

## 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:

Fri 22 & 29 August, 14:15-15:15; Wed 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 17th August 2025**

Ninth Sunday after Trinity

**Canon in Residence: The Archdeacon of Canterbury**

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

### Weekend Services (Sat & Sun)

8.00	Holy Communion
9.15	Morning Prayer
11.00	Choral Eucharist (Sunday)
15.00	Huguenot Service (in French, Sunday only)
17.30	Choral Evensong

### Weekday Services (Mon—Fri)

7.30	Morning Prayer (9.15 Bank Holidays)
8.00	Holy Communion
11.00	Bell Ceremony
12.30	Holy Communion - Wednesdays (Taizé Prayer resumes on Mondays in September)
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 the Church of the Redeemer, Bryn Mawr, Pennsylvania: they had some considerable problems with flights as they made their way here, but only missed one service and arrived in Canterbury and sang Evensong the same day, which was very impressive! Next week, services will be sung by the Sanderstead Singers, with the Roden Boys' Choir singing on Thursday. 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.

## Ministry of Healing

The Ministry of Healing, and Laying on of Hands (if desired) will be offered at the Eucharist this morning. Please see your order of service for details and directions.

## Canterbury Christian Aid Group - Guided walk

Blean Woods Sunday 14th September starting at 2pm from RSPB car park CT2 9DD. Suggested donation £5 for Christian Aid. Further details and to book contact Andrew Goatly at [apgoatly@gmail.com](mailto:apgoatly@gmail.com)

## Lunchtime Recital - 27th August at 1.15pm

There will be a lunch-time recital on Wednesday 27th August at 1.15 in the Crypt (after the 12.30 Eucharist) for cello and piano given by Matthew Roberts, a former cathedral chorister, and John Paul Ekins. They will be playing: Beethoven's Sonata No 5 in D, Opus 102, No 2 for Cello and Piano and Schumann's Fünf Stücke im Volkston / Five Pieces in Folk Style for Cello and Piano. Do please join us if you can for this occasion.

## American Connections Tour

Discover the strong bond that Canterbury Cathedral has with the United States. Throughout history, Canterbury's inhabitants have gone on to shape American history, and in turn Americans have made their mark on Canterbury Cathedral. Hear stories of the people who have shaped the history of the United States and learn how glass and stone from Canterbury Cathedral adorns their churches. This is the story of centuries of friendship across the Atlantic. Dates: Friday 22 August, 11:15-12:30; Labor Day: Mon 1 September, 11:15-12:30; Patriots' Day: Thurs 11 September, 11:15-12:30; Indigenous Peoples' Day: Mon 13 October, 11:15-12:30; Fri 24 October, 11:15-12:30; Veterans Day: Tues 11 November, 11:15-12:30; Thanksgiving: Thurs 27 November, 11:15-12:30. £5 per person, plus Cathedral admission charge. Book at our Visitor Centre, or email [visits@canterbury-cathedral.org](mailto:visits@canterbury-cathedral.org) to reserve your space.

## Private Evening Cathedral Tours

There is nothing more atmospheric than visiting Canterbury Cathedral as evening falls outside, once the crowds have gone home, and you are able to enjoy the serenity and beauty of this special place all to yourself. Discover the Cathedral when it is closed to the public, on an exclusive guided tour taken 'out of hours', led by one of our expert guides, who will share many fascinating stories with you. This is your opportunity to explore parts of the building which are not normally open to the public, while learning about the history and architecture of this magnificent building as you make your way around. This tour is perfect for history lovers and those seeking a unique way to enjoy the Cathedral - book your exclusive evening tour now and look forward to a truly special experience.

Dates: Fri 22 August, 18:30-20:00; Fri 12 September, 18:30-20:00; Fri 3 October, 18:30-20:00 £40 per person. Pre-booking required - via the whats-on page of the Cathedral website. Tours take place after our 17:30 Evensong which you are very welcome to attend beforehand.

## 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: 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)

## 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.

## Safeguarding Committee Volunteer Vacancies

We are seeking individuals who would like to contribute to the life and work of the Cathedral by volunteering for membership of the Safeguarding Committee. More details can be found at:

<https://www.canterbury-cathedral.org/get-involved/volunteer/>

Applications close at the end of the month, and interviews will be in mid-September.

Please do consider this opportunity if you have experience in the area of Safeguarding.

## 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.

## Historic Graffiti Tour

On this tour, members of the Cathedral's Historic Graffiti Team will shine a light on a selection of the fascinating historic graffiti that can be found throughout the Cathedral.

Focusing on the Eastern Crypt, Quire and Trinity Chapel, a selection of different types of historic graffiti from different periods will be revealed; along with the very different motivations in the past for making marks on walls. Dates: Thu 28 August, 13:15-14:30; Thu 18 September, 14:15-15:30; Thu 25 September, 12:15-13:30; Tue 14 October, 12:15-13:30; Thu 23 October, 14:15-15:30; Tue 11 November, 14:15-15:30; Tue 9 December, 12:15-13:30. £5 per person, plus admission charge. Book at our Visitor Centre, or reserve your space by emailing [visits@canterbury-cathedral.org](mailto:visits@canterbury-cathedral.org)

## 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.