



JOURNEY
TO THE
FOOT
OF THE CROSS

40
DAYS

REMEMBER THE FORMULA. IT'S A TIME OF PRAYER. IT'S A TIME TO FAST.
IT'S A TIME TO WORK ON DISCIPLINE. IT'S ABOUT DYING TO YOURSELF.
DON'T DO TOO MUCH. LENT REMINDS US OF OUR WEAKNESS. BE PATIENT
WITH YOURSELF. REACH OUT IN CHARITY. LEARN TO LOVE LIKE CHRIST.

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

Diocesan Bishop

The Rt. Rev'd Michael B. St. John. 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

Organist/Choirmaster

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

Organist

Mr. Eric Cobham

Administrative Assistant

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

Vergers

Mrs. Chloe Grant

Assistant Vergers

Ms. Harriet Lowe



March 7th, 2021

Service 9:00 A.M.



My Dear Brothers and Sisters in Christ!

Since the onset of the coronavirus COVID-19, many books have been written, lectures delivered, and webinars hosted as individuals and societies seek to come to grips with the pandemic. Each activity has been, in some measure, informative and provided understanding, dispelling the myths, or dismissing the various conspiracy theories which have emerged.

Of the books that I have read, I have found the one by N.T. Wright, entitled “**God and the Pandemic**” most enlightening. This New Testament scholar has offered a Christian reflection on the coronavirus and its pandemic in a profound, yet easily readable manner, accessible to the average believer. He debunks the conspiracy theorists: some speak of the ‘End Times’; some say that they know what God is saying through it all; others say that this is a moment to turn to God; and yet others, he reckons, quote the Old Testament prophets to prove that when bad things happen, it must be God who has done it.

No, he argues, none of this is so! When the pandemic is viewed from the perspective of the Christian faith, one can discern God’s action in different ways. Wright invites readers to draw on the careful reading of the Bible, the revelation of God in history, and above all, on ‘the way of living, thinking, and praying revealed to us in Jesus’.

In that latter regard, Jesus points us towards a new world in which he is the one true sign, who like Jonah, points to resurrection – new life. Jesus says to his followers, including those of today, to stay calm and to place our trust in him. In fact, the Lord’s Prayer, used by Christians everywhere, sets the tone and the attitude to help us navigate the course and experiences of every day. We are called to put Jesus at the center of the picture, rather than look back into the past in search of reasons or for people to blame. Instead, we are to look forward to what God is doing in the midst of the vicissitudes of life, as he did in the case of the man who was born blind (John 9:1-41).

Let us talk about God’s coming kingdom and work daily for its establishment.

Yours sincerely
Dean Jeffrey

**The Third Sunday in Lent
YEAR B**

**9:00 A.M ~ SUNG EUCHARIST
President ~ The Rev'd Canon George Knight**

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

ANNOUNCEMENT

**Emergency Management (COVID-19) Churches (No. 5)
Directive, 2021**

The following protocols will be enforced: No more than ten (10) persons shall be present for the conduct or streaming of religious services; Temperature Checks upon arrival; Wearing of Masks, Designated Seating; the Use of an Offering Box; Physical Distancing - Six (6) feet apart; No physical exchange of the Greeting of Peace; Sanitization of Hands before entering the Cathedral and before Communion.

RESTRICTIONS AT WORSHIP

PLEASE NOTE THAT THE 9:00 A.M. SERVICE WILL BE ATTENDED BY CHORISTERS ONLY AND WILL BE STREAMED LIVE ON OUR FACEBOOK PAGE AND ON YOUTUBE.

<http://www.facebook.com/saintmichaelscathedral>

<http://www.youtube.com/c/SaintMichaelsCathedralBarbados>

BOOKS ON THE PANDEMIC

Virus as a Summons to Faith; Biblical Reflections in a Time of Loss, Grief, and Uncertainty, Brueggemann, Walter (Paternoster: Thinking Faith, 2020)

We shall be changed. Questions for the Post-Pandemic Church, Edited by Mark D. W. Edington (Church Publishing Incorporated 2020)

God and The Pandemic: A Christian Reflection on the Coronavirus and Its Aftermath, N.T. Wright (Zondervan Reflective 2020)

The Distanced Church: Reflections on Doing Church Online, Heidi A. Campbell, Editor (e-book). College Station, Tx: Digital Religion Publications, 2020.



