

The Cathedral Church of
Saint Michael and All Angels

welcomes you to the celebration of

The Holy Eucharist
On
African Awareness Sunday

February 4, 2024

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



AFRICAN AWARENESS SUNDAY

**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 Fifth Sunday after the Epiphany: Year B

African Awareness Sunday

7:00 A.M. ~ Holy Eucharist

President and Preacher:

The Rev'd Stephanie-Ann Wedderburn

9:00 A.M. ~ Sung Eucharist

President: The Rev'd Canon George Knight

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

In attendance - the Barbados Youth Business Trust

(BYBT) Registered Charities # 271

Eucharistic Minister: Dr. Sherlock Bradshaw

ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

Welcome

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

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

Sing a song full of the faith that the dark past has taught us;
sing a song full of the hope that the present has brought us;

facing the rising sun of our new day begun,
let us march on till victory is won.

Stony the road we trod, bitter the chastening rod,
felt in the days when hope unborn had died;
yet with a steady beat, have not our weary feet
come to the place for which our fathers sighed?
We have come over away that with tears has been watered;
We have come treading our path through the
blood of the slaughtered;
out from the gloomy past, till now we stand at last
where the white gleam of our bright star is cast.

God of our weary years, God of our silent tears,
thou who hast brought us thus far on the way;
thou who hast by thy might, led us into the light,
keep us forever in the path, we pray.
Lest our feet stray from the places, our God,
where we met thee;
lest our hearts, drunk with the wine of the world,
we forget thee,
shadowed beneath thy hand, may we for ever stand,
true to our God, true to our native land.

Words: Kames Weldon Johnson (1871-1978)

Opening Sentence “African Awareness Sunday”

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

THE INVOCATION

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

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

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

THE PRESIDENT SAYS,

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

COLLECT FOR PURITY

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ALL: Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: cleanse

the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your Holy Name; through Christ our Lord. *Amen.*

THE KYRIES

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Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

GLORIA IN EXCELSIS

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

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PRESIDENT: The Lord be with you

ALL: And also with you

PRESIDENT: Let us pray

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

(Please sit)

THE MINISTRY OF THE WORD

First Lesson: Isaiah 40:21-31

LECTORS:

7:00 A.M.: Ms. Linda Springer

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

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

Have you not known? Have you not heard?

Has it not been told you from the beginning?

Have you not understood from the foundations of

the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing.

Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble.

To whom then will you compare me, or who is my equal? says the Holy One.

Lift up your eyes on high and see:

Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing.

Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"?

Have you not known? Have you not heard?

The LORD is the everlasting God, the Creator of the ends of the earth.

He does not faint or grow weary; his understanding is unsearchable.

He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted;

but those who wait for the LORD shall renew their strength, they shall mount up with wings like

eagles, they shall run and not be weary,
they shall walk and not faint.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalm 147:1-12, 21c *Laudate Dominum* Page 662

1 Hallelujah!

How good it is to sing praises to our God!*

how pleasant it is to honor him with praise!

2 The LORD rebuilds Jerusalem;*

he gathers the exiles of Israel.

3 He heals the brokenhearted*

and binds up their wounds.

4 He counts the number of the stars*

and calls them all by their names.

5 Great is our LORD and mighty in power;*

there is no limit to his wisdom.

6 The LORD lifts up the lowly,*

but casts the wicked to the ground.

7 Sing to the LORD with thanksgiving;*

make music to our God upon the harp.

8 He covers the heavens with clouds*

and prepares rain for the earth;

9 He makes grass to grow upon the mountains*

and green plants to serve mankind.

10 He provides food for flocks and herds*

and for the young ravens when they cry.

11 He is not impressed by the might of a horse;*
 he has no pleasure in the strength of a man;
12 But the LORD has pleasure in those who fear
 him,* in those who await his gracious favor.
21 Hallelujah!

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 9:16-23

LECTORS:

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

9:00 A.M.: Mr. Akeme Cox, Representative of the Barbados Youth Business Trust (BYBT)

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

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel. For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the

law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

The Gradual **Hymn ~ 559** “We shall overcome. We shall overcome,”

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

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

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

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

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

Words: Louise Shropshire

The Holy Gospel: Mark 1:29-39

GOSPELLER: The Rev'd Stephanie-Ann Wedderburn

GOSPELLER: The Lord be with you.

ALL: And also with you.

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

ALL: Glory to Christ our Saviour.

After Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them. That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases,

and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, “Everyone is searching for you.” He answered, “Let us go on to the neighboring towns, so that I may proclaim the message there also; for that is what I came out to do.” And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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 Very Rev'd Dr. Jeffrey D. Gibson

(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*

INTERCESSORS:

7:00 A.M.: Prof. Anne St. John, GCM

9:00 A.M.: Mr. Victor Small, (M.F.)

The Bidding Prayer: The Assistant Priest

Lord we pray for your world. We pray for those who work to reduce inequalities and injustices in society, for the work of charities who support the poorest of the world, for those who give up their own time as private individuals to serve those in need, and for all those who receive their care.

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, Richard, Phyllis, Harriet, Sandy, Eugene and Winifred 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, Keith Ellis, Trevor Kirton, Jocelyn Patricia (Pat) Thorington-Alleyne, 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.

A PRAYER FOR AFRICAN AWARENESS SUNDAY:

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

THE CONCLUDING COLLECT

PRESIDENT: Lord Jesus Christ, you taught us that you are known most profoundly among those who have the least,

and that the poor are blessed indeed. May we who enjoy so much plenty be inspired by your call, echoed through the centuries by your Saints, to share what we have with others, that all might have enough to enjoy the life that is the free gift of God, Father, Son and Holy Spirit. *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
FORM A**

Page 124

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 ~ 553** “You have all our future in your hands, in your hands.”

You have all our future in your hands, in your hands.
We bid you take over all our life, Lord –
our dreams, aspirations, all our best, Jesus Christ.
Our all we place in your hands.

Refrain:

***In your hands, Lord, we place today, tomorrow;
in your hands, Lord, we surrender all.
To your hands we commit our joys, our sorrows;
in your hands, Lord, we surrender all.***

Keep walking beside us every night, every day,
and giving us courage for the fray, Lord.
We need you to guide us every step of the way;
forsake us not, Lord, we pray.

Refrain

You place many duties in our hands, in our hands;
and shaping our world is our task, Lord.
On you we depend, Lord, for the power; this we ask,
that all make sense in our hands.

Refrain

You call us to service in this land, in this land,
whose soul is just aching for your touch, Lord;
and we too are reaching for your hand, Jesus, Lord.
Redeem us as we take our stand.

Refrain

So, Lord, we are trusting everything to your hands,
and then we keep praying for our land, Lord,
to labour with others for the best, Jesus, Lord.
Our all we place in your hands.

Refrain

Words: Allan Kirton

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

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)

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 "A"

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

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

The Invitation "A"

Page 145

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 Hymns ~ 549 “Every night before I sleep”

*Refrain: Hear, O Lord, the sound of my call;
hear, O Lord, and have mercy.
My soul is longing for the glory of you.
O hear, O Lord, and answer me.*

Every night before I sleep
I pray my soul to take,
or else I pray that loneliness
is gone when I awake

Refrain

Why do I no longer feel
like I've a place to stay?
O take me where someone will care,
so fear will go away.

Refrain

In you, O Lord, I place my cares
and all my troubles, too.
O grant, dear Lord, that someday soon
I'll live in peace with you.

Refrain

Words: Ray Repp

Hymn ~ “Precious Lord take my hand”

Precious Lord, take my hand,
Lead me on, let me stand,
I am tired, I am weak, I am worn;
Through the storm, through the night,
Lead me on to the light:
Take my hand, precious Lord,
Lead me home.

When my way grows drear,
Precious Lord, linger near,
When my life is almost gone,
Hear my cry, hear my call,

Hold my hand lest I fall:
Take my hand, precious Lord,
Lead me home.

When the darkness appears
And the night draws near,
And the day is past and gone,
At the river I stand,
Guide my feet, hold my hand:
Take my hand, precious Lord,
Lead me home

Words: Thomas Dorsey (1932)

THE POST COMMUNION PRAYER “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 “Epiphany” Page 150

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

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

Refrain:

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

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

Refrain

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

Refrain

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

Refrain

Words: Pricilla Owens

THE DISMISSAL

THE PRESIDENT: The Lord be with you

ALL: And also with you.

THE PRESIDENT: Go in peace and serve the Lord.

ALL: In the name of Christ. Amen

Organ Postlude (*Worshippers are invited to sit silently 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 Fifth Sunday after the Epiphany: Year B

THEME FOR THE WEEK

Hospitality is the one virtue in which we are most certain to meet the Lord.



First Reading: Isaiah 40:21-31

Comment: “The creator of all cares for the powerless”

In our Hebrew Bible lesson, **the prophet Isaiah summons the people to renew their trust and confidence in God.** God alone is sovereign, the Lord of all that exist, the creator of the earth and its creatures and the fount of

understanding. Those who turn to the Lord will find their strength replenished: they will not be disappointed.

