



ELY
CATHEDRAL

Lent, Holy Week and Easter 2020

Worship, Prayer and Christian Formation at Ely Cathedral
From Death to Life



2020
Year of Cathedrals
Year of Pilgrimage



Lent, Holy Week and Easter 2020 **From Death to Life**

Our lives in this world, we know, begin with birth and end with death. And at some point along the way we face the fact of our mortality. And when God, in Jesus, contracted his eternal being into human experience, he too encountered the terrors of death. He bore them with and for humanity, knowing all its sorrows from the inside.

But when God comes into history, everything changes, and the world is turned upside down. These holy seasons of Lent and Easter show our God transforming death into life, mortality into immortality, mourning into joy. This is the saving work of Jesus upon earth, from the vigil he kept in the wilderness at the beginning of his ministry all the way to the astonishing reversal of his rising to life following his crucifixion.

The Christian life begins with a symbolic death – immersion in the waters of baptism – and finds its end and meaning in the life of Jesus' resurrection. So our season of worship moves from the remembrance that we are dust, upon Ash Wednesday, to the joy of our reconciliation with God's eternal life at Easter.

This year's programme explores these fundamental themes of mortality and immortality, trusting that we travel with Christ from death to life.

* Incense is used at services marked with an asterisk.

On Baptism: A Meditation by Cyril of Jerusalem

When you went down into the water, it was like the night, and you could see nothing.

But when you came up again, it was like finding yourself in the day.

That same moment you were both dying and being born.

That saving water was both your grave and your mother.

From Death to Life: Our Worship

Wednesday 26 February, 7.30pm

Ash Wednesday Solemn Eucharist with ashing*

Ash Wednesday marks the beginning of the season of Lent. It gets its name from the practice of '*ashing*': marking the forehead of each worshipper with the sign of the cross in ash, as a remembrance of our mortality, while the priest says to each person '*Remember that you are dust and to dust you shall return.*' The preacher at the Solemn Eucharist is the Revd Dr Hannah Cleugh, senior chaplain to the Bishop, who is also giving a lecture on '*The Art of Dying*' on Tuesday 17 March (see page 10). The choir will sing William Byrd's anthem *Ne Irascaris, Domine* (Be not angry, Lord), a dark and anguished song of lamentation.

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Lent Sunday Sermon Series: From Death To Life

Sunday 1 March

First Sunday of Lent

Preacher: The Dean

Sin and Temptation

10.30am **Sung Eucharist**

The Dean explores the themes of sin, temptation, repentance and forgiveness. Music includes William Byrd's *Civitas Sancti tui*, whose text begins thus: 'Your holy cities are a wilderness'. It is a song of abandonment and pleading in the face of human violence and wrongdoing: 'Sion has become a wilderness, Jerusalem a desolation'.

4pm **Choral Evensong with Address**

Music includes Samuel Sebastian Wesley's famous setting of words from the penitential Psalm 51: *Wash me thoroughly from my wickedness, and forgive me all my sin.*



Sunday 8 March

Second Sunday of Lent

Preacher: Canon James Garrard

Baptism and the Spirit

10.30am **Sung Eucharist**

Canon Garrard explores the sacrament of baptism, in which we move through the deep waters of death towards new life in Christ. Music includes a motet meditating on the suffering of the Virgin Mary at the cross by the sixteenth century composer, musician and nun Sulpitia Cesis.

4pm **Choral Evensong with Address**

Music includes Cecilia McDowall's evocative setting of words from the Lamentations of Jeremiah, *The Lord is Good*.



Sunday 15 March

Third Sunday of Lent

Preacher: Canon Tom Buchanan

Trust and Transformation

10.30am **Sung Eucharist**

Canon Tom Buchanan is a member of Chapter and Associate Vicar at St Philip's Church in Cambridge. He contemplates one of the most moving of Jesus' encounters: with the Samaritan woman drawing water at Jacob's well, to whom Jesus offered 'the water of life', and who recognised him as Messiah and Lord. Music includes de Séverac's tender setting of the *Tantum Ergo*, Thomas Aquinas's hymn of sacramental devotion.

