

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

welcomes you to the celebration of

The Holy Eucharist

on

The Fourth Sunday after the Epiphany

January 28, 2024

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

Ms. Arlene Miller

Vergers

Mrs. Chloe Grant

The Fourth Sunday after the Epiphany: YEAR B

7:00 A.M. ~ Holy Eucharist

President and Preacher:

The Rev'd Stephanie-Ann Wedderburn

9:00 A.M. ~ Sung Eucharist

President and Preacher:

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

Eucharistic Minister: Mrs. Valdine Browne

ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

Welcome

Opening **Hymn ~ 373** “O for a thousand tongues to sing”

O for a thousand tongues to sing
my dear Redeemer's praise,
the glories of my God and King,
the triumphs of his grace!

Jesus! The name that charms our fears,
that bids our sorrows cease;
'tis music in the sinner's ears,
'tis life and health and peace.

He speaks; and, listening to his voice,
new life the dead receive,
the mournful broken hearts rejoice,
the humble poor believe.

Hear him, ye deaf; his praise, ye dumb,
your loosened tongues employ;
ye blind, behold your Saviour come;
and leap, ye lame, for joy!

My gracious master and my God,
assist me to proclaim
and spread through all the earth abroad
the honours of thy name.

Words: Charles Wesley (1707-1788)

Opening Sentence “Epiphany”

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God chose to make known how great among the nations are
the riches of the glory of this mystery, which is Christ in
you, the hope of glory. *Colossians 1:27*

THE INVOCATION

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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

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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

**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: **“Fourth Sunday after the Epiphany”**

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PRESIDENT: The Lord be with you

ALL: **And also with you**

PRESIDENT: Let us pray

Almighty and everlasting God, you govern all things both in heaven and on earth: Mercifully hear the supplications of your people, and in our time grant us your peace; 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: Deuteronomy 18:15-20

LECTORS:

7:00 A.M.: Ms. Donnah Russell

9:00 A.M.: Mrs. Juno Burrows

A Reading from the Word of God, written in the Book of Deuteronomy, the eighteenth chapter, beginning at the fifteenth verse.

Moses said: The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: “If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die.” Then the LORD replied to me: “They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die.”

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

1 Hallelujah!

I will give thanks to the Lord with my whole heart,* in the assembly of the upright, in the congregation.

2 Great are the deeds the Lord!*

they are studied by all who delight in them.

3 His work is full of majesty and splendour,*
and his righteousness endures for ever.

4 He makes his marvellous works to be remembered;* the Lord is gracious and full of compassion.

5 He gives food to those who fear him;*
he is ever mindful of his covenant.

6 He has shown his people the power of his works*
in giving them the lands of the nations.

7 The works of his hands are faithfulness and justice;* all his commandments are sure.

8 They stand fast for ever and ever,*
because they are done in truth and equity.

9 He sent redemption to his people;
he commanded his covenant for ever;*
holy and awesome is his Name.

10 The fear of the Lord is the beginning of wisdom;*
those who act accordingly have a good understanding; his praise endures for ever.

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 8:1-13

LECTORS:

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

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

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

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him. Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords—yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist. It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating

in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

The Gradual **Hymn ~ 262** “Son of God, eternal Saviour “

Son of God, eternal Saviour,
source of life and truth and grace,
Son of Man, whose birth incarnate
hallows all our human race,
thou, our Head, who, throned in glory,
for thine own dost ever plead,
fill us with thy love and pity;
heal our wrongs, and help our need.

As thou, Lord, hast lived for others,
so may we for others live;
freely have thy gifts been granted,
freely may thy servants give:
thine the gold and thine the silver,
thine the wealth of land and sea,
we but stewards of thy bounty,
held in solemn trust for thee.

Come, O Christ, and reign among us,
King of love, and Prince of peace;
hush the storm of strife and passion,
bid its cruel discords cease;
by thy patient years of toiling,
by thy silent hours of pain,
quench our fevered thirst of pleasure,
shame our selfish greed of gain.

Son of God, Eternal Saviour,
source of life and truth and grace,
Son of Man, whose birth incarnate
hallows all our human race,
thou who prayedst, thou who willest,
that thy people should be one,
grant, O grant our hope's fruition:
here on earth thy will be done

Words: Somerset Corey Lowry (1855-1932)

The Holy Gospel: Mark 1:21-28

GOSPELLERS:

7:00 A.M.: The Rev'd Stephanie-Ann Wedderburn

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

GOSPELLER: The Lord be with you.

ALL: And also with you.

A Reading from the Holy Gospel according to Mark, the first chapter, beginning at the twenty-first verse.

ALL: Glory to Christ our Saviour.

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, “What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God.” But Jesus rebuked him, saying, “Be silent, and come out of him!” And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, “What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him.” At once his fame began to spread throughout the surrounding region of Galilee.

