

## THIS WEEK

### Sunday 2 September - Fourteenth Sunday after Trinity

- 8.00am HOLY COMMUNION**, page no 179  
*President: The Very Revd Nicholas Henshall*
- 8.30am** Breakfast with the Bible, led by *The Very Revd Nicholas Henshall*
- 9.30am PARISH EUCHARIST**  
*President: The Very Revd Nicholas Henshall*  
*Preacher: Canon Edward Carter*
- 11.15am CHORAL EUCHARIST**  
*President: Canon Ivor Moody*  
*Preacher: The Very Revd Nicholas Henshall*
- 3.30pm EVENSONG**  
*Address: The Very Revd Nicholas Henshall*

*This morning the Revd Kate Moore is leading the worship at St Marys Church Buttsbury*

## NEXT WEEK

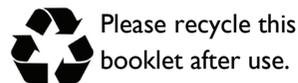
### Sunday 9 September - Fifteenth Sunday after Trinity

- 8.00 am HOLY COMMUNION**, page no 210 (as for the Annunciation)  
*President: Canon Edward Carter*
- 8.30am** Breakfast with the Bible led by *Canon Edward Carter*
- 9.30 am PARISH EUCHARIST**  
*President & Preacher: Canon Edward Carter*
- 11.15 am CHORAL EUCHARIST**  
*President & Preacher: Canon Edward Carter*
- 3.30 pm EVENSONG**  
*Address: Canon Ivor Moody*

### 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



14th Sunday after Trinity, 2 September 2018

## New Youth Projects

The new term sees the launch of two new youth projects here at Chelmsford Cathedral! Here Tim Leeson, our Youth Minister, explains.



**Connect** is run by Chelmsford Cathedral and YMCA Essex in partnership. It's for young people from year 5 to year 11. Those in year 12 and 13 are invited to join the team as young leaders!

**What?** Try new things and learn new skills! Make things with your hands, connect with nature, learn to plant and grow things, make art, play sports, and of course hang around and have fun!

**Where?** Chelmsford YMCA

**When?** Monday evenings in term time, beginning on 10 September. 5.30 to 7pm for all ages, with an extra hour at the end (finishing at 8) for those in year 9 and above.

**How much?** £2 per session, with concessions for families with more than one young person.

**No need to RSVP, just show up!**

**We'll have forms to be filled in ready on the evening.**

### Going Deeper

**Who?** Run by Tim Leeson and Jo Themistocleous. For young people in year 9 and above.

**What?** An opportunity to explore faith and to think about life's big questions over dinner.

**Where?** Initially alternating between Jo's house and Tim's flat: we'll give the addresses to those who want to come!

**When?** Alternate Sunday evenings, beginning on the 30 September.

**How much?** A donation, however much you can afford, to go towards the food.

**Please let Tim know if you want to come to this, so that we know how many to cater for!**

For more information, contact the youth minister: tim.leeson@chelmsfordcathedral.org.uk.

### Contact us at:

Cathedral Office, New Street, Chelmsford CMI ITY  
01245 294492

and visit our website: [chelmsfordcathedral.org.uk](http://chelmsfordcathedral.org.uk)  
Facebook: /chelmsfordcathedral Twitter: @CCathedral  
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Diocese of  
Chelmsford

## Study Notes on the Sunday Gospel

### Mark 7.1-8,14-15, 21-23

#### Introduction & Context

Mark has told us that Jesus has gained an audience among the common people, who have sought sustenance and have responded to his compassion in healing. Now we hear of his opposition to the legalism and *pickiness* of the Pharisees. They are “from Jerusalem”, so represent official Judaism. Mark’s note (vv. 3-4), written for Gentile readers, explains that Pharisees consider the “tradition of the elders” to be binding, as are the laws of Moses. (They wished to extend the laws of ritual purity, which once applied only to priests, to all Jews, thus making all people priestly.) Rather than answer the question (v. 5), Jesus calls them *phonies*. (In Greek, *hypokrites* were actors who masked – hid – their faces.) He quotes Isaiah 29:13: their religion is empty; they “hold to human tradition” (v. 8) rather than the Law. Then vv. 14-15: Jesus says that what you eat (“going in”) is immaterial, but what *comes out* does matter: it is from the very being of a person that “evil intentions” (v. 21) and actions come. (The “heart” was seen as the source of will and not just of emotions.)

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 - 9/9/18 : Birthday of Mary

**9.30 am & 11.15 am:**

Micah 5.2-4

Psalms 136-7

Matthew 1.18-23

**3.30 pm:**

Ps 45

Ecclesiasticus 24.17-22

Galatians 4.4-7

## THE WEEK AHEAD

### Wednesday 5 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 6 September

- |         |           |
|---------|-----------|
| 10.00am | Eucharist |
|---------|-----------|

### Saturday 8 September

- |         |  |
|---------|--|
| 9.00am  | Friends of Essex Churches annual Ride and Stride |
| 10.00am | Coffee in the Cathedral                          |
| 11.00am | Free tour of the Cathedral                       |

### Thursday 13 September 2pm

**The Mothers’ Union** meets in Chapter House for a talk by Revd Andrew Merchant about BBC Essex where he has worked for many years.

