

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

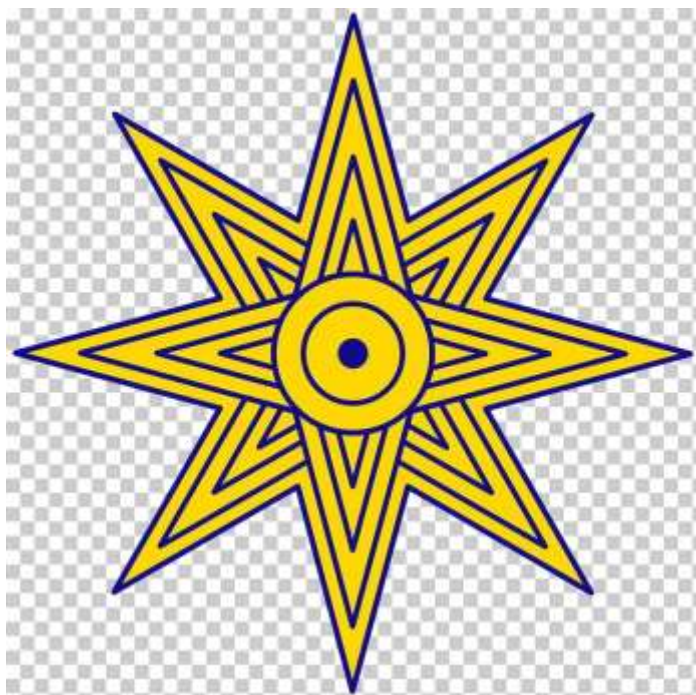
welcomes you to the celebration of

***The Holy Eucharist***

***The Fifth Sunday after the Epiphany***

**February 5, 2023**

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



**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*

**His Excellency The Very Rev'd Dr. Jeffrey D. Gibson  
(Acting President of Barbados)**

*Precentor*

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

*Assistant Priest*

**The Rev'd Stephanie-Ann Wedderburn, B.Sc., B.A.**

*Organist/Choirmaster*

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

*Organist*

**Mr. Eric Cobham, B.Sc., BMus.**

*Administrative Assistant*

**Ms. Arlene Miller**

*Verger*

**Mrs. Chloe Grant**

*Assistant Verger*

**Ms. Harriet Lowe**

# *The Fifth Sunday after the Epiphany*

**7:00 A.M. ~ Holy Eucharist**

**Presider and Preacher:**

**The Rev'd Stephanie-Ann Wedderburn**

**9:00 A.M. ~ Sung Eucharist**

**Presider: The Rev'd Canon George Knight**

**Speaker: Dr. Jeannette Allsopp**

**Introduction of Guest Speaker: Ms. Donnah Russell**

**Eucharistic Minister: Mrs. Valdine Browne**

## *ORDER OF WORSHIP*

### **THE PREPARATION**

Organ Prelude

#### **Welcome**

Opening **Hymn ~ 554** “Lift every voice and sing, till earth and heaven ring,”

Lift every voice and sing, till earth and heaven ring,  
ring with the harmonies of liberty;  
let our rejoicing rise high as the listening skies,  
let it resound loud as the rolling sea.

Sing a song full of the faith that the dark past has taught us;  
sing a song full of the hope that the present has brought us;  
facing the rising sun of our new day begun,  
let us march on till victory is won.

Stony the road we trod, bitter the chastening rod,  
felt in the days when hope unborn had died;  
yet with a steady beat, have not our weary feet  
come to the place for which our fathers sighed?  
We have come over a way that with tears have been  
watered"

We have come, treading our path through the  
blood of the slaughtered;  
out from the gloomy past, till now we stand at last  
where the white gleam of our bright star is cast.

God of our weary years, God of our silent tears,  
thou who hast brought us thus far on the way;  
thou who has by thy might, led us into the light,  
keep us forever in the path, we pray.

Lest our feet stray from the places, our God,  
where we met thee;  
lest our hearts, drunk with the wine of the world,  
we forget thee,  
shadowed beneath thy hand, may we for ever stand,  
true to our God, true to our native land.

