

The Address: "Empowering our Youth"

7:00 A.M. Master Nathan Sealy

9:00 A.M. Master Nathan Daniel

The Nicene Creed Page 104

Intercession "D" Page 111

Intercessors:

7:00 A.M. ~ Mr. Victor Gittens

9:00 A.M. ~ Dr. Wendy Sealy

The Act of Penitence "B" Page 124

The Greeting of Peace "B" Page 125

Welcome, Remarks, Birthdays and Anniversaries

THE EUCHARIST

The Offertory Hymn ~141 vs 1-3, 5 and 7

"My song is love unknown,"

The Offertory Prayer Page 126

The Eucharistic Prayer Page 126

The Proper Preface: "Lent" Page 128

The Great Thanksgiving: "B" Page 135

The Lord's Prayer Page 144

The Breaking of The Bread "C" Page 145

The Invitation to Communion "C" Page 146

The Agnus Dei Page 147



The Administration of Communion

Hymns:

463 ~ "Come, thou fount of every blessing,"

474 ~ "Rock of ages, cleft for me,"

Anthem ~ Ave Verum Corpus (Byrd)

Hymn for the blessing of the Children 653

"In our work and in our play,"

The Post-Communion Prayer "C" Page 148

The Blessing: "Lent" Page 150

The Recessional Hymn ~ 112

"Christian, dost thou see them"

The Dismissal

Organ Postlude



WELCOME AND MAY GOD BLESS US ALL!

The Third Sunday in Lent

First Reading: Exodus 17:1-7

Comment: *"Water from the rock"*

In our Hebrew Bible story, **the people are at the point of rebellion because they are without water in the wilderness.** Moses decries their readiness to challenge the Lord through their lack of trust, and he asks God what is to be done. The Lord instructs Moses to strike a rock with his staff so that water will pour from it. This place he names Massah (meaning Challenge) and Meribah (meaning Dispute).

Psalm 95

A call to worship the Lord our God, with a warning not to put God to the test.

Second Reading (The Epistle): Romans 5:1-11

Comment *"Reconciled to God by Christ's death"*

In this lection we hear **how Paul bids disciples to rejoice in the reconciliation and hope which are theirs because of the sacrifice of Christ on behalf of sinners.** Through faith we have justification; we are given a right relationship with God. Now even our sufferings can lead to endurance, and this to a perseverance which strengthens our hope. Since God was willing to show such a love while we were still God's enemies because of sin, how much more we are assured that we are to be saved.

THE HOLY GOSPEL: John 4:5-42

Comment: *"The Woman at the well"*

Our Gospel tells **the story of Jesus' meeting with the Samaritan woman by Jacob's well.** The narrative is rich with themes. Jesus is willing to break with custom in order to talk with one who is both a woman and foreigner. True worship of God is tied to no particular place. He himself offers living water which wells up to eternal life. The woman learns that Jesus is the expected Messiah, and later others from the town come to believe that he is the world's Saviour. During an interval in the story, Jesus speaks with his disciples concerning his true food and drink, and tells them that the time of harvesting for eternal life is at hand.

CATHEDRAL NEWS

1. Confirmation Classes: Please note that registration for Confirmation Classes has started. It is anticipated that Confirmation will be celebrated in November, as part of the Diocese's "Mission 2020: God's Gathering" initiative. Interested persons can collect forms from the table at the west door of the Cathedral. Completed forms should be returned to the Office as soon as possible.

2. Lenten Evensong: The Dean is presenting a series of sermons entitled, **"Preaching on Some 20:20 Texts"**, at Evensong during the season of Lent. All are encouraged to come and share as we gather as God's people, during this year of "We Gatherin".

3. Guild of St. Gabriel: All Lectors and Intercessors are invited to attend a meeting to further consolidate this ministry on Tuesday, March 24, 2020 at 5:30 P.M., in the Cathedral.

4. Annual Luncheon: The annual parish luncheon will be held on Sunday, May 3, 2020 at 12:30 P.M. on the lawn of the Deanery, Welches, St. Michael. More details will follow, in due course.

DIOCESAN NEWS

Lenten Course 2020 – "Eeeeeezing Towards Easter". This course will continue under the following themes:

March 15th - Empowering our Youth

March 22nd - Exercising Greater Morals

March 29th - Endeavouring Peace

April 5th - Embracing All Persons.



Coronavirus, COVID-19 Guidelines: From last Sunday, March 8, 2020 the following came into effect until the Bishop indicates otherwise:

1. Physical interaction during services, including the Sign of Peace, shaking hands on entry or departure of religious services/gatherings should be suspended until further notice.

2. Everyone administering Holy Communion should wash their hands thoroughly with soap and water for at least 20 seconds or use alcohol-based hand gel, before beginning.
3. Holy Communion should be administered in one kind only: under the species of Bread and placed onto the hands of the recipient only and not onto the tongue.
4. Suspend direct physical contact as part of a blessing or 'laying on of hands.'
5. Clergy will not be visiting members who have influenza-type symptoms; instead, pastoral support for parishioners who are unable to attend church services should be provided by telephone, or social media.
6. Parishioners who feel ill and display influenza-like symptoms should stay at home.