4pm **Choral Evensong with Address**

Music includes Thomas Tomkins' 1668 setting of words of trust in difficult times from Psalm 44: *Thou art my King, O God: send help unto Jacob*.



6.30pm **Lent Taizé Service**
at the High Altar

The Taizé community is an ecumenical monastic order in Taizé, Saône-et-Loire, Burgundy, France. The community searches for communion with God through prayer, song, silence, personal reflection and sharing. It 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.



Sunday 22 March

Mothering Sunday

Preacher: Canon James Garrard

10.30am **Sung Eucharist**

We honour all who have cared for us; the communities which have nurtured us; the Church which is our Mother; the tender love of our God. Music includes Benjamin Britten's spare and beautiful *Missa Brevis*, and Morfydd Llwyn Owen's setting of Coleridge's words from his poem *The Rime of the Ancient Mariner* 'He prayeth best who loveth best'.

4pm **Choral Evensong with Address**

Music includes Jean-Charles Gandrille's poignant setting of *Stabat Mater*, the ancient Latin hymn of devotion expressing the sufferings of Mary during her son's crucifixion.

Sunday 29 March

Fifth Sunday of Lent

Preacher: Canon Jessica Martin

Death and Resurrection

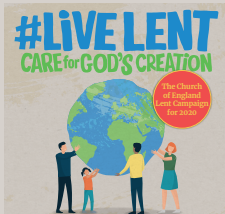
10.30am **Sung Eucharist**

Canon Martin preaches on the life God brings out from death, in the prophet Ezekiel's vision of dry bones re-animated into a living people, and in Jesus' raising of Lazarus from death just before he himself turns towards his crucifixion. The motet is Bruckner's *Christus factus est*, setting St Paul's words from the letter to the Philippians: 'Christ became obedient even to death, the death of the cross. Therefore God has exalted him and given him a name which is above all names.'



4pm **Choral Evensong with Address**

Music includes Kenneth Leighton's profound setting of the 1633 verses by Phineas Fletcher. The words imagine the sorrowful tears of Mary Magdalene as she anoints Jesus' feet in the days before his arrest, trial, and crucifixion. Its last verse entreats God's mercy for our own sins: 'In your deep floods, drown all my faults and fears; nor let his eye see sin but through my tears.'



The Church of England's #LiveLent campaign offers study and actions which help us live out our commitment to care for the earth at a time of climate crisis.

Resources are available on the Church of England's website at www.churchofengland.org/livelent

Music, Worship and Prayer

Music and Meditation

Tuesdays in Lent, 1pm

3, 10, 17, 24, 31 March, 7 April

in the Presbytery

The musicians of Ely Cathedral contribute music expressing the themes of mortality and immortality. Each piece is preceded by a short meditation from one of the Cathedral clergy exploring the week's musical treatment of these themes, both in the music itself and in the theological and spiritual threads which can be drawn from it. Music and meditation together lasts about 20 minutes.

Tuesday 3 March **The Dean | Aaron Shilson - Assistant Organist, Girl Choristers**

Mors et resurrectio - Jean Langlais

Tuesday 10 March **Canon Jessica Martin | Edmund Aldhouse - Director of Music**

Psalm-Prelude Set 1 No 3 - Herbert Howells

Tuesday 17 March **The Dean | Andrew Parnell - Assistant Director, Octagon Singers**

Lasset uns mit Jesu ziehen (Chorale-Improvisations Op 65 no 22) - Sigfrid Karg-Elert

Dies ist der Tag, den Gott gemacht (Chorale-Improvisations Op 65 no 10) - Sigfrid Karg-Elert

Tuesday 24 March **Canon Jessica Martin | Miriam Reveley - Sixth Form Organ Scholar**

O Mensch, bewein' dein' Sünde gross BWV 622 - J S Bach

Tuesday 31 March **The Dean | Glen Dempsey - Assistant Director of Music**

Psalm-Prelude Set 1 No 1 - Herbert Howells

Tuesday 7 April **Canon Jessica Martin | Sarah MacDonald - Director, Girl Choristers**

Maria Lacrimosa from *Altartavla* - Judith Bingham

Chorale Prelude on Rockingham - C H H Parry



Candlelit Compline

Tuesdays in Lent, 9pm

3, 10, 17, 24, 31 March, 7 April °

in the Lady Chapel

The ancient monastic office of Compline derives its name from a Latin word meaning 'completion'. It offers a period of reflective quiet before rest at the end of the day but meditates also upon the end of life. This candlelit service is sung by a volunteer choir who lead the responses, psalms and sing two anthems. It takes place in the generous and resonant space of the Lady Chapel. The service lasts about 30 minutes.

