

Safeguarding : Do you need to talk?

**Are you concerned about the safety of a child, young person or vulnerable adult?
Or is there something that you would like to discuss that affects you?**

A safeguarding concern is anything that may impact the safety and wellbeing of a child, young person or vulnerable adult; if they are being neglected, harmed or at risk of being harmed by others or themselves, and are in need of protection. To report a non-emergency safeguarding concern please scan the QR code and complete our online form or email safeguarding@canterbury-cathedral.org

TO REPORT AN EMERGENCY SAFEGUARDING CONCERN PLEASE CONTACT
THE CATHEDRAL CONSTABLES OFFICE: Located by the main entrance to the
Precincts, Christ Church Gate. Alternatively, please call 01227 866237



'Climb the Corona' Tour

The Corona Chapel was built in the 12th century to house the crown - 'corona' in Latin - of St Thomas Becket's skull, which had been sliced off during his murder and was revered as a saintly relic. Explore the chapel, usually closed to the public, giving you the opportunity to explore the tombs of Cardinal Reginald Pole and Archbishop Temple, and view the wonderful stained glass windows in more detail, before climbing the 95 steps to the top of the Corona Tower itself and experience amazing views across the city in all directions. This tour offers a unique opportunity to see the city of Canterbury differently - as well as some hidden stone carvings atop the tower.

Dates:

Fri 8, 15, 22 & 29 August, 14:15-15:15; Wed 6, 13, 20 & 27 August, 14:15-15:15

Wed 3 & 10 September, 14:15-15:15; Fri 5 & 12 September, 14:15-15:15.

£12 per person, plus Cathedral admission charge. This is a popular tour; pre-booking advised to avoid disappointment.

Tent Appeal

Following the successful and moving events of this year's Refugee Week, we are asking that those who have a spare tent and/or sleeping bag might donate it to those in need in Calais. Shelter for asylum seekers is very hard to find in Calais. Their tents are cleared away by the authorities twice a week, so there is little chance of holding on to a safe place to sleep. If you can, please consider giving tents and sleeping bags, which can be transported to Calais. You can email jarnold@diocant.org at The Social Justice Network, leave them in Diocesan House, Lady Wootton's Green, CT1 1NQ, or bring them to Cathedral House. Alternatively, you can give money to the USPG appeal: The link is : <http://refugee-appeal.uspg.org.uk/>

The Friends of Canterbury Cathedral

THE FRIENDS OF CANTERBURY CATHEDRAL are the Cathedral's fan club. We are admirers of the building, its history, and its community, and we help to support the Cathedral and its work. Our new Programme of Events has just been launched and includes talks, coffee mornings, day trips, recitals, and even an annual holiday! You can find out more about our Events and Friendly community here: <https://www.canterbury-cathedral.org/support-us/friends>. Or pop into our Office in Cathedral House or phone 01227 865292 for more information.

Please send submissions for the Pew Sheet to:

tobin.wallace-sims@canterbury-cathedral.org by Wednesday please



THE CATHEDRAL AND METROPOLITAN CHURCH OF CHRIST, CANTERBURY

Welcome to our services for the week beginning Sunday 3rd August 2025

Seventh Sunday after Trinity

Canon in Residence: The Reverend Dr Emma Pennington

You are more than welcome to join us at any of the following services

| Weekend Services (Sat & Sun) | | Weekday Services (Mon—Fri) | |
|------------------------------|--|----------------------------|---|
| 8.00 | Holy Communion | 7.30 | Morning Prayer (9.15 Bank Holidays) |
| 9.15 | Morning Prayer | 8.00 | Holy Communion |
| 11.00 | Choral Eucharist (Sunday) | 11.00 | Bell Ceremony |
| 15.00 | Huguenot Service (in French, Sunday only) | 12.30 | Holy Communion - Wednesdays (Taizé Prayer resumes on Mondays in September) |
| 17.30 | Choral Evensong | 17.30 | Choral Evensong Thursdays said Evening Prayer with Silence |

Visiting Choirs

During the Cathedral Choir's Summer break, we have visiting choirs which come to sing our services for us. In the last week and over this weekend we are joined by the Choir of Trinity Church, Boston. Next week, services will be sung by the Vokalensemble Novantiqua, from Bern, Switzerland. We are very grateful to all our visiting choirs for their hard work and for allowing us to maintain a high standard of music in worship whilst the Cathedral Choir is having a well-earned rest.

Children's Church

Children's Church is having its summer break. There will be no Children's Church until 7th September, but there are parent-led crèche facilities for babies and toddlers in the north east transept - please ask a steward for directions. We are grateful to Jessie and her team for all their work with the Cathedral's children and young people throughout the year.

A Reflective Guided Pilgrimage

WEEKLY on a Thursday (please check dates), 16:30-17:00

Join us after visiting hours, for a short guided pilgrimage around the Cathedral, stopping at places of significance for reflection and prayer. Torin Brown, Pilgrim Officer, will lead a pilgrimage around the outside of the Cathedral, visiting places of symbolism and structures of meaning, to reflect upon our lives and our world. It is a pilgrimage of prayerful intent.

We will walk in silence between reflections of meaning, in an exercise of mindfulness, and in preparation for the evening service. Dates: 7, 14, 21 & 28 August; 4, 11, 18 & 25 September. New dates added regularly. Free to attend; but donations gratefully received.

