

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

welcomes you to the celebration of

*The Holy Eucharist*

*On*



**THE 6TH SUNDAY  
AFTER PENTECOST**

**July 9, 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 9, 2023**  
**The Sixth Sunday after Pentecost: Proper 9**

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

**Lay Eucharistic Minister: Mrs. Valdine Browne**



**ORDER OF WORSHIP**

**THE PREPARATION**

Organ Prelude

Welcome

Opening **Hymn ~ 270**

Come down, O Love divine,  
seek thou this soul of mine,  
and visit it with thine own ardour glowing;  
O Comforter, draw near,  
within my heart appear,  
and kindle it, thy holy flame bestowing.

O let it freely burn,  
till earthly passions turn  
to dust and ashes in its heat consuming;

and let thy glorious light  
shine ever on my sight,  
and clothe me round, the while my path illuming.

Let holy charity  
mine outward vesture be,  
and lowliness become mine inner clothing:  
true lowliness of heart,  
which takes the humbler part,  
and o'er its own shortcomings weeps with loathing.

And so the yearning strong,  
with which the soul will long,  
shall far outpass the power of human telling;  
for none can guess its grace,  
till he become the place  
wherein the Holy Spirit makes his dwelling.

*Words: Bianco da Siena (13??-1434),  
from Discendi, amor santo, Italian;  
translation: Richard Frederick Littledale (1833-1890)*

Opening Sentence **“General”**

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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.**

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 Sixth Sunday after Pentecost”**

**Proper 9**

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PRESIDENT: The Lord be with you.

**ALL: And also with you.**

Let us pray.

O God, you have taught us to keep all your commandments by loving you and our neighbour: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection;

through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen*

*(Please sit)*

## **THE MINISTRY OF THE WORD**

First Lesson: **Zechariah 9:9-12**

**Lectors: 7:00 A.M. ~ Ms. Alicia White**

**9:00 A.M. ~ Mr. Stephen White**

A reading from the Word of God written in the Book of the prophet Zechariah, the ninth chapter, beginning at the ninth verse.

**R**ejoice greatly, O daughter Zion!

Shout aloud, O daughter Jerusalem!

Lo, your king comes to you;

triumphant and victorious is he,

humble and riding on a donkey,

on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim

and the war horse from Jerusalem;

and the battle bow shall be cut off,

and he shall command peace to the nations;

his dominion shall be from sea to sea,

and from the River to the ends of the earth.

As for you also, because of the blood of my covenant  
with you,

I will set your prisoners free from the waterless  
pit.

Return to your stronghold, O prisoners of hope;  
today I declare that I will restore to you double.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

**Psalm 145:8-15** *Exaltabo te, Deus*

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8 The LORD is gracious and full of compassion, \*  
slow to anger and of great kindness.

9 The LORD is loving to everyone \*  
and his compassion is over all his works.

10 All your works praise you, O LORD, \*  
and your faithful servants bless you.

11 They make known the glory of your kingdom \*  
and speak of your power;

12 That the peoples may know of your power \*  
and the glorious splendor of your kingdom.

13 Your kingdom is an everlasting kingdom; \*  
your dominion endures throughout all ages.

14 The LORD is faithful in all his words \*  
and merciful in all his deeds.

15 The LORD upholds all those who fall; \*  
he lifts up those who are bowed down.

**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 7:15-25a**

**Lectors: 7:00 A.M. ~ Ms. Linda Springer**

**9:00 A.M. ~ Mrs. Mary Weekes**

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

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

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

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

## The Gradual **Hymn** ~ 263

THOU art the way: by thee alone  
from sin and death we flee;  
and he who would the Father seek  
must seek him, Lord, by thee.

Thou art the truth: thy word alone  
true wisdom can impart;  
thou only canst inform the mind  
and purify the heart.

Thou art the life: the rending tomb  
proclaims thy conquering arm;  
and those who put their trust in thee  
nor death nor hell shall harm.

Thou art the way, the truth, the life:  
grant us that way to know,  
that truth to keep, that life to win,  
whose joys eternal flow.

*Words: George Washington Doane (1799-1859)*

The Holy Gospel: **Matthew 11:16-19, 25-30**

**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 eleventh chapter, beginning at the sixteenth verse.

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

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance; we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.”

GOSPELLER: The Gospel of Christ.

