

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

welcomes you to the celebration of

*The Holy Eucharist*

*On*



**July 16, 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*

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

*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, Ag.*

**Ms. Armel Marshall**

*Vergers*

**Mrs. Chloe Grant**

*Assistant Vergers*

**Ms. Harriet Lowe**

**Sunday, July 16, 2023**  
**The Seventh Sunday after Pentecost: Proper 10**

**7:00 A.M. ~ Holy Eucharist**  
**President and Preacher:**  
**The Very Rev'd Dr. Jeffrey D. Gibson**

**9:00 A.M. ~ Sung Eucharist**  
**President and Preacher:**  
**The Rev'd Canon George Knight**

**Lay Eucharistic Minister: Mrs. Judy King**



**ORDER OF WORSHIP**

**THE PREPARATION**

Organ Prelude

Welcome

Opening **Hymn ~ 497**

Blessèd assurance, Jesus is mine:  
O what a foretaste of glory divine!  
Heir of salvation, purchase of God;  
born of his Spirit, washed in his blood.

*Refrain:*

*This is my story, this is my song,  
praising my Saviour all the day long;  
this is my story, this is my song,  
praising my Saviour all the day long.*

Perfect submission, perfect delight,  
visions of rapture burst on my sight;  
angels descending, bring from above  
echoes of mercy, whispers of love.

*Refrain*

Perfect submission, all is at rest,  
I in my Saviour am happy and blest;  
watching and waiting, looking above,  
filled with his goodness, lost in his love.

*Refrain*

*Words: Fanny J Crosby (Frances van Alstyne) (1820-1915)*

Opening Sentence “**General**” Page 100

Therefore I will offer in His dwelling an oblation with  
sounds of great gladness; I will sing and make music to the  
Lord. (Psalm 27:7)

**THE INVOCATION** Page 101

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. 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.***

**COLLECT FOR PURITY**

Page 101

**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**

Page 102

Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**Lord, have mercy.**

**GLORIA IN EXCELSIS**

Page 102

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 Seventh Sunday after Pentecost”**

**Proper 10**

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PRESIDENT: The Lord be with you.

**ALL: And also with you.**

Let us pray.

O Lord, mercifully receive the prayers of your people who call upon you; and grant that they may know and understand what things they ought to do, and also may have grace and power faithfully to accomplish them; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen*

*(Please sit)*

## THE MINISTRY OF THE WORD

First Lesson: Isaiah 55:10-13

**Lectors: 7:00 A.M. ~ Mrs. Jeanette Rollock**  
**9:00 A.M. ~ Dr. Sherlock Bradshaw, L.E.M.**

A reading from the Word of God written in the Book of the prophet Isaiah, the fifty-fifth chapter, beginning at the tenth verse.

As the rain and the snow come down from heaven,  
and do not return there until they have watered  
the earth,  
making it bring forth and sprout,  
giving seed to the sower and bread to the eater,  
so shall my word be that goes out from my mouth;  
it shall not return to me empty,  
but it shall accomplish that which I purpose,  
and succeed in the thing for which I sent it.  
For you shall go out in joy,  
and be led back in peace;  
the mountains and the hills before you  
shall burst into song,  
and all the trees of the field shall clap their hands.  
Instead of the thorn shall come up the cypress;  
instead of the brier shall come up the myrtle;  
and it shall be to the LORD for a memorial,  
for an everlasting sign that shall not be cut off.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

**Psalm 65:9-14** *Te decet hymnus*

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9 You visit the earth and water it abundantly;  
you make it very plenteous; \*  
the river of God is full of water.

10 You prepare the grain, \*  
for so you provide for the earth.

11 You drench the furrows and smooth out the  
ridges; \*  
with heavy rain you soften the ground and bless  
its increase.

12 You crown the year with your goodness, \*  
and your paths overflow with plenty.

13 May the fields of the wilderness be rich for  
grazing, \*  
and the hills be clothed with joy.

14 May the meadows cover themselves with flocks,  
and the valleys cloak themselves with grain; \*  
let them shout for joy and sing.

**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: **Romans 8:1-11**

**Lectors: 7:00 A.M. ~ Mrs. Joyanne Blackman-Jarvis**

**9:00 A.M. ~ Mrs. Margaret Fraser-Morrison**



A reading from the Word of God written in the Letter of Paul to the Romans, the eighth chapter, beginning at the first verse.

