



ELY
CATHEDRAL

Lent, Holy Week and Easter

Music of Faith, Songs of Scripture



Music and song have always been at the heart of Christian faith and worship. Throughout the scriptures the community of the faithful have responded to the divine by singing and making music upon instruments of all kinds.

This Lent, we will be reflecting on the music of our faith and the songs of scripture, the psalms, as a means of bringing us closer to God. We journey to the cross accompanied by songs of lament which deepen our prayer and we greet the resurrection with joyful songs of praise and thanksgiving.

Here at Ely Cathedral we are offering a wide range of worship opportunities for prayer and reflection in our Lent, Holy Week and Easter Programme. We are delighted to welcome inspiring preachers, among them Malcolm Guite, Stuart Townend, Megan Daffern and Rowan Williams. We will be accompanied on our journey by our Cathedral Choirs and musicians. We hope that you will feel able to engage with the story of Christ's passion and resurrection in many and various ways; growing in holiness and deepening their faith as we journey together through the season of Lent.

'This is our story, this is our song'



Shrove Tuesday | 13 February | 6.30pm

The Big Pancake Party and Pancake Race

With live music from Ely Cathedral Octagon Singers and Ely Cathedral Community Choir. Come and enjoy the fun in our Big Pancake Race and Pancake Party where we will be raising money for the Church Urban Fund's Food Poverty Campaign and eating away at hunger. The event is free, but for catering purposes please get a ticket from the Cathedral Box Office. Telephone 01353 660349.

Special guest: Lt Col Neil Stace (The Great British Sewing Bee)



Ash Wednesday | 14 February

'Remember you are dust, and to dust you shall return. Turn away from sin, and be faithful to Christ.' These are the words that Christians hear on Ash Wednesday as their foreheads are marked in ash with the sign of the cross at the beginning of Lent. Ash Wednesday is considered a day of obligation for practising Christians and there are various services during the day for people to receive communion and ashing: 8am, 12.10pm and a Solemn Eucharist at 7.30pm sung by Ely Cathedral Octagon Singers. The Celebrant and Preacher at this service will be The Bishop.

Sunday Worship and Lent Sermon Series

Our pattern of worship every Sunday includes a quiet said service of Holy Communion at 8.15am using the poetic language of the Book of Common Prayer, with a short homily. At 10.30am we gather for the Cathedral Sung Eucharist with Sermon, and at 4pm for Choral Evensong from the Book of Common Prayer with an address.

18 February | First Sunday of Lent

**10.30am Sung Eucharist including *William Walton's 'Missa Brevis'*
Preacher: The Dean**

Mark Bonney has been Dean of Ely since September 2012. He read Music at St Catharine's College, Cambridge where he was also a Choral Exhibitioner. He sang in the Chapel Choir and was also a member of the Cambridge University Chamber Choir. He taught music at Durham School for three years before training for the priesthood in Oxford. He was ordained in the Durham Diocese, served for 16 years in St Albans Diocese, four years of which were as Chaplain and then Precentor at St Albans Abbey. Before coming to Ely, he was Canon Treasurer of Salisbury Cathedral.

4pm Choral Evensong to include '*O Saviour of the World*' *Sir John Goss* | Address: Canon Victoria Johnson

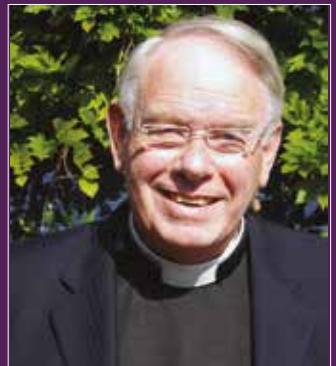
Vicky has been a Residentiary Canon at Ely Cathedral since April 2015. Her musical journey began as a parish chorister aged 8 and she has sung in and directed amateur choirs ever since with a passion for teaching beginners. Highlights include conducting a 'scratch' Messiah with orchestra, Haydn's Creation, and the Girls' Choir of St James the Greater, Leicester. Whilst studying theology in Cambridge, she spent a semester studying at the Institute of Sacred Music, in Yale, USA, where organists and clergy were encouraged to collaborate on liturgy and music, and she sang as part of a professional liturgical choir. Music has always been a vital part of her priestly ministry. She now sings with Fairhaven Singers, a Cambridge-based Chamber Choir and the Ely Cathedral Octagon Singers, and has recently set up The Ely Cathedral Community Choir.



