



Welcome to


NORWICH
CATHEDRAL

Welcome to Norwich Cathedral

The Cathedral has stood for over 900 years as a Christian presence in the heart of Norfolk. It is a place of public worship and private prayer, of hospitality and education. You have entered the Cathedral through the Hostry, our new Visitor and Education Centre (opened in 2009). It is built on the foundations of the mediaeval Hostry where guests would have been welcomed into the Benedictine monastery which then served the Cathedral. As you progress through the Hostry you will pass an exhibition hall and the 'Locutory' or Parlour, where monks were permitted to speak to visitors from outside. In this space you will discover information about the Cathedral today.

We encourage you to encounter the Cathedral in the spirit in which it was built, to express the human pilgrimage from earth to heaven.

The journey begins at the West end, in the centre of the Nave (from the Latin *navis*, ship), and will take you to the East end and back again.

To help your journey around the Cathedral, the numbered highlights opposite can be found on a map in the centre of this booklet.



1 *Centre of the Nave*

You may wish to sit and pause to take in the grandeur of the Romanesque structure with its Gothic vault. Here in the Nave worshippers gather every Sunday and at special celebrations to give thanks to God for his goodness. The prominent pulpit and altar point to the balance between the proclamation of the Word of God in the Bible and his presence in the Eucharist. For its builders, the Nave represented the earthly creation. The carved bosses of the vault tell the Biblical story of earth's creation, our redemption and God's plan for eternity.

Reflect and give thanks for the skill and imagination and faith of those who built and beautified this Cathedral over the last 900 years.

2 *The Font*

This brightly burnished copper vessel, filled with water, is used for the Christian rite of Baptism. Here God pours over his people his gift of eternal life in Christ and makes them members of the Body of Christ in the world, the Church. In response, the believer makes a commitment to follow Christ through the journey of life. (Previously this vessel was used in a Norwich chocolate factory.)

Dip your fingers in the water and make the sign of the cross as a reminder of baptism or as a blessing, reflecting on God's gift of His love.



3 *The Pulpitum*

This screen is the church's symbol of the meeting place of earth and heaven. The space beyond, the focus of the Cathedral's daily worship, represents heaven. The screen is a visible reminder of the Christian's citizenship in both earth and heaven.

As you walk under the organ, the Chapel of Holy Innocents is on your right. Here we remember William of Norwich, a young boy found murdered in 1144. Local Jews were falsely blamed for his death. Here prayers are said for victims of abuse, persecution and intolerance.

Spend a few moments reflecting on our human capacity for evil and on God's overwhelming love for all humanity.

4 *The Choir*



Daily worship in praise of God, often sung by the Cathedral choirs, has been offered here at the heart of this church for more than 900 years. These 15th-century oak stalls contain misericords (leaning-seats to support the monks during long services) showing a range of images, often humorous, from daily life.

Pause and give thanks for the gift of music and for musicians who inspire us.

5 *The Crossing*

Continue through the Choir until you reach the 14th-century pelican lectern from which the Bible is read. The pelican, which (according to legend) feeds her young with blood from her own breast, stands as an image for the Sacrifice of Christ. Looking up here, you can see how the Cathedral was built in the shape of a cross, the sign of Christ's death and resurrection and thus the Christian symbol of sacrifice, hope and new life.

Pause and give thanks for the gift of communication, for the Bible and for writers and poets who explore and interpret our world.

Move from here into the North Transept and turn toward the East into the Ambulatory.

6 *The Ambulatory*

This passageway led mediaeval pilgrims around the central worship space and is still used for processions during services. Climb up to the reliquary chapel where relics of beloved saints would have been kept and displayed to pilgrims. This is now the Treasury, with gold and silver communion vessels from many parish churches. Note the mediaeval wall and ceiling paintings (c. 1278), of extraordinary quality and beauty. At the East end, under the Bishop's Throne and at the lowest and darkest place in the Cathedral, is a niche with an icon of Christ's Resurrection, showing him conquering the powers of sin and death and raising Adam and Eve (symbols of our humanity) to new life.

Pause and light a candle and offer to God prayers of thanksgiving for His light and life amidst the darkness of our world.

7 *The Jesus Chapel*

This Chapel with its unusual shape and surviving wall and ceiling decoration retains a powerful Norman simplicity. The altar painting (c. 1510, Martin Schwartz) depicts the visit of the three Wise Men to the infant Jesus and his mother Mary.

Pause and pray for peace and reconciliation among all races and nations.

