



**The Cathedral Church of
Saint Michael and
All Angels**

The Diocese of Barbados

Diocesan Bishop

The Most Rev'd & Dr. The Hon. John W.D. Holder, CBE, LLD

Dean

The Very Rev'd Dr. Jeffrey D. Gibson

Assistant Priests

The Rev'd Canon George Knight, B.Min.

The Rev'd Dr. Marcus Lashley

Assistant Curate

The Rev'd Richard Kellman, LTh.

Organist/Choirmaster

Mr. John F. Bryan, B.Sc., BMus.

Organist

Mr. Eric Cobham

Administrative Assistant

Ms. Armel Marshall, B.Sc.,: Cert SM: Cert HRM

Verger

Mrs. Chloe Grant

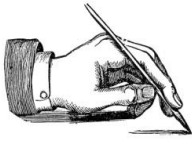
Assistant Verger

Ms. Harriet Lowe

January 7th, 2018

Services: 7:00 A.M. and 9:00 A.M.





From The Dean's Pen

My Dear Brothers and Sisters in Christ!

On this first Sunday in the New Year, the feast of the Baptism of Our Lord, the idea of life as a journey comes to mind. Like John the Baptist who embarked on a journey in search of deeper meaning in life, the people of faith stride year by year with confidence that God will indeed disclose the divine plan to us.

The sounds of the Christmas carols may still be ringing in our ears as the realities of life return, bringing their uncertainty and anxiety. The affairs of the society, nation and the world; the personal situations which confront the individual; and the situations in our churches all combine at times to make the journey rather rough. Nevertheless, it is important to continue in that search for meaning in each activity and encounter.

It is worthy to note that the Christian Epiphany, the acceptance of Jesus by the entire world, took place not as an act of divine self-satisfaction, but for us. As people journey, it is hoped that they would experience the presence of God dispelling the darkness of the world; offering peace in the midst of conflict; sifting truth out of falsehood; and authenticity out of gimmickry.

When such encounters take place the response could be modelled after that of John the Baptist, who took steps to avoid any misinterpretation as to what the messianic mission was all about. He offered himself in an authentic manner and recognized the more powerful one, Jesus. God's supreme act of love does not depart from us even in the midst of the greatest of threats to our existence; because of that we can continue striding.

May we therefore journey in Hope, Faith and Love throughout 2018.

Yours sincerely,

Dean Jeffrey

**THE FIRST SUNDAY AFTER EPIPHANY:
THE BAPTISM OF OUR LORD
YEAR B**

**7:00 A.M. HOLY EUCHARIST
President: The Rev'd Richard Kellman**

**9:00 A.M. SUNG EUCHARIST
President: The Very Rev'd Dr. Jeffrey D. Gibson**

ORDER OF WORSHIP

THE PREPARATION

Organ Prelude:

Introit Hymn 109 "What star is this, with beams so bright,"

Opening Sentence " <i>Epiphany</i> "	Page 98
The Invocation	Page 101
The Collect for Purity	Page 101
The Kyrie	Page 102
The Gloria in Excelsis	Page 102
The Collect: " <i>EPIPHANY</i> "	Page 160

THE MINISTRY OF THE WORD

First Lesson: Genesis 1:1-5

Lectors: 7:00 A.M. Mrs. Zida Hunte
9:00 A.M. Ms. Susanna Martin

Psalm 29 Page 502

"Ascribe to the Lord, you gods,"

Second Lesson: Acts 19:1-7

Lectors: 7:00 A.M. Ms. Alicia White
9:00 A.M. Ms. Dominique Downes

Gradual Hymn 42 "On Jordan's bank the Baptist's cry"

The Holy Gospel: Mark 1:4-11

Gospeller: The Rev'd Richard Kellman, LTh.

7:00 A.M.

The Sermon:	
The Nicene Creed	Page 104
Intercession Form “H”	Page 120
Intercessor: Ms. Linda Springer	
The Act of Penitence “A”	Page 123

9:00 A.M.