*Words:* James Weldon Johnson (1871–1938) and set to music by his brother, J. Rosamond  
Johnson (1873–1954)

## **Opening Sentence “African Heritage Month”**

“Let bronze be brought from Egypt; let Ethiopia hasten to  
stretch out its hands to God.” (Psalm 68:31)

### **THE INVOCATION**

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THE PRESIDENT: Blessed be God: Father, Son and Holy  
Spirit. Alleluia! Alleluia!

**ALL: And blessed be His Kingdom, now and forever.  
Amen. Alleluia! Alleluia!**

**ALL: Blessed Lord and Father, we have assembled in your Name and in fellowship with one another; and to affirm the African Presence among us. Enable us by your grace to offer the sacrifice of praise and thanksgiving; to proclaim and respond to your holy word. Teach us to pray for your world and your Church. Grant that we, confessing our sins, may worthily offer to you our souls and bodies as a living sacrifice and eat and drink of your spiritual food in this Holy Sacrament. Amen.**

**The President says,**

I remember and acknowledge the energies of this land's original inhabitants the Ciboney, the Kalinagos and the Tainos, all those elevated energies who were born in this place, those who made it across the deep waters, those who may still be found in the waters. We also give thanks for those on the continent who are connected with us. I acknowledge you and all that you come with, and I greet all of you in peace.

**COLLECT FOR PURITY**

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**ALL: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and**

worthily magnify your Holy Name; through Christ our Lord. Amen.

**THE KYRIES**

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Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**Lord, have mercy.**

**GLORIA IN EXCELSIS**

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**Glory to God in the highest,  
and peace to His people on earth.**

**Lord God, heavenly King,  
almighty God and Father,**

**we worship you, we give you thanks,  
we praise you for your glory.**

**Lord Jesus Christ, only Son of the Father,**

**Lord God, Lamb of God,**

**you take away the sin of the world:**

**have mercy on us;**

**you are seated at the right hand of the Father:**

**receive our prayer.**

**For you alone are the Holy One;**

**you alone are the Lord:**

**you alone are the Most High,**

**Jesus Christ, with the Holy Spirit,**

**in the glory of God the Father. Amen**

The Collect: *“The Fifth Sunday after the Epiphany”*

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Let us pray.

Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

*(Please sit)*

## THE MINISTRY OF THE WORD

**First Lesson: Isaiah 58:1-9a**

LECTORS:

**7:00 A.M.: Ms. Mary Haynes, KC**

**9:00 A.M.: Mr. Leighton Waterman**

A Reading from the Word of God, written in the Book of Isaiah, the fifty-eighth chapter, beginning at the first verse.

Shout out, do not hold back!

Lift up your voice like a trumpet!

Announce to my people their rebellion,  
to the house of Jacob their sins.

Yet day after day they seek me  
and delight to know my ways,

as if they were a nation that practiced righteousness  
and did not forsake the ordinance of their God;

they ask of me righteous judgments,  
they delight to draw near to God.

“Why do we fast, but you do not see?  
Why humble ourselves, but you do not notice?”

Look, you serve your own interest on your fast day,  
and oppress all your workers.

Look, you fast only to quarrel and to fight  
and to strike with a wicked fist.

Such fasting as you do today  
will not make your voice heard on high.

Is such the fast that I choose,  
a day to humble oneself?

Is it to bow down the head like a bulrush,  
and to lie in sackcloth and ashes?

Will you call this a fast,  
a day acceptable to the Lord?

Is not this the fast that I choose:  
to loose the bonds of injustice,  
to undo the thongs of the yoke,  
to let the oppressed go free,  
and to break every yoke?

Is it not to share your bread with the hungry,  
and bring the homeless poor into your house;  
when you see the naked, to cover them,  
and not to hide yourself from your own kin?



Then your light shall break forth like the dawn,  
and your healing shall spring up quickly;  
your vindicator shall go before you,  
the glory of the LORD shall be your rear guard.  
Then you shall call, and the LORD will answer;  
you shall cry for help, and he will say, Here I am.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

**Psalm 112:1-9**

**Page 620**

*Beatus vir*

1 Hallelujah!

Happy are they who fear the Lord\*  
and have great delight in his commandments!

