

Cathedral of St Michael and St George in the City and Diocese of Grahamstown

A warm welcome to those who are visiting the Cathedral and Grahamstown. Please introduce yourself to us! If you are new to the Cathedral and would like follow up, please fill in the form at the west (High Street) door and give it to one of the clergy or sidespeople.

Please turn off your cell phone and keep your valuables with you at all times.

**Today's services: 21st February 2016.
Second Sunday in Lent**

Time	Service	Preacher	Presider/Officiant
07h30	Holy Communion (AAPB)	Dean Andrew Hunter	
09h30	Holy Communion (AAPB)	Dean Andrew Hunter	Sub Dean Mzinzisi Dyantyi
19h00	Student Service: Revd Claire Nye Hunter	Freedom – “We are free to do anything, but not everything is good for us”. <i>1 Corinthians 10: 23</i>	

Today's meetings and events:

07h20 & 09h20	Pre-service prayers for readers, prayer ministers, Children's Church teacher/s and altar servers in the Chapter House.
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OFFICE and CLERGY staff contact details Cathedral Parish Office: (046 622 2445):

*Dean of Grahamstown	082 308 8654	046 622 3976	dean@grahamstowncathedral.org
*The Sub Dean	073 604 5232	046 622 5633	angaavile@live.co.za

To contact the Parish Office staff by email, use: office@grahamstowncathedral.org (Administrator -- Anet) and admin@grahamstowncathedral.org (Parish Secretary -- Chris).

*Members of the Clergy are available for confessions and interviews by appointment.

<i>Forthcoming events and THIS WEEK; for your diary</i>			<i>Contact:</i>
23 Feb	18h15	Student Core Group meeting in the Cory Room	Revd Claire
24 Feb	17h30	Parish Council Meeting in the Cory Room.	The Dean
24 Feb	18h30	“Jewels from John” Lent course	Revd Claire
26 Feb	15h00	Marimba practice	Penny Whitford

Please see our web and FB pages for more information:

www.grahamstowncathedral.org and facebook.com/grahamstown.cathedral

The Anglican Church of Southern Africa seeks to be:

- *Anchored in the love of Christ* ●
- *Committed to God's Mission* ●
- *Transformed by the Holy Spirit* ●

Please join with us this week as we pray for:

OUR CHURCH: We pray for the bishops of our church, following the meeting of the Synod of Bishops last week; for the newly elected bishops of Pretoria, Zululand, Namibia and Niassa; for our preparations as the Cathedral for our Annual Vestry Meeting.

OUR COMMUNITY: We pray for all who are unemployed.

OUR COUNTRY We pray for areas ravaged by drought; for all who work in the mines, especially those at Lily Mine; for the families of the missing mine workers; the national discussions around the new pensions law; for the Minister of Finance, Pravin Gordhan, as he presents the national budget.

OUR WORLD: We pray for all places of conflict.

BIRTHDAYS: 21st Preston Peters, 22nd Lorraine Mullins, 23rd Justice Mtuze, 25th Nomawethu Ndukwana.

PARISH CYCLE of PRAYER: Charlene, Joan, Melissa, Peter, Veronique & Waldo Marcus, Daniel, Isabella & Javier Martin, Kay & Rudi Marx, Bongwiwe, Bunono, Lunga, Thembisa & Vusumizi Matomane.

PARISHIONERS who are sick, convalescing, or with long-term illnesses: Isabel Bridger, Kerry Jane Gutridge, Celia Jameson, Thelma Neville, Paul Pillay, Jenny Reynolds and Joy Tandy.

FRIENDS and FAMILY who are ill: Steve Ashcroft, Ronnie Burger, Natasha Esau, Canon James Hoyle, Peter Ingwersen (Roswitha Hobson's brother), Nolutho Mbolekwa, Owen Pearce, Thembeke Peter, Jackie Shipster (Chris Mann's sister) Mary-Clare Tracey-Craigen.

The **LADY CHAPEL FLOWERS** this week are from the Citwa family, in memory of their daughter and sister, Lunga.

DECEASED: Shona Domeris (East London).

Services next Sunday, 28th February – The 3rd Sunday in Lent

Time	Services	Preacher	Presider / Officiant
07h30	Holy Communion AAPB	Revd Claire Nye Hunter	
09h30	Holy Communion AAPB	Revd Claire Nye Hunter	Revd Monwabisi Peter
17h00	Choral Evensong	Revd Luthando Madiba	t.b.a.
19h00	Student Service	Dean Andrew Hunter	

Here are the Gospel readings for this week.

