Seeing the world around us

A few years back, on a trip to London, my then much younger grandson surprised me by asking to visit the National Gallery (yes, Liam, for those of you that know him!). I pointed out that it was full of pictures – what did he want to see? He said, ‘Just one or two – I haven’t head space for any more.’ So we did just that – sat and, in concentrated silence, contemplated just a couple of random pictures. I don’t know what he got out of them but, in his own way and with some integrity was trying to ‘read’ them. And we talked afterwards.

That focussed approach brought me up short. For I love art galleries of all sorts and like nothing better, if I’m passing through London, to pop in, however briefly, somewhere. But I know I can easily move too fast through museums and galleries. It is not possible or necessary to take in everything and, while the temptation and fear of missing out (FOMO) can be strong, the danger is you see nothing really. And remember even less!

One book I’ve bought myself to take away on holiday is A History of Pictures by David Hockney and Martin Gayford. I spotted it when I went recently to the Hockney immersive experience at the Lightroom near St Pancras station (which I can heartily recommend, by the way). As a musician I can listen to a symphony, for example, and, in my head pull out the threads, admire the structure, orchestration, modulations and the like and be moved by the totality, including its place in history. I can’t really do similar for art, though, and so I’m looking forward to diving into this book, which appears to roam across genres and centuries right to the present day. Seeing both the world and the sweep of art through a great artist’s eyes – and Hockney is a great communicator – that will be fascinating.

Literature, music, art – these can all be ways of seeing and interpreting the world around us. But also taking us both within and beyond, evoking spiritual and emotional responses, even visceral reactions. There is both depth and ambiguity, with the best examples inviting us to visit and revisit endlessly. Even the most thematically prescriptive beg questions. And this goes for creative endeavour of all sorts, not just that to be found in a traditional art gallery or a concert hall. Street art, for example, can both amaze, dazzle, disturb and provoke us. And, of course, pieces like the Angel of the North just there as we mindlessly drive by. Not to mention film and other genres.

Cultivating an ability to ‘read’ a piece of art requires the eyes of both mind and soul. It is a transferable skill: when those eyes are opened you, like the creative artist, see may the world around you differently. It is a spiritual activity, akin to some forms of theological contemplation. It provides an entry point into and a reflective way of exploring and examining the world which can change us in the process. Take Lowry, for instance – those little ‘matchstick’ men and women – besides admiring the art and placing ourselves in the pictures, we cannot but ask questions about the context and the lives of those tiny people against the background of smoking chimneys and terraced rows. But we don’t need to be an artist necessarily to ask these questions –
they’re around us in the landscape if we have eyes to see.

So, whatever you might be doing this summer, I invite you to develop your ability to see. If you’re going away, then the displacement itself invites curiosity. If you’re at home maybe a trip to the local museum or gallery, many of which are free of charge. Even a local walk may yield interesting graffiti, buildings, landscapes, present industrial activity and traces of the past... all to ‘read’ and ponder. Have fun – I shall!

Canon Alison Adams
Canon Pastor
News from Leicester Cathedral

Community Events

Don’t forget: our Tea Party on Saturday 5 August in verger Les’ garden, from 2.00–5.00pm. Email Nathan for more details.

The new social committee is starting in September – I encourage you to sign up! If you’re interested, please e-mail me on nathanmorley82@hotmail.com

Grow through the summer season

What could you grow between now and October on a 2x1m plot? There’s still time to join the Golden Turnip challenge. This is run by Hazelnut Community Farm, one of our partners, and encourages young people to grow food (under 18s must be sponsored by an adult). You can see the rules and prizes here. Go on, give it a grow!

Get out for the Big Butterfly Count, 14 July–6 August

Monitoring butterfly numbers is crucial in the fight to conserve our natural world – it’s a bit like taking nature’s pulse!

Could you spend 15 minutes recording and counting the butterfly species you see, and then adding your data to Butterfly Conservation’s interactive map here? More ideas to help you make the most of your count can be found here.
**Questions Together**

Join us on Sunday 23 July, following the Eucharist, for our monthly Questions Together group, after coffee and refreshments in the Grand Hall. We will be reflecting on questions about Jesus – big topic! – and on our own journeys of faith, and loving and serving others, drawing on Jesus’ example.

**Carbon Net Zero and how to get there**

There are lots of things we are already doing to reduce our carbon footprint, like walking, carsharing, or switching to greener power. But have you thought about your digital carbon footprint? In 2019 it was estimated that around 4.1 billion people had access to the internet and all this is increasing the global demand for energy and increasing carbon emissions. Video streaming causes the largest emissions due to large data sizes, responsible for 75% of global data traffic. Nobody knows exactly how much carbon emissions are caused by digital use worldwide, but it is estimated to be 2.3 to 3.7% of all global carbon emissions.