ORDER OF WORSHIP

THE PREPARATION

Organ Prelude:

Opening Hymn ~ 162

We sing the praise of him who died,
of him who died upon the cross;
the sinner's hope let men deride,
for this we count the world but loss.

Inscribed upon the cross we see
in shining letters, 'God is love;'
he bears our sins upon the tree;
he brings us mercy from above.

The cross! It takes our guilt away;
it holds the fainting spirit up;
it cheers with hope the gloomy day,
and sweetens every bitter cup.

It makes the coward spirit brave,
and nerves the feeble arm for fight;
it takes its terror from the grave,
and gilds the bed of death with light:

The balm of life, the cure of woe,
the measure and the pledge of love,
the sinner's refuge here below,
the angel's theme in heaven above.

Words: Thomas Kelly (1769-c1854)

Opening Sentence “ <i>Lent</i> ”	Page 98
The Invocation	Page 101
The Collect for Purity	Page 101
The Kyrie	Page 102
The Collect: “ <i>Third Sunday in Lent</i> ”	Page 164

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 20:1-17

Lector: **Mr. Calderon Walrond**

Psalm 19 *Caeli enarrant* Page 490

- 1 The heavens declare the glory of God,
and the firmament shows his handiwork.
- 2 One day tells its tale to another,
and one night imparts knowledge to another.
- 3 Although they have no words or language,
and their voices are not heard,
- 4 Their sound has gone out into all lands,
and their message to the ends of the world.

- 5 In the deep has he set a pavilion for the sun;
it comes forth like a bridegroom out of his
chamber;
it rejoices like a champion to run its course.
- 6 It goes forth from the uttermost edge of the
heavens and runs about to the end of it again;
nothing is hidden from its burning heat.
- 7 The law of the LORD is perfect
and revives the soul; the testimony of
the LORD is sure and gives wisdom to the
innocent.
- 8 The statutes of the LORD are just
and rejoice the heart; the commandment of
the LORD is clear and gives light to the eyes.
- 9 The fear of the LORD is clean
and endures forever; the judgments of
the LORD are true and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold, sweeter far than
honey, than honey in the comb.
- 11 By them also is your servant enlightened,
and in keeping them there is great reward.
- 12 Who can tell how often he offends?
cleans me from my secret faults.
- 13 Above all, keep your servant from presumptuous
sins; let them not get dominion over me; then
shall I be whole and sound, and innocent of a
great offense.
- 14 Let the words of my mouth and the meditation of
my heart be acceptable in your sight,
O LORD, my strength and my redeemer.

Glory to the Father, and to the Son and to the Holy Spirit;

As it was in the beginning, is now, and shall be forever. Amen.

Second Lesson: 1 Corinthians 1:18-25

Lector: **Mr. Calderon Walrond**

The Gradual Hymn ~ 474

Rock of ages, cleft for me,
let me hide myself in thee;
let the water and the blood,
from thy riven side which flowed,
be of sin the double cure:
cleanse me from its guilt and power.

Not the labours of my hands
can fulfil thy law's demands;
could my zeal no respite know,
could my tears for ever flow,
all for sin could not atone:
thou must save, and thou alone.

Nothing in my hand I bring,
simply to thy cross I cling;
naked, come to thee for dress;
helpless, look to thee for grace;
foul, I to the fountain fly;
wash me, Saviour, or I die.

While I draw this fleeting breath,
when my eyelids close in death,
when I soar through tracts unknown,
see thee on thy judgment throne;
Rock of ages, cleft for me,
let me hide myself in thee.

Words: Augustus Montague Toplady (1740-1778), alt.

The Holy Gospel: John 2:13-22

Gospeller: **The Very Rev'd Dr. Jeffrey D. Gibson**

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

The Nicene Creed Page 104

Intercession “**D**” Page 111

Intercessor: **Mr. Calderon Walrond**

The Act of Penitence “**B**” Page 124

The Greeting of Peace “**B**” Page 125

Greetings and Thanks

THE MINISTRY OF THE SACRAMENT

The Offertory Hymn ~ 715 (AMS)

Here, O my Lord, I see Thee face to face;
Here would I touch and handle things unseen,
Here grasp with firmer hand th'eternal grace,
And all my weariness upon Thee lean.