25 February | Second Sunday of Lent

**10.30am Sung Eucharist including music by *Francisco de Peñalosa*
'Missa el Ojo' | Preacher: Canon Jeremy Davies**

Jeremy Davies was ordained by Bishop Trevor Huddleston in 1971 and worked in the East End of London for eight years. For 26 years until 2012 he was Canon Precentor at Salisbury Cathedral, having previously been university chaplain at QMC (University of London) and then at Cardiff University. He holds degrees from Cambridge University in English and Theology and is now undertaking research on theological perspectives in the novels and philosophy of Iris Murdoch. His book on preaching 'In Season and out of Season' was published by Canterbury Press in 2014. In retirement he leads retreats, lectures in UK, USA and Sweden on liturgy and spirituality and the arts, and is also Warden of the Fellowship of the Hidden Life.





4pm Choral Evensong

including music by *Herbert Howells*, 'O pray for the peace of Jerusalem' | Address: Al Gordon, Rector of St John at Hackney

Al Gordon has been the Rector of St John at Hackney in East London since 2016. Ely Cathedral has a long-standing link with the Church and it is a delight to welcome Al to preaching for us during Lent. Al is the co-founder of Worship Central, a movement of worshippers who want to see the worship of Jesus Christ made central throughout our communities, local churches and the world, providing music and resources for Christian communities to enhance the worship experience. Al is also a trustee of Charity:Water and Alpha International.



4 March | Third Sunday of Lent

10.30am Sung Eucharist including music by *Claudio Monteverdi* 'Messa da Cappella (1641)' | Preacher: The Rt Revd Brian Castle

The Rt Revd Brian Castle, formerly Bishop of Tonbridge, is an assistant bishop in the diocese of Bath and Wells and honorary research fellow at Exeter University. He has worked as a parish priest in Surrey, Zambia and Somerset and has been a visiting lecturer at the World Council of Churches Ecumenical Institute in Geneva and Vice Principal of Ripon College Cuddesdon, Oxford. He has a keen interest in the relationship between theology and culture and has published books on reconciliation, mission and the theology of hymns.

4pm Choral Evensong

including music by *William Byrd* 'Ne irascaris'

Address: Stuart Townend



Stuart is one of the leading worship songwriters of his generation: from 'How Deep the Father's Love' to 'In Christ Alone', 'The Power of the Cross' to 'Beautiful Saviour', his songs are sung in churches and events around the world, and his lyrics acclaimed in the same breath as those of Watts and Wesley. He tours and leads worship at events around the UK and abroad, pioneering a distinctive style of acoustic folk that sets his music apart from the mainstream 'rock worship' style that dominates the scene. Stuart continues to write with long-time collaborator Keith Getty, but has also worked with many other writers. He is also an established recording artist, with eight solo albums to his name.

11 March | Mothering Sunday

10.30am All-Age Sung Eucharist including music by *Marcel Dupré* 'Ave Maria' | Preacher: The Revd Dr Malcolm Guite

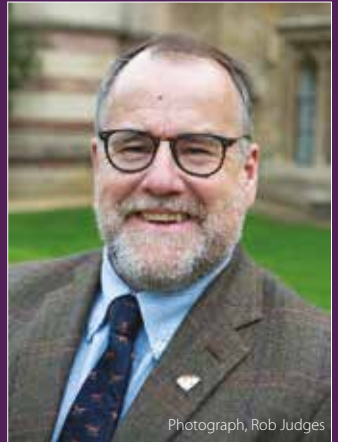


Poet-Priest Malcolm Guite is Chaplain of Girton College, Cambridge and teaches at the Faculty of Divinity at the University of Cambridge. He lectures widely in England and North America on Theology and Literature and has published poetry, theology, and literary criticism and has worked as a librettist. Malcolm has a particular interest in the imagination as a truth-bearing faculty and continues to reflect deeply on how poetry can stimulate and re-awaken our prayer life. Malcolm enjoys sailing, walking, old books, live music, riding his Harley Davidson motorbike and all the varieties of the British countryside and weather. Malcolm is also part of the rock band Mystery Train, regularly performing gigs at Grantchester, Cambridge and other places around Cambridgeshire. www.malcolmguite.com