Just to put this into context with other emissions, the carbon produced from digital use is the same as the entire aviation industry.

**Some simple ways to reduce your digital carbon emissions**

- Download videos to watch rather than streaming
- Download music and music videos rather than streaming
- Devices have a longer shelf life than most people use, and when disposing ensure you dispose of them correctly
- Empty your email inboxes to reduce data storage
- Store your data locally, use the cloud as little as possible
- Use WLAN networks instead of mobile networks
- Use renewable energy
## Services this week

While the Cathedral is closed for building works, our services take place in St Martins House (Sunday mornings) and in St Nicholas' Church, Leicester (Monday to Friday). The Cathedral will also be Together with other churches on some Sunday afternoons.

All are welcome to our services. Services of Morning Prayer are also live-streamed.

### MONDAY 24 JULY
- **8.30am**  | Morning Eucharist (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)

### TUESDAY 25 JULY
- **8.30am**  | Morning Prayer (St Nicholas)
- **1.00pm**  | Lunchtime Eucharist (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)

### WEDNESDAY 26 JULY
- **8.30am**  | Morning Prayer (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)

### THURSDAY 27 JULY
- **8.30am**  | Morning Prayer (St Nicholas)
- **1.00pm**  | Lunchtime Eucharist (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)

### FRIDAY 28 JULY
- **8.30am**  | Morning Prayer (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)

### SUNDAY 30 JULY
- **10.30am** | Sunday Eucharist (St Martins House)
- **6.30pm**  | St Nicholas Eucharist (St Nicholas)

### MONDAY 31 JULY
- **8.30am**  | Morning Eucharist (St Nicholas)
- **5.30pm**  | Evening Prayer (St Nicholas)
**LCR update**

**New stone floor**

Work is now underway on installing the new limestone floor in the Cathedral, with a skilled team from ABM Tiling laying a chevron pattern designed to accentuate the sense of nave, aisles and transepts as a single liturgical space, gathered around the Sanctuary and highlighting the font and pulpit as key liturgical features.

Several different types of limestone are being used:

**Pale limestone for main floor areas**
- Hopton Wood from Derbyshire
- Ancaster Weatherbed Buff from Lincolnshire
- Purbeck Beige from Dorset

**Mid-dark limestone for arcade strips, thresholds, and pulpit foot surround**
- Purbeck Grub from Dorset

The new limestone floor is intended to be durable and functional and improve the internal character of the Cathedral. It will be level throughout so facilitating better access.

Simon Bentley
Project Director  |  simon.bentley@leicestercofe.org
Amanda Fitchett

Hello everyone, I am a regular worshipper at the Cathedral and also a warden and Canon Emerita, so you mostly see me in a red gown, but sometimes in a blue one. My partner is Simon who is a songman in the Choir.

I’ve been coming to the Cathedral since my son, Jeremiah joined the Choir when he was young – he’s now nearly 21... little did I know then that I also would become heavily involved in the life of the Cathedral! God clearly had plans for me, and I remember well feeling God’s call to become more actively involved.

I work as an Assistant Professor of Social Work at Coventry University, but my grandson Isaiah thinks I work at the Cathedral, given the amount of time I spend there. I have been involved in social work education for over 26 years, but before that I was a practising social worker and am proud of having been in this profession for over 30 years now – it has very much shaped who I am today and has given me a deep understanding of and empathy for the needs of the most vulnerable people in our society. I’ve been very privileged to have been able to live out my Christian faith through my work.

I have been the Chapter member elected by the congregation for some time but have recently been re-appointed due to the new Cathedrals Measure 2021. It took me some time to become fully conversant with Chapter’s role in supporting the Cathedral in fulfilling its strategies, purpose and vision, but I do feel that I am able to bring a congregational perspective to all that we do. I would hope that you see me as approachable, and I am always willing to listen to your views so that these can help shape the key function of the Cathedral as the beating heart of our city and county.

I’m really excited and am looking forward to our return to the Cathedral building and am very proud to have been part of the bigger picture to help shape the Cathedral’s future.

Most importantly, I see my membership of Chapter and my other roles as a way of serving God. When I completed my...
year as Lead Warden, I asked my partner Simon to compose an anthem/hymn to celebrate the voluntary work that many of us do, which I share with you here. The words are based on 1 Samuel 3.10 which has called to me for many years:

One night a Voice addressed a wakeful bed, and stole upon the Temple servant's ear, whereat the youth arose, and humbly said, 'Lord, speak to me for I, your servant, hear.' Thus Samuel of old to God replied, though but a child, attuned to His behest, with words of faith that even now can guide all called to serve and render of their best.