° On Tuesday 7 April the service will begin at 7.30pm and will include an address by the Holy Week Preacher, Bishop Tim Stevens.

Organ Recitals

Sundays in Lent, 5.15pm

1, 8, 15, 22, 29 March

Sunday 1 March

Glen Dempsey

Fantasia and Fugue in C minor BWV 537 - J S Bach

Mein junges Leben hat ein End - Jan Sweelinck

Choral in B minor - César Franck

Sunday 8 March

Andrew Parnell

Jésus Accepte la Souffrance from *La Nativité*

- Olivier Messiaen

Absoute (Dix Pièces) - Eugène Gigout

Master Tallis' Testament - Herbert Howells

O Mensch, bewein' dein' Sünde gross BWV 622 &

Prelude and Fugue in C minor BWV 546 - J S Bach

Sunday 15 March

Edmund Aldhouse

Passacaglia BWV 582 - J.S. Bach

An Wasserflüssen Babylon - Johann Reincken

Litanies - Jehan Alain

Sunday 22 March

Glen Dempsey

Choral in A minor - César Franck

Passacaglia in D minor BuxWV 161

- Dietrich Buxtehude

Sonata no. 6 in D minor - Felix Mendelssohn

Sunday 29 March

Edmund Aldhouse

Pange lingua - Nicolas de Grigny

Symphonie-Passion - Marcel Dupré

Eucharist followed by Lent Charity Lunch

Fridays in Lent, 12.10pm

28 February, 6, 13, 20, 27 March, 3 April

Come to a simple Eucharist, with a hymn and a short reflection, on Friday lunchtimes during Lent. The Mothers' Union will offer Lent lunch at 1pm. All donations will go to the charity AFIA (Away From It All) Holidays, which offers a much needed break to families who would not otherwise be able to have a holiday. Please note that on 28 February and 6 March the service will be in St Dunstan's Chapel; all other services will be in St Etheldreda's Chapel at the east end of the Cathedral. Lunch will be in the south choir aisle.

Prayer Vigils for the Environment

Tuesday 25 February & Thursday 26 March, 7.30pm

St Peter's Church, Broad Street, Ely

These monthly prayer vigils offer prayers for the environment at this time of climate crisis in a service with a simple liturgy of words and silence. The service lasts for about 30 minutes.

Feasts for the Fast

Shrove Tuesday

25 February, 6.30pm

The Choristers' Pancake Race and Big Pancake Party Featuring the boys and girls of Ely Cathedral Choir

Come and enjoy the fun in our Big Pancake Race and Pancake Party when choristers, musicians and clergy will be racing! We will be raising money for the Church Urban Fund's Food Poverty Campaign and eating away at hunger. Just £3 can provide lunch for a child over the summer as free school meals disappear, and £9 will provide an emergency food parcel for a family for one day. The event is free, but for catering purposes please get a ticket from the Cathedral Box Office 01353 660349. For further information visit www.cuf.org.uk/the-big-pancake-party



Feast of St Joseph

Thursday 19 March, 5.30pm

Festal Evensong

We celebrate the obedience and faithfulness of Joseph, husband of the Blessed Virgin Mary, who trusted the promise of God's messengers and protected Mary and the infant Jesus in times of great danger. Music includes Edmund Aldhouse's setting of the *Cherry Tree Carol*.