8 *St Saviour's Chapel and the Grave of Edith Cavell*

The Chapel was built in the 1930s as a memorial to those who died in the First World War. The door on the right at the back leads to the grave of Nurse

Edith Cavell. Born in Swardeston, near Norwich, she was the pioneer of professional nursing training in Belgium before the First World War. During the War, she both nursed wounded Germans and gave shelter to Allied soldiers caught behind enemy lines, helping them escape to neutral

territory, for which she was executed by the occupying German authorities in 1915. Edith's entire life was shaped by her profound Christian faith and commitment to serving others. 'No one has greater love than this, to lay down one's life for one's friends' (John 15:13).

Pause and reflect on how your own life is shaped by the needs of others.



9 *St. Luke's Chapel*

The Despenser Reredos (c. 1380) is an extraordinary survival, the only remaining mediaeval English altarpiece with scenes from Christ's Passion. Note also over the font the unique hanging Chrysmatory, containing the Holy Oils for anointing and healing (St Luke is remembered as a physician as well as an evangelist).

Pause and give thanks for those who work for the healing of minds and bodies.

10 *The Bauchon Chapel of Our Lady of Pity*

The ceiling boss over the altar depicts the Pietà, the Blessed Virgin Mary, with the crucified Christ on her lap. The Chapel also includes a modern sculpture of Mary, a painting of the Presentation of Christ in the Temple (John Opie, 1791) and a window depicting notable Benedictine monks.

Pause and give thanks for those, like Mary, dedicated to the service of the poor, the hungry and the needy.

Move from the Ambulatory up the steps into the Presbytery.



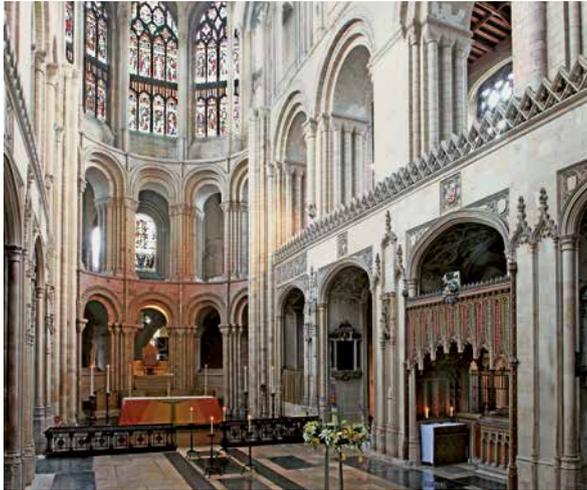
Norwich Cathedral



Key

- 1** The Centre of the Nave
- 2** The Font
- 3** The Pulpitum
- 4** The Choir
- 5** The Crossing
- 6** The Ambulatory
- 7** The Jesus Chapel
- 8** St Saviour's Chapel and the Grave of Edith Cavell
- 9** St Luke's Chapel
- 10** The Bauchon Chapel of Our Lady of Pity
- 11** The Presbytery
- 12** The Trinity Windows
- 13** The Peace Globe
- 14** The Cloisters

Red icons show accessible entrances to the Cathedral for use when the Hostry is closed.



11 *The Presbytery*

This is the summit and the crowning space of the Cathedral, focused on the High Altar. Earth is raised to heaven, and heaven is brought down to earth. Here in the Holy Eucharist God unites the Church, past, present and future, and feeds his people with the Body and Blood of Christ in the forms of bread and wine.

In the centre is the tomb of Herbert de Losinga, who founded the Cathedral in 1096. The bishop's throne, (*cathedra*, from which the Cathedral takes its name), remains where he placed it, behind the High Altar, a reminder of God who reigns as creator and judge over all things.

Pause and pray for the renewal of our faith and for the pursuit of God's justice and peace in our lives.

As you pass through the Crossing, turn right and then left towards the North Nave Aisle.

12 *The Trinity Windows*

Here are three windows designed by the abstract expressionist artist John McLean and dedicated to the Holy Trinity. The windows have transformed a formerly dim and static corner of the Cathedral into a joyous space of intense and dancing colour, a conversation between ancient and contemporary shapes and ideas.

Pause and give thanks for artists of all kinds who share beauty with us and help us to interpret our world.

As Christians complete their worship, they are sent out into the world as messengers and bearers of God's life and love. As you go down the North Aisle you will come to the Peace Globe.

13 *The Peace Globe*

Here you are invited to light a candle, reminding you of the light and love of God and placing before him your concerns for the world, for your family and friends, and for people in need.