Mon	22	Mark 3: 7-19a	Thurs	25	Mark 4: 21-34
Tues	23	Mark 3: 19b-35	Fri	26	Mark 4: 35-41
Weds	24	Mark 4: 1-20	Sat	27	Mark 5: 1-20
Sun	28	Isaiah 55: 1-9	Psalm 63: 1-8	1 Corinthians 10: 1-13	Luke 13: 1-9

Dean's letter, Sunday, 14th February 2016

Dear Cathedral family,

We are well into the season of Lent, the forty days (excluding Sundays) from Ash Wednesday till Easter Day. The Church gives us this season each year, as an invitation and an opportunity to “go deeper” in various ways – in prayer, in inward reflection, in our inward journey with the Spirit. The forty days that Jesus spent in the wilderness after his baptism, as he faced temptation, are our model, and provide us with the traditional Lenten disciplines of prayer, fasting and alms-giving (as we read in the Gospel for Ash Wednesday, Matthew 6:1-6, 16-21). In our frantic and pressured world, how do we find time to pray? To go deeper? To journey into our own wilderness? Is prayer a luxury for some, the elect few, those who have the time?

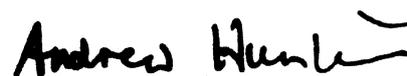
Fr Clint Wilson writes, “Families today find themselves tapped out on multiple levels: socially, financially, relationally, spiritually, and more. They are ‘spread thin’ to the point where anxiety and stress are constant companions. Where is the rest God promises and the peace Christ gives his people? How might we ground our children in healthy rhythms of life and worship?”¹

One answer, he suggests, is to “practice Sabbath” in our family and our professional life. The ancient seven-day rhythm, to include a day of rest, is vital. The time with one another, with our families, with ourselves, with God, is not an optional extra, but a life-giving essential. We crowd our lives so full of activity that we become spread too thin to be any good. Work hard, intensely, yes – but let us guard our Sabbath days and Sabbath times. Allow this daily and weekly rhythm and balance – rest, pray, work – to guide us.

Fr Jean Vanier, of the L’Arche community, wrote, “Prayer is rest; it is to be still, to abide in the presence and in the arms of God, knowing that we are.” He also wrote, “Prayer is not, first and foremost, saying prayers. It is opening the most intimate part of ourselves to God. It is discovering that in the deepest part of our body and our being there is a source, and that source is God. God is the power that unites the universe and gives everything meaning.”²

May we continue to discover the reality of God, this Lent.

My love to you all.



¹. <http://livingchurch.org>

² Daily Thoughts from Jean Vanier, May 13th, 2011

GENERAL NOTICES

Sub Dean Mzinzisi will be on leave from tomorrow until 7th March.

Name Labels: At the beginning of a new year, it is wonderful to welcome new people to our church family. So that the clergy can administer Communion to you by name, and to help us get to know one another, please can everyone wear your name labels every Sunday! If you are new to the Cathedral, or do not have a name label, please **MAKE YOUR OWN** (Revd Claire has labels and koki at the back of the church) and place it on the board when you leave. Write your **name** and the **year** you started worshipping at the Cathedral, e.g. Claire Hunter 2008.

Our **Student Camp:** is very soon! Cathedral and ANSOC students are reminded that this weekend away (fun and fellowship!) runs at Assegai Trails on March 5th and 6th. Cost is R220,00. Pick up a form from the back of the Church or speak with Revd Claire, unto whom your RSVP should be directed as soon as possible. Today is your last chance to register and pay!

Preparation for worship: we encourage all worshippers, especially those who attend our 09h30 Eucharist, to arrive a few minutes before the start of the service. This gives time to pray and prepare for worship and occasionally to rehearse and learn a new hymn.

The **Lent course: *Jewels from John***, was unavoidably postponed for a week. Revd Claire Nye Hunter is leading this journey of exploration of St John's "unique and extraordinary gospel" on Wednesday evenings during Lent. Based on her PhD thesis, she has entitled it "Jewels from John". Venue: Chapter House. Time: 18h30 – 19h30. Dates: 24th February; 2nd, 9th, 16th and 23rd March.

Lenten Meditation Group: "The art of prayer" (a series based on insights from Richard Rohr). You are invited to come to the Deanery (garden) for a peaceful time of guided meditation and silent prayer each Wednesday from 09h00 (sharp) to 10h15. Kindly RSVP to Contact Revd. Claire.

We invite people to be part of our **Sunday School/Children's Church** ministry team for the months ahead. Please speak to one of the clergy if you are interested.

Our Annual Vestry Meeting will be held on Sunday 13th March 2016, in St George's Hall, after a combined 08h30 service. Please remember that you may not vote at the meeting unless you are on the parish roll. Remember, too, that because you may have once been on the roll it does not necessarily mean that you still are. Contact Wayne Jayes (046 622 8623) or the parish secretary (046 622 2445) with any queries.

Readers' Roster: We invite volunteers to read the Scripture lessons at both the 07h30 and 09h30 Sunday services. Please add your name and details to the 'sign up' list at the West Door or speak to Revd Claire. This is an opportunity for personal ministry in a form highly appreciated by the Cathedral staff and congregants alike.

Confirmation: If you would like to be prepared for confirmation this year (Grade 10 or older) please speak to the Dean.