4pm Choral Evensong
including music by *Gabriel Fauré 'Maria, Mater gratiae'*

Address: The Revd Canon Bruce Kinsey

Bruce is Chaplain of Balliol College, Oxford and an Honorary Canon here at Ely Cathedral. Bruce trained for the ordained ministry at Wycliffe Hall in Oxford. Prior to Balliol, he was Senior Tutor, Child Protection Designated Person and Chaplain at The Perse School in Cambridge and before that Chaplain at Downing College, Cambridge. He is also a UKCP-registered psychoanalytic psychotherapist, and trained with the Cambridge Society for Psychotherapy. He also trained as a Supervisor with the Society for Analytical Psychology, London, and registered with the British Association for Psychoanalytic and Psychodynamic Supervision. His clinical practice has, apart from educational settings, included prison work, AIDS/HIV work, and general mental health in Addenbrooke's Hospital. He has published in the fields of therapy, education and theology and edited a psychoanalytic journal.



Photograph, Rob Judges

6.30pm Taizé Service

The Taizé community is an ecumenical monastic order in Taizé, Burgundy. The community search for communion with God through community prayer, song, silence, personal reflection and sharing. The community has become one of the world's most important sites of Christian pilgrimage, with a focus on youth. Over 100,000 young people from around the world make pilgrimages to Taizé each year. The music of Taizé is based on simple sentences from the psalms or from scripture, often sung in canon, and in many languages. Services based on this model and using the music of Taizé are held in churches of all denominations around the world.



18 March | Fifth Sunday of Lent

10.30am Sung Eucharist including music by Louis Vierne 'Messe solennelle' | Preacher: The Revd Dr Megan Daffern

Megan Daffern is Chaplain at Jesus College, Oxford, and a lecturer in the Faculty of Theology and Religion, University of Oxford. An Anglican priest and a member of the Third Order of the Society of St Francis, she combines pastoral and academic work in her ministry, and is passionate about communicating the Bible to a wide audience. She has recently published 'Songs of the Spirit' A Psalm a day for Lent and Easter (SPCK, 2018), a collection of newly translated psalms for everyday life.



4pm Choral Evensong including music by Anton Bruckner 'Vexilla regis' | Address: The Revd Dr Hannah Cleugh

Hannah Cleugh is Senior Chaplain to the Bishop of Ely. Previously she was Chaplain and Solway Research Fellow at University College in Durham, where the chapel has a strong choral tradition, and from 2013-17 was a member of General Synod. Her academic research focusses on doctrine and liturgy in the Reformation Church of England.



Worship, Music and Prayer



Meditation and Music | Tuesdays in Lent | 1pm in the Presbytery

The musicians of Ely Cathedral contribute a piece of organ music appropriate to the season of Lent. The piece is preceded by a short meditation by one of the Cathedral Clergy exploring the music itself and the theological and spiritual threads which can be drawn from it. The whole meditation lasts about twenty minutes.