2 Their descendants will be mighty in the land;\*  
the generation of the upright will be blessed.

3 Wealth and riches will be in their house,\*  
and their righteousness will last for ever.

4 Light shines in the darkness for the upright;\*  
the righteous are merciful and full of  
compassion.

5 It is good for them to be generous in lending\*  
and to manage their affairs with justice.

6 For they will never be shaken;\*  
the righteous will be kept in everlasting  
remembrance.

7 They will not be afraid of any evil rumors;\*  
their heart is right;  
they put their trust in the Lord.

8 Their heart is established and will not shrink,\*  
until they see their desire upon their enemies.

9 They have given freely to the poor,\*  
and their righteousness stands fast for ever;  
they will hold up their head with honor.

**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 2:1-12**

LECTORS:

**7:00 A.M.: Ms. Deidre Cox**

**9:00 A.M.: Mr. John Moore (M.F.)**

A Reading from the Word of God, written in the First Letter of the Apostle Paul to the Corinthians, the second chapter, beginning at the first verse.

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of

wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God.

Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written,

“What no eye has seen, nor ear heard,  
nor the human heart conceived,  
what God has prepared for those who love  
him”—

these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

**LECTOR:** The Word of the Lord.

**ALL:** **Thanks be to God.**

The Gradual **Hymn ~ 495** “Amazing grace - how sweet the sound”

Amazing grace - how sweet the sound -  
that saved a wretch like me!  
I once was lost, but now am found,  
was blind, but now I see.

‘Twas grace that taught my heart to fear,  
and grace my fears relieved;  
how precious did that grace appear  
the hour I first believed.

Through many dangers, toils and snares,  
I have already come;  
'tis grace hath brought me safe thus far,  
and grace will lead me home.

When we've been there ten thousand years  
bright shining as the sun,  
we've no less days to sing God's praise  
than when we've first begun.

*Words: John Newton (1725-1807)*

**The Holy Gospel: Matthew 5:13-20**

**GOSPELLER:**

**The Rev'd Stephanie-Ann Wedderburn**

GOSPELLER: The Lord be with you.

**ALL: And also with you.**

A Reading from the Holy Gospel according to Matthew, the fifth chapter, beginning at the thirteenth verse.

**ALL: Glory to Christ our Saviour.**

Jesus said, “You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled underfoot.

“You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

THE GOSPELLER: The Gospel of Christ.

**ALL: Praise to Christ our Lord.**

**7:00 A.M. Sermon:**

**The Rev'd Stephanie–Ann Wedderburn**

**9:00 A.M. Address: Dr. Jeannette Allsopp**

**Introduction of Guest Speaker: Ms. Donnah Russell**

*(Please stand, as able)*

### **The Nicene Creed**

We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is seen or unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
one in Being with the Father.  
Through Him all things were made.  
For us and for our salvation  
He came down from heaven  
by the power of the Holy Spirit  
He was born of the Virgin Mary,  
and became man.

For our sake He was crucified under Pontius Pilate;  
He suffered, died and was buried.  
On the third day He rose again

in fulfilment of the Scriptures;  
He ascended into heaven  
and is seated at the right hand of the Father.  
He will come again in glory to judge  
the living and the dead,  
and His kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father.  
With the Father and the Son  
He is worshipped and glorified.  
He has spoken through the Prophets.

We believe in one holy catholic  
and apostolic Church.

We acknowledge one baptism  
for the forgiveness of sins.

We look for the resurrection of the dead,  
and the life of the world to come. **Amen**

## **INTERCESSION FORM “B”**

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### **INTERCESSORS:**

**7:00 A.M.: Pro. Anne St. John, CGM**

**9:00 A.M.: Mr. Clive Collins (M.F.)**

The Bidding Prayer: Assisting Priest

Lord, we pray for your Church, that refreshed and renewed  
we would serve you in our lives with new life and vigour.