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

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

*(Please stand, as able)*

**The Nicene Creed**

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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. Harriett Godding**

**9:00 A.M. ~ Ms. Sharron Lucas-Blackman**

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 Orlando, Urcil, Marcia, Phyllis, Victor, Ian and Eric, 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, Mabel Armstrong; Sir Lloyd Erskine Sandiford, former Prime Minister of Barbados; Makai Weekes; 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).*

## 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 ~ 449**

Lord of all hopefulness, Lord of all joy,  
whose trust, ever childlike, no cares could destroy,  
be there at our waking, and give us, we pray,  
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,  
whose strong hands were skilled at the plane and the lathe,  
be there at our labours, and give us, we pray,  
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,  
your hands swift to welcome, your arms to embrace,  
be there at our homing, and give us, we pray,  
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,  
whose voice is contentment, whose presence is balm,  
be there at our sleeping, and give us, we pray,  
your peace in our hearts, Lord, at the end of the day.

## 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)*

**THE GREAT THANKSGIVING “A”**

Page 131

**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.***

## **THE BREAKING OF THE BREAD**

Page 145

**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**

Page 147

**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 ~ 504**

JUST as I am, without one plea  
but that thy blood was shed for me,  
and that thou bidst me come to thee,  
O Lamb of God, I come.

Just as I am, though tossed about  
with many a conflict, many a doubt,  
fightings and fears, within, without,  
O Lamb of God, I come.

Just as I am, poor, wretched, blind;  
sight, riches, healing of the mind,  
yea, all I need, in thee to find,  
O Lamb of God, I come.

Just as I am, thou wilt receive,  
wilt welcome, pardon, cleanse, relieve:  
because thy promise I believe,  
O Lamb of God, I come.

Just as I am (thy love unknown  
has broken every barrier down),  
now to be thine, yea, Thine alone,  
O Lamb of God, I come.

Just as I am, of that free love  
the breadth, length, depth, and height to prove,  
here for a season, then above,  
O Lamb of God, I come.

*Words: Charlotte Elliot (1789-1871)*

## **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 ~ 451**

Love divine, all loves excelling,  
joy of heaven, to earth come down,  
fix in us thy humble dwelling,  
all thy faithful mercies crown.  
Jesu, thou art all compassion,  
pure unbounded love thou art;  
visit us with thy salvation,  
enter every trembling heart.

Come, almighty to deliver,  
let us all thy grace receive;  
suddenly return, and never,  
never more thy temples leave.  
Thee we would be always blessing,

serve thee as thy hosts above;  
pray, and praise thee, without ceasing,  
glory in thy perfect love.

Finish then thy new creation:  
pure and spotless let us be;  
let us see thy great salvation,  
perfectly restored in thee;  
changed from glory into glory,  
till in heaven we take our place,  
till we cast our crowns before thee,  
lost in wonder, love, and praise.

*Words: Charles Wesley (1707-1788), alt.*

## **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 SIXTH SUNDAY AFTER PENTECOST:  
PROPER 9  
YEAR A**

**THEME FOR THE WEEK**

**“It is our friendship with Jesus which makes the heavy burden of our continual wars with ourselves easier to bear.”**



First Reading: **Zechariah 9:9-12**

**Comment: “The king will come in humility and peace”**

Our opening reading is a **prophecy of great hope and salvation for Jerusalem: her triumphant but humble king comes to rule.** This vision of the victorious yet lowly messiah riding on a young ass derives from ancient rituals in the holy city. Several hundred years before Jesus’ time the prophet Zechariah looked forward to a time of restoration for his people and a magnificent new king. His peaceful dominion will reach from the great river (the Euphrates, but mythically the river of paradise) to the ends of the earth.

**Psalm 145:8-15**

A hymn of praise to the Lord, who is mighty in deeds yet tender and compassionate.

Second Reading: **Romans 7:15-25a**

**Comment: “The struggle within the self”**

In this lesson **Paul continues to wrestle with the question of the role of the law. Although the law is good in principle, without God’s saving act in Jesus, it only produces more sinfulness.** Paul feels two strong and opposing tendencies within his being. Without the new relationship of faith through Jesus, the regulations of the law only cause the tendency to break the law to grow stronger. Paul speaks of this as a tendency of his flesh, by which he means all within him that does not seek faithful obedience to God.

The Holy Gospel: **Matthew 11:16-19, 25-30**

**Comment: “The yoke of discipleship”**

In our gospel lesson **Jesus compares his generation to capricious children, equally displeased by the austere message of John the Baptist and the inviting message of Jesus. Yet God’s wisdom will prevail. Jesus bids all to come and find that the yoke of his teaching is easy to bear.** The disclosure of the divine will comes as God’s gracious gift, not through human knowledge. Especially intimate is the relationship between the Lord of all life and Jesus—that of Father and Son. Although he is the Son, Jesus is humble of heart and gentle.

