

**Welcome**  
**Sunday 15 October 2017**

## **It's good to talk...and listen**

Last Tuesday was World Mental Health Day and I had the opportunity to be interviewed on BBC Radio Sheffield to reflect on my time as a psychiatric nurse. I surprised myself when I realized it was 40 years since I started my nurse training in Huddersfield!

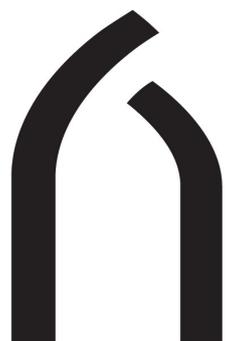
Looking back on that time I am glad that society is now much more open about the issue of mental illness. Years ago there was a huge stigma attached to mental illness and many people were unwilling to talk about the subject. Many people suffered in silence and found themselves lonely and isolated. A psychiatrist I worked with early in my career said to me, 'The wisest thing you can do is to learn the art of listening'. This was a powerful piece of advice to me both in my time as a mental health nurse and a priest.

To be able to talk openly about mental illness in the public arena is a very healthy development. It is good to talk but we must make and take time to offer a listening ear to those in need. To listen to someone in distress can be the beginning of the healing process. The cathedral clergy and volunteer chaplains offer a valuable pastoral listening ear to those who come through our doors. All of us, as disciples of Christ, can be involved in the ministry of listening. Let us reflect on how helpful it is when we are listened to and repeat the experience for others.

Let them who have ears hear.

*Canon Keith Farrow*  
*Canon Missioner*

**SHEFFIELD CATHEDRAL**  
A PLACE FOR ALL PEOPLE



## **Please remember in your prayers:**

- **The Diocese of Swaziland**
  - **St Peter and St Andrew, Hoyland**
  - **For peace in the world**
  - **The Friends of Cathedral Music**
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**In Residence.** The Cathedral clergy are always very happy to make arrangements for individual conversations with people, or to hear confessions. Please ring the main Cathedral switchboard (0114 275 3434) or the Canon in Residence mobile (07534 653 333) and we will ensure that one of the clergy rings you back within 24 hours.

**Tuesday Gathering** is happening at Beth and Laul's house this week, (17 October) at 19.30. For more details please email [beth.keith@sheffield-cathedral.org.uk](mailto:beth.keith@sheffield-cathedral.org.uk). Next week, on 24 October, we are meeting in the Cathedral as normal, and then having a break during half term.

**Join the Toddler Group Team.** We are looking for additional volunteers for our Toddler Group. Perhaps you could help us with getting the nave ready, help on the door, chat to parents, or help run the activities? The group meets on Thursday mornings, but you don't have to commit to being here every week to be part of the team. If you want to find out more please talk to Tricia Morgan at coffee on Sunday morning, or get in touch with Beth Keith on [beth.keith@sheffield-cathedral.org.uk](mailto:beth.keith@sheffield-cathedral.org.uk)

**The Votes are in!** Thank you to all of those who voted for the topic which they wanted the Dean to address in the next series of "30 Minutes of Theology." By quite a large margin, people chose, *Singing the Lord's Song in a Strange Land: Is the Book of Psalms still relevant?* The course will begin on Sunday 19 November and will last four weeks.

**Homeless and Rootless at Christmas (HARC)** are recruiting for volunteers. If you are interested in applying to help homeless and vulnerable people over the Christmas period please visit [www.harcshffield.org.uk/volunteer-roles/](http://www.harcshffield.org.uk/volunteer-roles/), or for more information please email [harc.sheffield@virgin.net](mailto:harc.sheffield@virgin.net)

**Collections.** If you are a UK taxpayer you can increase the value of your gift to the Cathedral by up to 25% at no extra cost to yourself. Placing your gift in a Gift Aid envelope will enable us to reclaim this amount, but only if you complete all the details on the envelope every time you use one. Please take time to enter your title and full name on the envelope, then seal your donation in the envelope and place it in the collection.

<b>Date</b>	<b>Total</b>
W/E Sunday 24 September	£485.04
W/E Sunday 1 October	£663.69
W/E Sunday 8 October	£707.70

# What's on this week?

## Sunday 15 October

### *The Eighteenth Sunday after Trinity*

- 08.00 Holy Communion
- 09.30 Morning Prayer
- 10.30 The Cathedral Eucharist
- 10.30 Godly Play (Hilton Room)
- 12.30 Confirmation Preparation Group (Town Trust Room)
- 13.00 Trafalgar Day Service
- 16.00 Evensong

## Monday 16 October

- 08.45 Morning Prayer
- 12.30 Eucharist
- 13.00 Guided Meditation
- 16.30 Evening Prayer

## Tuesday 17 October

- 08.45 Morning Prayer
- 12.30 Eucharist
- 17.45 Evensong

## Wednesday 18 October

### **Luke The Evangelist**

- 08.45 Morning Prayer
- 10.30 Holy Communion, BCP
- 16.30 Evening Prayer
- 17.45 Sung Eucharist

## Thursday 19 October

- 08.45 Morning Prayer
- 11.45 Archer Project Weekly Prayers (Crypt Chapel of All Saints)
- 14.00 Seniors Action Team Film Tea (Conrad Hilton Room)
- 12.30 Eucharist
- 17.45 Evensong

## Friday 20 October

- 08.45 Morning Prayer
- 12.30 Eucharist
- 13.15 Lunchtime Recital:  
Frans van Schoonhoven &  
Chiahu Lee (violin & piano)
- 17.45 Evensong

## Saturday 21 October

- 10.00 Morning Prayer
- 10.30 Eucharist
- 11.00 Art and Spirituality Group (Conrad Hilton Room)
- 15.00 Evening Prayer

## Sunday 22 October

### *The Nineteenth Sunday after Trinity*

- 08.00 Holy Communion
- 09.30 Morning Prayer
- 10.30 The Cathedral Eucharist  
*Preacher: Canon Christopher Burke*  
*Readings:*  
*1 Thessalonians 1. 1 - 10;*  
*Matthew 22. 15 - 22;*
- 10.30 Godly Play (Hilton Room)
- 12.30 Confirmation Preparation Group (Town Trust Room)
- 16.00 Evensong  
*Preacher: Canon Keith Hale*  
*Readings:*  
*1 John 3. 1 - 15;*  
*Proverbs 4. 1 - 18*

For a full details of all our services, including music, please pick up a 'Liturgy and music at the Cathedral' booklet from the Welcome Desk.