



Fifth
SUNDAY
IN
LENT

*The Cathedral Church of
Saint Michael and All Angels
welcomes you to a celebration of
The Holy Eucharist
on*

March 17, 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

Administrative Assistant

Ms. Arlene Miller

Vergers

Mrs. Chloe Grant

The Fifth Sunday in Lent - YEAR B

MARCH 17, 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 ~ **162** "We sing the praise of him who died,"

We sing the praise of him who died,
of him who died upon the cross;
the sinner's hope let men deride,
for this we count the world but loss.

Inscribed upon the cross we see
in shining letters, 'God is love;'
he bears our sins upon the tree;
he brings us mercy from above.

The cross! It takes our guilt away;
it holds the fainting spirit up;
it cheers with hope the gloomy day,
and sweetens every bitter cup.

It makes the coward spirit brave,
and nerves the feeble arm for fight;
it takes its terror from the grave,
and gilds the bed of death with light:

The balm of life, the cure of woe,
the measure and the pledge of love,
the sinner's refuge here below,
the angel's theme in heaven above.

Words: Thomas Kelly (1769-c1854)

The Opening Sentences “*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.

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

The Collect *“The Fifth Sunday in Lent”*

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PRESIDENT: The Lord be with you

All: And also with you

PRESIDENT: Let us pray

Almighty God, you alone can bring into order the unruly wills and affections of sinners: Grant your people grace to love what you command and desire what you promise; that, among the swift and varied changes of the world, our hearts may surely there be fixed where true joys are to be found; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

(Please sit)

THE MINISTRY OF THE WORD

First Lesson: Jeremiah 31:31-34

Lectors: 7:00 A.M. ~ Mr. Remech Matthias

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

A Reading from the Word of God, written in the Book of Jeremiah, the thirty-first chapter, beginning at the thirty-first verse.

“The days are surely coming,” says the LORD, “when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband,” says the LORD. “But this is the covenant that I will make with the house of Israel after those days,” says the LORD: “I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, ‘Know the LORD,’ for they shall all know me, from the least of them to the greatest,” says the LORD; “for I will forgive their iniquity, and remember their sin no more.”

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalms **51:1-13** *Miserere mei, Deus*

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- 1 Have mercy on me, O God, according to your loving-kindness;*
in your great compassion blot out my offences.
- 2 Wash me through and through from my wickedness*
and cleanse me from my sin.

- 3 For I know my transgressions,*
and my sin is ever before me.
- 4 Against you only have I sinned*
and done what is evil in your sight.
- 5 And so you are justified when you speak*
and upright in your judgment.
- 6 Indeed, I have been wicked from my birth,*
a sinner from my mother's womb.
- 7 For behold, you look for truth deep within me,*
and will make me understand wisdom secretly.
- 8 Purge me from my sin, and I shall be pure;*
wash me, and I shall be clean indeed.
- 9 Make me hear of joy and gladness,*
that the body you have broken may rejoice.
- 10 Hide your face from my sins*
and blot out all my iniquities.
- 11 Create in me a clean heart, O God,*
and renew a right spirit within me.
- 12 Cast me not away from your presence*
and take not your Holy Spirit from me.
- 13 Give me the joy of your saving help again*
and sustain me with your bountiful Spirit.

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: **Hebrews 5:5-10**

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

9:00 A.M. ~ Mr. Christopher Burnett

A Reading from the Word of God, written in the Letter to the Hebrews, the fifth chapter, beginning at the fifth verse.

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him,

“You are my Son,
today I have begotten you”;

as he says also in another place,

“You are a priest forever,
according to the order of Melchizedek.”

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

LECTOR: The Word of the Lord

ALL: Thanks be to God.

(Please stand, as able)

The Gradual Hymn ~ **155** “In the cross of Christ I glory,”

In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.

When the woes of life o'ertake me,
hopes deceive, and fears annoy,
never shall the cross forsake me:
lo, it glows with peace and joy.

When the sun of bliss is beaming
light and love upon my way,
from the cross the radiance streaming
adds new luster to the day.

Bane and blessing, pain and pleasure,
by the cross are sanctified;
peace is there that knows no measure,
joys that through all time abide.

In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.

Words: John Bowring (1792-1872)

The Holy Gospel: John 12:20-33

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 John, the twelfth chapter, beginning at the twentieth verse.

ALL: Glory to Christ our Saviour.

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honor. “Now my soul is troubled. And what should I say— ‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

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. ~ Ms. Shernelle O’Neale

9:00 A.M. ~ Mr. Leighton Waterman

The Bidding Prayer: The Dean

God of all, we pray for your Church, that we may know
Christ’s presence with us in times of suffering and in times
of joy, in times of hope and in times of despair.

We pray for ...