There is no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law--indeed it cannot, and those who are in the flesh cannot please God.

But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

LECTOR: The Word of the Lord.

**ALL: Thanks be to God.**

The Gradual **Hymn ~ 271**

Come, gracious Spirit, heavenly Dove,  
with light and comfort from above;  
be thou our guardian, thou our guide,  
o'er every thought and step preside.

The light of truth to us display,  
and make us know and choose thy way;  
plant holy fear in every heart,  
that we from God may ne'er depart.

Lead us to Christ, the living way,  
nor let us from his pastures stray;  
lead us to holiness, the road  
that we must take to dwell with God.

Lead us to heaven, that we may share  
fullness of joy for ever there;  
lead us to God, our final rest,  
to be with him for ever blest.

*Words: Simon Browne (1680-1732), with others*

The Holy Gospel: **Matthew 13:1-9, 18-23**

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

GOSPELLER: The Lord be with you.

**ALL: And also with you.**

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

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

Jesus went out of the house and sat beside the sea. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: "Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!"

"Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. As for what was sown among

thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.”

**GOSPELLER:** The Gospel of Christ.

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

**The Sermon:**

**7:00 A.M. ~ The Very Rev'd Dr. Jeffrey D. Gibson**

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

*(Please stand, as able)*

**The Nicene Creed**

Page 104

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 “H”**

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**Intercessors: 7:00 A.M. ~ Ms. Daniel Greenidge**  
**9:00 A.M. ~ Master. Liam Francis**

Bidding Prayer

**Assisting Priest:** Lord, we pray for your Church, that together we may grow in faith, hope and love.

We pray for...

**LEADER:** Lord, in your mercy,

**ALL:** **Hear our prayer.**

*(Please kneel or sit as able)*

**LEADER:** Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

*(Silence)*

**LEADER:** Lord, in your mercy,

**ALL:** **Hear our prayer.**

**LEADER:** Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honour one another and serve the common good.

*(Silence)*

**LEADER:** Lord, in your mercy,

**ALL:** **Hear our prayer.**

**LEADER:** Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honour and glory.

*(Silence)*

LEADER: Lord, in your mercy,

**ALL: Hear our prayer.**

LEADER: Bless all whose lives are closely linked with ours, especially Yvonne, David, Clifford and Amber, as they celebrate their birthdays: and grant that we may serve Christ in them, and love one another as He loves us.

*(Silence)*

LEADER: Lord, in your mercy,

**ALL: Hear our prayer.**

LEADER: Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation.

*(Silence)*

LEADER: Lord, in your mercy,

**ALL: Hear our prayer.**

LEADER: We commend to your mercy all who have died, especially Mabel Armstrong; and those whose anniversary of death falls at this time. We rejoice that they are now full inheritors of your promises and we pray that we may share with all your saints in your eternal kingdom.

*(Silence)*

LEADER: Lord, in your mercy,

**ALL: Hear our prayer.**

## THE CONCLUDING COLLECT

PRESIDENT: Almighty and eternal God, ruler of all things in heaven and earth: mercifully accept the prayers of your people, and strengthen us to do your will; through Jesus Christ our Lord. *Amen.*

## ACT OF PENITENCE

Page 123

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).*

PRESIDENT: Let us therefore confess our sins.

## FORM A

**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

Page 124

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

Page 124

### FORM A

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.**

PRESIDENT:

The Peace of the Lord be always with you.

**ALL: And also with you.**

## HYMN OF FELLOWSHIP ~ 296

There's a sweet, sweet Spirit in this place,  
and I know that it's the Spirit of the Lord.  
There are sweet expressions on each face,  
and I know they feel the presence of the Lord.

***Refrain:***

*Sweet Holy Spirit, sweet Heavenly Dove,  
stay right here with us,  
filling us with your love.  
And for these blessings,*

*we lift our hearts in praise,  
without a doubt we'll know  
that we have been revived  
when we shall leave this place.*

There are blessings you cannot receive  
till you know him in his fullness, and believe.

You're the one to profit when you say,  
'I am going to walk with Jesus all the way.'

