

THIS WEEK

Sunday 19 February - Second Sunday before Lent

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

President: Revd Kate Moore

8.30am Breakfast with the Bible, led by Lee Lazari

9.30am **PARISH EUCHARIST**

President: The Dean

Preacher: Heike Prentice

11.15am **CHORAL EUCHARIST**

President: The Vice Dean

Preacher: The Dean

3.30pm **CHORAL EVENSONG**

Address: The Canon Precentor

Services today are sung by the choir of St Edward the Confessor, Romford

NEXT WEEK

Sunday 26 February - Sunday Next before Lent

8.00am **HOLY COMMUNION**, page no 82

President: The Canon Theologian

9.30am **PARISH EUCHARIST**

President: The Canon Theologian

Preacher: The Vice Dean

11.15am **CHORAL EUCHARIST**

President: The Canon Precentor

Preacher: The Canon Theologian

3.30pm **CHORAL EVENSONG**

Address: The Dean

5.00pm Launch and reception of 'Songs for the Soul'

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



2nd Sunday before Lent, 19 February 2017

Discover Compline this Lent

LENT is usually seen as an austere time: churches have no flowers, vestments are purple or sometimes sackcloth, and the hymns and service music has a more sombre, penitential tone.

Here, Lent is additionally marked by the addition of Compline to the weekly services. Religious communities mark the end of the day with this the monastic office of Compline simple act of worship involving a reading from scripture, a psalm, responses and *Nunc dimittis* (more often heard at Evensong, which is an amalgamation of Vespers and Compline).

On most Fridays in Lent* and the first three days of Holy Week, this



short candlelit service (about 20 minutes long) will be sung by the gentlemen of the Cathedral Choir, offering an atmospheric time of devotional space with time for reflection and absorption in the beauty of the darkened Cathedral. It's a calming and refreshing way to end the week; join us at 7pm.

* Compline will be said on Friday 7 April.

Contact us at:

Cathedral Office, New Street, Chelmsford CMI 1TY
01245 294 492 (Emergency out of hours contact: 07518 124858)
and visit our website: chelmsfordcathedral.org.uk
Facebook: /chelmsfordcathedral Twitter: @CCathedral
Safeguarding Officer: Elizabeth Marshall 07717043202



Diocese of
Chelmsford

Study Notes on the Sunday Gospel

Reading

Introduction & Context

Matthew 6.25-end

A key word in this passage is “worry” (vv. 25, 27, 31). To worry about food and appearance is to view life much too narrowly. Birds show us the proper attitude to food (v. 26): they work hard to find it, but they do not store it for possible future shortages. Worry, preoccupation, is futile: people desire a long life, but excess concern will not lengthen it (v. 27). Wild “lilies” (v. 28), abundant on Palestinian hillsides but dull brown for much of the year, are only brightly coloured for a few weeks. Even “Solomon” (v. 29), could not compare to their beauty. The “grass” (v. 30) ends up being “thrown into the oven” as fuel for cooking. But if God cares for such plants, how much more will he provide for, clothe those who are faithful to him. So do not be preoccupied with your physical needs (v. 31).

Jesus tells us that these worries are wrong because people falsely seek security in possessions, and anyway God knows our needs, so worrying about them is to suspect him of forgetting or neglecting his people and their needs. Our objective must be to put God first, to seek union with him, and to attain godly integrity (“righteousness”, v. 33).

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 - 26.02.17 Sunday Before Lent

9.30 am & 11.15 am:

Exodus 24.12-end

Psalms 2

2 Peter 1.16-end

Matthew 17.1-9

3.30 pm:

Psalms 104

Proverbs 8.1,22-31

Colossians 1.15-20

THE WEEK AHEAD

Sunday 19 February

1.00pm

Meeting Point Lunch (Green Man, Howe Green)

Monday 20 February

6.00 - 8.00pm

Youth Group (YMCA)

Tuesday 21 February

11.30am

Funeral of Mary Barton

Wednesday 22 February

9.30am

Parent and Toddler Group (Chapter House)

11.00am - 3.00pm

24/7 Prayer in St Peter's Chapel

12.35pm

Eucharist

1.00-3.00pm

Welcome on Wednesday: coffee and cake in the North Transept

8.00pm

Theological Society (Chapter House)

6.00 - 8.00pm

Older Youth Group (14 + (Learning Centre)

Thursday 23 February

9.30am

New Interests Group trip to Hoxton (meet at Chelmsford Railway Station)

10.00am

Eucharist

10.45am

Faith and Fitness (North Transept)

Friday 24 February

12.30pm

Lunchtime Concert - The Bishop Ensemble (violin, cello & piano)

7.30pm

Sound of Music Live Screening (sold out)

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.

£20; concert tickets will be available on the door at £10.

Thursday 9 March 2.00pm

Mothers' Union meeting in the Chapter House. Heike Prentice reflects on Lent.

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

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.

The flower arrangement at the west end of the nave is sponsored this week by Joyce Britton, Nicholas and David in memory of a dear husband and father, Douglas (Doug). 'Always thinking of you'

Our Christingle service collection raised £253.58 for the Children's Society this year. The Cathedral school raised a further £49.48 at their own Christingle service. Many thanks to all who helped in any way to make the event a success. *Richard Spilsbury*

Ivor Moody is having a book published in February. It is called 'Songs for the Soul' and is a book of theological reflections and meditations on six iconic pop songs spanning the last 50 years. More

details can be found at matthewjamespublishing.com/product/songs-soul-ivor-moody/ Ivor is holding a launch and book signing at the Cathedral on Sunday 26 February from 5pm to which everyone is cordially invited! Copies of the book will also be available on the Cathedral bookstall.

The Electoral Roll will be revised this year between 6 March and 3 April 2017. If you are over 16 and not on the Roll, please complete a form (available near the South door of the Cathedral) and either return it to me at 80 Kelvedon Close, Chelmsford, CMI 4DG or leave it with the Vergers. Those on the Roll are entitled to take part in the elections at the Cathedral AGM to be held in the Cathedral on Saturday 29 April 2017 at 9.30am. Any queries please contact me on 01245 268596 after 4.30pm. Many thanks, *Jackie Dryhurst.*

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.

Thursday 2 March 8.00pm Mothers' Union meeting in the Chapter House. 'Finger Food and Flowers' with Janice Goodman from the Cathedral Flower Guild.

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

Sunday:	Matthew 6.25-end	Thursday:	Mark 9.41-end
Monday:	Mark 9.14-29	Friday:	Mark 10.1-12
Tuesday:	Mark 9.38-40	Saturday:	Mark 13-16
Wednesday:	Mark 9.38-40	Sunday:	Matthew 17.1-9

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

Thought for the day

When I trust deeply that today God is truly with me and holds me safe in a divine embrace, guiding every one of my steps I can let go of my anxious need to know how tomorrow will look, or what will happen next month or next year. I can be fully where I am and pay attention to the many signs of God's love within me and around me. - Henri Nouwen.

Please pray for:

- Sue Cockett, Rosemary Duffin, Julie Liney; all those receiving home communion and all in need of our prayers
- The workplace Chaplaincy (formerly Essex Churches Council for Industry and Commerce), its Principal Officer, the Ven. Martin Webster and its Chaplains
- The Diocese of Mahajanga (Indian Ocean)
- St Andrews, Melbourne

Celebrating Marriage Week



An amazing display of wedding memorabilia took place in the Cathedral with donations from a number of Cathedral members. Such was the success, the display was extended to be on view for the whole week.

Mosque Open Day



Canon Edward Carter with Sidra Naeem at the Chelmsford Mosque Open Day