



**Lent**

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

*welcomes you to the celebration of*

***The Holy Eucharist***

***on***

**February 25, 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***

*Ag. Administrative Assistant*

**Ms. Armel Marshall, B.Sc., Cert SM: Cert HRM**

*Vergers*

**Mrs. Chloe Grant**

**The Second Sunday in Lent:  
YEAR B**

**February 25<sup>th</sup>, 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 Rev'd Stephanie-Ann Wedderburn**

**Eucharistic Minister:** Dr. Sherlock Bradshaw

**ORDER OF WORSHIP**

Organ Prelude

**Welcome**

**Opening Hymn ~ 5**

New every morning is the love  
our wakening and uprising prove;  
through sleep and darkness safely brought,  
restored to life, and power, and thought.

New mercies, each returning day,  
hover around us while we pray;  
new perils past, new sins forgiven,  
new thoughts of God, new hopes of heaven.

If on our daily course our mind  
be set to hallow all we find,  
new treasures still, of countless price,  
God will provide for sacrifice.

The trivial round, the common task,  
will furnish all we need to ask,  
room to deny ourselves, a road  
to bring us daily nearer God.

Only, O Lord, in thy dear love  
fit us for perfect rest above;  
and help us, this and every day,  
to live more nearly as we pray.

*Words: John Keble (1792-1866)*

The Opening Sentence “*Lent*”

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Be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and sacrifice to God. *Ephesians 5: 1-2*

**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.**

The Collect     *“The Second Sunday in Lent”*

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PRESIDENT: The Lord be with you.

ALL: And also with you.

PRESIDENT: Let us pray

O God, whose glory it is always to have mercy, be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

*(Please sit)*

## THE MINISTRY OF THE WORD

**First Lesson: Genesis 17:1-7, 15-16**

**Lectors: 7:00 A.M. ~ Ms. Donnah Russell, C.A.**

**9:00 A.M. ~ Mrs. Lynette Francis-Thornhill**

A Reading from the Word of God, written in the book of Genesis, the seventeenth chapter, beginning at the first verse

When Abram was ninety-nine years old, the LORD appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

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

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

**Psalm 22:22-30** *Deus, Deus meus*

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22 Praise the LORD, you that fear him; \* stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.

23 For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them; \* but when they cry to him he hears them.

- 24 My praise is of him in the great assembly; \*  
I will perform my vows in the presence of those  
who worship him.
- 25 The poor shall eat and be satisfied, and those who  
seek the Lord shall praise him: \* "May your  
heart live for ever!"
- 26 All the ends of the earth shall remember and turn  
to the LORD, \* and all the families of the nations  
shall bow before him.
- 27 For kingship belongs to the Lord; \*  
he rules over the nations.
- 28 To him alone all who sleep in the earth bow down  
in worship; \* all who go down to the dust fall  
before him.
- 29 My soul shall live for him; my descendants shall  
serve him; \* they shall be known as the Lord's  
for ever.
- 30 They shall come and make known to a people yet  
unborn \* the saving deeds that he has done.

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 4:13-25

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 fourth chapter, beginning at the  
thirteenth verse.



For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”)—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become “the father of many nations,” according to what was said, “So numerous shall your descendants be.” He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah’s womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith “was reckoned to him as righteousness.” Now the words, “it was reckoned to him,” were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

**LECTOR:** The Word of the Lord

**ALL:** Thanks be to God.

*(Please stand, as able)*

## The Gradual **Hymn** ~ 509

Take up thy cross, the Saviour said,  
if thou wouldst my disciple be;  
deny thyself, the world forsake,  
and humbly follow after me.

Take up thy cross! Let not its weight  
fill thy weak spirit with alarm:  
his strength shall bear thy spirit up,  
and brace thy heart, and nerve thine arm

Take up thy cross, nor heed the shame,  
nor let thy foolish pride rebel:  
thy Lord for thee the cross endured,  
to save thy soul from death and hell.

Take up thy cross then in his strength,  
and calmly every danger brave;  
'twill guide thee to a better home,  
and lead to victory o'er the grave.

Take up thy cross, and follow Christ,  
nor think till death to lay it down;  
for only he who bears the cross  
may hope to wear the glorious crown.

To thee, great Lord, the One in Three,  
all praise for evermore ascend:  
O grant us in our home to see  
the heavenly life that knows no end.