Congratulations to all those persons celebrating birthdays this week

15th to 21st March 2020

Ms. Gloria Regis ~ 15th

Mrs. Zida Hunte ~ 20th

Mr. Winston Holder ~ 21st



May God bless and strengthen you.

THEME FOR THE WEEK

"In shaping our conversion of life, God always takes the initiative by his grace."



CATHEDRAL MINISTRIES

Today, Sunday, March 15th, 2020

The Third Sunday in Lent

7:00 A.M. ~ Holy Eucharist

Speaker: Master Nathan Sealy

9:00 A.M. ~ Sung Eucharist

Speaker: Master Nathan Daniel

6:00 P.M. ~ Evensong led by the choirs of

All Saints & St. Philip-the-Less Churches

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

“Preaching on Some 20:20 Texts”

Tuesday, March 17th, 2020

12:15 P.M. ~ Holy Eucharist/Lenten Devotions

Wednesday, March 18th, 2020

10:00 A.M. ~ Holy Eucharist

Thursday, March 19th, 2020

12:15 P.M. ~ Holy Eucharist/Lenten Devotions

Friday, March 20th, 2020

5:00 P.M. ~ Stations of the Cross

Sunday, March 22nd, 2020

The Fourth Sunday in Lent ~ Mothering
Sunday

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist

11:00 A.M. ~ Choral Matins

6:00 P.M. ~ Evensong

Looking Ahead!

A Solemn Musick for Good Friday, to be held
on Friday, April 10th, 2019
at 8:00 P.M.

Tickets now available.

Admission \$30.00

OFFICERS OF THE CHURCH COUNCIL

Church Warden Emeritus

Mr. Arlington Watson, BSM. J.P.

Church Wardens:

Mr. Samuel Maxwell Mr. Victor Sylvester

Secretary: Ms. Donnah Russell

Assistant Secretary: Mrs. Juno Burrows

Treasurer: Mr. David Murray

Assistant Treasurer: Ms. Harriet Clarke

Synod Representatives:

Mr. Trevor King

Mr. Samuel Maxwell

Dr. Wendy Sealy

Alternative Synod Representative:

Ms. Donna Inniss

LEADERS OF ORGANISATIONS AND MINISTRIES

Men's Fellowship:	Mr. John Moore
Mothers' Union:	Mrs. Colleen Byer
Church Army:	Captain Donnah Russell
Woman's Auxiliary:	(Vacant)
Ushers' Guild:	Mrs. Juno Burrows
Outreach Committee:	Mrs. Delores Hinds
Guild of Servers:	Major. Charleston Maxwell and Mr. Jerry Alleyne
Health Ministry:	Dr. Wendy Sealy
Sunday School:	Mrs. Harriett Blackman
Flower Guild:	(Vacant)
Guild of St. Raphael:	Mr. Darwin Clarke

CONTACT US:

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The Cathedral Church of Saint Michael and All Angels

The Diocese of Barbados

Diocesan Bishop

The Rt. Rev'd Michael B. St. J. Maxwell, M.A.

Dean

The Very Rev'd Dr. Jeffrey D. Gibson

Precentor

The Rev'd Canon George Knight, B. Min

Assistant Priest

The Rev'd Dr. Marcus Lashley

Assistant Curate

The Rev'd Richard Kellman, LTh.

Organist/Choir Master

Mr. John Bryan, B.Sc. B.Mus.

Organist

Mr. Eric Cobham, B.Sc., B.Mus.

Administrative Assistant

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

Verger

Mrs. Chloe Grant

Assistant Verger

Ms. Harriet Lowe



March 15th, 2020

Services

7:00 A.M. & 9:00 A.M.

March 15th, 2020

The Third Sunday in Lent

7:00 A.M. ~ Holy Eucharist

President:

The Very Rev'd Dr. Jeffrey D. Gibson

9:00 A.M. ~ Sung Eucharist

President:

The Rev'd Canon George Knight

ORDER OF WORSHIP

Organ Prelude

Opening Hymn ~ 413

“Guide me, O thou great Redeemer,

The Opening Sentence “Lent” Page 98

The Invocation Page 101

The Collect for Purity Page 101

The Kyrie Page 102

The Collect Page 164

“Third Sunday in Lent”

Almighty God, you know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

THE MINISTRY OF THE WORD

First Lesson: Exodus 17:1-7

Lectors: 7:00 A.M. ~ Ms. Mary Haynes, Q.C.

9:00 A.M. ~ Mrs. Marlene Russell

Psalms 95 Page 593

“Come, let us sing to the Lord; let us shout for joy to the rock of our salvation.”

Second Lesson: Romans 5:1-11

Lectors: 7:00 A.M. ~ Ms. Helena Lyte

9:00 A.M. ~ Ms. Marcia Bridgeman

The Gradual Hymn ~ 661

“Morning has broken like the first morning,”

The Holy Gospel: John 4:5-42

Gospeller: The Rev'd Richard Kellman