Feast of the Annunciation

Wednesday 25 March, 5.30pm

Festal Evensong

The moment at which the young girl Mary encountered the message of an angel, announcing to her that she was chosen to bear God himself in her body and turn the world of human values and expectations upside-down, has been the focus of intense devotion - in music, in art, in prayer and in speech - for millennia. Mary's intercession is sought for our own obedient and attentive service, both in the conduct of our lives and at the hour of death. Music, sung by the girl choristers, will include Patrick Hadley's setting of the medieval devotional carol *I sing of a maiden*.

Learning and Discipleship

Ely Cathedral

Confirmation Group

Sundays in Lent, 12-12.45pm

23 February, 1, 8, 15, 29 March

in Powcher's Hall

During Lent this year a small group of interested adults are exploring faith and working towards confirmation at Easter. We will be meeting after some of the Sunday sung Eucharists and discussing matters of faith and belief, worship, prayer and discipleship. But we would love to have the company and support of others, whether that's people who were confirmed long ago or people for whom it is a recent memory. We will meet in Powcher's Hall, have rather nice coffee and on occasion even biscuits! So if you would like to refresh your own faith, or to support us, or both, we would love to see you.

23 February: **Who is the God we worship**

1 March: **Jesus: the one who Saves**

8 March: **Baptism and the Spirit**

15 March: **Christian Living**

29 March: **Death and Resurrection**

Way of Life Breakfast Meetings

Saturday 14 March, 8.30-10am

in Powcher's Hall

All are welcome to come to breakfast! Coffee, croissants, fruit and juice, with discussion, prayer, preparation for the next day's worship and thinking. We meet on the second Saturday of every month (excluding April 2020). Theme for March: Trust and Transformation.

'The Art of Easter' Study Day

Led by Fiona Lucraft

Saturday 28 March, 10.30am-3.30pm

in the Etheldreda Room, Cathedral Centre

Fiona will explore how themes from Christ's Passion have been interpreted by European artists from the 14th to the 20th centuries. We will relate the paintings to the Gospel accounts, consider the context of their making and discuss our own responses. No prior knowledge is required. All welcome.

Entrance is free and tea and coffee are provided, but please bring your own lunch.

Please book through Box Office on 01353 660349. Limited to 30 places.



Lent Lectures

The Deep Waters of Death:

Lectures and Discussions on Mortality and Immortality



Thursday 5 March, 6.30pm

James Woodward

Living with Mortality

James Woodward is Principal of Sarum College and a Visiting Professor of Theology at the University of Winchester. As an Anglican priest his concerns have very much been shaped by pastoral work with people at various stages in their living and dying, and by health and social care in acute and primary settings. He has had a particular interest in the nature of age and the place of older people in our society over the last thirty years.

Tuesday 10 March, 6.30pm

Alan Hargrave

Unexpected Tragedy and Unanswered Prayer

After completing his PhD in Chemical Engineering, Alan worked for ten years with the Anglican Church in South America before returning to the UK to train as a priest. In 2004, after eleven years as vicar on a council estate, he became Canon Missioner of Ely Cathedral, retiring in 2016. His most recent book, *One for Sorrow*, tells how he coped (or failed to cope) with the death of his son, Tom, from cancer. Alan is passionate about mission, justice, cricket, golf, Yorkshire, his children and grandchildren, his wife Annie and, of course, the Almighty.

Why not come back to Compline at 9pm? (see page 7)

Tuesday 17 March, 6.30pm

Hannah Cleugh

The Art of Dying

Hannah Cleugh is Senior Chaplain to the Bishop of Ely. Her doctoral research explored baptism and burial in the Reformation Church of England, and she has published on doctrine and liturgy in the sixteenth and seventeenth centuries, including specifically on prayer for the dying in the English Reformation. Her present research concerns ecclesiology and Anglican identity in the seventeenth century. She will lecture on the devotional discipline of spiritual preparation for death.

Why not come back to Compline at 9pm? (see page 7)

All lectures will be in the South Transept and will finish at approximately 7.45pm.
Free entry. Drinks will be served. Please donate if you can.



Thursday 19 March, 6.30pm

Mark Oakley

Missing God

(with the Christian Evidence Society: www.christianevidencesociety.org.uk)

Mark Oakley is Dean of St John's College, Cambridge, and Visiting Lecturer in the Department of Theology and Religious Studies at King's College, London. He is author of books which explore the relationship between poetry and faith and he is an active supporter of human rights. His lecture is part of a year-long series organised by the Christian Evidence Society across the country and quotes a remark made by the novelist Julian Barnes: 'I don't believe in God, but I miss him.'

