

## Conversation pieces for a memory-friendly trail

### INTRODUCTION

There has been a church on this site for at least 800 years – an ordination service was held here in 1223 when it was probably well established. Archaeologists have found evidence of Norman stonework. Part of the church collapsed in 1800, as a result of workmen digging to open a vault, and this had to be rebuilt. Various improvements were made in the 19<sup>th</sup> century. The church became a Cathedral in 1913.



### 1 FIRST IMPRESSIONS

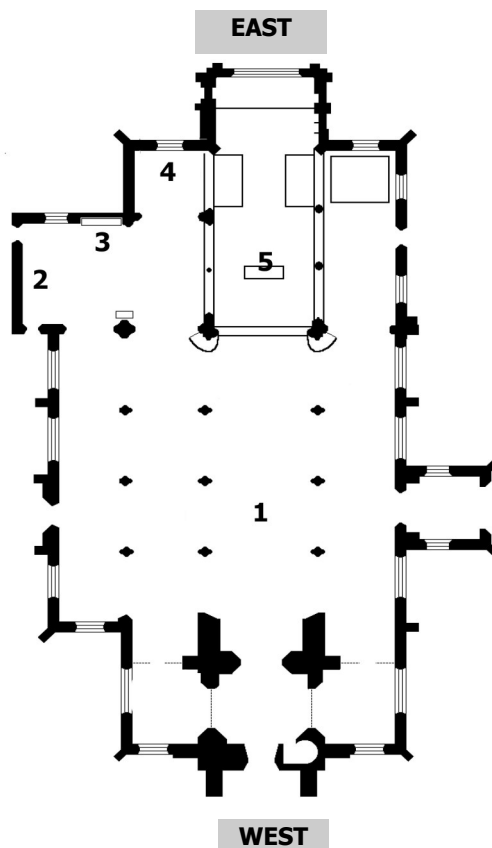


Walk into the middle of the Cathedral. First of all, look up, what do you see in the roof? What colour are the flowers? Then take a look to your right and then your left and tell us what you see.

### 3 MILD MAY MEMORIAL



This shows Thomas and Avice Mildmay with their fifteen children. Do you come from a large family?

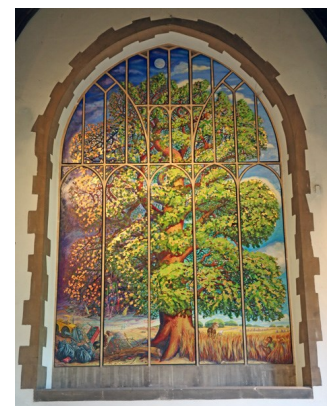


### 4 MILD MAY CHAPEL



Look at the altar frontal. It shows important places in the life of St Cedd. Talk about places where you have lived and journeys you have made.

### 2 TREE OF LIFE



This picture encourages us to think about how we care for nature. Do you have a garden, or do you go to the local park? Do you have a favourite tree?

### 5 ALTAR



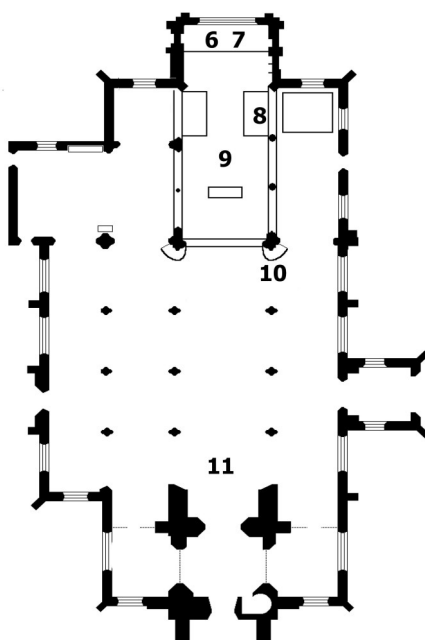
Looking around - what catches your eye, for example the cross and candles? What happens here, for example the Communion? Who would lead this service? What would they be wearing and what would they be using, for example a chalice?

### 6 BISHOP'S CHAIR



The Bishop sits on this throne. Feel its surface - what do you think it is made of? Do you have a favourite chair? What is it made of and what colour is it?

EAST



### 7 EAST WINDOW



Look up at the window above the Bishop's chair. What thoughts come to mind? What colours can you see? Do the figures remind you of a story? What sort of glass is this? Which is your favourite part of this window?

### 8 CHANCEL ORGAN

Have you ever played an organ or any other musical instrument? Do you have any favourite pieces of music that you remember being played on an organ? Were you ever in a church choir and do you remember any of the hymns that you sang?



### 9 CHANCEL CEILING

Look up, what do you see in the roof? For example, rafters and carved bosses. What colours are there?



### 10 PULPIT

Share your thoughts on who would use this and what they would do from here. Touch the pulpit — what is it made of and what does it feel like? Do you remember sitting and listening to talks from the person standing in a pulpit?



### 11 FONT

Spend a few minutes here and share what you notice. For example, what shape is it and what is it made of. Talk about what would happen here and any thoughts on who would do what. Do you have memories of family Christenings?



Thank you for visiting Chelmsford Cathedral. We hope you have enjoyed the trail and it has brought back some good memories. Can you share a story about being in church?