Here would I feed upon the Bread of God,
Here drink with Thee the royal Wine of heav'n;

Here would I lay aside each earthly load,
Here taste afresh the calm of sin forgiv'n.

I have no help but Thine, nor do I need
Another arm save Thine to lean upon:
It is enough, my Lord, enough indeed;
My strength is in Thy might, Thy might alone.

Mine is the sin, but Thine the righteousness;
Mine is the guilt, but Thine the cleansing Blood;
Here is my robe, my refuge, and my peace:
Thy Blood, Thy righteousness, O Lord my God.

The Offertory Prayer	Page 126
The Eucharistic Prayer	Page 126
The Proper Preface " <i>Lent</i> "	Page 128
The Great Thanksgiving " D "	Page 140
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/Spiritual Communion

The Post Communion Prayer " B "	Page 148
The Blessing " <i>Lent</i> "	Page 150
The Recessional Hymn ~ 112	

Christian, dost thou see them
on the holy ground,
how the troops of Midian
prowl and prowl around?

Christian, up and smite them,
counting gain but loss;
smite them by the merit
of the holy cross.

Christian, dost thou feel them,
how they work within,
striving, tempting, luring,
goading into sin?
Christian, never tremble;
never be down-cast;
smite them by the virtue
of the Lenten fast.

Christian, dost thou hear them,
how they speak thee fair?
‘Always fast and vigil?
Always watch and prayer?’
Christian, answer boldly,
‘while I breathe I pray:’
peace shall follow battle,
night shall end in day.

‘Well I know thy trouble,
O my servant true;
thou art very weary,
I was weary too;
but that toil shall make thee
some day all mine own,
and the end of sorrow
shall be near my throne.’

Words: John Mason Neale (1818-1866), alt.

The Dismissal
Organ Postlude:

WELCOME AND MAY THE LORD BLESS US ALL



**The Third Sunday in Lent
Year B**

First Reading: Exodus 20:1-17

Comment: *“The commandments are given at Sinai”*

In our first lesson, **Moses gives the people the ten commandments that God spoke to him on Mount Sinai.** These precepts are at the heart of Israel’s law or Torah, and form the basis of the covenant with God established through Moses. The first four commandments prescribe Israel’s relationship with God. Those which follow require fundamental responsibilities in human relationship.

Psalm 19

A hymn which glorifies the Creator God, with special praise for the law and a prayer for avoidance of sin.

Second Lesson: (The Epistle) 1 Corinthians 1:18-25

Comment: *“Christ crucified, the wisdom of God”*

In this epistle, **Paul directs the Corinthians’ attention to God’s way of using what is weak and lowly—even what**

the world regards as foolish—to accomplish God’s purposes. Paul emphasises this understanding because a number of these new Christians had come to think of themselves as especially gifted and wise. Yet the cross has shown God active in the world in a manner surprising both to the Jews’ expectation of powerful signs and to the Greeks’ desire for worldly wisdom.

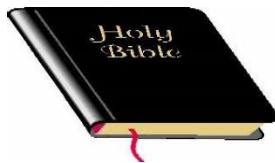
The Holy Gospel: John 2:13-22

Comment: *“The cleansing of the temple”*

Our gospel is **the story of Jesus’ cleansing of the Jerusalem temple of its commercial activities, and his prediction that his body will become the new temple.** The fourth evangelist places this incident very early in Jesus’ ministry. It signifies the need to cleanse religious practices of corrupting influences and to put in their place a new form of worship. In the future Christians will worship God by sharing together in the risen life of Christ.

CATHEDRAL NEWS

STEWARDSHIP: The 2021 Stewardship Envelopes can now be collected from the Administrative office during office hours, Monday to Friday 9:00 A.M. – 4:00 P.M.