Tuesday 24 March, 6.30pm

Jessica Martin

Baptism as Dying and Living

Jessica Martin is Residentiary Canon for Learning and Outreach at Ely Cathedral. Her previous roles include being a multi-parish priest and teaching English Literature at Trinity College, Cambridge. Her doctorate looked at life-writing (biography) in the sixteenth and seventeenth centuries and its debt to funeral oratory. Her lecture is centred in Cyril of Jerusalem's reflection on baptism: 'At the same moment you were both dying and being born; that saving water was both your grave and your mother'.

Why not come back to Compline at 9pm?

(see page 7)





Holy Week at Ely Cathedral

Preacher:
The Right Reverend Timothy Stevens
Formerly Bishop of Leicester

Tim Stevens was Bishop of Leicester from 1999-2015 during which time he oversaw the re-interment of Richard III in Leicester Cathedral. He was convenor of the Bishops' bench in the House of Lords from 2009-2015 and chair of the Children's Society from 2004-2010. He initiated the St Philip's Centre in Leicester for the study of other faiths and speaks regularly on inter-faith issues.

Since retiring in 2015 he has been non-executive director of the Norfolk and Suffolk mental health trust and Prelate of the Order of St John. He is currently Acting Principal of Westcott House in Cambridge. He was appointed CBE in 2016.

Palm Sunday 5 April

10.30am

Sung Eucharist

We gather on Palace Green to hear the Gospel of the Palms, and to follow our Lord not only in procession but in heart and mind as he enters Jerusalem in royal humility to face his death.

Music will include Paul Trepte's *Solus Ad Victimam* ('Alone to suffering thou didst go'), which meditates upon the Passion story beginning here.

4pm

Palm Sunday Evensong

We hear Tallis' setting of the Lamentations of Jeremiah, a text of abandonment and mourning centred upon Jerusalem. The first of the Holy Week Addresses will be given by Bishop Tim Stevens.



Monday in Holy Week 6 April

7.30pm

Tenebrae

Tenebrae means 'darkness' or 'shadows'. The service of Tenebrae, traditionally part of the devotions for Holy Week, is a way of entering into Jesus' overshadowing by human sin and human violence, the light of Christ extinguished by the shadow of death, and the darkness of sin. In music, silence, scripture and psalmody we look towards the death of our Lord.

Tuesday in Holy Week 7 April

7.30pm

Candlelit Compline and Address

The second of the Holy Week Addresses will be given by Bishop Tim Stevens.

Wednesday in Holy Week 8 April

7.30pm

A Sequence of Music and Readings

A performance of James MacMillan's cantata *The Seven Last Words from the Cross* (1994). This sets Jesus' final utterances, as recorded across the four Gospels, in a dramatic, spare, and profound sequential movement from the words of forgiveness in Luke's Gospel to Jesus' last breath. Music will be performed by The Façade Ensemble conducted by Benedict Collins-Rice.



Maundy Thursday 9 April

10.30am

Chrism Eucharist with the Blessing of Oils and Renewal of Ordination Vows.

7.30-11pm

Eucharist of the Last Supper with Washing of Feet, Stripping of the Altar and Watch of the Passion*

We commemorate Jesus' institution of the Eucharist, the night before his death, where bread and wine are named as his body broken and his blood shed for humanity, to restore a people impoverished by sin and mortality into the endless life of God. The president washes the feet of the people to remind us that, like our Lord, our calling is to serve others. Bishop Tim Stevens will preach the third Address. At the end of the Eucharist we hear the Gospel narrative of Jesus' arrest, and the altar is stripped; its richness and beauty vanishes, to be replaced by darkness, emptiness, and disarray. We maintain a prayer vigil, a Watch in St Dunstan's Chapel, remembering Jesus' agony in the Garden of Gethsemane.