*Words: Charles William Everest (1814-1877), alt.*

## **The Holy Gospel: Mark 8: 31-38**

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

The Gospeller: The Lord be with you

**ALL: And also with you.**

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

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

Jesus began to teach his disciples that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, "Get behind me, Satan! For you are setting your mind not on divine things but on human things."

He called the crowd with his disciples, and said to them, "If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels."

THE 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.: Mrs. Joy-Ann Blackman-Jarvis**

**9:00 A.M.: Ms. Margaret Aimey**

**The Bidding Prayer: The Dean**

Lord we pray for your Church, that through this Lent we  
would be led to deeper truths about you and about ourselves.

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, Pauline, Mary, Beverley, Charmaine, Ayodele, David, Iris, Ingrid, David DaCosta, and Ian, 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, Keith Ellis and Grantley Watson, 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:**

Creator of all, you brought this world into being from nothing and sent your Son into it, to redeem it at the cost of his life. May we, who in this holy season commemorate his sufferings for us, be brought to understand something of the depth of your love, from which not one of us can be separated, in Jesus Christ our Lord. **Amen.**

**ACT OF PENITENCE “B”**

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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 B**

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**ALL:**

Most Merciful God, we confess that we have sinned against you in thought, word, and deed, and by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves; we have not loved ourselves as we ought. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us, that we may delight in your will, and walk in your ways, 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.

**ALL: Amen.**



PRESIDENT:

If you are offering your gift at the altar, and there remember that your brother or sister has something against you.

**ALL:**

**Leave your gift there before the altar and go; first reconciled to your brother or sister, and then come and offer your gift.**

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.)*

The Offertory **Hymn ~ 237 vss. 1, 4, 5 & 7**

The God of Abraham praise  
who reigns enthroned above,  
ancient of everlasting days,  
and God of love:  
Jehovah, great I AM,  
by earth and heaven confest;  
we bow and bless the sacred name  
for ever blest.

The goodly land we see,  
with peace and plenty blest:  
a land of sacred liberty  
and endless rest;  
there milk and honey flow,  
and oil and wine abound,  
and trees of life forever grow,  
with mercy crowned.

There dwells the Lord our King,

the Lord our Righteousness,  
triumphant o'er the world of sin,  
the Prince of Peace:  
on Sion's sacred height  
his kingdom he maintains,  
and glorious with his saints in light  
for ever reigns.

The God who reigns on high  
the great archangels sing,  
and 'Holy, holy, holy,' cry,  
'Almighty King!  
who was, and is the same,  
and evermore shall be;  
Jehovah, Father, great I AM,  
we worship thee.'

*Words: Thomas Olivers (1725-1799)*

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

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**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 EUCHARIST 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 128)*

For you bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. *(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 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**

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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 “C”**

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**PRESIDENT:**

This is the true bread which comes from heaven.

**ALL:**

**Whoever eats this bread will live forever.**

**THE COMMUNION**



**The Invitation Form “C”**

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**PRESIDENT:**

Draw near and receive the Body and Blood of our Saviour Jesus Christ with faith and thanksgiving.

**ALL:**

**We do not presume to come to this your table, most merciful Father, trusting in our own righteousness, but only in your boundless mercy. We are not even worthy to gather up the crumbs under your table. But you are the Lord ever the same, ever merciful. Grant therefore,**



**Lord of grace and love, that we may so eat the flesh of your dear Son Jesus Christ and drink His blood, that with bodies and souls made clean from every stain of sin 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**

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

#### **Communion Hymns ~ 539 & 571**

Take my life, and let it be  
consecrated, Lord, to thee;  
take my moments and my days,  
let them flow in ceaseless praise.

Take my hands, and let them move  
at the impulse of thy love.  
Take my feet and let them be  
swift and beautiful for thee.

Take my voice, and let me sing

always, only, for my King;  
take my lips and let them be  
filled with messages from thee.

Take my silver and my gold;  
not a mite would I withhold.  
Take my intellect, and use  
every power as thou shalt choose.

Take my will, and make it thine:  
it shall be no longer mine.  
Take my heart: it is thine own;  
it shall be thy royal throne.

Take my love; my Lord, I pour  
at thy feet its treasure-store.  
Take myself, and I will be  
ever, only, all for thee.

*Words: Frances Ridley Havergal (1836-1879)*

## **Hymn ~ 571**

And now, O Father, mindful of the love  
that bought us, once for all, on Calvary's tree,  
and having with us him that pleads above,  
we here present, we here spread forth to thee  
that only offering perfect in thine eyes,  
the only true, pure, immortal sacrifice.