***Refrain***

*Words: Doris Akers (1923-1995).  
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**THE MINISTRY OF THE SACRAMENT**

*(During the singing of this hymn, an offering will be collected. The Ushers will begin their collection from the west end of the Cathedral and move towards the altar, where the offering will be received by a server. The cooperation of everyone is requested.)*

**The Offertory Hymn ~ 453**

Make me a channel of your peace:  
Where there is hatred let me bring your love,  
Where there is injury, your pardon, Lord;  
And where there's doubt, true faith in you.

*O Master, grant that I may never seek  
So much to be consoled as to console,  
To be understood as to understand;  
To be loved, as to love with all my soul.*

Make me a channel of your peace:  
Where there's despair in life let me bring hope,  
Where there is darkness, only light,  
And where there's sadness ever joy.

Make me a channel of your peace:  
It is in pardoning that we are pardoned,  
In giving of ourselves that we receive,  
And in dying that we're born to eternal life.

***Repeat first verse without refrain.***

*Words: Sebastian Temple (1928-1997)*

## **THE OFFERTORY PRAYER "B"**

Page 126

**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 EUCHARISTIC PRAYER**

Page 126

**PRESIDENT:** The Lord be with you.

**ALL:** **And also with you.**

**PRESIDENT:** Lift up your hearts.

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

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

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

PRESIDENT:

It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God: (*go to page 130*)

For you are the source of light and life; you made us in your image, and called us to new life in Jesus Christ our Lord. (*go to page 131*)

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)*

**PRESIDENT:**

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."

PRESIDENT: Let us proclaim the mystery of our faith.

**ALL:**

**Christ has died.**

**Christ is risen.**

**Christ will come again.**

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**

Page 144

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.***



**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”**

**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 may 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**

**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 ~ 515

Come, we that love the Lord  
and let our joys be known;  
join in a song with sweet accord,  
join in a song with sweet accord,  
and thus surround the throne,  
and thus surround the throne.

#### *Refrain:*

*We're marching to Zion,  
beautiful, beautiful Zion;  
we're marching upward to Zion,  
the beautiful city of God.*

Let those refuse to sing  
who never knew our God;  
but children of the heavenly King,  
but children of the heavenly King  
may speak their joys abroad,  
may speak their joys abroad.

#### *Refrain*

The hill of Zion yields

a thousand sacred sweets  
before we reach the heavenly fields,  
before we reach the heavenly fields,  
or walk the golden streets,  
or walk the golden streets.

*Refrain*

Then let our songs abound,  
and every tear be dry;  
we're marching through Immanuel's ground,  
we're marching through Immanuel's ground,  
to fairer worlds on high,  
to fairer worlds on high.

*Refrain*

*Words: Isaac Watts (1674-1748)*

**THE POST COMMUNION “A”**

Page 147

**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 “Pentecost”**

Page 151

The Spirit of truth lead you into all truth, give you grace to confess that Jesus Christ is Lord, and to proclaim the word and works of God; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you. *Amen.*

### *Welcome and Announcements*

#### The Recessional **Hymn ~ 496**

And can it be that I should gain  
an interest in the Saviour's blood?  
Died he for me, who caused his pain?  
For me, who him to death pursued?  
Amazing love! How can it be  
that thou, my God, shouldst die for me!

'Tis mystery all! The Immortal dies:  
who can explore his strange design?  
In vain the first-born seraph tries  
to sound the depths of love divine.  
'Tis mercy all! Let earth adore,  
let angel minds inquire no more.

He left his Father's throne above -  
so free, so infinite his grace -  
emptied himself of all but love,  
and bled for Adam's helpless race.  
'Tis mercy all, immense and free;  
for, O my God, it found out me!

Long my imprisoned spirit lay,  
fast bound in sin and nature's night;  
thine eye diffused a quickening ray -  
I woke, the dungeon flamed with light;  
my chains fell off, my heart was free.  
I rose, went forth, and followed thee.

No condemnation now I dread;  
Jesus, and all in him, is mine!  
Alive in him, my living Head,  
and clothed in righteousness divine.  
Bold I approach the eternal throne,  
and claim the crown, through Christ my own.