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| 20 February | <i>Attende Domine</i> - Jeanne Demessieux
Edmund Aldhouse, Assistant Organist,
Ely Cathedral
Canon Victoria Johnson |
| 27 February | <i>Audi benigne conditor</i> , from
<i>Le Tombeau de Titelouze</i> , Op. 38 - Dupré
Richard Walmsley, Director of Music,
King's Ely
Canon Jessica Martin |
| 6 March | <i>An Wasserflüssen Babylon</i> BWV 653 -
J. S. Bach
Edmund Aldhouse
Canon Victoria Johnson |
| 13 March | <i>Herzlich tut mich verlangen</i> Op. 122/10 -
Brahms
Paul Trepte, Director of Music,
Ely Cathedral
Canon Victoria Johnson |
| 20 March | <i>O Mensch, bewein dein Sünde groß</i>
BWV 622 - J. S. Bach
Aaron Shilson, Assistant Organist,
Ely Cathedral Girls' Choir
Canon Jessica Martin |
| 27 March | <i>O Welt, ich muß dich lassen</i> -
Brahms Op. 122 / 11
Paul Trepte
Canon Victoria Johnson |

Candlelit Compline | Tuesdays in Lent | 9pm in the Lady Chapel.

The ancient monastic office of Compline derives its name from a Latin word meaning 'completion'. It is above all a service of quietness and reflection before rest at the end of the day. This candlelit service is sung by a gathered choir who lead the responses, psalms and sing two anthems. In the stunning space of the Lady Chapel with its magnificent acoustics this is an uplifting and evocative way to journey prayerfully through Lent and find space for reflection at the end of the day. The service lasts about 30 minutes. **On Tuesday 27 March the service will begin at 8pm with an address by the Holy Week Preacher, Rowan Williams.**



Fridays during Lent

The Eucharist at 12.10pm followed by Lent Lunch in the Lady Chapel

Each Friday during Lent there will be a simple eucharist with a hymn and word of reflection followed at 1pm by a Lent lunch in the Lady Chapel provided by the Mothers' Union who will be taking donations to support their Lent Charity 'The Wisbech Project' supporting a Family Worker in the market town of Wisbech.



A Day exploring 'Centering Prayer'

Saturday 24 March, 10am-3.30pm

This event is hosted by Ely Cathedral and Contemplative Outreach UK and will explore prayer in the contemplative tradition, using silence and scripture. Cost: £5 for the day, please bring your own packed lunch. To secure a place please send a cheque for £5 payable to 'Ely Cathedral', please give your name and address, and label the envelope 'Centering Prayer' and send to Gillian Cook, The Chapter Office, The College, Ely, Cambs, CB7 4DL.

g.cook@elycathedral.org





Organ Recitals | Free Admission

Ely Cathedral's fine organ will be heard in a series of recitals throughout 2018. Our evening programmes will reflect a particular theme, allowing the performers to explore a diverse range of repertoire, and to exploit the many sounds and colours of the instrument to the full. During Lent, our Cathedral musicians offer a perspective on 'Sonatas and Symphonies'. The full Organ Recital Series programme can be found on the Cathedral Website.

Thursday 22 February, 7.30pm



Edmund Aldhouse presents the first in a series of 'Sonatas and Symphonies' for organ. Bach's intricate sonata is complemented by Vierne's magnificent symphony, an epic journey from its brooding opening to one of the best loved symphonic finales of all time.

Programme

J. S. Bach Trio Sonata No 4 in E Minor BWV 528

Louis Vierne Symphony No 1 in D

Thursday 15 March, 7.30pm



Paul Trepte presents the second in the series of 'Sonatas and Symphonies'. Rheinberger's popular sonata with its profound Passacaglia precedes Dupré's great symphony which dramatically recounts the life of Christ.