THE GOSPELLER: The Gospel of Christ.

ALL: Praise to Christ our Lord.

The Sermon:

7:00 A.M. - The Rev'd Stephanie-Ann Wedderburn

9: 00 A.M. – The Rt. Rev'd Michael B. St. John Maxwell

(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.: Mr. Remech Matthias

9:00 A.M.: Ms. Donna Inniss

The Bidding Prayer: The Assistant Priest

God our Father, we pray for the life of our diocese, that enriched by your grace we may witness to your eternal truth in our own time and place.

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, Rosalyn, Judith, Margaret, Juno, Mary, and Elaine as they celebrate their birthday: 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, Myrlene Crichlow, Justice Jefferson Cumberbatch, Henderson Downes, Keith Ellis, Jocelyn Patricia (Pat) Thorington-Alleyne, Araletta Prescod, and all 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: God of us all, you have poured on us all a rich diversity of gifts and call us to offer all you have given us to your service and to one another. Bless all those who minister in this diocese, especially Bishop Michael as he celebrates his fifth anniversary as Diocesan Bishop, that in the beauty of worship, the resourcing of ministry and the work of education, human lives would be transformed and your love and truth would be known by ever more people, through Jesus Christ our Lord. *Amen.*

ACT OF PENITENCE

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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

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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

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FORM A

PRESIDENT: We are the Body of Christ. By the one Spirit we were all baptised 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: “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.

Jill Jackson-Miller and Sy Miller in 1955

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.)

Offertory **Hymn ~ 409** “Be thou my vision, O Lord of my heart,”

Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art;
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.

Be thou my wisdom, be thou my true word,
be thou ever with me, and I with thee, Lord;
be thou my great Father, and I thy true son;
be thou in me dwelling, and I with thee one.

Be thou my breastplate, my sword for the fight;
be thou my whole armour, be thou my true might;
be thou my soul's shelter, be thou my strong tower:
O raise thou me heavenward, great Power of my power.

Riches I heed not, nor man's empty praise;
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O Sovereign of heaven, my treasure thou art.

High King of heaven, thou heaven's bright Sun,
O grant me its joys after victory is won;
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.

Words: Dallán Forgaill

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

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:

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 as able)

THE GREAT THANKSGIVING “A”

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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

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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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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

(All baptized members of the Church, as inspired, may come to the altar and receive Holy Communion)

The Invitation “A”

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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

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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 Hymns

Hymn ~ 522 “I am thine, O Lord, I have heard thy voice,”

I am thine, O Lord, I have heard thy voice,
and it told thy love to me;
but I long to rise in the arms of faith,
and be closer drawn to thee.

Refrain:

*Draw me nearer, nearer, blessèd Lord,
to the cross where thou hast died,
draw me nearer, nearer, nearer, blessèd Lord,
to thy precious, bleeding side.*

Consecrate me now to thy service, Lord,
by the power of grace divine;
let my soul look up with a steadfast hope,
and my will be lost in thine.

Refrain

Oh, the pure delight of a single hour
that before thy throne I spend,
when I kneel in prayer, and with thee, my God,
I commune as friend with friend!

Refrain

There are depths of love that I cannot know
till I cross the narrow sea;
there are heights of joy that I may not reach
till I rest in peace with thee.

Refrain

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

Hymn ~ 534 “May the mind of Christ my Saviour”

May the mind of Christ my Saviour
live in me from day to day,
by his love and power controlling
all I do and say.

May the word of God dwell richly
in my heart from hour to hour,
so that all may see I triumph
only through his power.

May the peace of God my Father
rule my life in everything,
that I may be calm to comfort
sick and sorrowing.

May the love of Jesus fill me,
as the waters fill the sea;
him exalting, self abasing,
this is victory.

May I run the race before me,
strong and brace to face the foe,
looking only unto Jesus,
as I onward go.

Words: Kate Barclay Wilkinson (1859-1928)

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 EPISCOPAL BLESSING (At 9:00 A.M)

PRESIDENT: Our help is in the name of the Lord.

ALL: The maker of heaven and earth.

PRESIDENT: Blessed be the name of the Lord.

ALL: From this time forth and for evermore.

PRESIDENT:

Christ the Son of God gladden your hearts with good news of His kingdom; and the Blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. *Amen.*

WELCOME AND ANNOUNCEMENTS

Recessional **Hymn** ~ 387 “To God be the glory! Great things he hath done;”

To God be the glory! Great things he hath done;
so loved he the world that he gave us his Son;
who yielded his life an atonement for sin,
and opened the life Gate that all may go in.