*Words: Charles Wesley (1707-1788)*

## **THE DISMISSAL**

**PRESIDENT:** The Lord be with you

**ALL: And also with you.**

**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 SEVENTH SUNDAY AFTER PENTECOST:  
PROPER 10  
YEAR A**

**THEME FOR THE WEEK**

**Our troubles are neither interruption, delays nor distractions in our lives. They are part of the fabric of life and salvation.**



First Reading: **Isaiah 55:10-13**

**Comment: “The growth of the word to accomplish God’s purpose”**

In our Hebrew scripture lesson **God’s word proceeds purposefully in human affairs and achieves God’s intentions** as surely as seed and soil and water combine in the agricultural cycle to produce a good harvest. The people are to take joy in understanding that God’s work, though inscrutable at times, is being accomplished in their midst as certainly as it may be seen in the natural world.

**Psalm 65:9-14**

A psalm of praise and thanksgiving to the saviour, the mighty Lord, who creates the earth and causes it to bring forth abundantly.

Second Reading: **Romans 8:1-11**

**Comment: “Live according to the Spirit”**

In this lesson **Paul draws a sharp contrast between the mind set on the flesh, and the mind set on the Spirit.** The person oriented only toward this temporal world with its rewards and pleasures can neither keep the law nor please God. Only through the grace of God in Christ can a fundamental reorientation toward God's spirit occur. When God's Spirit quickens faith there is no longer any condemnation, for the Spirit that raised Jesus from the dead now indwells those so animated.

The Holy Gospel: **Matthew 13:1-9, 18-23**

**Comment: "The parable of the sower and the seed"**

Our gospel is **Jesus' parable of the sower, together with its interpretation.** The story by itself may once have been used to stress how surprisingly fruitful God's power can be, quite apart from human expectations or control. With its explanation the parable was used as an allegory by early Christians to help them understand the missionary situation of the church. Because of the work of the devil and human weakness and sin, the word they preached did not always produce. But, in the right circumstances, its fruit could be anywhere from substantial to amazing.

## CATHEDRAL NEWS



The Offering of Money is an opportunity to give generously to the Cathedral in response to God's generosity. There are several ways to give regularly; in particular, in keeping with the invitation of Paul to the Church of God at Corinth (1 Cor. 16:2), members of the Cathedral can give weekly. However, persons can also do so monthly. Envelopes are provided in both cases. Cheques may also be written to St. Michael's Cathedral and mailed to the Cathedral's Office, St. Michael's Row, Bridgetown, St. Michael, Barbados. In addition, persons may make a Direct Debit to St. Michael's Cathedral via CIBC First Caribbean International Bank, Bridgetown Branch, Account #2719302, Transit #09606.

**CALLING FOR CARERS:** We are looking for members of the Cathedral who are interested in being involved in the Lay Pastoral Care ministry. If you are **not** currently involved in a ministry, this might be a good opportunity to share your skills with the sick, home-bound and the bereaved. Persons should be communicants in good standing and also satisfy the following criteria: accessibility, stability, empathy, and confidentiality. The necessary training will be provided. Please contact The Dean.





**SICK:** Please remember the sick and injured of our parish and wider community, especially Margaret Browne, Elsie Brunson, Colleen Byer, Courtney Carrington, Darwin Clarke, Sylvia Crawford, Alice P. Hall, Jonathan Holder, Marcia Hoyte, Selina Jones, Helena Lyte, Jeffrey Mascoll, Blair Murray, Marlene Moore, Roland McCollin, Clyde Outram, Veronica Sandals (USA), Sylvester “Blues” Sargeant, Sheila Sealy, Phyllis Springer, Winifred Trotman, Ernesta Yarde and George Yearwood.



**BEREAVEMENT:** We extend sincere condolences to the family of the late Mabel Armstrong, aunt of Gregory Armstrong. May she rest in peace. “Blessed are those who mourn, for they will be comforted.” (*Matthew 5:4*)

**DEACONS’ CUPBOARD:** Members are reminded to support the Deacons’ Cupboard ministry, through which the Cathedral is able to provide relief to persons in need of food. Please remember to bring non-perishable food items for the cupboard. Place all gifts in the basket at the West Door. Please help those in need. Thank you.



The St. Michael Centre for Faith and Action’s sixth (6<sup>th</sup>) Anniversary Service will be observed this evening Sunday, July 16, 2023, at 6:00 p.m., in the Cathedral in the form of Evensong and the preacher will be

Senator The Rev'd Canon Dr. John Rogers, Rector of St. George and Rural Dean of St. John. All are welcome.

**ASSISTANT PRIEST:** The Rev'd Stephanie-Ann Wedderburn is leading worship today at St. Paul while Rev'd Ambrose is on holiday.