Psalm: 147:1-12, 21c

A hymn of praise to the Lord, who rules over nature in wisdom and has shown faithfulness to Israel.

Second Reading: 1 Corinthians 9:16-23

Comment: “A servant for the sake of the gospel“

In this reading we learn how **Paul seeks to become all things to all people in order that he may freely and without hindrance share the gospel with them.** He takes no special pride in his preaching of the gospel because that is his commission from the Lord. In order not to create unnecessary difficulties, he is willing to live under the law among Jews and outside the law among Gentiles. Some may misunderstand and think him unprincipled, but Paul’s only concern is with the essentials of the gospel.

The Holy Gospel: Mark 1:29-39

Comment: “The healing of Peter’s mother-in-law”

Our gospel tells of **healing events which took place towards the beginning of Jesus’ ministry.** Peter’s mother-in-law is cured of fever. Many flock to Jesus. He heals them and casts out the demons who recognize him for who he is. A brief retreat ends because of the pressing need to continue his mission. The power of the kingdom of God is made manifest through his words and deeds.

DIOCESAN NEWS

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.

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. Keith Ellis
- Mrs. Jocelyn Patricia (Pat) Thorington-Alleyne

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: February 4-10, 2024:

- 4th Mr. Richard A. Rollock
- 8th Mrs. Phyllis Clarke-Hunte,
Ms. Harriet M. Godding,
Ms. Sandy J. Rowe
- 9th Ms. Eugene Daniel
- 10th Ms. Winifred C. Trotman



STEWARDSHIP: Sincere thanks to all who have submitted their “Initial Offering”. To date, we have received \$1,511.00. Please note that this year’s envelopes cost \$3,507.04. Persons who have not made their contribution as yet are asked to do so as soon as possible.

BAPTISM: Please note that Baptism will take place on Sunday February 11th, 2024 after service, at 11:30 a.m. Application forms

ay be collected from the Church Office, Monday to Friday, 9:00 a.m. to 5:00 p.m.

FLOWERS: Thanks to Mrs. Margaret Watson for the floral arrangement, given in celebration of her birthday, which was on Monday, January 29, 2024.

LOOKING AHEAD: Lent 2024



February 14

The Ash Wednesday Liturgy:

10:00 A.M; 12:00 Noon and 7:00 P.M.

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
February 4-10, 2024**

Day	Morning Readings	Evening Readings
The Fifth Sunday after Epiphany	Psalms 93, 96 Genesis 24:50-67 Mark 10:13-22	Psalm 34 Isaiah 57:14-21 2 Timothy 2:14-21
Monday	Psalm 80 Genesis 25:19-34 John 7:37-52	Psalms 77, [79] Isaiah 58:1-12 Hebrews 13:1-16
Tuesday	Psalm 78:1-39 Genesis 26:1-6, 33 John 7:53—8:11	Psalm 78:40-72 Isaiah 59:1-15a Hebrews 13:17-25
Wednesday	Psalm 119:97-120 Genesis 27:1-29 John 8:12-20	Psalms 81, 82 Isaiah 59:15b-21 Romans 12:1-8
Thursday	Psalms [83] or 146, 147 Genesis 27:30-45 John 8:21-32	Psalms 85, 86 Isaiah 60:1-17 Romans 12:9-21
Friday	Psalm 88 Genesis 27:46—28:4, 10-22 John 8:33-47	Psalms 91, 92 Isaiah 61:1-9 Romans 13:1-14
Saturday	Psalms 87, 90 Genesis 29:1-20 John 8:47-59	Psalm 136 Isaiah 61:10—62:5 Romans 14:1-23 Collect for Last Epiphany

Colouring Activity for Mark 1:29-39



CATHEDRAL MINISTRIES

African Awareness Sunday

Sunday, February 4, 2024

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 Very Rev'd Dr. Jeffrey D. Gibson

In attendance - the Barbados Youth Business Trust (BYBT)

Registered Charities # 271



Wednesday, February 7, 2024

10:00 A.M. ~ A Public Service of Healing

President and Preacher:

The Very Rev'd Dr. Jeffrey D. Gibson



Friday, February 9, 2024

12:00 Noon City Outreach:

**Sponsored by The St. Michael Centre for Faith and Action
(SMCFA)**



Sunday, February 11, 2024

7:00 A.M. Holy Eucharist

9:00 A.M. Sung Eucharist

6:00 P.M. Choral Evensong:

**Launch of the 200th Anniversary Celebrations of the Diocese of
Barbados**

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)