Programme

Josef Rheinberger Sonata No 8 in E Minor Op 132

Marcel Dupré Symphonie-Passion Op 23

Saturday 24 March, 7.30pm | *J. S. Bach's* St John Passion | Ely Choral Society

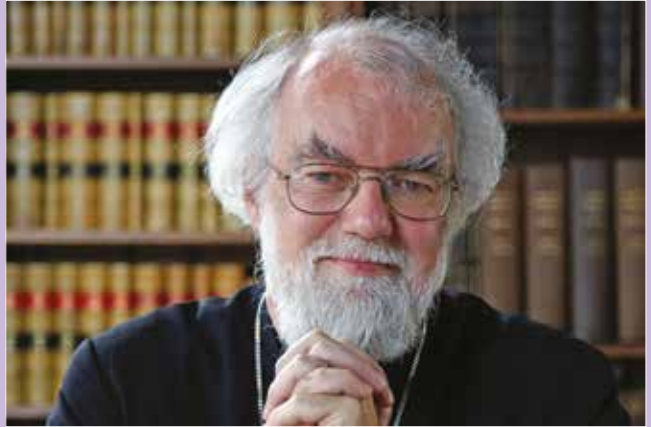
Ely Choral Society will perform Bach's St John Passion in what promises to be a very special performance sung in English, taking full advantage of the wonderful acoustic of the Nave of the Cathedral. Bach's passion settings are among the supreme choral achievements of any age. His St John Passion is an intimate and deeply expressive telling of Christ's persecution and crucifixion. Rogers Covey-Crump is well-known as a leading exponent of the role of Evangelist and he is joined by a group of young singers, all forging notable careers as opera and oratorio soloists. The performance is accompanied by period instruments provided by the Chameleon Arts Baroque Orchestra. The concert will be conducted by Andrew Parnell. Tickets on sale at £25, £20, £15, £8 and £5 for under 18s from Ely Cathedral Box Office and online at tickets.elycathedral.org.



Holy Week at Ely Cathedral

Former Archbishop of Canterbury and Honorary Canon of Ely Cathedral, Rowan Williams will be our guest preacher throughout Holy Week.

Dr Williams was educated at Dynevor Secondary Grammar School in Swansea, he came up to Christ's College in 1968. He studied for his doctorate at Christ Church and Wadham College Oxford, working on the Russian Orthodox theologian Vladimir Lossky. His career began as a lecturer at Mirfield (1975-1977). He returned to Cambridge as Tutor and Director of Studies at Westcott House. After ordination in Ely Cathedral, and serving as Honorary Assistant Priest at St George's Chesterton, he was appointed to a University lectureship in Divinity. In 1984 he was elected a Fellow and Dean of Clare College. During his time at Clare he was arrested and fined for singing psalms as part of the CND protest at Lakenheath air-base. In 2002, he became the 104th Archbishop of Canterbury. In 2013, he was made a life peer, becoming Lord Williams of Oystermouth, in the City and County of Swansea. Rowan Williams is currently Master of Magdalene College, Cambridge and is also a noted poet and translator of poetry, and, apart from Welsh, speaks or reads nine other languages publishing writings on a wide range of theological, historical and political themes.



Holy Week Services



Monday 26 March 7.30pm | **Eucharist** with Address by Bishop Rowan.

Tuesday 27 March 8pm | **Candle-lit Choral Compline** with Address by Bishop Rowan.

Wednesday 28 March 7.30pm | **A sequence of music and readings.** Music includes 'Lamentations' - *Byrd*, motets by *Bruckner* and the Cantata 'Crucifixus pro nobis' - *Leighton*.

Maundy Thursday 10.30am **Chrism Eucharist** with the Blessing of Oils and Renewal of Ordination Vows.

7.30pm | **Evening Eucharist of the Last Supper with washing of feet** commemorating Jesus' institution of the Eucharist and his command to 'love one another as I have loved you'. Address given by Bishop Rowan. This dramatic service concludes with the reading of Jesus's arrest and imprisonment the night before his trial and the symbolic stripping of the altar as Psalm 22 is sung. A silent Watch of prayer then takes place.

Good Friday Midday until c.1.15pm | **Preaching of the Cross** - addresses given by Bishop Rowan, with hymns and readings.

1.30pm - 3pm | **The Liturgy of the Day** with the singing of the Passion Gospel by *Victoria* and the veneration of the Cross in which all are invited to participate.

5.30pm | **Choral Evensong.** A solemn act of worship for Good Friday.

Holy Saturday 5.30pm | **Evensong** sung to plainsong.

8pm | **Easter Vigil with Baptism and Confirmation** with the Bishop presiding. The first celebration of Easter, with the Lighting of the Easter Fire, Paschal Candle and admission of new Christians to baptism and communion. This is a beautiful service at which we greet Easter in a dramatic and joyful way giving thanks for the faith that is within us.