For more information email pilgrims@canterbury-cathedral.org

Letter from the Dean, and other deans, in this week's Church Times

Below is the text of a letter, written by Dean David as Chair of the College of Deans, and signed by other deans, published in the Church Times on Friday 1st August.

In this season of profound suffering in the Holy Land, we feel compelled to speak with one voice about the humanitarian catastrophe unfolding in Gaza and the West Bank. As followers of Christ, who walked these very lands and called us to be peacemakers, we cannot remain silent while innocent lives are lost, and human dignity is trampled.

Archbishop Hosam's words at the July General Synod haunt us: "Every part of our lives and our ministries is covered with the shroud of death," describing how his Church was "resisting and ministering in multiple life-threatening situations simultaneously."

The situation in Gaza has reached catastrophic proportions. Civilians, including thousands of children, are dying from violence, starvation, disease, and infrastructure collapse. Reports of malnutrition, where the spectre of famine looms large, grieve us deeply. The blocking or restriction of humanitarian aid represents a moral failure that demands urgent correction.

In the West Bank, we witness continued settlement expansion in violation of international law, accompanied by increasing violence against Palestinian civilians. The destruction of homes, and movement restrictions represent systematic injustices we cannot ignore.

We unequivocally condemn the attacks perpetrated by Hamas on October 7th, 2023. The deliberate targeting and killing of innocent civilians represent a fundamental violation of human dignity and moral law. We call for the immediate and unconditional release of all hostages. Terror tactics targeting civilian populations are never justified, regardless of political grievances. Equally, we condemn violence perpetrated by Israeli settlers against Palestinian civilians.

While acknowledging Israel's legitimate right to defend itself against terrorist attacks, we believe the current military response in Gaza raises serious moral and legal questions. The principle of proportionality in warfare requires minimizing harm to civilian populations, yet the scale of civilian casualties suggests this principle has been abandoned.

As Christians, we are called to be voices for the voiceless and advocates for justice. The Hebrew prophets consistently called God's people to "seek justice, rescue the oppressed, defend the orphan, plead for the widow." These ancient words speak with urgent relevance to our current moment.

We acknowledge that Palestinians and Israelis both have legitimate aspirations for security, dignity, and self-determination. Both peoples have deep historical connections to this land, both have suffered grievous losses, and both deserve to live in peace and security. We pledge to educate ourselves and our communities about this region's complex history while maintaining our commitment to the equal dignity of all people. We will resist anti-semitism in all its forms whilst also rejecting any attempts to silence legitimate criticism of policies that violate human rights.

We call upon our government to use its influence to ensure humanitarian aid reaches those in need and that international law is respected by all parties. We call upon fellow Christians to join us in advocating for an end to this humanitarian catastrophe and for a just peace that recognises the rights and dignity of both Palestinians and Israelis.

Tips for keeping cool in the heat of summer

Katharine Norton, regular member of the congregation, spent twenty years in the heat of Africa, and gives some tips on how to keep cool when the weather is very hot.

- Drink lots to keep hydrated, a variety of drinks is good.
- Drink tea to raise your blood pressure which lowers in the heat.
- Increase your salt intake as you lose it to sweat.
- Drink a teaspoon of sugar and a pinch of salt in water (or packets of oral rehydration powder) to increase electrolytes.
- Open all windows and doors and curtains at night to get the cool air through, close them all during the day to help the sun out.
- If possible, rest in the heat of the day and use the cooler morning and evenings for activity.
- Sleep in a wet t-shirt to keep cool.
- Consider sleeping in a different place, perhaps you have a room with a cold floor or an airy room with a number of windows/doors for a cross breeze.
- Carry a small spray bottle of water and use it to spritz water on your face etc
- Plan when/ what you cook for your main meal so you're not working over a hot stove in the hottest heat.

Memoir by Canon Roger Symon

Copies of the memoirs by Canon Roger Symon, entitled 'The Archbishop's Walking Stick – a Canterbury Journey', are available from the Cathedral Archives. Roger Symon became a chorister here in 1942 and returned to Canterbury as Canon Librarian, having been a member of Lambeth Palace staff. His memoirs provide a fascinating account of his long association with the cathedral. The book is priced at £10, all proceeds supporting the Cathedral Friends and the Al-Ahli Hospital in Gaza. Please email archives@canterbury-cathedral.org if you would like a copy.

FREE* FAMILY-FRIENDLY FUN Gregory and Peti's 'A Monk's Life' Trail

Sat 26 July - Fri 29 August, during visiting hours

Follow in the footsteps of the Cathedral's medieval monks on Gregory Gargoyle and Peti Pigeon's special themed trail. Explore the Cathedral and its Precincts to discover how the monks spent their days - and where they ate, slept and prayed.

*Included free with a valid Cathedral Admission Ticket, Cathedral Pass or Friends' Card. Children aged 17 and under go free (T&Cs apply); does not apply to group bookings or school visits.

Memorial Service for Donald Niblett

The Memorial Service for Donald Niblett, former Bell Tower Captain, will be on Tuesday 12 August, 3pm, in the Crypt. All are welcome.

FOOD BANK COLLECTIONS - Please donate

There are three Food Bank bins around the cathedral site: in the foyer of Cathedral House; in the South-West Transept near the shop; and in the North-East Transept near the door to the Dean's Steps. These provide much-needed resources for those who are in need during the current cost of living situation, and are part of our mission to support those who are struggling. Please do make this a regular opportunity for you to follow our Lord's teaching that what we do for the least of our sisters and brothers, we do also for him.