well as of action. Vv. 29-30 look extreme: Jesus advises that one discard, promptly and decisively, anything in one's life that tempts one to turn away from God.

Divorce was easy in Palestine: a man could simply write a "certificate of divorce" (v. 31). Jesus' point here is that marriage is indissoluble, lifelong, with the exception of adultery. Over oaths (vv. 33-37) Jesus says always tell only the truth.

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.

Next Sunday's Readings - 2nd Sunday Before Lent 19.02.17

9.30 am & 11.15 am:

Genesis 1.1 - 2.3

Psalms 136

Romans 8.18-25

Matthew 6.25-end

3.30 pm:

Psalms 41

Isaiah 43.18-25

Mark 2.1-12

THE WEEK AHEAD

Sunday 12 February

Until Wednesday: Wedding display in the Cathedral

Wednesday 15 February

10.30am Maldon Heritage Walk

12.35pm Eucharist

1.00-3.00pm Welcome on Wednesday: coffee and cake in the North Transept

Thursday 16 February

10.00am Eucharist

10.45am Faith and Fitness (North Transept)

Friday 17 February

12.30pm Lunchtime Concert - The Orpheus Singers (Ladies Choir)

Sunday 26 February 12.30pm

Shrove lunch in St Cedd's Hall with pancake tossing. Tickets £8, family £20, available from Yvonne Spence, tel: 01245 465108.

Monday 27 February 6pm

Curry Night at the Taj Mahal to raise funds for the Youth Group trip to Sweden. Tickets £15 per person from Steven Conroy or Tim Leeson.

Friday 3 March 10am

The Women's World Day of Prayer service will be held at Our Lady Immaculate Church, New London Road. Several buses stop nearby. All are welcome.

Saturday 4 March 12.30pm onwards

Come and Sing: explore music by Duke Ellington with a live big band and Cathedral choirs. Singing begins at 12.30pm with a performance at 6pm. Places cost £20; concert tickets will be available on the door at £10.

Friday 10 March 7.30pm

Choirs' Association Quiz in the Cathedral - always a fun evening! Tickets including a ploughman's supper are available from Philippa Penkett.

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.

There is no Junior Church this week as it is half term.

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.

Confirmations: if you would like to explore being confirmed here at the Cathedral on Easter Eve, please contact Canon Edward Carter on 01245 294486 or edward.carter@chelmsfordcathedral.org.uk for information about preparation sessions this Spring.

David Gear, who used to be a very loyal sidesperson, has died. His funeral is on Tuesday 21 February at 2pm in the small chapel at the Crematorium.

The funeral of **Mary Barton** is being held at the Cathedral on Tuesday 21 February at 11:30 am. It will be followed by committal at Chelmsford Crematorium at 1:00 pm, and afterwards at the Secret Garden tea rooms, Writtle Road. All are welcome to join her family in celebrating her life. In order to help with catering they have asked Jean Glading to collect numbers. Please contact Jean on 01245 471463 or by email at jean@glading.net if you are intending to be there.

Sunday 19 February 1.00pm Meeting Point Lunch at the Green Man, Howe Green. If you would like to join others for Sunday lunch, please book with Maureen tel: 07872 942625.

Wednesday 22 February 8.00pm
A Theological Society talk given by Matthew Simpkins being held in Chapter House. 'Is 'equality' a red herring? A reflection on Christian social ethics'.

Thursday 23 February
New Interests trip to the Geffrye Museum, Hoxton. Meeting at Chelmsford railway station at 9.30am, this museum specializes in the Urban Middle Classes with displays of period living rooms and gardens. For full details contact Ann Freese email: allfreese@supanet.com

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

Sunday:	Matthew 5.21-37	Thursday:	Mark 8.27-33
Monday:	Mark 8.11-13	Friday:	Mark 8.34 - 9.1
Tuesday:	Mark 8.14-21	Saturday:	Mark 9.2-13
Wednesday:	Mark 8.22-26	Sunday:	Matthew 6.25-end

You can find a simple 10 minute reflection at: pray-as-you-go.org

Thought for the day

We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty.
- Maya Angelou

Please pray for:

- Sue Cockett, Rosemary Duffin, Julie Liney; all those receiving home communion and all in need of our prayers
- The work of the Minority Ethnic Anglican Concerns Group
- The Diocesan of Lusaka (Central Africa), the Rt Revd David Njovu
- Springfield Park Baptist Church

Blooms, Brownies & The Flower Guild

ON the evening of Monday 30 January 2017, the Cathedral was host to the Cathedral Brownies led by Bluebird (Sarah Carter).



Each member produced a posy in a pot to take home. Several Flower Guild members were present to offer an extra pair of hands or advice if needed.

It was a very creative evening and the girls showed real flair and

enthusiasm. From the questions they asked and the skills they showed, they obviously enjoyed what they were doing. In fact, it was difficult to judge who enjoyed it most – the girls or the Flower Guild!

And what is more, everyone helped clear up at the end. It was indeed a wonderful evening!

Janice Goodman



More news from the Brownies

ON Monday night, the Brownies and the Girls' Choir joined forces for a special musical workshop in the Cathedral.

The evening began with the two groups finding out about what the girls in the choir do on a weekly basis and why we have sung services in the Cathedral. The whole group then joined in a number of both silly and serious musical games practicing various skills such as teamwork, reactions, breathing, and rhythm.

Especially popular was a game where a melody was passed on secretly between different teams. By the time the last team had heard and sung the melody, it had changed quite dramatically from the original!

The Brownies then visited the Song School and had a chance to try on cassocks. Lastly the whole group joined in singing an anthem in the Chancel accompanied by Christopher Strange on the organ.

It was a fun evening for both groups and the sound of everyone singing together at the end was wonderful. I hope that we can arrange another similar event in the future!