Easter Day 8.15am | A quiet, said service of **Holy Communion** using the traditional language of the Book of Common Prayer with a short address.

10.30am | **Orchestral Eucharist** with the Ely Sinfonia, *Dvořák's* 'Mass in D' and the ever popular 'Easter Hymn' from *Mascagni's* opera 'Cavalleria Rusticana'. The president and preacher will be The Bishop.

4pm | **Festal Evensong** and Procession
Music by *Sir Hubert Parry* (the centenary of whose death we commemorate this year) including the 'Great Service' and 'Blest pair of sirens' and *Paul Trepte's* recently composed 'Te Deum' which concludes our Easter celebrations.

Children and Families

Good Friday Children's Activities and Worship, 10am - 11am

Come and hear the story of Easter and help create an Easter Garden. This child-friendly event lasts about an hour and leads in to an informal act of worship with Christian communities from all over Ely as they gather in the Cathedral after their Walk of Witness. The service is followed by hot cross buns in the Lady Chapel. All are welcome.



Christians Together Walk of Witness, 10.15am

Christians from all over the city gather outside St Mary's Church for prayer and begin a walk of witness to Market Square. The procession then moves to the Cathedral for a final short Act of Worship at 11am. Everyone is invited to the Lady Chapel for hot cross buns and refreshments.



Easter Day Eucharist with Children's Activities and Easter Egg Hunt

Children and families are very welcome to join us for our service on Easter Day where we rejoice that Christ has risen! With beautiful music and great hymns. During the service, children will be invited to help create a lovely display at the back of the Cathedral and what Easter celebration would be complete without an Easter Egg Hunt, which takes place immediately after the service in the Bishop's Garden.



Easter Prayer Stations

Suitable for any age (children with parental guidance), the stations are based on the prayer of St Francis, *Make me a channel of your peace*. Follow in St Francis' footsteps around the East end of the Cathedral to contemplate the barriers against and solutions for peace. In place from Thursday 29 March - Wednesday 11 April.



Easter Holiday Family Drop-In sessions

Come and join us for free family Easter craft activities and a trail (small charge). Our Easter theme is Peace. We meet in the Lady Chapel on Wednesday 4, Monday 9 and Wednesday 11 April, any time from 10am to Middy.



School for the Soul



Early Christians called their faith 'the Way'. The School for the Soul hopes to offer the resources to make spiritual growth part of our 'Way of Life' - wherever we are starting from.

Tuning our instruments: Lent discussions on Music and Faith

'I shall be made thy Music: as I come, I tune the Instrument here at the door, And what I must do then, think here before.'

So wrote John Donne in the poem 'Hymn to God my God, in my sickness'. In our Lent discussions we will think about 'being God's instrument' and of the gifts music gives us in our continual work to tune ourselves to God's harmony. Meetings will be immediately after Sunday Evensong in Lent, in the South-East Transept of the Cathedral beginning at 5 pm, finishing at 6.15 pm. Each meeting will pick up an aspect of something we have heard during Evensong, but discussions are open and easily accessible to all, whether they have attended Evensong or not.

'[Imagine] three Quires, heaven, earth, and spheres; The first, Heaven, hath a song, but no Man hears; The Spheres have Music, but they have no tongue, Their harmony is rather danced than sung; But our third Quire, to which the first gives ear (For, Angels learn by what the Church does here) This Quire hath all. The Organist is he Who hath tuned God and Man, the Organ, we.

John Donne, 'Upon the Translation of the Psalms'

What do we need to live well? Discussion and Study group

A discussion and study group for anyone trying to understand the place for God's worship and service in their daily lives. Open to all, whatever point you are at in wrestling with the great question of faith in God - from the first tentative exploration to a deepening commitment to the Christian way of life. Each week we will focus on a different writer who has explored (and struggled with) Christian commitment in the challenges of ordinary life. The four week set of meetings is also designed to guide those exploring Confirmation. Meetings will be on Monday evenings at 7pm in Powcher's Hall on the following dates: 26 February, 5, 12, 19 March.