Happy Anniversary to Mr. Orlando Nurse and Mrs. Fay Cooke-Nurse, who celebrated their 20<sup>th</sup> Anniversary on July 12<sup>th</sup>, 2023. May God continue to bless this union.

**FLOWERS:** Let us thank all those persons who contributed to the floral arrangements today, especially Marcia Oxley and family in commemoration of the death of Edward F Oxley on 7<sup>th</sup> July, as well as a cash donation towards the church.

**BIRTHDAYS:** Congratulations to all those celebrating their birthdays this week:

*July 16 to 22, 2023*

*Ms. Yvonne C. Clarke ~ 17<sup>th</sup>*

*Mr. David R. I. Sealy ~ 17<sup>th</sup>*

*Mr. Clifford F. Taylor ~ 19<sup>th</sup>*

*Ms. Amber Proute ~ 21<sup>st</sup>*



# The Parable of the Sower

But the one who received the seed that fell on good soil is the man who hears the word and understands it. Matthew 13:23a

Based on Matthew 13:1-9, 18-23 (NIV)



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

PLANTS  
 WITHER  
 FELL  
 ROCKY

SCORCH  
 BIRDS  
 PARABLE  
 SHALLOW

FARMER  
 ROOT  
 SCATTER  
 GOOD

THORNS  
 CHOKE  
 SEED  
 SOW

CROP  
 SOIL  
 GREW  
 PATH

## 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  
July 16<sup>th</sup> to 22<sup>nd</sup> 2023, Proper 10**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The Seventh Sunday after Pentecost:	Psalms 148,149,150 1 Samuel 17:50- 18:4 Romans 10:4-17	Psalms 114,115 Joshua 1:1-18 Matthew 23:29-39
Monday	Psalm 25 1 Samuel 18:5- 16,27b-30 Acts 11:19-30	Psalms 9,15 Joshua 2:1-14 Mark 1:29-45
Tuesday	Psalms 26,28 1 Samuel 19:1-18 Acts 12:1-17	Psalms 36,39 Joshua 2:15-24 Mark 2:1-12
Wednesday	Psalm 38 1 Samuel 20:1-23 Acts 12:18-25	Psalm 119:25-48 Joshua 3:1-13 Mark 2:13-22
Thursday	Psalm 37:1-18 1 Samuel 20:24-42 Acts 13:1-12	Psalm 37:19-42 Joshua 3:14-4:7 Mark 2:23-3:6
Friday	Psalm 31 1 Samuel 21:1-15 Acts 13:13-25	Psalm 35 Joshua 4:19-5:1,10-15 Mark 3:7-19a
Saturday	Psalms 30,32 1 Samuel 22:1-23 Acts 13:26-43	Psalms 42, 43 Joshua 6:1-14 Mark 3:19b-35 Collect for Proper 11

**The Seventh Sunday after Pentecost: Proper 10  
July 16, 2023**

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

**President and Preacher:**

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

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

**The President and Preacher:**

**The Rev'd Canon George Knight**

**9:30 A.M. – Sunday School**

**6:00 P.M. Evensong: 6<sup>th</sup> Anniversary of  
The St. Michael Centre for Faith and Action  
Preacher: Senator The Rev'd Canon Dr. John Rogers**



**Wednesday, July 19, 2023**

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

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



**The Eighth Sunday after Pentecost: Proper 11  
July 23, 2023**

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

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

**9:30 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. Harriett Clarke

## Synod Representatives

Ms. Cyrilene Forde

Mr. Darnley King

Mr. Samuel Maxwell, J.P.

## Alternative Synod Representative

Ms. Donna Inniss

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## 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 Donnah Russell
<b>Woman's Auxiliary:</b>	<b>Vacant</b>
<b>Ushers Guild:</b>	Mrs. Juno Burrows
<b>Outreach Committee:</b>	Mrs. Delores Hinds
<b>Guild of Servers:</b>	Mr. Jerry Alleyne
<b>Health Ministry:</b>	Dr. Wendy Sealy
<b>Sunday School:</b>	Mrs. Harriett Blackman
<b>Flower Guild:</b>	<b>Vacant</b>
<b>Guild of St. Raphael</b>	Mr. Darwin Clarke



### **CONTACT US**

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

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