The Sermon: The Rev’d	
The Presentation of Baptism	Page 273
The Baptismal Vows	Page 275
The Profession of Faith	Page 277
The Baptism	Page 279
Welcome of the newly Baptised!	Page 280
The Greeting of Peace “A”	Page 124

Hymn 399 “Renew thy church, her ministries restore:”
(During the singing of this hymn a collection for the St. Michael’s Cathedral Restoration Fund is taken)

Hymn of Fellowship:

“Let there be peace on earth” (See page 5)

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**~~Welcome, Greetings & Announcements~~**

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THE EUCHARIST

The Offertory Hymn 251	
“Hail to the Lord’s Anointed,”	
The Presentation of Offerings “B”	Page 126
The Eucharistic Prayer	Page 126
The Proper Preface	Page 127
“Epiphany”	
The Great Thanksgiving	
7:15 A.M. “A”	Page 135
9:00 A.M. “A”	Page 131
The Lord’s Prayer	Page 144
The Breaking of The Bread “A”	Page 145
The Invitation to Communion “A”	Page 145



The Administration of Communion

**Hymns: 457 “O love, how deep! How broad! How high!”
580 “Deck thyself, my soul, with gladness;”**

The Anthem: **“This is the record of John”** (Ives)

Hymn for the Blessing of the Children ~ 648

“Heavenly Father, send thy blessing”

The Post Communion Prayer “A” Page 147

The Blessing **“Epiphany”** Page 150

The Recessional **Hymn 104**

“Songs of thankfulness and praise,”

The Dismissal

Organ Postlude:

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**WELCOME AND MAY THE LORD BLESS US ALL**

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Please use “Sermon Notes” to record your thoughts and questions.

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**HYMN OF FELLOWSHIP**

Let there be peace on earth  
And Let it begin with me  
Let there be peace on earth  
The peace that was meant to be  
With God our Creator  
Children all are we  
Let us walk with each other  
In perfect harmony

Let peace begin with me  
Let this be the moment now  
With every step I take  
Let this be my solemn vow  
To take each moment,  
And live each moment  
In peace and eternally

Let there be peace on earth  
And let it begin with me.

**THE FIRST SUNDAY AFTER EPIPHANY  
YEAR B**

**First Lesson: Genesis 1:1-5**

**Comments: “God creates light”**

In our opening lesson we read **the beginning of the story of creation.** God sweeps like a wind over the chaos and formless void and begins to establish order, bringing forth light and separating that light from darkness. This light precedes the creation of the sun, moon, and stars and may be perceived as an initial revelation of God’s character as this first step in creation is declared good.

**Psalm 29**

The majesty of God is described in the likeness of a thunderstorm: the Lord is mighty over land and sea.

**Second Lesson (The Epistle) Acts: 19:1-7**

**Comments: “Baptized in the name of Jesus”**

In our second reading **the apostle Paul continues to travel through Asia Minor carrying the good news of Jesus to Jew and Gentile alike.** In Ephesus he encounters a group of believers who had received only John’s baptism of repentance. Paul baptizes them in the name of Jesus. He then lays his hands upon them and they are filled with the Holy Spirit, speaking in tongues and prophesying as had others among those who first came to faith. The number of believers was twelve, which could reflect a connection with the original twelve disciples, the twelve tribes of Israel, and the ongoing power of the Spirit of God evident in Paul’s ministry.

**The Gospel Mark 1:4-11**

**Comments: “Jesus revealed as God’s servant”**

Our gospel is **the story of the ministry of John the Baptist, and of Jesus’ baptism.** John tells of the mightier one to come whose baptism will be with the Holy Spirit. Jesus is then baptized and the Spirit is manifest. A voice from heaven speaks to Jesus in words that echo ancient oracles concerning the king and the calling of the Lord’s chosen servant.

## **CATHEDRAL NEWS**

**Restoration Appeal:** Members are reminded that today a collection will be taken towards the Cathedral Restoration Fund. Envelopes are available for persons to use at their convenience. Thanks for your generous contribution and ongoing prayers for the restoration.

- i. **Registration:** The Cathedral is currently seeking to update its membership record. Consequently, members are asked to complete the registration forms which are available and return them to the office as soon as possible.
- ii. **5K Charity Walk & Run has been postponed at a date to be finalised.** (All proceeds will go towards The St. Michael Centre for Faith and Action and The Barbados Vagrants and Homeless Society).
- iii. **Communion Wine:** We acknowledge the contribution of wine by Canon Noel Burke and his family in thanksgiving for Christmas.
- iv. **The Baptized:** As the Church celebrates the baptism of Jesus in today's liturgy, a hearty welcome is extended to the families of infants who were baptized during 2016 and 2017. May the children grow in all respects and walk as children of light.
- v. The Barbados Tourism Marketing Inc. (BTMI) Europe office is updating its image gallery and will be including St. Michael's Cathedral in it. As part of this venture, they would like to have a photo shoot on the Cathedral's premises, which would primarily include the congregation entering and/or leaving the church on **Sunday 14th January 2018 at the 9:00 A.M. Service.** Additionally, they would like to have group photos of the Mothers' Union, the Sunday School

children and possibly the Choir. Please give them your full co-operation.