Household Worship: The Cathedral is closed to public worship, except under the provision of the EMP (COVID-

19) (No. 5) Directive 2021. However, members are encouraged to pray the office of Morning Prayer at the regular Sunday service times, 7:00 A.M. and 9:00 A.M., or at a time convenient to the family. The Daily Office can also serve as a personal or family discipline. The Daily Lectionary for Lent, the Third Sunday in Lent, begins on page 744, in the Book of Common Prayer. Note further that this year is Year 1, and the readings for Monday, March 8th, 2021 are Jeremiah 7:1-15, Psalm 80, and Romans 4:1-12.

Stewardship of Treasure: During the period of lockdown, members were unable to make their regular financial contributions to the church in the usual manner. However, several persons made use of the options which were provided, and we are grateful for their contributions. For the convenience of all, online payments may be made to the St. Michael's Cathedral, CIBC First Caribbean International Bank, Bridgetown Branch, Account # 2719302; Transit # 09606.

THEME FOR THE WEEK

“God wants us to understand how radically new his plan is for us.”



DIOCESAN NEWS

Diocesan Calendars: The 2021 Diocesan Calendars are available through the office of the Administrative Assistant, at the price of \$6.00 each.

Annual Parish Meeting: The Synod Council at its February meeting passed a resolution which authorised the postponement of the Annual Parish meetings across the Diocese, until they can be lawfully convened and as the Bishop shall direct. This decision was made in view of the current restrictions, which limit the number of people who can assemble in public gatherings. Consequently, the term of the Parochial Church members, including the Lay Synod Representatives, has been extended until such time as the meeting is held. Meantime, any vacancies which might occur before that time, will be filled in accordance with Regulation D4: 17 of the Constitution, Canons and Regulations of the Diocese.

Online Lenten Study: The Diocese will host a Lenten Study entitled, "**Baptism: A Journey from Creation to Commitment**". The facilitator is The Most Rev'd Dr John Holder, Retired Bishop of Barbados, and Archbishop of the West Indies. The study commenced on February 18th, 2021 and will continue every Thursday at 6:00 p.m. It will be hosted on Zoom Communication with simultaneous streaming on the Diocesan Facebook and YouTube pages. Attached are the Poster, Study Guide and Week Three Reading Material, along with the link to Zoom Meeting.

Join Zoom Meeting

<https://us02web.zoom.us/j/81801816250?pwd=K2VCN3ViQm9zWE9zSFUyajBlcGpvUT09>

Meeting ID: 818 0181 6250

Passcode: 691874



Congratulations to all celebrating birthdays in the month of
March 2021

Ms. Ingrid Griffith ~ 1st
Mr. David DaC. Murray ~ 1st
Mr. Ian C. Weekes ~ 2nd
Mrs. Faye Cooke-Nurse ~ 3rd
Ms. Audrey G. Miller ~ 4th
Mr. Richard A. Rollock ~ 4th
Mr. Rashawn Blackman ~ 5th
Ms. Gerline E. Parris ~ 7th
Mrs. Omeitha I. Haynes ~ 8th
Ms. Beverley L. Moore ~ 8th
Mr. Michael DeC. Hinds ~ 9th
Ms. Claudine M. Manning ~ 9th
Mrs. Heather Coward-Downes ~ 11th
Ms. Corliss A. Hinds ~ 12th
Ms. Zanieva Greaves ~ 13th
Mr. Winfield L. Downes ~ 14th
Mr. Nicholas-Julius N. Small ~ 14th
Ms. Gloria Regis ~ 15th
Mrs. Zida S. Hunte ~ 20th
Mr. Winston A. Holder ~ 21st
Mrs. Harriett V. W. Blackman ~ 22nd
Mrs. Audrey D. Cox ~ 26th
Mrs. Doreen Y. Weekes ~ 26th
Ms. Monica Henry ~ 27th
Ms. Janice A. Edwards ~ 29th



May God bless and strengthen you.



Please remember the sick or injured of our Parish and wider community, especially Mrs. Colleen Byer, Ms. Eudora Cooper, Ms. Alice P. Hall, Mr. Jonathan Holder, (N.Y), Ms. Selina Jones, Mrs. Vida King, Mr. Blair Murray, Mr. Adrian Price, Ms. Phyllis Springer, and Ms. Winifred Trotman.