Look, Father, look on his anointed face,  
and only look on us as found in him;  
look not on our misusings of thy grace,  
our prayer so languid, and our faith so dim;

for lo! Between our sins and their reward  
we set the passion of thy Son our Lord.

And then for those, our dearest and our best,  
by this prevailing presence we appeal;  
O fold them closer to thy mercy's breast,  
O do thine utmost for their souls' true weal;  
from tainting mischief keep them white and clear,  
and crown thy gifts with strength to persevere.

And so we come; O draw us to thy feet,  
most patient Saviour, who canst love us still;  
and by this food, so awful and so sweet,  
deliver us from every touch of ill:  
in thine own service make us glad and free,  
and grant us never more to part with thee.

Words: William Bright (1824-1901)

**THE POST COMMUNION PRAYER "B"**

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**Eternal God and Heavenly Father,  
we thank you for feeding us,  
with the Body and Blood of our Son Jesus Christ.  
Send us now into the world in peace,  
and grant us strength and courage  
and grant us strength and courage  
to love and serve you, and all persons in you,  
with gladness and singleness of heart,  
through your Son Jesus Christ our Lord. Amen**

**THE BLESSING "*Lent*"**

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**PRESIDENT:**

Christ give you grace to grow in holiness, to deny

yourselves, take up your cross, and follow Him; 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

### The Recessional **Hymn** ~ 143

Praise to the Holiest in the height,  
and in the depth be praise;  
in all his words most wonderful,  
most sure in all his ways!

O loving wisdom of our God!  
When all was sin and shame,  
a second Adam to the fight  
and to the rescue came.

O wisest love! That flesh and blood,  
which did in Adam fail,  
should strive afresh against the foe,  
should strive, and should prevail;

And that a higher gift than grace  
should flesh and blood refine,  
God's presence and his very self,  
and essence all-divine.

O generous love! That he, who smote  
in Man for man the foe,  
the double agony in Man  
for man should undergo.

And in the garden secretly,

and on the cross on high,  
should teach his brethren, and inspire  
to suffer and to die.

Praise to the Holiest in the height,  
and in the depth be praise:  
in all his words most wonderful,  
most sure in all his ways.

*Words: Cardinal John Henry Newman (1801-1890)*

## **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 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 Second Sunday in Lent: YEAR B**  
**THEME FOR THE WEEK**

*“God’s redeeming love blesses our sacrifices for others.”*



First Reading: Genesis 17:1-7, 15-16

**Comment:** *“God blesses Abraham and Sarah”*

In our opening lesson, **God appears to Abram and enters into covenant with him, promising to make him an ancestor to multitudes.** Abram is now a changed person. He will henceforth be called Abraham, and his wife Sarai will now be called Sarah. The covenant is to be an everlasting covenant made not only with Abraham and Sarah, but with all generations which issue from them. The Hebrew people will come to see this covenant as the originating source of their own identity, and Christians will find an example of saving faith in Abraham’s response to God’s promise.

Psalms 22:22-30

A song of praise to the Lord, who rules over all and cares for the downtrodden.

Second Reading (**The Epistle**): Romans 4:13-25

**Comment:** *“The promise to those who share Abraham’s faith”*

In this reading, **Paul explains that the new relationship with God is open to everyone who follows in Abraham’s faith.** This means that righteousness before God comes through God’s free gift and the response of faith—not because of obedience to the law. This was first true in the case of Abraham, who trusted in God’s promise before the

law even existed. Now it is true for all who have faith and so show themselves to be among Abraham’s descendants from many nations.

The Holy Gospel: Mark 8:31-38

**Comment:** *“The passion prediction”*

In our gospel passage, **Jesus teaches his disciples of the true nature of the ministry of the Son of Man and what it means to follow in his way.** Peter has just previously stated his belief that Jesus is the Christ. But now he is called Satan because he tempts Jesus with human ideas rather than God’s. Peter needs to understand that, as the Son of Man, Jesus’ mission leads through suffering and death before resurrection. Disciples must also learn that the true self and true life are found by those who let themselves be lost for the sake of Jesus and the gospel.



**DIOCESAN NEWS**

**ORDINATION:** Congratulations to The Rev’d Levon Alkins, The Rev’d Lisa Jessamy-Maynard and The Rev’d Michelle Leacock who were ordained to the Priesthood on the Feast of St. Matthias, on Saturday, February 24, 2024, at 6:00 P.M. in St. Mary’s Church.