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, Zida, Winston, and Harriett, 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, Mr. Keith Ellis and Ms. Victorine Springer, 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 love, whose Son took on himself the weight of all human suffering, that in our times of struggle we would know we are never alone, shine your light into our hearts, that in all our confusion we would know your guidance, and in all our loneliness know your friendship, in the same Jesus Christ our Lord. **Amen.**

(Please stand)

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

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.**

THE GREETING OF PEACE “B”

Page 125

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 be 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”

(During the singing of this hymn, worshippers are encouraged to show any tangible sign of peace with which they are comfortable)

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 ~ **151** “Beneath the cross of Jesus”

Beneath the cross of Jesus
I fain would take my stand -
the shadow of a mighty rock
within a weary land;
a home within a wilderness,
a rest upon the way,
from the burning of the noontide heat
and the burden of the day.

Upon that cross of Jesus
mine eye at times can see
the very dying form of One
who suffered there for me;

and from my stricken heart, with tears,
two wonders I confess -
the wonders of redeeming love,
and my own worthlessness.

I take, O cross, thy shadow,
for my abiding place!
I ask no other sunshine than
the sunshine of his face;
content to let the world go by,
to know no gain or loss -
my sinful self my only shame,
my glory all - the cross.

Words: Elizabeth Cecilia Clephane (1830-1869)

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)

THE GREAT THANKSGIVING “B”

Page 135

PRESIDENT:

Holy and gracious Father,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us, to reconcile us to you,
the God and Father of all.

We therefore bring you these gifts,
and we ask you to make them holy
by the power of your Spirit,
that they may become the Body and Blood of your Son,
our Saviour Jesus Christ,
who offered Himself in obedience to your will,
the Perfect Sacrifice for all mankind.

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."

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.
Do this, whenever you drink it,
For the remembrance of me."

ALL

**When we eat this Bread and drink this Cup, we
proclaim the death of Christ until He comes again.**

PRESIDENT:

Father, calling to mind the death your Son
endured for our salvation;
His glorious Resurrection and Ascension;
His continual intercession for us in heaven;
and looking for His coming again in glory,
we offer you, in thanksgiving,
this holy and life-giving sacrifice.

Look with favour on your Church's offering,
and grant that we who eat and drink these holy gifts
may be filled with your Holy Spirit
and become one body in Christ,
and serve you in unity, constancy and peace.
May He make us a perpetual offering to you and enable us,

in communion with blessed Mary
and the whole company of heaven,
to share in the inheritance of your Saints.

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

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

(Communicants are invited to kneel at the Altar Rail, as able)

Communion Hymn ~ **571** “And now, O Father, mindful of the love”

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 (1874)

Hymn ~ 456 “My hope is built on nothing less”

My hope is built on nothing less
than Jesus' blood and righteousness;
no merit of my own I claim,
but wholly trust in Jesus' name.

Refrain:

*On Christ, the solid rock, I stand -
all other ground is sinking sand,
all other ground is sinking sand.*

When weary in this earthly race,
I rest on his unchanging grace;
in every wild and stormy gale
my anchor holds and will not fail.

Refrain

His vow, his covenant, and blood
are my defence against the flood;
when earthly hopes are swept away
he will uphold me on that day.

Refrain

When the last trumpet's voice shall sound,
O may I then in him be found!
Clothed in his righteousness alone,
faultless to stand before his throne.

Refrain

*Words: Edward Mate (1797-1874), alt.
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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 your Son Jesus Christ.
Send us now into the world in peace,
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 ~ 503** “Jesu, lover of my soul”

Jesu, lover of my soul,
let me to thy bosom fly,
while the gathering waters roll,
while the tempest still is high:
hide me, O my Saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.

Other refuge have I none;
hangs my helpless soul on thee;
leave, ah! leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.

Plenteous grace with thee is found,
grace to cleanse from every sin;
let the healing streams abound;
make and keep me pure within;
thou of life the fountain art;
freely let me take of thee;
spring thou up within my heart,
rise to all eternity.

Words: Charles Wesley (1707-1788), alt

THE DISMISSAL

PRESIDENT: The Lord be with you.

ALL: And also with you.

PRESIDENT: Go in peace and serve the Lord.

ALL: In the name of Christ. Amen

Organ Postlude (*Worshippers are invited to sit silently 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 in Lent: YEAR B

THEME FOR THE WEEK

“We respond to the kingdom within us through our kindnesses to one another.”



First Reading: **Jeremiah 31:31-34**

Comment: “A new covenant written on the heart”

In our opening reading **the prophet Jeremiah foresees a new covenant which God will make with the people, a covenant written not on tablets of stone but on human hearts.** Israel and Judah have broken the covenant made when the Lord brought them out of slavery in Egypt. Now they are about to go into exile. Yet the days are coming when their sins will be forgiven, and God will establish a new relationship with them. This covenant will be based not on external law but on an inner knowing of the Lord.

Psalm: **51:1-13**

Comment: “Create in me a clean heart, O Lord.”
(Ps.51:10)

A confession of sin and guilt and a prayer for a clean heart.

Second Reading: **Hebrews 5:5-10**

Comment: “Through suffering Christ becomes the source of salvation”

In the New Testament lesson, we hear how **through his obedience and suffering, Christ reached the perfection of his destiny and was designated by God to be the eternal high priest.** The high priesthood of Jesus is the great theme of the Letter to the Hebrews. Like the high priests of the old covenant, Christ is chosen from among human beings and so has sympathy with human weakness. But he is the Son and has now been named high priest forever. He succeeds Melchizedek, a royal and priestly figure from antiquity.