## 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.



**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, 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 families of the late Mabel Armstrong, aunt of Gregory Armstrong; the late Sir Lloyd Erskine Sandiford, former Prime Minister of Barbados; and the late Makai Weekes, cousin of Kay, Jared and Nadya Cooke-Nurse. May the departed 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.

**SMCFA:** Please note that due to unforeseen circumstances, The St. Michael Centre for Faith and Action’s sixth (6<sup>th</sup>) Anniversary Service was postponed. **The new date for this**



**observance will be next Sunday, July 16, 2023, 6:00 p.m., in the Cathedral.** The details remain the same: 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.

**WELCOME BACK:** The Dean, P.C.C, staff and congregation are pleased to welcome back Canon George Knight to worship. We hope that he is refreshed after the break away from the altar and pulpit. We look forward to his continued ministry as Precentor.

**VACATION:** The Administrative Assistant is on holiday from July 3, 2023 to July 21, 2023. The Dean, Assistant Priest, PCC and congregation take this opportunity to extend best wishes to Ms. Arlene Miller for an enjoyable and refreshing vacation. Sincere thanks to Ms. Armel Marshall for agreeing to serve in the interim.

**FLOWERS:** Let us thank all those persons who contributed to the floral arrangements today.

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

*July 9 to 15, 2023*

*Mr. Orlando A. Nurse ~ 10<sup>th</sup>*

*Ms. Urcil E. Brathwaite ~ 11<sup>th</sup>*

*Mrs. Marcia N. Harewood ~ 11<sup>th</sup>*

*Ms. Phyllis O. Reece ~ 11<sup>th</sup>*

*Mr. Victor A. Sylvester ~ 11<sup>th</sup>*

*Mr. Ian St. A. B. Weekes ~ 11<sup>th</sup>*  
*Mr. V. Eric Cobham ~ 12<sup>th</sup>*



Name: \_\_\_\_\_

**Matthew 11: 25-30**

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

Find the following words in the puzzle.  
Words are hidden → and ↓.

CHILDLIKE

HIDDEN

REVEALED

EARTH

LABOR

SON

FATHER

LEARNED

WISE

HANDED OVER

LORD

HEAVEN

PRAISE

## SERMON NOTES

Text:.....

.....

Topic:.....

.....

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 9<sup>th</sup> to 15<sup>th</sup> 2023, Proper 9**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The Sixth Sunday after Pentecost:	Psalms 146,147, 1 Samuel 14:36-45 Romans 5:1-11	Psalms 111,112,113 Numbers 27:12-23 Matthew 22:1-14
Monday	Psalms 1,2,3 1 Samuel 15:1-3,7- 23 Acts 9:19b-31	Psalms 4,7 Numbers 32:1-6,16- 27 Luke 23:44-56a
Tuesday	Psalms 5,6 1 Samuel 15:24-35 Acts 9:32-43	Psalms 10,11 Numbers 35:1-3,9- 15,30-34 Luke 23:56b-24:11
Wednesday	Psalm 119:1-24 1 Samuel 16:1-13 Acts 10:1-16	Psalms 12,13,14 Deuteronomy 1:1-18 Luke 24:13-35
Thursday	Psalm 18:1-20 1 Samuel 16:14- 17:11 Acts 10:17-33	Psalm 18:21-50 Deuteronomy 3:18-28 Luke 24:36-53
Friday	Psalms 16,17 1 Samuel 17:17-30 Acts 10:34-48	Psalm 22 Deuteronomy 31:7- 13,24-32:4 Mark 1:1-13
Saturday	Psalms 20, 21:1- 7(8-14) 1 Samuel 17:31-49 Acts 11:1-18	Psalms 110:1-5(6- 7),116,117 Deuteronomy 34:1-12 Mark 1:14-28 Collect for Proper 10

**The Sixth Sunday after Pentecost: Proper 9  
July 9, 2023**

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

**President and Preacher:**

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

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

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

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

**9:30 A.M. – Sunday School**



**Wednesday, July 12, 2023**

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

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



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

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

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

**9:30 A.M. ~ Sunday School**

**6:00 P.M. ~ Choral Evensong:**

**6<sup>th</sup> Anniversary of The SMCF A**

**Preacher: Senator The Rev'd Canon Dr. John Rogers,**

# 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 Secretary: 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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