**vi. Looking Ahead!**

January 18<sup>th</sup> to 25<sup>th</sup> Week of Prayer for Christian Unity

**Sunday, January 21<sup>st</sup>, 2018** at 6:00 P.M. -  
An Epiphany Carol Service

**Thursday, January 25<sup>th</sup>, 2018** Inaugural Dean's Lecture,  
sponsored by The St. Michael Centre for Faith and Action.

**The Cathedral Church of St. Michael and All Angels  
Address at the 1<sup>st</sup> Public Service of Healing**

***“Health and Wellness: Healing for the Mind, Body and Soul”***

***Wednesday January 3, 2018***

What is health? This term is very relative and depending on who ask to describe what it means, you may have variations based on the different perspectives of individuals.

The term may be defined simply as follows:

- a. “ the state of being free from illness or injury”
- b. “ a person’s mental or physical condition’

The World Health Organization (WHO) in 1948 defined the term ‘health’ as “a state of complete physical, mental and social wellbeing and not merely the absence of disease or infirmity”, but in 1986 clarified it by proposing that it is ‘a resource for everyday life, not the object of living. In other words, health is a resource used to support an individual’s function in wider society and provides the means to lead a full life. Nordqvist (2017), recently



defined 'health' as the ability of the body to adapt to new threats and infirmities. Often the terms health and wellness are used together or even interchangeably. However, according to the National Wellness Institute "wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness; it is a dynamic process of growth and change".

The Bible is replete with texts about health and wellness under the following themes:

**Our responsibility to care our body**-Romans 12: 1

**Truths/ Promises**-1Timothy 4: 7-9

**Sin and Health**-Psalm 103: 1-5

**Stress and Health**-Psalms 119: 143

### **Some tips for healthy living- HEALTH**

**Hygiene**- Paying attention to personal hygiene is a key element to experiencing good health.

**Exercise**- Physical and mental exercise are important. Physical activity can help defuse stress, burn calories, and boost self-esteem. This also means that you are being encouraged to get adequate rest, relaxation and sleep.

**Affirm your spiritual health** in your relationship with God and others. Meditate, pray, or find solace for at least 10-20 minutes each day. Reflection is good for your soul and helps you cope with the demands of daily life.

**Laugh- Smile and laugh out loud several times a day.** It keeps you grounded, and helps you cope with situations that would otherwise make you anxious or frustrated.

**Time Management-** means staying on top of your time, life, and activities. It does require discipline and the benefits of time management far outweigh the work required.

**Have a positive attitude-** Do your best to look at life as if "the glass is half full." You must believe in yourself, have good support systems, and think positively to succeed. Develop a healthy lifestyle, by eating healthy foods – choose foods that contain minimal amounts of unhealthy fats, and lower sugar. Observe all the healthy tips mentioned above.

*Dr. Wendy Sealy 2018*

## **CINCO PASOS (Five Steps)**

**Step 1 Get active** A higher level of sedentary life begins at 50. However, it is never too late to start physical activity. In addition, exercise generates multiple benefits to our body.

**Step 2 Drink water** Water helps the proper functioning of the organism by transporting nutrients and waste. It is part of all the fluids of the digestive system and helps regulate the temperature of the same. It is the main constituent of the body and is essential for life.

**Step 3 Eat vegetables and fruits** Vegetables and fruits represent a group of foods essential to achieve proper nutrition. Their consumption is associated with the reduction of multiple diseases, such as cancer and cardiovascular diseases.

**Step 4 Measure yourself** Obesity is a disease that is characterized by excess adipose tissue in the body, so it is one of the most important steps in the program because in it you can detect possible problems in the body, as well as consider goals, projects and objectives in favor of a healthy life.

**Step 5 Share** Social relationships favor physical and mental health, as well as the sense of well-being, in addition those who share, appear to live more and better, as this becomes an inexhaustible source of benefits.

*Adapted from el Ministerio de Salud de Mexico (2011)*

***Prepared by Dr. Wendy Sealy***

Congratulations to all celebrating birthdays  
this week:

## *Birthday List for January 2018*

*Dr. Sherlock Bradshaw ~ 2<sup>nd</sup>*  
*Mr. Renaldo N. Grant ~ 6<sup>th</sup>*  
*Ms. Ernesta Yarde ~ 8<sup>th</sup>*  
*Ms. Beatrice R. Lavine ~ 9<sup>th</sup>*  
*Ms. Marcia Y. Watson ~ 10<sup>th</sup>*  
*Mr. Harry T. Hutson ~ 12<sup>th</sup>*  
*Ms. Heather R. Browne ~ 15<sup>th</sup>*  
*Mr. Ajani Yarde ~ 15<sup>th</sup>*  
*Mr. Clifford O'Donald Nurse ~ 15<sup>th</sup>*  
*Ms. Vida E. King ~ 16<sup>th</sup>*  
*Ms. Marlene D. Russell ~ 16<sup>th</sup>*  
*Ms. Elsie A. Beckles ~ 19<sup>th</sup>*  
*Mr. Jeffrey DaC. Grant ~ 20<sup>th</sup>*  
*Ms. Philestine A. Blackman ~ 22<sup>nd</sup>*  
*Mrs. Shirley L. Hurley ~ 23<sup>rd</sup>*  
*Ms. Rosalyn Sealy ~ 28<sup>th</sup>*  
*Mrs. Margaret A. Watson ~ 29<sup>th</sup>*  
*Mrs Juno C. Burrows nee Springer ~ 31<sup>st</sup>*  
*Ms. Marcelle Y. Rayside ~ 31<sup>st</sup>*



## **DIOCESAN NEWS**

1. **Diocesan Service:** The annual Diocesan Service will be held in the Garfield Sobers Gymnasium on Sunday, February 11 at 10:00 O'clock. The preacher will be The Rt. Rev'd Errol Brooks, Bishop of the Diocese of the North Eastern Caribbean and Aruba.
2. **Appointments:** Effective December 1, 2017 Ms Deon Mayers has been appointed Youth Director; The Rev'd Davidson Bowen has been seconded to the Youth Department; and the Rev'd Dr. Von Watson has been appointed Priest in Charge of the St. Luke. Your prayers and support are invited for the new ministries.

## **CATHEDRAL MINISTRIES**

### **Today, The First Sunday after Epiphany: The Baptism of our Lord**

7:00 A.M. Holy Eucharist

Preacher: The Very Rev'd Dr. Jeffrey D. Gibson

9:00 A.M. Sung Eucharist

Preacher: The Very Rev'd Dr. Jeffrey D. Gibson

6:00 P.M. Evensong,

Preacher: The Rev'd Dr. Marcus Lashley

### **Tuesday, January 9<sup>th</sup>**

12:15 P.M. Holy Eucharist

6:00 P.M. Choir Rehearsal

### **Wednesday, 10<sup>th</sup>**

10:00 A.M. Holy Eucharist

Preacher: The Rev'd Richard Kellman

### **Thursday, January 11<sup>th</sup>**

12:15 P.M. Holy Eucharist

6:00 P.M. Choir Rehearsal

**Next Sunday, The Second Sunday after Epiphany**

7:00 A.M. Holy Eucharist

9:00 A.M. Sung Eucharist

11:00 A.M. Choral Matins

6:00 P.M. Evensong

*SERMON NOTES*

Sermon Text: .....

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Topic: .....

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Preacher: .....

Points to Ponder: .....

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What was God saying specifically to me during the Sermon?

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THEME FOR THE WEEK

*“Through  
the  
revealing  
of  
himself,  
God reshapes  
our world.”*

## OFFICERS OF THE CHURCH COUNCIL

### Church Wardens:

Mr. Arlington Watson    Mr. Darnley King

**Secretary:** Ms. Donnah Russell

**Treasurer:** Mr. Ian Weekes

### Synod Representatives

Mr. Trevor King;

Mr. Samuel Maxwell;

Dr. Wendy Sealy

### Alternative Synod Representative

Ms. Donna Inniss



## LEADERS OF ORGANISATIONS AND MINISTRIES

|                             |                                                   |
|-----------------------------|---------------------------------------------------|
| <b>Men's Fellowship:</b>    | Mr. John Moore                                    |
| <b>Mothers' Union:</b>      | Mrs. Colleen Byer                                 |
| <b>Church Army:</b>         | Captain Evelyn Jackman                            |
| <b>Woman's Auxiliary:</b>   | Ms. Shirley Clarke                                |
| <b>Ushers Guild:</b>        | Mrs. Juno Burrows                                 |
| <b>Outreach Committee:</b>  | Mrs. Delores Hinds                                |
| <b>Guild of Servers:</b>    | Major Charleston Maxwell<br>and Mr. Jerry Alleyne |
| <b>Health Ministry:</b>     | Dr. Wendy Sealy                                   |
| <b>Sunday School:</b>       | Mrs. Harriett Blackman                            |
| <b>Flower Guild:</b>        | Mrs. Anita Yarde                                  |
| <b>Guild of St. Raphael</b> | Mr. Darwin Clarke                                 |



**"God, who commanded the light to shine out of darkness, hath shined in our hearts, to give the light of the knowledge of the glory of God in the face of Jesus Christ." (2 Corinthians 4:6, NKJV)**