Good Friday 10 April

On Good Friday we watch the death of our Lord over the course of three hours, keeping company with disciples, bystanders, scoffers; with the heartbroken and with the indifferent, with the compassionate and with the cruel; and we stand with all who have witnessed the pains of death.

Midday until c.1.15pm

Preaching of the Cross

Addresses given by Bishop Tim Stevens with hymns and readings.

1.30-3pm

The Liturgy of the Day

With the singing of the Passion Gospel, the *Reproaches* by John Sanders, 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, including Antonio Lotti's *Crucifixus* and Sarah MacDonald's *Crux fidelis*, setting words by the poets Emily Dickinson and Emily Lanier.



Holy Saturday 11 April

A day of mourning, emptiness; a day stripped of every adornment.

5.30pm

Evensong sung to plainsong.

8pm

Easter Vigil with Baptism and Confirmation*

Out of the darkness and sorrow of human mortality and violence emerges the light and life of God's presence: in the risen Jesus, in God's enduring promise to be with his people; in the transforming sacrament of baptism. This is the first celebration of Easter, with the lighting of the New Fire and the Paschal Candle and the bringing of that resurrection light into a darkened church, the admission of new Christians to baptism and communion, and the rising of light, joy, colour and life for the first time since the events of Good Friday. The Bishop of Huntingdon will preside.

Easter Day 12 April

10.30am

Orchestral Eucharist*

A joyful celebration of the risen life of God's people upon Jesus' resurrection from the dead. With Ely Sinfonia, accompanying the choir in Schubert's *Mass in Bb* and Mozart's *Laudate Dominum (Praise the Lord.)* The Dean will preside and preach.

4pm

Festal Evensong and Procession*

With William Mundy's sixteenth century setting of the canticles *In Medio Chori*, (so called because originally its soloists may have stood in the middle of the choir for further antiphonal effect), Peter Philips' seventeenth century anthem *Ecce Vincit Leo*, and Henry Purcell's *Te Deum in D*, we rejoice in Jesus' triumph over the powers of death.

* Incense is used at services marked with an asterisk.

Children and Families

Easter Story and Song Time

Thursday 26 March, 10.30-11.30am

A short service (20 minutes) for parents, carers and toddlers, with a story for the season and songs and refreshments afterwards.

Wednesdays 8 & 15 April, 10am-Noon

Easter Craft Family Drop-ins

in the Lady Chapel

No charge for entry, small charge for optional trail.

Monday 6 - Thursday 9 April

Easter Prayer stations around the East End of the Cathedral.

Good Friday 10 April

10-11am

Children's Activities and Worship

in the South West Transept

Come and hear the story of Easter, and decorate a cross with flowers. This child-friendly event lasts about an hour and leads into the short service in the Cathedral following the Walk of Witness by Ely churches (see below).

10.15am

Christians Together Walk of Witness

Christians from all over the city gather outside St Mary's Church for prayer and begin a Walk of Witness to the Market square. The procession then moves to the Cathedral for a final short act of worship at 11am, followed by refreshments and hot cross buns in the Lady Chapel.

Easter Day 12 April, 10.30am

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.





Worship is offered daily, all are welcome.

Monday - Saturday

7.30am Morning Prayer
(a short said service with bible readings, canticles and prayers)
8.00am Holy Communion *(said)*
5.30pm Evensong

Sunday

8.15am Holy Communion
(a said service, in traditional language with a short address)
10.30am Sung Eucharist with music, hymns and sermon
4.00pm Choral Evensong with short address

On Thursdays and Saints' Days there is an additional Eucharist at 12.10pm.
A full list of services can be found on the Cathedral website.



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Follow us on:



More details about 'Lent, Holy Week and Easter'
can be found on our website.

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James Billings, Timothy Selvage, Angelo Hornak.



Spiritual MOT reply slip

Contact Details

Name:

Email:

Telephone:

Those offering Spiritual MOTs are:

Mark Bonney, James Garrard, Jessica Martin, Margi Clarke and Judy Sansom.

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 Ely Cathedral, The Chapter House, The College, Ely Cambs, CB7 4DL by Sunday 1 March.

You will be contacted after this date by the person who you will meet with you.



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.