

THIS WEEK

Sunday 1 September - Trinity 11

8.00am HOLY COMMUNION, page no 173

President: Canon Imogen Nay

8.30am Breakfast with the Bible, led by Revd Kate Moore

9.30am PARISH EUCHARIST

President: Canon Alison Kennedy

Preacher: Canon Ivor Moody

11.15am CHORAL EUCHARIST

President: Nicholas Henshall, Dean of Chelmsford

Preacher: Canon Ivor Moody

3.30pm EVENING PRAYER

Preacher: the Revd Kate Moore

NEXT WEEK

Sunday 8 September - The Birth of the Blessed Virgin Mary

8.00am HOLY COMMUNION, page no 210

President: Canon Alison Kennedy

8.30am Breakfast with the Bible, led by Tim Leeson

9.30am PARISH EUCHARIST

President: Nicholas Henshall, Dean of Chelmsford

Preacher: The Rt Revd David Muriithi Ireri, Bishop of Embu

11.15am CHORAL EUCHARIST with incense

President: the Revd Kate Moore

Preacher: Canon Imogen Nay

3.30pm EVENSONG with reception into the Church of England

Preacher: Canon Imogen Nay

Daily Prayer through the Week (Mon to Sat):

Morning Prayer: 7.45 am

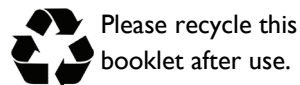
Holy Communion: 8.15 am (also Wed at 12.35 pm & Thurs at 10.00 am)

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

11th Sunday after Trinity, September 1 2019



Welcome!

We are thrilled to welcome two new members of the music team this weekend: Hilary Punnett as Assistant Organist and Director of the Girls' Choir, and Isaac Adni as Graham Rogers Organ Scholar. Hilary joins us from the music staff of Lincoln Minster, with her husband Simon (also a fine organist) and we look forward to formally welcoming her to her new rôle at Evensong on Sunday 22 September at 3.30 pm. As the Graham Rogers Organ Scholar, Isaac will have a large part to play in the Cathedral's life, particularly at the 9.30 Parish Eucharist; he will be admitted with the new choral scholars at Evensong on Sunday 15 September at 3.30 pm. Choral services resume on Friday 6 September with Evensong at 5.15 pm.



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Diocese of
Chelmsford

Study Notes on the Sunday Gospel

Readings for Trinity 11:

Proverbs 25.6-7
Psalm 112
Luke 14.1,7-14

Gentle and humble of heart

Today's readings are a mixture of exhortations to be gentle and humble in our own lives, and to give practical hospitality to the poor.

- Jesus's teaching in the **Gospel** is in the setting of a meal. His parable touches into our feelings of pride or shame and instructs us to be humble. Invitations to his banquet show a definite preference for the poor and lowly.
- The **Psalm** is a song of praise to the God who, in turn, is attentive to the orphan and widow, the poor and the lonely. The psalmist rejoices in the generous God who gives us new life.
- The **First Reading** provides a very simple commentary on Jesus' teaching.

This week may we follow Jesus, who is 'gentle and humble of heart', in all that we say and do.

Next Sunday's Readings - Birth of Mary : 8/9/19

9.30 am & 11.15 am:
Micah 5.2-4
Psalm 45.10-17
Matthew 1.18-23

3.30 pm:
Ps 45
Ecclesiasticus 24.17-22
Galatians 4.4-7

THE WEEK AHEAD

Monday 2 September

5.30 - 7.00pm Youth Group (8pm yr 9+) (YMCA)

Wednesday 4 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)

Thursday 5 September

10.00am Eucharist

Friday 6 September

All day Writtle University Graduations (lunchtime concerts start again next week)

Saturday 7 September

10.00am Coffee in the Cathedral

Saturday 14 September Friends of Essex Churches Trust (FOECT) Sponsored Ride and Stride

The sponsored event runs from 9.00 a.m. to 4.00 p.m. The Cathedral west entrance will be hosting a reception for visitors and providing light refreshments. If you wish to take part in the event by cycling or walking or if you would like to help on the reception desk please contact Jason Themistocleous email: jthemist@ford.com, M: 07860 914006. For more information go to www.foect.org.uk

Wednesday 18 September 8.00pm

Theological Society Meeting:
Out Of Control; #metoo #churchtoo #ustoo a talk by Natalie Collins. Natalie is a

gender justice specialist, and founder of Spark, which seeks to prevent and respond to violence against women. Cost: £3.50 (payable on the day). The meeting takes place in Chapter House.

Thursday 3 October 8pm Mothers' Union Meeting:

A talk by Vickie Holmes speaking on her book "In Bed with the Victorians".