Lord in your love,

**ALL: Hear our prayer.**

*(Please sit or kneel)*

LEADER: Father, we pray for your holy Catholic Church;

**ALL: That we all may be one.**

LEADER: Grant that every member of the Church may truly and humbly serve you;

**ALL: That your Name may be glorified by all people.**

LEADER: We pray for all Bishops, Priests, and Deacons;

**ALL: That they may be faithful ministers of your Word and Sacraments.**

LEADER: We pray for all who govern and hold authority in the nations of the world;

**ALL: That there may be justice and peace on the earth.**

LEADER: Give us grace to do your will in all that we undertake;

**ALL: That our works may find favour in your sight.**

LEADER: Have compassion on those who suffer from any grief or trouble;

**ALL: That they may be delivered from their distress.**

LEADER: Give to the departed eternal rest.

**ALL: Let light perpetual shine upon them.**

LEADER: We praise you for your saints who have entered into joy.

**ALL: May we also come to share in your heavenly kingdom.**



LEADER: Let us pray for our needs and those of others.

*(Silence may be kept)*

### **AFRICAN HERITAGE MONTH PRAYER:**

**ALL: Compassionate God, who sent Jesus Christ to deliver us from all manner of injustices and inequalities, create in us new hearts and enlarged visions, to see the image of God in every person irrespective of background, race and ethnicity. May we be generous in our love of others as we work towards ending misunderstanding, racism and injustice; creating communities of human flourishing, through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.**

**ALL: Almighty God, to whom our needs are known before we ask, help us to ask only what accords to your will; and the good things which we dare not, or in our blindness cannot ask, grant us for the sake of your Son, Jesus Christ our Lord. Amen.**

### **THE ACT OF PENITENCE**

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**THE PRESIDENT:** If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness. *(1 John 1:8, 9)*

*(A period of silence shall be kept)*

THE PRESIDENT: Let us therefore confess our sins.

Form A

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**ALL: Almighty God, our Heavenly Father, we have sinned against you and one another, in thought, word and deed, and in what we have left undone. We are sorry and repent of all our sins. For your Son, our Lord Jesus Christ's sake, forgive us all that is past, and grant that we may serve you in newness of life to the glory of your Name. Amen.**

**THE ABSOLUTION**

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THE PRESIDENT: Almighty God, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. *Amen.*

*(Please stand as able)*

**THE GREETING OF THE PEACE “A”**

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Form A

THE PRESIDENT: We are the Body of Christ. By the one Spirit we were all baptized into one Body, and have all been made to drink of the one Spirit.

**ALL: Let us then pursue the things that make for peace and build up the common life.**

THE PRESIDENT: The peace of the Lord be always with you.

**ALL: And also with you.**

**HYMN OF FELLOWSHIP: “Let there be peace on earth”**

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

**THE MINISTRY OF THE SACRAMENT**

Offertory **Hymn ~ 559** “We shall overcome. We shall overcome,”

We shall overcome. We shall overcome,  
we shall overcome some day.  
Oh, deep in my heart, I do believe.  
We shall overcome some day.

We'll walk hand in hand. We'll walk hand in hand,  
we'll walk hand in hand today;  
oh, deep in my heart, I do believe.  
We'll walk hand in hand today.

God is on our side. God is on our side,  
God is on our side today;  
oh, deep in my heart I do believe.  
God is on our side today.

We are not afraid. We are not afraid,  
we are not afraid, today;  
oh, deep in my heart, I do believe.  
We are not afraid today.

We shall live in peace. We shall live in peace,  
we shall live in peace some day.  
Oh, deep in my heart, I do believe.  
We shall live in peace some day.

: hymn by Charles Albert Tindley, first published in 1901.

## THE OFFERTORY PRAYER “B”

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### THE PRESIDENT AND PEOPLE:

**Father, we offer you these gifts which you have given us: this bread, this wine, this money. With them we offer ourselves, our lives, and our work, to become through your Holy Spirit a reasonable, holy, and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. *Amen.***

THE PRESIDENT: The Lord be with you.

**ALL: And also with you.**

THE PRESIDENT: Lift up your hearts.

**ALL: We lift them up to the Lord.**

THE PRESIDENT: Let us give thanks to the Lord our God.

**ALL: It is right to give God thanks and praise.**

THE PRESIDENT: It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God: Through Jesus Christ our Lord. Because in coming to dwell among us as man, He revealed the radiance of His glory, and brought us out of darkness into His own marvellous light.

Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

**ALL:**

**Holy, holy, holy Lord,**

**God of power and might;**

**heaven and earth are full of your glory,**

**Hosanna in the highest!**

**Blessed is He who comes**

**in the name of the Lord.**

**Hosanna in the highest!**

*(Please sit or kneel)*

All Holy and glorious Father,  
our Creator God,  
we give you thanks  
because in your loving wisdom  
you brought all things into being,  
and are truly worthy of praise  
from every creature you have made.

Again and again  
we have turned away from you;  
yet in every age your steadfast love  
has called us to return,  
to live in union with you:  
for it is your eternal purpose  
to put new life into all things  
and make them holy.

Through your Son, Jesus Christ  
who took our human nature upon Him  
you have redeemed the world  
from the bondage of sin:  
and by the power of your Holy Spirit  
you have gathered a people to yourself,  
to make known in every place  
His perfect offering which He made  
to the glory of your Name.

Hear us, therefore, Father,  
through your Son, Jesus Christ our Lord;  
And grant that these gifts of bread and wine  
may be unto us His Body and Blood.

For, on the night He was betrayed  
He took bread,  
and when He had given thanks to you,  
He broke it and gave it to His disciples  
and said: "Take this, and eat it:  
This is my Body which is given for you.  
Do this for the remembrance of me."

And after supper  
He took the cup of wine:  
and when He had given thanks,  
He gave it to them and said:  
"Drink this, all of you:  
This is my Blood of the New Covenant,  
which is shed for you and for many  
for the forgiveness of sins.  
Whenever you drink it,  
do this for the remembrance of me."

THE PRESIDENT: Let us proclaim the mystery of our faith.

**ALL:**  
**Christ has died.**  
**Christ is risen.**  
**Christ will come again.**

THE PRESIDENT:

And so, Heavenly Father,  
rejoicing in His Holy Incarnation;  
His Blessed Passion and His Perfect Sacrifice  
made once for all upon the Cross;

His Mighty Resurrection from the dead;  
His Glorious Ascension into heaven;  
and looking for His Coming in glory;  
we offer to you this Bread and this Cup.

We pray that you will accept this sacrifice of  
praise and thanksgiving;  
and grant that all who eat and drink of the Body and Blood,  
of your Son, our great High Priest,  
may be renewed by your Holy Spirit,  
and be one Body, one Spirit, in Him.

Let faith and love increase in us.  
Unite us with all Bishops,  
all other ministers of your Word and Sacraments,  
and with the whole people of God,  
living and departed,  
whom you have made for yourself.

Confirm us in holiness,  
that we may be found ready to join the company  
of the Blessed Virgin Mary, the Holy Apostles,  
and all your saints,  
when our Lord Jesus Christ comes again:  
Forever giving you thanks and praise  
through Him from whom all good things do come.

With Him and in Him and through Him,  
by the power of the Holy Spirit,  
we worship you, Father Almighty,  
with all who stand before you in earth and heaven,  
in songs of everlasting praise:



**ALL: Blessing and honour and glory and power be yours for ever and ever. Amen.**

**THE LORD'S PRAYER**

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THE PRESIDENT: As our Saviour has taught us, so we pray:

**ALL:**

**Our Father in heaven,  
hallowed be your Name;  
your kingdom come; your will be done  
on earth as in heaven.  
Give us today our daily bread,  
Forgive us our sins  
as we forgive those who sin against us.  
Save us from the time of trial  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours now and forever. Amen.**

**THE BREAKING OF THE BREAD "A"**

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THE PRESIDENT: We break this bread to share in the body of Christ.

**ALL: Though we are many, we are one body, because we all share in one bread.**

**THE COMMUNION**

**The Invitation "A"**

**Page 145**

**THE PRESIDENT:** My brothers and sisters in Christ, draw near and receive His Body which He gave for you, and His Blood, which He shed for you. Remember that He died for you, and feed on Him in your hearts by faith with thanksgiving.