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## Prayer Puzzle

Matthew 6:5-15

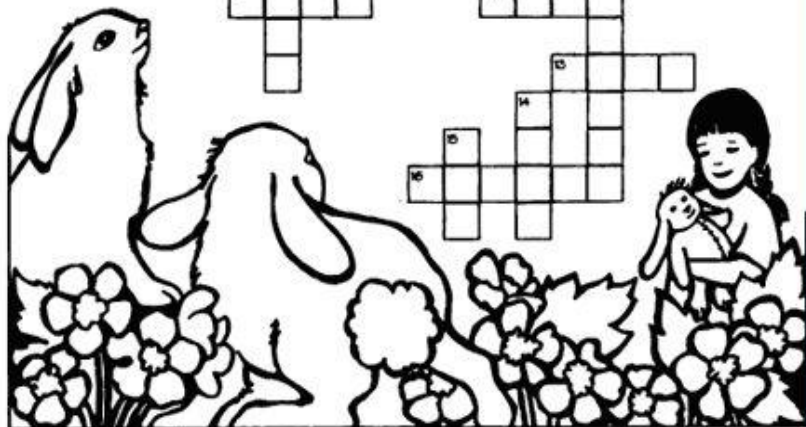
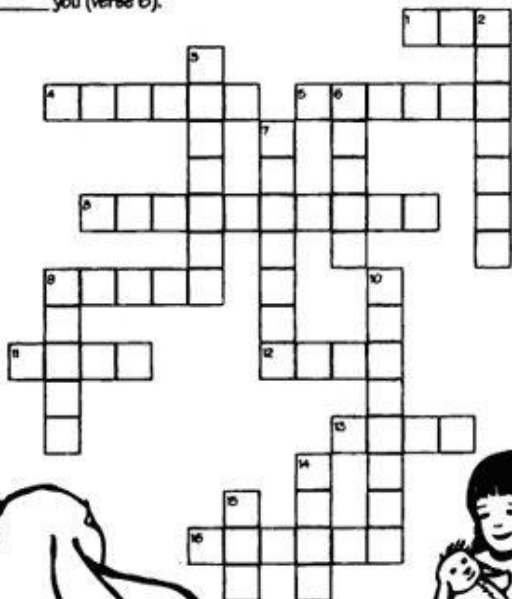
Jesus taught us how to pray. He wants our prayers to be humble, meaningful, and sincerely addressed to God in heaven. Pray a quiet prayer asking God to guide your life. Read Matthew 6:5-15 and do the crossword puzzle.

## Across

- God the Father knows what you need before you \_\_\_\_\_ him (verse 8).
- Pray to God our heavenly \_\_\_\_\_ (verse 6).
- Our Father is in \_\_\_\_\_ (verse 9).
- We should not be like the \_\_\_\_\_ (verse 5).
- Forgive us our \_\_\_\_\_ (verse 12).
- Pray that God's \_\_\_\_\_ be done (verse 10).
- Deliver us from \_\_\_\_\_ (verse 13).
- When praying, go into your room and shut the \_\_\_\_\_ (verse 6).
- God the Father will \_\_\_\_\_ you (verse 6).

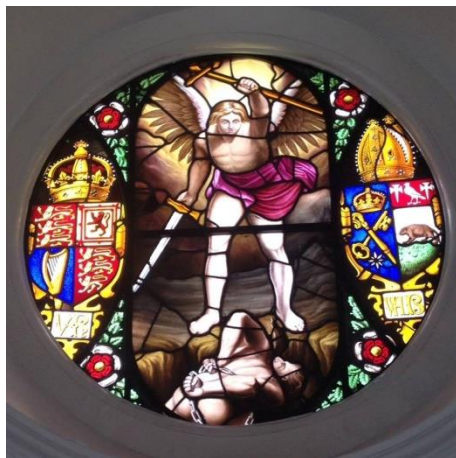
## Down

- God's \_\_\_\_\_ come (verse 10).
- We need to forgive our \_\_\_\_\_ (verse 12).
- On \_\_\_\_\_ as it is in heaven (verse 10).
- If you do not \_\_\_\_\_ men, God the Father will not forgive your sins (verse 15).
- Give us our \_\_\_\_\_ bread (verse 11).
- God's name should be revered and \_\_\_\_\_ (verse 9).
- Do not repeat useless phrases and words when you \_\_\_\_\_ (verse 7).
- Forgive \_\_\_\_\_ when they do wrong (verse 14).



From *The Gospels Activity Book* by Mary Currier Baker Books publisher, 1998.





## CONTACT US

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