'Seeking' at Ely Cathedral

Perhaps you are not sure what brought you into the Cathedral - or perhaps you know that you're in active search for spiritual nourishment? Maybe you are undecided about the great questions of faith - or perhaps you have always known God was there? If you'd like to explore further in conversation with someone, or perhaps start to meet people on the same journey, email seeking@elycathedral.org and one of the clergy here will contact you.

The daily offering of prayer in the Cathedral



Why not make a Lenten discipline of joining perhaps once or even twice a week in the daily round of prayer and praise that is the bedrock of the Cathedral's life - the core purpose of the Cathedral's existence?

Morning Prayer is said at 7.30am Monday - Saturday

The Eucharist is celebrated at 8am Monday - Saturday.

Both these services are quiet and reflective and take place in one of the Cathedral's side chapels.

Choral Evensong during Lent is sung at 5.30pm Monday - Saturday and at 4pm on Sundays.

On most days during Lent there is a service of Choral Evensong. This service from the Book of Common Prayer weaves together the words of scripture in the form of sung canticles, hymns, readings and prayers led by the choir and clergy. It is an opportunity to enter quietly into the offering of prayer and praise. Choral Evensong is both part of our cultural heritage and an enduring form of Christian worship which is growing in popularity. Possibly the best kept secret of the Cathedral's life! Why not make a Lenten discipline of attending Evensong once or twice a week? All are welcome.

Lent Appeal

World Vision is the world's largest international children's charity, working to bring real hope to millions of children in the world's hardest places. Poverty, conflict and disaster leave millions of children living in fear. Fear of hunger and disease. Fear of violence, conflict and exploitation. Fear that robs them of a childhood. Local staff work in thousands of communities across the world to free children from fear. They live and work alongside them, their families and communities to help change the world they live in for good. World Vision's worldwide presence means 'a quick response to emergencies', like conflict and natural disasters. They also use their influence and global reach to ensure that children are represented at every level of decision-making. Special envelopes available.



WaterAid Jam Jars for Lent

WaterAid UK is a member country of WaterAid, an international non-governmental organisation.

In support of
WaterAid Its mission is to transform lives by improving access to safe water, improved hygiene and sanitation in the world's poorest communities. Find yourself a jam jar. Water Aid labels can be obtained at the back of the Cathedral at the beginning of Lent.

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www.elycathedral.org

Further details on Lent,
Holy Week and Easter at Ely
Cathedral may be found on our
website

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Spiritual MOT reply slip

NAME:

CONTACT DETAILS

EMAIL:

TELEPHONE:

Those offering Spiritual MOTs are:

Mark Bonney, James Garrard, Victoria Johnson,
Jessica Martin, Margi Clarke, Judy Sansom, Colin Travers.

If you have a specific request for one of these people please indicate this below.

I would prefer:

We will try, but cannot guarantee, to accommodate these requests.

Please return this slip to **The Dean's PA** at The Chapter House, The College, Ely Cambs, CB7 4DL by **Sunday 11 February**. You will be contacted after this date by the person who you will meet with.



Spiritual MOT

Every year we offer the opportunity to sign up for a one-to-one meeting with one of the clergy, or a trained lay person, to talk about prayer and faith and the ups and downs of the spiritual life. This would be a meeting lasting about 45 minutes, in which you can explore your spiritual journey and discuss its joys and challenges. In no way is it a test of your knowledge or holiness - you cannot fail! The process will be completely confidential between you and the person you see. Someone who took part last year said *"I'm truly grateful for the blessings I received through my spiritual MOT last year, and am glad the Cathedral will be offering this ministry again."*

Before your meeting please take time to think what it might be most helpful to talk about. You might find it helpful to consider

- Where you feel you are now with God
- What your usual practice of prayer is;
- Any struggles you have with faith and prayer
- What help you might like with your prayer life

The time is yours to talk openly and honestly, and to seek to grow closer to God.

If you wish to sign up please complete and return the reply slip overleaf.