**CATHEDRAL NEWS**

**BICENTENNIAL CELEBRATIONS:** The Anglican Diocese of Barbados commenced its 200<sup>th</sup> anniversary celebrations with a Media Launch, on Friday, February 16<sup>th</sup>,

2024. With the creation of the Diocese in 1824, the St. Michael Parish Church was designated the Cathedral. Further to last Sunday's congregational meeting, the anniversary committee of the Cathedral has been consolidating plans to mark this event; as well as to build congregational vitality, beyond 2024. **On March 10th, 2024, Mothering Sunday, there will be one service at 8:00 A.M. to launch the Cathedral's programme. ALL MEMBERS ARE INVITED TO ATTEND AND TO INVITE OTHERS WHO HAVE SHARED CATHEDRAL LIFE THROUGH THE YEARS.**



Congratulations to all those persons celebrating birthdays this week, February 25<sup>th</sup> to March 2<sup>nd</sup>, 2024

- 25<sup>th</sup> Ms. Pauline O. Bynoe
- Ms. Mary A. Haynes, SC
- Mrs. Beverley Marshall
- 27<sup>th</sup> Ms. Charmaine R. Forde
- Ms. Ayodele Yarde
- 29<sup>th</sup> Mr. David Scott  
Ms. Iris Whitehead
- 1<sup>st</sup> Mrs. Ingrid Griffith
- Mr. David DaC. Murray
- 2<sup>nd</sup> Mr. Ian C. Weekes



*May God bless and strengthen you.*





**SICK:** Please remember the sick or injured of our Parish and wider community, especially Margaret Browne, Elsie Brunson, Colleen Byer, Courtney Carrington, Darwin Clarke, John 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

- Mr. Keith Ellis
- Mr. Grantley Watson.

We thank God for their lives, work, and witness among us.

*May you know the blessedness of those who mourn.*



**STEWARDSHIP:** Members who have not collected their 2024 envelopes as yet are asked to do so after services, or from the Church Office, Monday to Friday, 9:00 A.M. to 5:00 P.M. Meantime, please note that the “Initial Offering” is overdue. This symbolic “first offering” was due on Sunday, January 28, 2024 and has so far realized \$4,053.00; the cost of this year’s envelopes is \$3,507.04. Thanks for your generous contribution.



**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.



**SERMON NOTES**

Text:.....  
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Preacher:.....  
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Points to Ponder:  
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What was God saying specifically to me during the  
Sermon?  
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## **FOR YOUR PERSONAL REFLECTION AND DISCUSSION WITH OTHERS**

### **#1: LEARNING FROM OUR LORD**

In the Gospel Reading for The Ash Wednesday Liturgy (Matthew 6:1-6,16-21) we encounter verse 6 which begins "...when you pray..." This says to us that our Lord expects us to pray as was the case with His Disciples. Our Lord was able to say "when you pray" because He Himself understood the value of Prayer.

Let us consider prayer in the life of Our Lord.

1. He made time to pray. Luke Chapter 5:16, states that our Lord Jesus "would withdraw to deserted places and pray." (NRSV) We learn from this verse that Our Lord took time to pray and even moved away from a regular crowd scene. Indeed, we note the instruction given in Matthew 6:6 to go into a secluded place and pray in secret.

Here is an invitation to us to make room for private prayer at regular intervals, go to some quiet place and open ourselves to God in prayer.

Consider following our Lord Jesus and waking up early just to pray or even in the quiet of the night.

### **Reflect on/Discuss:**

- a) **Quiet Day. Have you ever been to one?  
What was your experience?**
- b) **Are you willing to try one if you have  
not done so?**

**c) Should such opportunities be offered by the Church more frequently?**

2. The Gospel of Mark 14:32-42 gives an account of our Lord at prayer in the Garden of Gethsemane with his disciples wherein he submitted his life totally to God's divine purpose which included being arrested and ultimately crucified.
- a) It is important to note that in preparation for this gruesome ordeal, Jesus reached out to his Father in prayer.
  - b) He first asked his Father if it were possible for him not to go through this trial, but he left it up to the Father's will, an act of submission. We are therefore encouraged to do likewise, that is, submit our lives totally to God's purpose leaving all our cares in his hands.
  - c) Of equal importance, when he found his disciples sleeping a second time, he encouraged them to keep awake and pray, for the spirit is indeed willing but the flesh is weak. In every testing station of life, we are therefore to keep awake and pray to God for his help because we cannot succeed on our strength.
  - d) It must be recognized that although he went off to pray alone, he was not alone, as his Father was with him. In like manner, when we go off to pray as Jesus did we are also not alone, for God is with us.