**ALL:** Grant gracious Lord, that we so eat the flesh of your dear Son, Jesus Christ, and drink His blood, that we may evermore dwell in Him and He in us. *Amen.*

**THE AGNUS DEI**

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**Lamb of God, you take away the sin of the world: have mercy on us.**

**Lamb of God, you take away the sin of the world: have mercy on us.**

**Lamb of God, you take away the sin of the world: grant us peace.**



### **The Administration of Communion/Spiritual Communion**

**Communion Hymn ~ 603** “Let us break bread together on our knees;”

Let us break bread together on our knees;

let us break bread together on our knees;

***Refrain:***

*When I fall on my knees,  
with my face to the rising sun,  
O Lord, have mercy on me.*

Let us drink wine together on our knees;  
let us drink wine together on our knees;  
***Refrain***

Let us praise God together on our knees;  
let us praise God together on our knees;  
***Refrain***

*Words: African-American spiritual*

**BLESSING OF THE CHILDREN – Hymn – 446** “I am so glad that our Father in heaven “

I am so glad that our Father in heaven  
tells of his love in the book he has given.  
Wonderful things in the Bible I see;  
this is the dearest, that Jesus loves me.

***Refrain:***

*I am so glad that Jesus loves me,  
Jesus loves me, Jesus loves me!  
I am so glad that Jesus loves me,  
Jesus loves even me!*

Tho’ I forget him and wander away,  
still he doth love me wherever I stray.  
Back to his dear, loving arms would I flee  
when I remember that Jesus loves me.

***Refrain***

O if there's only one song I can sing  
when in his beauty I see the great King,  
this shall my song in eternity be:

'O what a wonder that Jesus loves me!'

***Refrain***

*Words: Philip Paul Bliss (1838-1876), 1870*

**THE POST COMMUNION "A"**

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**ALL:**

**Almighty Father, we thank you for feeding us with the Body and Blood of your Son Jesus Christ. May we who share His Body live His risen life; we who drink His cup bring life to others; we upon whom your Spirit shines give light to the world. Help us to continue in faithful witness to your Word, so we and all your children shall be free, and the whole earth live to praise your Name, through Christ our Lord. *Amen.***

**THE BLESSING "*African Heritage Month*"**

Now there was an Ethiopian eunuch, a court official of Candace, queen of the Ethiopians, in charge of her entire treasury. The Blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always.

**ALL: *Amen.***

**WELCOME AND ANNOUNCEMENTS**

Recessional **Hymn ~ 564** “Will your anchor hold in the storms of life,”

Will your anchor hold in the storms of life,  
when the clouds unfold their wings of strife?  
When the strong tides lift, and the cables strain,  
will your anchor drift, or firm remain?

***Refrain:***

***We have an anchor that keeps the soul  
steadfast and sure while the billows roll;  
fastened to the rock which cannot move,  
grounded firm and deep in the Saviour’s love!***

Will your anchor hold in the straits of fear,  
when the breakers roar and the reef is near?  
While the surges rage, and the wild winds blow,  
shall the angry waves then your bark o’erflow?

***Refrain***

Will your anchor hold in the floods of death,  
when the waters cold chill your latest breath?  
On the rising tide you can never fail,  
while your anchor holds, within the veil.

***Refrain***

Will your eyes behold through the morning light,  
the city of gold and the harbour bright?  
Will you anchor safe by the heavenly shore,  
when life’s storms are past for evermore?

***Refrain***

*written in 1882 by Priscilla Jane Owens*

## THE DISMISSAL

THE PRESIDENT: The Lord be with you

**ALL: And also with you.**

THE PRESIDENT: Go in peace and serve the Lord.

**ALL: In the name of Christ. Amen**

**Organ Postlude** (*Worshippers are invited to sit silently to listen to the voluntary but those who wish to leave at this point may do so quietly.*)

*Thank you most sincerely for worshipping at the Cathedral this morning.*

### The Fifth Sunday after the Epiphany Year A

#### THEME FOR THE WEEK

**“As Christians we are witnesses to God’s care for all people.”**

**First Reading: Isaiah 58:1-9a**

**Comment: “The Fast God chooses”**

This passage is a **denunciation of the injustices of those who only act at their religion. There is a promise of the Lord’s favour for those who genuinely repent and care for the needy.** Fasts and many prayers are of no purpose and may be misused if they do not involve the liberation of the oppressed and help for the weak and afflicted. When

there is justice and sharing, then the light of the Lord will rise out of darkness and all the ruins will be rebuilt.