Refrain:

*Praise the Lord, praise the Lord!
Let the earth hear his voice;
praise the Lord, praise the Lord!
Let the people rejoice:
O come to the Father,
through Jesus the Son
and give him the glory;
great things he hath done!*

O perfect redemption, the purchase of blood!
To every believer the promise of God;
the vilest offender who truly believes,
that moment from Jesus a pardon receives.

Refrain

Great things he hath taught us, great things he hath done,
and great our rejoicing through Jesus the Son;
but purer and higher, and greater will be
our wonder, our rapture, when Jesus we see.

Refrain

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

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 and 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 Fourth Sunday after the Epiphany: Year B

THEME FOR THE WEEK

In our Christian witness, we are responsible for our actions.



First Reading: Deuteronomy 18:15-20

Comment: “The prophet speaks with God’s authority”

In our opening reading, **Moses promises the people that, after his death, God will raise up another prophet for them.** The people cannot face God directly but need an intermediary to speak God’s words. To him they must listen, for the false prophet who presumes to speak in the Lord’s name will die. In later centuries this oracle was interpreted to mean that God would raise up one final

prophet to succeed Moses. Some early Christians believed Jesus to be this new Moses.

Psalm: 111

Comment: “The fear of the Lord is the beginning of wisdom. (Ps. 111:10)”

A song of praise to the mighty and awesome Lord, who is steadfast and full of compassion.

Second Reading: 1 Corinthians 8:1-13

Comment: “Limits to liberty: the case of food offered to idols.”

In this lesson, **Paul gives counsel to the Corinthians who are unsure whether it is permissible to eat the meat of animals that have been sacrificed in pagan temples.** Since there is only one true God, such sacrifices are really meaningless, and the meat can be eaten in good conscience. Yet this understanding of the issue must not be treated as superior knowledge with respect to those whose consciences are still troubled. Out of love it is better for those who believe themselves enlightened to avoid eating such meat than to encourage weaker members to do what they regard as sinful and so perhaps to be led back into paganism.

The Holy Gospel: Mark 1:21-28

Comment: “The healing of one with an unclean spirit”

In our gospel, **Jesus both teaches and acts with authority**. His teaching was more than interpretation of the law. It was a proclamation of the new possibilities of God’s kingdom. He backed his words with his actions. Unclean spirits recognised him and submitted to his power to deliver a man from his disorder.

DIOCESAN NEWS

5th ANNIVERSARY

—ANNIVERSARY: On behalf of the Dean and Chapter, the Parochial Church Council of the Cathedral, Clergy and people of the Diocese, heartiest congratulations are hereby extended to Bishop Michael Maxwell on the occasion of his fifth anniversary of enthronement as Bishop of Barbados. God’s continual blessing for fulfilment in ministry.

BICENTENNIAL CELEBRATIONS: There will be a service of Choral Evensong to launch the Bicentennial celebrations of the Diocese, in the Cathedral on Sunday, February 11, 2024, at 6:00 P.M.

SECONDMENT: From February 1, 2024, The Rev’d Canon Dr. Von Watson will relinquish the Rectorship of the parish of St. Andrew for eighteen months, to serve full time, as Canon Missioner. Meanwhile, the recently retired

Rector of St. Lucy, the Rev'd Canon Curtis Goodridge, will serve as Priest-in-Charge of St. Andrew.

ORDINATION: Deacons, The Rev'd Levon Alkins, The Rev'd Lisa Jessamy-Maynard and The Rev'd Michelle Leacock will be ordained to the Priesthood on the Feast of St. Matthias, on Saturday, February 24, 2024, at 6:00 P.M. in the Cathedral. The preacher will be The Rev'd Canon Trevor O'Neale. The prayers of the faithful are invited for the candidates and their families as they prepare for the occasion.

CATHEDRAL NEWS

BICENTENNIAL GIFT: As the Anglican Church in Barbados prepares to celebrate its 200th anniversary in 2024, so too will the St. Michael Parish Church celebrate the 200th anniversary of its designation as the Cathedral of the Diocese. Gifts in celebration of this significant milestone would be greatly appreciated. Envelopes are available for everyone's convenience. Thanks for your generous gift.