## **Questions for reflection.**

- 1) Have you ever had such a trying experience, wherein you submitted everything to God, allowing him to take full control?**
- 2) If you have, how does it align with Jesus' submission to his Father's will?**
- 3) Based on your personal experience how would you encourage a fellow sister or brother to practice the act of submitting to God?**

## **#2: LEARNING FROM THE LORD'S PRAYER**

The Lord's Prayer found in our Bible is termed the 'family' prayer. We learned it as children and we pray it every time we gather in corporate worship, at meetings, at the opening of social functions, even at weddings and funerals. For some of us, it is the first prayer we pray to start each day.

In Luke's gospel the prayer is taught by Jesus, at the request from one of his disciples to teach them to pray. (Luke 11:1-6) The disciples, after seeing their Master constantly at prayer, were alerted to its value. It served to highlight Luke's focus on prayer as the connection to God and to highlight the importance of disciples constantly being in prayer.

The Lord's Prayer is not a 'recitation' and should not be prayed as an act of rote. It teaches us how to speak to God and one should ever be conscious of this fact whenever praying it. Containing seven petitions: four asking for good things—God's name, kingdom, will, provision; and three against evil things—debts, temptation and the evil one. And we note that adoration

and honour are given to God first before provision and protection are requested by the prayer. The words of the version noted in the CPWI Book of Common Prayer are not identical to those recorded in Holy Scripture, but their intention and meaning remain true to the originals.

### **Questions**

- 1. How has this reflection changed your attitude toward the Lord's Prayer?**
- 2. How has the pattern of the Lord's Prayer informed your prayer life?**
- 3. What is the vision of the world which Jesus promoted? How can this be achieved?**



The St. Michael Centre  
for Faith and Action

presents the

## Annual Dean's Lecture



### "The Body of Christ: Spirituality, Health & Wellness"

by

**Dr. Kenneth L. Connell**

Deputy Dean of Recruitment & Outreach  
Faculty of Medical Sciences  
The University of the West Indies  
Cave Hill Campus, Barbados

on

**Tuesday, March 12th, 2024**

at

**7:00 p.m.**

Courtney Blackman Grande Salle  
Central Bank of Barbados  
Bridgetown

**CATHEDRAL MINISTRIES**

**Today, Sunday, February 25, 2024**

**The Second Sunday in Lent ~ Year B**

**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**



**Wednesday, February 28, 2024**

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

**President and Preacher**

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





**Daily Book of Common Prayer Readings  
February 25 - March 2, 2024**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The Second Sunday in Lent	Psalms 24, 29 Genesis 41:14-45 John 5:19-24	Psalms 8, 84 Jeremiah 1:1-10 Romans 6:3-14
Monday	Psalms 56, 57, (58) Genesis 41:46-57 Mark 3:7-19a	Psalms 64, 65 Jeremiah 1:11-19 1 Corinthians 4:8-20(21)
Tuesday	Psalms 61, 62 Genesis 42:1-17 Mark 3:19b-35	Psalms 68:1-20(21-23)24-36 Jeremiah 2:1-13 1 Corinthians 5:1-8
Wednesday	Psalm 72 Genesis 43:18-28 Mark 4:1-20	Psalm 119:73-96 Jeremiah 3:6-18 1 Corinthians 5:9-6:8
Thursday	Psalms (70), 71 Genesis 42:29-38 Mark 4:35-41	Psalm 74 Jeremiah 4:9-10, 19-28 1 Corinthians 6:12-20
Friday	Psalms 95 (Invitatory) & 69:1-23(24-30) 31-38 Genesis 43:1-15 Mark 4:35-41	Psalm 73 Jeremiah 5:1-9 1 Corinthians 7:1-9
Saturday	Psalms 75, 76 Genesis 43:16-34 Mark 5:1-20	Psalms 23, 27 Jeremiah 5:20-31 1 Corinthians 7:10-24 Collect for the Third Sunday in Lent



"If anyone would come after me, he must deny himself and take up his cross and follow me."  
Mark 8:34b

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### Puzzle Clues

1. A large group of people gathered in one place.
2. To misplace or be unable to find something.
3. To rescue from danger or harm.
4. The spiritual part of a person which exists after death.

Solution: The object upon which Jesus was crucified.

## 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

Mr. Darnley King;

Mr. Samuel Maxwell, J. P.

Ms. Cyrilene Forde

### Alternative Synod Representative

Ms. Donna Inniss



## 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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