### Sunday 23 September 2pm Interfaith Cricket Match & Family Fun Day

between Chelmsford Cathedral and Chelmsford Mosque. Taking place at Willingale Cricket Club (CM5 0SJ) food will be served after the match so please bring a dish to share. Come along to support or play! Please contact Ivor Moody on [ivor.moody@chelmsfordcathedral.org.uk](mailto:ivor.moody@chelmsfordcathedral.org.uk)

### Sunday 30 September 6pm

**A Harvest Hot Supper** is being hosted by the Social Committee in St Cedd’s Hall Chapter House. With food,

games and fun for all ages tickets cost £8 (adults) and £4 (children). From Yvonne Spence email [yvonnespence@hotmail.com](mailto:yvonnespence@hotmail.com) or tel: 01245 465108 or speak to any member of the Social Committee.

### Friday 2 November 7.30 pm

**The Choirs’ Association** annual Candlelit Supper in the North Transept - always an excellent evening with top-quality food and musical entertainment in a wonderful setting; for tickets and enquiries, contact: [cc.candlelit supper@gmail.com](mailto:cc.candlelit supper@gmail.com)

## CONFIRMATION

If you want to explore the Christian faith and prepare for Confirmation, contact the Dean at [dean@chelmsfordcathedral.org.uk](mailto:dean@chelmsfordcathedral.org.uk)

The Confirmation service is on Sunday, 25 November at 3.30 pm.

## 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 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** returns next week.

**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.

**Doris and Cyril Mills** are celebrating their Diamond Wedding anniversary on 30 August and there will be a cake following the 9.30am service today. Doris and Cyril have sponsored the flower arrangement at the west end of the nave as a thanksgiving for sixty wonderful years together.

### **Friends of Essex Churches Trust Ride and Stride**

Saturday 8 September is the annual Ride and Stride Event supported by Friends of Essex Churches. The sponsored event runs from 9.00am to 5.00pm. The Cathedral west entrance will be hosting a reception for visitors 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](mailto:jthemist@ford.com) tel: 07860 914006 or for more information go to [www.foect.org.uk](http://www.foect.org.uk)

### **Thursday 6 September 8pm**

**The Mothers' Union** meets in Chapter House to hear Nick Alston speak on 'The Work of a Police and Crime Commissioner'.

### **Friday 7 September 7pm**

**The Flower Guild** is holding a fundraising 'fork supper' at Janice's house in Springfield. There will be two courses, a glass of wine and a raffle. Tickets cost £15. For further information and tickets please contact Pippa, 01245 262361, [pippaalston@aol.com](mailto:pippaalston@aol.com) or Isabel 01245 258505 [isabelfyfe41@gmail.com](mailto:isabelfyfe41@gmail.com).

### **Saturday 8 September 11am**

The Cathedral is open all day as part of the Heritage Open Days event and there will be a free guided tour at 11am.

### **Wednesday 12 September 8pm Theological Society**

Canon Ivor Moody speaks on "Does the Devil have all the best tunes? Finding 'The Rock' in Pop". £3.50 payable on the door.

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

<i>Sunday:</i>	Mark 7.1-8,14-15, 21-23	<i>Thursday:</i>	Luke 5.1-11
<i>Monday:</i>	Luke 4.16-30	<i>Friday:</i>	Luke 5.33-end
<i>Tuesday:</i>	Luke 4.31-37	<i>Saturday:</i>	Matthew 1.18-23
<i>Wednesday:</i>	Luke 4.38-end	<i>Sunday:</i>	Matthew 1.18-23

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

### **Thought for the day**

Somewhere we know that without silence words lose their meaning, that without listening speaking no longer heals, that without distance closeness cannot cure. - *Henri Nouwen*

### **Please pray for:**

- Mary Bradford, David Brider, Rosemary Duffin, Rita James, Julie Liney, Bartholomew Mullane; all those receiving home communion and all in need of our prayers.
- The family and friends of Michael Harrington and Lydia Gladwin who died in August.
- Chelmsford CHESS & the team
- The work of the Dean and Chapter in their daily work of the administration of the Cathedral
- The Anglican Church of South America and the Most Revd Gregory James, Presiding Bishop

### **Edward & Sarah Carter**

Next Sunday at both 9.30 am and 11.15 am we will be saying farewell to Edward and Sarah and celebrating their ministry here at Chelmsford Cathedral as they prepare to move to Norwich next month.

## CATHEDRAL LIFE

'There but not there' commemorates the centenary of the First World War through a nationwide installation of life-size silhouettes of soldiers. We are hoping to raise £750 to host one of the 6ft Tommy figures at the Cathedral. The money raised goes to the Remembered charity which is supporting six veterans' charities.



If you would like to contribute, please put your donation in a yellow envelope, mark it TOMMY, fill in your details if you are able to Gift Aid and put it in one of the donation boxes. Even if insufficient donations are made to purchase a Tommy figure, all the money raised will be sent to the Remembered charity.

Remembered supports:

Combat Stress

Commonwealth War Graves Foundation

Help for Heroes

Project Equinox: Housing Veterans

Royal Foundation: Heads Together

Walking with the Wounded

## Essex Summer of Art



*The Cathedral hosted a portrait exhibition by Essex-born artists*