14 *The Cloisters*

These were the passageways that linked the different parts of the monastery. The monks would use the Cloister to go to the Church for worship and prayer, to the Chapter House for meetings, to the Refectory for meals, to the Library to study, and to the Hostry to greet visitors. Today you are able to access the new Refectory, Hostry and Library from the Cloister. In the centre of the green is a labyrinth with a path like the path of life, reflecting its many twists and turns.

As you walk the labyrinth you may wish

- to give thanks
- to solve a problem
- to seek guidance
- to resolve a conflict
- to mourn a loss
- to release a fear
- to pray and be with God
- or just have fun!

You are warmly invited to join any of the Cathedral's daily acts of worship (see www.cathedral.org.uk for details) or use the Cathedral as a place of prayer and reflection.

Making the most of your visit

Children's Backpacks

Children are invited to borrow one of our Young Explorer backpacks to help them discover the building in their own way. Available from the Welcome Team in the Hostry.



Guided Tours

For a more detailed introduction to the Cathedral, free guided tours are available Monday to Saturday, on the hour from 11.00am to 3.00pm. Tours start outside the Cathedral Shop.

Cathedral Shop

A selection of locally sourced gifts, cards and books to help you remember your visit can be found here.

The shop, situated in the Cathedral Nave, is open Monday to Saturday, 9.15am to 5.00pm, and on Sunday, from 11.45am to 3.30pm.

Refectory Café

Our award-winning café is the perfect place to enjoy lunch during your visit, to relax over a refreshing drink or to try one of our delicious homemade cakes.

The café is situated off the Cloisters and is open Monday to Saturday, 10.00am to 5.00pm, and on Sunday, from 11.00am to 5.00pm.



Cathedral Close

Wander in the 44 tranquil acres of the Cathedral Close, a legacy of the Cathedral's monastic past, with its collection of green open spaces and listed buildings.

Herb Garden

Set within the Cathedral Close, visit this green oasis to learn how the Benedictine monks made use of a wide variety of herbs.

Library

Open to all and free of charge, the Library contains a collection of over 30,000 historic and modern books. The Library is situated off the Cloisters, next to the Refectory Café, and is open Tuesday to Thursday, 9.30am to 4.30pm, and on the first and third Saturdays of the month, from 12.30pm to 2.30pm.

Holy Communion

You are very welcome to join us in one of our side chapels for a service of Holy Communion during your visit. Held on Mondays, Wednesdays and Fridays at 12.30pm and Tuesdays and Thursday at 11.00am.

Choral Evensong

Joining the Cathedral Clergy and Choir for Choral Evensong, a tradition going back over 900 years, is the perfect way to end your visit; a time to rest, relax and pray. Term time Sundays at 3.30pm, Monday to Friday at 5.30pm. On Saturdays at 3.30pm and during school holidays this service is either sung by visiting choirs or said by the Clergy.



Sunday Worship

Worship is the very heartbeat of this building and we would be delighted to welcome you back to one of our Sunday services.

07.30 – Morning Prayer

08.00 – Holy Communion

10.30 – Sung Eucharist

15.30 – Choral Evensong

18.30 – Evening Service

Further Information

For more information on the life of the Cathedral and forthcoming services and events, or to discuss School Visits, Group Tours or for a chance to see behind the scenes of the Norwich Cathedral Broderers' Guild, please contact us:

Telephone 01603 218300

Email reception@cathedral.org.uk

Visit www.cathedral.org.uk

Sign up to receive our monthly e-newsletter at cathedral.org.uk/newsletter

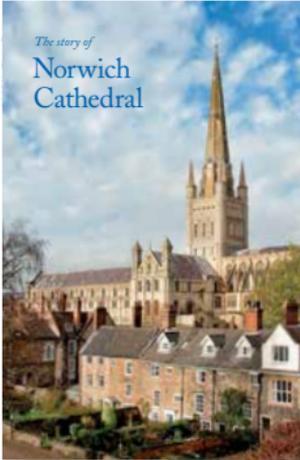


Friends

of Norwich Cathedral

The Friends of Norwich Cathedral is an independent charity, founded in 1930, to be a network of supporters of Norwich Cathedral and to help maintain its fabric. The Friends also organise regular events for members to attend, including talks, outings and social occasions.

To find out more about becoming a Friend of Norwich Cathedral visit cathedral.org.uk/friends



*New book
available*



The Story of Norwich Cathedral is a richly illustrated history of this beautiful building; it is both informative and a wonderful souvenir of your visit. Available from the Gift Shop in the Cathedral Nave.

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The Chapter Office
65 The Close
Norwich NR1 4DH
T: 01603 218300
www.cathedral.org.uk

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