How shall I hear this Voice? Will it be clear as any tumbling tide or sparkling spring? in truth, none may portray a Voice so dear until it speaks, and sweetens everything.

What God bestows on us, He bids us use in timely way, in manner fair and free; so, servant-like, this humble prayer we choose: that all who hear His call might Samuels be.

Sakhile Mabodoko

My name is Ndebele, I was born in Bulawayo, Zimbabwe.

I am a mother to two young children, super family oriented and love to read a good book – if I have some free time!

I have been a congregate member of the Cathedral for several years now, and as member of Chapter I hope to bring the point of view of the congregates of Leicester Cathedral.

I am a graduate in Accounting and Finance; currently working in finance at Reach PLC.

I hope that my work experience as well as being a member of the congregation will enable me to contribute positively to the Chapter.

I am looking forward to a rewarding experience and a chance to support the work being done here at Leicester Cathedral.
Welcome to Francesca

Coming to Leicester for the first time for my interview back in April this year, I got a great feeling about the city, it would become my new home if I was successful, and I was very excited by all the opportunities it and this new role could offer me.

Two months on and I finally joined the team on 10 July as Head of Visitor Experience, a new role for the Cathedral at such an exciting time of development and opportunity.

I have worked in the heritage, culture, and museum sector since graduating from University College London with a degree in Art History and Material Studies. My roles have been diverse, covering everything from audience engagement to commercial, and working in a variety of organisations including Discover Children’s Story Centre in Stratford, The Henry Moore Foundation and most recently Epping Forest District Museum. I am hugely passionate about this sector, its ability to provide spaces and opportunities for communities, to explore different areas of people’s lives and support health and wellbeing.

My roles have always been varied and I like to get stuck in with all elements of work in any position I take on – you will find me helping with events, schools and tours, serving tea, putting on exhibitions as well as all the behind-the-scenes things that go with a role like Head of Visitor Experience.

Before I went to university, I took a year out to explore my creative side with an Art Foundation. I have always been creative and can be found painting, baking and making when my free time allows. I hope to bring some of that creativity to my role both supplying colleagues with cake but more widely thinking creatively about the Cathedral’s offer to all visitors, both regular and one off.

I also enjoy travelling, visiting new places and exploring history both locally and abroad. My itinerary is often filled with visits to museums, exhibitions and of course the many churches I discover on my travels always feature. This year I managed to visit Mexico for my first trip outside of Europe, an experience I will never forget, as well as going to one of my favourite cities, Amsterdam.

Leicester will now form my new city to explore as I gradually move myself to living here permanently. I am excited to get involved in the life of the city, explore everything it has to offer and get to know many people along the way.

This new chapter for me is also a new chapter in the life of the Cathedral and I am excited to share that with all the lovely colleagues I have met in my first two weeks here.

I am very much looking forward to the journey and learning lots along the way. All the best,

Francesca Pellegrino
From Thursday 24 – Sunday 27 August, visit **Greenbelt Festival with the Cathedral and St Nicholas Communities**

This year Greenbelt celebrates its 50th anniversary of artistry, activism and belief, so what better time to come along for a big birthday in a field together – for a weekend of music, comedy, craft, theatre, dance, food, spirituality, talks, provocation and more.

**WHAT IS GREENBELT?**

We’re somewhere artistry meets activism, the secular meets the spiritual, politics meets positivity. We’re somewhere to come together once a year, where we’re just as likely to dream up a better world as we are to dance and debate, to pray and to party (ideally all of those things at the same time).

If you want to know more, or want to join the Cathedral group, come and talk to Head Verger Bev in the Cathedral Office or email Bev.Collett@LeicesterCofE.org

[www.greenbelt.org.uk](http://www.greenbelt.org.uk)
Hello there. Greetings and much love and grace and peace to you all from – well, you will probably have already guessed, not from sunny Leicester, but from our “other home” in Île Tudy, Pays Bigouden, in the southwest of Finistère, nestling on the very edge of the Bay of Biscay (above, this photo in March!).

We have had this seaside cottage for some 18 years now. Before Brexit, the intention had been, when/if I ever retire, to live here for a good portion of the summer; the beach is beautiful, the sand soft and white and peppered with myriads of shells, and (much more importantly) I can go sailing in minutes in my dinghy, dancing over the waves towards Les Glénan. We both love the sea passionately, and as much as we love Leicester, somehow the beach at Aylestone Meadows does just not match up.

When I am here, my morning routine is to walk (actually, more of a paddle!) north along the coast towards Sainte Marine listening to the CoE Daily Prayer app and to Lectio 365. It is a walk of about five kilometres and is always stunningly beautiful; the light, clouds and sea constantly changing. Inevitably, despite my very best intentions, every walk results in yet more photos of the same places (6451 photos to be precise.) Yesterday, for example, I watched some twenty sandwich terns diving for their breakfast in the shallows no more than ten metres away from me!

