

## 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](mailto: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: Wed 30 July, 14:15-15:15;

Fri 1, 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](mailto: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](mailto: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 27th July 2025**

Sixth 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 the Choir of Christ and St Luke's Church, Norfolk, Virginia. Next week, services will be sung by the Choir of Trinity Church, Boston. 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 from today 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.

## STARTING 31 JULY 2025 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: 31 July - FIRST DATE; 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](mailto:pilgrims@canterbury-cathedral.org)

## LIMITED TIME ONLY FREE\* ART INSTALLATION moon landing: an immersive music and textile collaboration, 9 June - 31 August 2025

This summer, the medieval splendour of Canterbury Cathedral will complement a stunning free-to-view\* modern art installation inspired by the little-known story of the women who wove the integrated computer circuits and memory cores which enabled the 1969 moon landing. The breathtaking installation moon landing - a duo work created by British textile artist and designer of woven textiles, Margo Selby, and award-winning composer, Helen Caddick – comprises a vibrant 16-metre hand-woven textile suspended from the ceiling near the Cathedral's Trinity Chapel, created in response to the moon landing score, an original musical piece scored for strings. It is a celebration of the mathematical and technical possibilities of weaving and the crossovers of pattern, tone and rhythm found in both music and woven textiles. Margo translates Helen's music into textile art. The stripes within the textile reflect the rhythm of the music. With both artists in dialogue across the creative process, Helen's evocative score echoes the strings of a loom and the binary code used in weaving, reflecting the involvement of Navaho women in the creation of the circuits and the Huguenot weavers who brought their craft to London in the 17th century, a heritage craft that Margo upholds. Supported by a grant from The Friends of Canterbury Cathedral (Charity No. 1210093).

\*moon landing is free-to-view by anyone with a valid form of Cathedral sightseeing admission (including Cathedral Admission Ticket, Cathedral Pass or Friends' Card), or those attending a service in the Quire.

## Take part in the Cathedral's Living Colour Chart

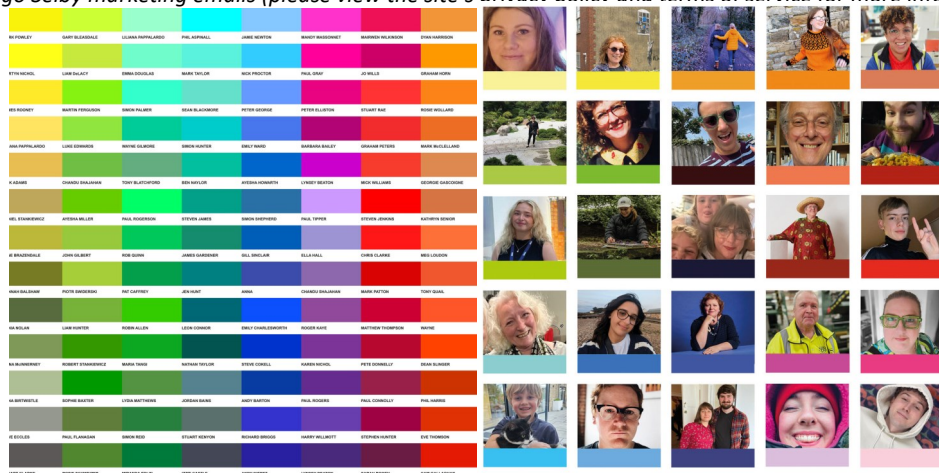
You are invited to take part in a new project by artist Margo Selby - whose work *moon landing* is on display in the Cathedral this summer – by submitting your favourite colour to a Living Colour Chart.

This could be the red of a favourite T-shirt, the blue of the sea from a treasured holiday, or a hue that reminds you of a special person, place or event. As more and more people – including Cathedral staff and volunteers, regular worshippers and visitors during the summer - submit their colours and stories, the Living Colour Chart will grow and evolve, creating a unique snapshot that reflects the Cathedral community and our visitors. It's hoped that, eventually, this community project can be extended to include all of the UK's cathedrals and create a national Living Colour Chart.

If you would like to take part, please submit your colour online via the QR code, or at

[www.margoselby.com/pages/living-colour-chart-canterbury-cathedral](http://www.margoselby.com/pages/living-colour-chart-canterbury-cathedral)

Please note: By submitting your colour choice via Margo Selby's website, you agree to receive Margo Selby marketing emails (please view the site's privacy policy and terms of service for more info).



## 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](mailto: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.

## Michael Ramsey Lecture 2025: Have the Arts become the Religion of our Age? Wednesday 30th July, 6:30-9pm, Canterbury Cathedral Lodge

This lecture will be the first in an annual series of Michael Ramsey lectures and events, with guest speakers prominent in the fields of theology, the arts, culture and social action.

Given The Reverend Professor Jonathan Arnold, Michael Ramsey Chair of Faith, Culture and the Arts, Institute of Cultural and Creative Industries, University of Kent. The Michael Ramsey Chair was originally established in 1991 in memory of Michael Ramsey (1904–1988), who was the 100th Archbishop of Canterbury (1961-1974) and previously Regius Professor of Divinity at the University of Cambridge. The Michael Ramsey Chair is a key point of contact between the University of Kent and Canterbury Cathedral in the development and delivery of major projects and programmes in culture and the arts. Jonathan Arnold is Executive Director of the Social Justice Network, Canterbury Diocese. Tickets are £6.00, or free for Students in full time education. Please book via <https://www.canterbury-cathedral.org/whats-on/events/> and scroll down to find the links to the lecture.