SICK: Please remember the sick and injured of our parish and wider community, especially Margaret Browne, Elsie Brunson, Colleen Byer, Courtney Carrington, Darwin Clarke, Alice P. Hall, Jonathan Holder, Marcia Hoyte, Selina Jones, Jeffrey Mascoll, Marlene Moore, Blair Murray, 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:

- Mrs. Myrlene Crichlow
- Mr. Justice Jefferson Cumberbatch
- Mr. Henderson Downes
- Mr. Keith Ellis
- Mrs. Jocelyn Patricia (Pat) Thorington-Alleyne
- Ms. Araletta Prescod

May the deceased rest in peace. “Blessed are those who mourn, for they will be comforted.” (*Matthew 5:4*)

BIRTHDAYS: Congratulations to all those celebrating their birthday this week: January 28-February 3, 2024:

- 28th Mrs. Rosalyn Sealy
- 29th Mrs. Judith A. Parris, Mrs. Margaret A. Watson
- 31st Mrs. Juno C. Burrows
- 1st Mrs. Mary E. Weekes
- 2nd Ms. Elaine N. Frank



STEWARDSHIP: The envelopes for 2024 are available for collection after services or from the Church Office, Monday to Friday, 9:00 a.m. to 5:00 p.m. Members are invited to present their “Initial Offering” today, Sunday,

January 28, 2024. This symbolic “first offering” serves to defray the cost of the envelopes, which this year amounted to \$3,507.04. Thanks for your generous contribution.

BAPTISM: Please note that Baptism will take place on Sunday February 11th, 2024 after service, at 11:30 a.m. Application forms may be collected from the Church Office, Monday to Friday, 9:00 a.m. to 5:00 p.m.



APPRECIATION: Today, the Dean, Parochial Church Council and members of the Cathedral take this opportunity to record sincere thanks to Ms. Harriet Lowe for her service as Assistant Verger. God’s blessing and best wishes are extended for a happy and healthy retirement.

SERMON NOTES

Text:.....

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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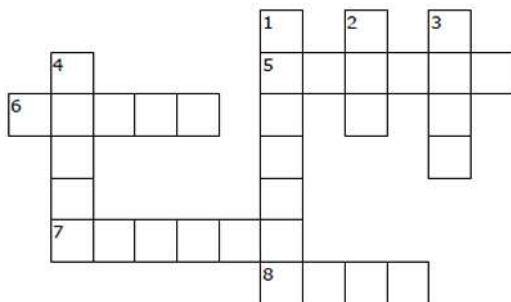
**Daily Book of Common Prayer Readings
January 28-February 3, 2024**

Day	Morning Readings	Evening Readings
The Fourth Sunday after Epiphany	Psalms 24, 29 Genesis 18:16-33 Mark 8:22-30	Psalms 8, 84 Isaiah 51:9-16 Galatians 5:13-25
Monday	Psalms 56, 57, [58] Genesis 19:1-17 (18-23)24-29 John 6:27-40	Psalms 64, 65 Isaiah 51:17-23 Hebrews 11:1-12
Tuesday	Psalms 61, 62 Genesis 21:1-21 John 6:41-51	Psalm 68:1-20(21-23) 24-36 Isaiah 52:1-12 Hebrews 11:13-22
Wednesday	Psalm 72 Genesis 22:1-18 John 6:52-59	Psalm 119:73-96 Isaiah 54:1-10(11-17) Hebrews 11:23-31
Thursday	Psalms [70], 71 Genesis 23:1-20 Hebrews 11:32—12:2 John 6:60-71	Eve of the Presentation Psalms 113, 122 1 Samuel 1:20-28a Romans 8:14-21 Collect for the Presentation
The Presentation of our Lord Friday	Psalms 42, 43 1 Samuel 2:1-10 John 8:31-36	Psalms 48, 87 Haggai 2:1-9 1 John 3:1-8
Saturday	Psalm 75, 76 Genesis 24:28-38, 49-51 John 7:14-36	Psalms 23, 27 Isaiah 57:3-13 Hebrews 12:12-29 Collect for 5 Epiphany

Jesus in the Synagogue

The people were amazed at his teaching, because he taught them as one who had authority, not as the teachers of the law.
Mark 1:22

Puzzle is based on Mark 1:21-28



ACROSS

- To be completely surprised or shocked by something
- To help another person to learn how to do something; to give lessons
- A being (such as a ghost) that has no physical body
- Something that is considered as sacred or set apart for God

DOWN

- The day of the week set aside in a religion for rest and worship
- A rule or set of rules that control the actions of people
- A report of recent events or of something previously unknown
- The Son of God

SPIRIT	JESUS	SABBATH	TEACH
AMAZED	LAW	NEWS	HOLY

CATHEDRAL MINISTRIES

Sunday, January 28, 2024

7:00 A.M. Holy Eucharist

President and Preacher:

The Rev'd Stephanie-Ann Wedderburn

9:00 A.M. Sung Eucharist

President and Preacher:

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

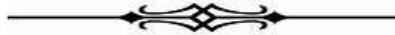


Wednesday, January 31, 2024

10:00 A.M. ~ Holy Eucharist

President and Preacher:

The Very Rev'd Dr. Jeffrey D. Gibson



Sunday, February 4, 2024

7:00 A.M. Holy Eucharist

9:00 A.M. Sung Eucharist



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. Darnley King

Mr. Samuel Maxwell, J.P.

Ms. Cyrilene Forde

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)