Yet, for all its wonderful beauty, Île Tudy is not our “home”. Neither Sally Ann nor I are sufficiently fluent in French (or Breton!) to feel fully at ease, fully comfortable here – we miss too much in conversation and cannot express ourselves as we should like.

This, along with three or four other things that flashed across my internet radar, got me thinking.

¹ Allpoetry.com — you may also wish to check out her book The Awful Rowing Toward God—published after she took her own life in 1974.
² YouTube
³ 24-7prayer.com
⁴ Henri Nouwen, Bread for the Journey, HarperOne, San Francisco, 2006
⁵ YouTube
⁶ northumbriacommunity.org
Where is my home? We have moved so many times in our married life, I have lost count of the houses we have lived in, and I am no longer sure we have a place we can call home as some do (such is the life of a medical researcher!)

Is home then a singular place? I don’t think so, at least not for me.

First up, Anne Sexton, 43 Mercy Street¹, a long and heart-rending, brilliant poem describing her attempt to relocate her long-lost childhood home.

“In my dream, drilling into the marrow of my entire bone, my real dream, I’m walking up and down Beacon Hill searching for a street sign — namely MERCY STREET. Not there.”

Places change constantly, mostly when we are paying attention.

This poem was reworked by Peter Gabriel and can be seen in a lovely video from twenty years ago.²

Second up, the readings in the Prayer for the Day app recently have been in either Ezra or Nehemiah. When we turn to these books, we see that perhaps home can be a specific place, in this instance, a place where God lives. If God “lived” in buildings built by men, that is certainly where I should long to be. However, notwithstanding some locations may have spiritual significance (“thin places”), I don’t think God really inhabits buildings made by man.

Third up, recently on Lectio 365³, Pete Greig has been on pilgrimage, following in the footsteps of Aidan from Iona to Lindisfarne. It has been an interesting journey. On 1 July, he quoted Henri Nouwen, who depicted home as a journey, as pilgrimage:

Going home is a lifelong journey. There are always parts of ourselves that wander off in dissipation or get stuck in resentment. Before we know it, we are lost in lustful fantasies or angry ruminations. Our night dreams and daydreams often remind us of our lostness.

Spiritual disciplines such as praying, fasting and caring are ways to help us return home. As we walk home, we often realise how long the way is. But let us not be discouraged. Jesus walks with us and speaks to us on the road. When we listen carefully we discover that we are already home while on the way.⁴

This is a reference to Hebrews 13.14 — “For this world is not our home; we are looking forward to our everlasting home in heaven.” I am not sure I agree with this; the world is very much my home just now, although I do agree with the writer of Hebrews that the world is not my final destination!

Finally, home is relationship. I think this is what Anne Sexton was seeking, not so much a place as a time when her relationship with her father was less fraught; a time when she felt completely loved and accepted. Peter Gabriel refers to

Anne, with her father
Is out in the boat
Riding the water
Riding the waves on the sea.

Chris Martin in Coldplay’s most prophetic album “Everyday Life” describes something very similar in the song “Daddy”; the video by Aardman is absolutely stunning – but do please watch to the very (very) end, to the end of the credits!⁵

Sally Ann says I am her home. And this resonates with me. At home, at peace one with another, just like the two cats curled up fast asleep together in front of the fire (wherever that might be!). At peace in the presence of the living God.

May the Peace of the Lord be always with us. “May He bring us home rejoicing at the wonders He has shown us!”⁶
WAYS YOU CAN HELP LEICESTER CATHEDRAL

ONLINE GIVING
Donate online here.

By TEXT
To donate £5, text PLATE to 70970
To donate £10, text PLATE to 70191

INTO OUR BANK ACCOUNT
Account Name: Leicester Cathedral Chapter
Account Number: 03807282 | Sort Code: 20-49-11

BY CHEQUE
Payable to: Leicester Cathedral Chapter
Address: St Martins House, 7 Peacock Lane,
Leicester, LE1 5PZ

SAFEGUARDING

THE ACTING DEAN and Chapter of the Cathedral are wholly committed to the safety, well-being and protection of everyone having contact with our community.
We all share responsibility for Safeguarding.
If you have concerns about the welfare or behaviour of an adult, young person or child, please speak to one of the Residentiary Canons or to Linda Green or Kath Rowberry, our Safeguarding Co-ordinators.
The Residentiary Canons can be approached in person or contacted on 07399 523 330.
The Safeguarding Co-ordinators do not publish their contact details. Please speak to a verger if you wish to contact them. You do not need to explain the reason for your request.
All concerns will be responded to proportionately and with discretion.