I pray to the Almighty
to bring you healing
and a speedy
recovery...
**Get Well
Soon...**



Bereavement: We extend sincere condolences to the family on the passing of Mrs. Wilhemena Small-Roach, member of The St. Michael's Cathedral Ushers' Guild. We thank God for her life, work, and witness among us.
May you know the blessedness of those who mourn.

CATHEDRAL MINISTRIES

The Third Sunday in Lent

March 7th, 2021

9:00 A.M. ~ Sung Eucharist

Please note that this service will be attended by Choristers only and will be streamed live on our Facebook page.

<http://www.facebook.com/saintmichaelscathedral>

<http://www.youtube.com/c/SaintMichaelsCathedralBarbados>



Next Sunday, March 14th, 2021

The Fourth Sunday in Lent ~ Mothering Sunday

9:00 A.M. ~ Sung Eucharist

Please note that this service will be attended by Choristers only and will be streamed live on our Facebook page.

<http://www.facebook.com/saintmichaelscathedral>

<http://www.youtube.com/c/SaintMichaelsCathedralBarbados>



OFFICERS OF THE CHURCH COUNCIL

Church Warden Emeritus

Mr. Arlington DaCosta 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 Secretary: Ms. Harriett Clarke

Synod Representatives

Mr. Trevor King;

Mr. Samuel Maxwell, J. P.

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:	Mr. Jerry Alleyne
Health Ministry:	Dr. Wendy Sealy
Sunday School:	Mrs. Harriett Blackman
Flower Guild:	Vacant
Guild of St. Raphael	Mr. Darwin Clarke

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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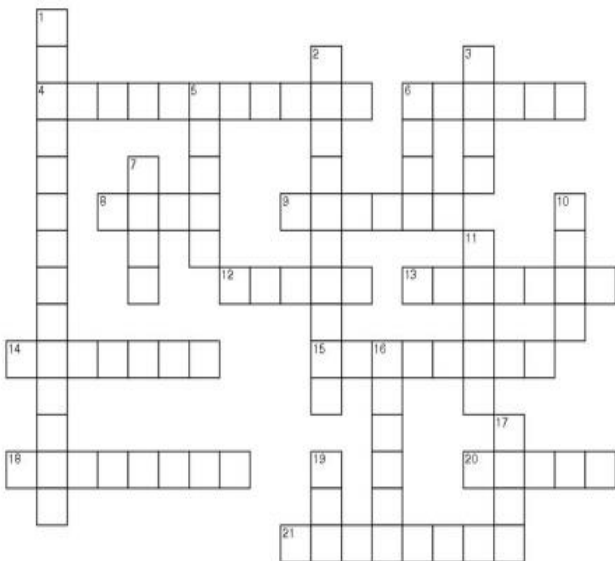
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The Lenten Season



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ACROSS

- 4 How Jesus died
- 6 Lent's meaning is connected to this earthly season.
- 8 To give up food
- 9 Jesus' death opened the gates to _____ for us.
- 12 Stations of the _____.
- 13 The word that recalls the suffering death of Jesus.
- 14 Fourth Sunday of lent
- 15 Jesus was _____ unto death.
- 18 Number of stations presented in the passion.
- 20 Jesus died because he _____ us.
- 21 The day of the week the priesthood was instituted.

DOWN

- 1 Sacrament that restores sanctifying grace within us.
- 2 Another name for the sacrament of penance.
- 3 A way to celebrate lent
- 5 Number of days in the lent
- 6 Jesus died to _____ us from our sins.
- 7 The last supper was the celebration of the first _____.
- 10 The word that describes the Friday that Jesus died
- 11 It's placed on our forehead to remind us of our mortality at the beginning of lent
- 16 Lent prepares us for _____.
- 17 The week leading up to Jesus' death
- 19 The Wednesday event that marks beginning of lent

NOTES:



CONTACT US

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[Facebook.com/saintmichaelscathedral](https://www.facebook.com/saintmichaelscathedral)

<http://www.youtube.com/c/SaintMichaelsCathedralBarbados>

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St. Michael's Row, Bridgetown

Telephone: 1 (246) 427-0790 (Office)

Mon – Friday: 9:00 A.M. to 5:00 P.M.

437-4265 (Dean's Residence)