### **Psalm 112:1-9**

**Comment: “Light shines in the darkness for the upright”**

Blessed are those who are right with the Lord, who are just and generous with those in need.

### **Second Reading: 1 Corinthians 2:1-12**

**Comment: “God’s wisdom revealed through the Spirit”**

In this lection, **Paul teaches the Corinthians that the wisdom of God is very different from the wisdom in which humans pride themselves.** Some of the Corinthians were apparently boasting of their Christianity as though it were powerful in terms of worldly wisdom. They even made fun of Paul for his lack of eloquence. The true power of God is, however, hidden from the ruling forces of the world, for it is discovered in a crucified Lord. This is revealed through God’s own Spirit. Genuine Spirituality manifests itself in wise discernment and a Christ-like cast of mind.

## **The Holy Gospel: Matthew 5:13-20**

### **Comment: “The teaching of Christ: Salt and Light”**

**In the gospel lesson, we learn that disciples are like salt and as light to the world. They are to live even more righteously than the pious scribes and Pharisees.** Like a city set on a hill or a lamp on a stand, Jesus’ followers must show forth their good works to the glory of God. Jesus has not come to abolish the law and the prophets, but to fulfill their purpose. Only those who go beyond the keeping of the law and are wholly committed to God’s will can enter the kingdom of heaven.

### **CATHEDRAL NEWS**

**FINANCIAL STEWARDSHIP:** Friends and well-wishers may write to: [stmichaelcathedral@caribsurf.com](mailto:stmichaelcathedral@caribsurf.com) or call 1-246-427-0790 for more details. Meantime, donations can be made through online payments to St. Michael’s Cathedral CIBC First Caribbean International Bank, Bridgetown Branch, Account #2719302, Transit #09606.

**STEWARDSHIP:** The envelopes for 2023 are available for collection. The cost of this year’s envelopes, is three thousand, six hundred and seventy-eight dollars and forty-four cents (\$3,678.44).





**CONDOLENCES:** The deaths are announced of Ms. Maude Coward, mother of Vincent and aunt of Mrs. Heather Coward-Downes; Mr. Maclaren Cragwell, husband of Mrs. Sophia Cragwell and father of Zanthia and Keanna; The Rev'd Michael Holder, former Curate of the Cathedral; Sincere condolences to all the families. May they experience the blessedness of those who mourn.

**GIFT APPEAL TO DATE:** Please note that so far the sum of fifteen thousand, eight hundred and fifty-seven dollars and thirty-three cents (\$15,857.33) has been received. Members and friends who have not yet made their contribution are asked to do so as soon as possible. The gift box will remain in place. Thanks!



**SICK:** Please remember the sick and injured of our parish and wider community, especially Margaret Browne, Elsie Brunson, Chesterfield A. Benjamin, Colleen Byer, Grace Catlyn, Courtney Carrington, Darwin Clarke, Alice P. Hall, Jonathan Holder, Marcia Hoyte, Selina Jones, Ernesta Mayers, Blair Murray, Clyde Outram, Sylvester "Blues" Sargeant, Sheila Sealy, Phyllis Springer, Winifred Trotman, and George Yearwood.

## CONGRATULATIONS!

Congratulations to all those celebrating birthdays this week.

**February 5 - 11, 2023**

***Mrs. Phyllis Clarke-Hunte ~ 8***

***Ms. Harriet M. Godding ~ 8***

***Ms. Sandy J. Rowe ~ 8***

***Ms. Eugene Daniel ~ 9***

***Ms. Winifred C. Trotman ~ 10***



**FLOWERS:** Today's flowers have been given in thanksgiving for someone's birthday, who prefers not to be named. The beautiful arrangements which adorn the Pulpit and the Nave Altar are by Mr. David Yearwood. Thanks! God's blessings for a happy birthday and a wonderful year ahead.