Thursday 17 October 2pm Mothers' Union Meeting

The speaker is Molly Hoyle and her topic is 'In Mary Sumner's footsteps'. She will also have the M U E merchandises with her. Please note this is a week later than usual. All are welcome to attend either meeting which is held in Chapter House adjacent to the Cathedral.

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 starts again next week, 8th September.

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 full name, house number and postcode and the date.

The Cathedral Prayer Group meets 10.45 to approximately 11.15 on the third Thursday of the month in the Mildmay Chapel.

All notices for the newsheet, along with any articles and photos of recent events at the Cathedral, or involving Cathedral groups, should be sent to Clare Broome clare.broome@chelmsfordcathedral.org.uk. Please make sure that any people in photos have given their permission to you. If you are involved in a group, it is a really good way of encouraging more members by showing them what you do!

Safeguarding: From Tuesday 27 August, please address any Safeguarding queries or issues to the Revd Kate Moore, the Assistant Safeguarding Officer for the Cathedral, telephone 07860 459465. (Elizabeth Marshall will be having an eye operation and will be unable to answer any queries or referrals for about two weeks).

A message from Eileen French: Thank you to the many people who've supported me over the past twelve weeks with prayer cards visits and emails and calls. It has been wonderful and I appreciate it.

Monday 2 September New Interests Group

A rural river walk of about one hour to view Julie's House designed by Grayson Perry at Wrabness followed by a light lunch and casual walk around historic Harwich in the afternoon. For all details please contact Ann Freese tel: 01245 357096 or email: allfreese2@gmail.com

**Sunday 11 September 1pm
Meeting Point lunch** at the White Heart, Little Waltham. If you would like to join others for Sunday lunch, please contact Maureen tel: 01245 697781.

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

Monday: Luke 4.16-30

Tuesday: Luke 4.31-37

Wednesday: Luke 4.38-end

Thursday: Luke 5.1-11

Friday: Luke 5.33-end

Saturday: Luke 6.1-5

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

Thought for the day

A little bit of mercy makes the world less cold and more just.

— Pope Francis

Please pray for:

- Teresa Hipgrave, Rita James, Winnie Towers, Norman Sharpe, and all those receiving home communion and all in need of our prayers
- the work of the Dean and Chapter in their daily work of the administration of the Cathedral.
- Chelmsford CHESS
- The Province of the Episcopal Church of South Sudan and the Most Revd Justin Badi Arama, Bishop of Juba and Archbishop of the Province of the Episcopal Church of South Sudan

MISSION SUNDAY

Each year the first Sunday in October is Mission Sunday. On that day there is no 9.30 am or 11.15 am service; instead, everyone who worships at the Cathedral is invited and encouraged to worship somewhere else! If you would like suggestions or ideas please ask one of the clergy, and please share your stories of your visits on your return.

CATHEDRAL LIFE

Cathedral takes on the Hindu Society at Cricket!



As the country remains gripped by the twists and turns of the Ashes test series, cricket enthusiasts from Chelmsford Cathedral took on members of The Chelmsford Hindu Society at Willingale Cricket Club last week. In a close fought match, the Cathedral eventually won by three wickets!

Many people from our two communities came together for the afternoon to watch an exciting game of cricket, and to socialise with each other over a shared tea generously supplied by players and supporters from both sides.

The Cathedral side represented a broad snapshot of cathedral life, with a girl chorister, two of our young people, a Junior Church dad, a former High Sheriff and a former bridegroom all taking part, to name but a few!

This was a landmark event for two faith communities and the Mid Essex Inter Faith Forum. It was the Cathedral's first fixture against the Chelmsford Hindu community who are relatively new to the city, and represents another major step in inter faith relations. An annual fixture against the Chelmsford Mosque is already well established, and this is an exciting new development, with all three teams already talking about a mini-tournament! Watch this space! Heartfelt thanks to Smita Rajesh of the Chelmsford Hindu Society who organised their team, to the two umpires and scorer and to Willingale Cricket Club for once again hosting us so generously and making us so welcome.

The Cathedral takes on the Mosque again on 22nd September.

Cathedral Tours

Earlier this year, the Cathedral started offering free tours following the Friday lunchtime concerts. These have proved very popular and a team of guides have been planning to continue offering tours this Autumn. Each tour lasts about an hour and gives visitors and those familiar with Chelmsford, an insight into some of the beautiful architecture and artwork in the Cathedral and outside.

Starting on Friday 13 September to coincide with the return of the lunchtime concerts, they are taking place every Friday except for 27 September and 11 October until



29 November. Tours are free so do invite friends and neighbours who may be visiting and would like to get to know something of the history of the Cathedral.