**INITIAL OFFERING:** A hearty thank you is extended to all members who have made Initial Offering. So far the total amount is \$2,482.00. We encourage persons who have not made their contribution as yet, to do so as soon as possible.

# SERMON NOTES

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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**Daily Book of Common Prayer Readings  
(February 5 - 11), 2023)**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The Fifth Sunday after the Epiphany	Psalms 93, 96 Isaiah 57:14-21 Hebrews 12:1-6	Psalm 34 Genesis 24:50-67 John 7:37-46
Monday	Psalm 80 Isaiah 58:1-12 Galatians 6:11-18	Psalms 77, (79) Genesis 25:19-34 Mark 9:30-41
Tuesday	Psalm 78:1-39 Isaiah 59:1-15a 2 Timothy 1:1-14	Psalm 78:40-72 Genesis 26:1-6, 12-33 Mark 9:42-50
Wednesday	Psalm 119:97-120 Isaiah 59:15b-21 2 Timothy 1:15—2:13	Psalms 81, 82 Genesis 27:1-29 Mark 10:1-16
Thursday	Psalms (83) or 146, 147 Isaiah 60:1-17 2 Timothy 2:14-26	Psalms 85, 86 Genesis 27:30-45 Mark 10:17-31
Friday Special Devotion	Psalm 88 Isaiah 61:1-9 2 Timothy 3:1-17	Psalms 91, 92 Genesis 27:46—28:4, 10-22 Mark 10:32-45
Saturday	Psalms 87, 90 Isaiah 61:10—62:5 2 Timothy 4:1-8	Psalm 136 Genesis 29:1-20 Mark 10:46-52 Collect for 6 Epiphany

## SALT AND LIGHT

U	T	L	M	L	D	Y	T	H	B	T	Q
N	R	A	O	S	I	G	H	I	A	A	H
D	A	M	U	E	S	G	R	D	S	S	D
E	M	P	N	A	C	L	O	D	K	T	E
R	P	S	T	S	I	O	W	E	E	E	E
F	L	T	A	O	P	R	N	N	T	W	D
O	E	A	I	N	L	I	G	H	T	O	S
O	D	N	N	E	E	F	L	Y	V	R	H
T	T	D	W	D	S	Y	P	A	Y	L	I
C	I	T	Y	B	U	S	H	E	L	D	N
S	N	N	E	A	R	T	H	O	U	S	E
U	F	S	A	L	T	H	L	L	A	M	P

disciples  
taste  
trampled  
world  
hidden  
basket  
shine

salt  
seasoned  
underfoot  
city  
lamp  
lampstand  
deeds

earth  
thrown  
light  
mountain  
bushel  
house  
glorify

## **CATHEDRAL MINISTRIES**

**Sunday, February 5, 2023**

**The Fifth Sunday after the Epiphany:**

**African Awareness Sunday**

**7:00 A.M. Holy Eucharist**

**President and Preacher:**

**The Rev'd Stephanie-Ann Wedderburn**

**9:00 A.M. Sung Eucharist**

**President: The Rev'd Canon George Knight**

**Speaker: Dr. Jeannette Allsopp**

**9:00 A.M. Sunday School**



**Wednesday, February 8, 2023**

**10:00 A.M. ~ Holy Eucharist**



**Sunday, February 12, 2023**

**The Sixth Sunday after the Epiphany:**

**7:00 A.M. Holy Eucharist**

**9:00 A.M. Sung Eucharist**

**9:00 A.M. Sunday School**

## OFFICERS OF THE CHURCH COUNCIL

### **Church Warden Emeritus:**

Mr. Arlington DaCosta Watson, BSM, J.P.

### **Church Wardens:**

Mr. Samuel Maxwell, J.P., Mr. Victor Sylvester

**Secretary:** Ms. Donnah Russell

**Assistant Secretary:** Mrs. Juno Burrows

**Treasurer:** Mr. David Murray

**Assistant Treasurer:** Ms. Harriet Clarke

### **Synod Representatives:**

Mr. Darwin Clarke

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



CONTACT US

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

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Telephone: 1 (246)437-4265 (Dean's Residence)