The Holy Gospel: **John 12:20-33**

Comment: “The grain of wheat dying in the earth”

In this gospel passage, **Jesus presents teaching concerning the meaning of his death. After his prayer to God a voice from Heaven is heard.** Greeks wish to see Jesus, but he will not draw all others to himself until after he has died and has risen. Then, like a seed which falls into the earth, he will bear much fruit. Disciples must also learn to serve Jesus by following him in this way. Now is the

hour for the Son of Man to be glorified—glorified both by his willingness to be lifted up on the cross to die for others, and afterward to be lifted up to heaven.

CATHEDRAL NEWS

1. BICENTENNIAL CELEBRATIONS - CATHEDRAL REVITALIZATION 2024 and Beyond: Through Mission, Ministry, Maintenance and Money, this campaign promises to provide occasions to revitalize the Cathedral's heritage; to strengthen congregational vitality; and to build the Church for tomorrow. All are invited to get involved and to recommend the programme to others, especially persons who were nurtured in this sacred place.

- i. **Mission:** There is a plan to reach the children who were baptized in the Cathedral since September 29, 2006 and to invite them to worship during May, Child-month. Parents, grandparents and godparents are asked to play a key role in this initiative.
- ii. **Ministry:** In the month of April, members and friends will be asked to submit their Top 20 Hymns (T20 Hymns) and contribute twenty dollars (\$20.00). At a time, to be announced, there will be an occasion to sing the favourite hymns of the Cathedral.
- iii. **Maintenance:** Repairs to the northern balcony have started.

iv. **Money:** The Cathedral, like all institutions, needs money in order to fulfil its mission and ministry. The following approaches will be pursued:

A). Proportionate Giving – All members are asked to contribute from their personal resources as a sign of their devotion to the Lords’ work on a regular schedule. The Biblical Tithes is a standard by which we measure our offerings. However, even if one is not at that level yet, it is the principle of percentage giving that is encouraged.

B). Gifts in celebration of this significant milestone would be greatly appreciated. In particular, there is a two hundred dollar (\$200.00) challenge to each member, to be presented at this year’s Patronal Festival, September 29, 2024.

C). There will be an appeal to the general public to support the Cathedral financially. Donation Cards will be prepared and members will be invited to solicit donations from relatives, friends and well-wishers. Thanks in anticipation of your cooperation and generous gifts.

BIRTHDAYS: Congratulations to all those persons celebrating birthdays this week, March 17-23, 2024

- 20 Mrs. Zida S. Hunte
- 21 Mr. Winston A. Holder
- 22 Mrs. Harriett V. W. Blackman



May God bless and strengthen you.

ACKNOWLEDGEMENT: Sincere thanks to The Rev'd Winston Crichlow for a donation of US 1,840.00 (BBD \$3,638.50). This includes a gift, in equal portions to the Cathedral Clergy, and the balance for the Cathedral, "to be used in any useful way or ways", as The Dean may determine.



SICK: Please remember the sick or injured of our Parish and wider community, especially Ann Barker, 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
- Ms. Victorine Springer

We thank God for their lives, work, and witness among us.
May you know the blessedness of those who mourn.



STEWARDSHIP: Sincere thanks to all who have submitted their Initial Offering. To date, we have received

\$4,240.00. 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.

FLOWERS: Easter is fast approaching, and in this regard, we would kindly appreciate any funds towards the floral arrangements for this festive season. The donations may be made in memory of loved ones or in celebration of birthdays and anniversaries. We have already received a donation for flowers at the nave altar and pulpit. Sincere thanks in anticipation of your generous contributions to this special occasion.

#5 LEARNING FROM THE SAINTS (JULIAN OF NORWICH)

God the Father, who made all things for love of us, have mercy on us. God the Son, who suffered all things for love of us, have mercy on us. God the Holy Spirit, who fills our quiet with His love, have mercy on us. Blessed Julian, lover of the Holy Trinity, pray for us. Amen.

Julian (1343-1413) is the most popular of the English mystics. She lived as a Benedictine nun in Norwich, beside the St. Julian Church, from which she most likely took her name. Little is known about Julian's life, although she is mentioned by her contemporary, Margery Kempe. Early in her life Julian prayed and asked God for three gifts: (1) a closer experience of the passion; (2) a physical illness; and, (3) 'wounds' – the wound of contrition, the wound of compassion, and the wound of earnest longing for God.

As a result of a near-death experience, it seems that all three of the gifts were granted to Julian. She recorded these sixteen visions (also known as showings or revelations) in the book she authored, "The Revelations of Divine Love." After her initial showings, God

remained a constant presence for this 14th-century anchoress. Her prayer life grew stronger as she prefaced her thinking with phrases like, “Our beloved brought all this to my mind and showed me these words: I am the ground of all your praying.”

She also has a unique way of referring to her connection with God by using words that to our modern ears are strange. For example, she used “oned” and “one-ing” as in “we are always and forever oned with our Beloved” and “the love of God creates in us such a oneing that when it is truly seen, no person can separate themselves from another.” Here she was describing the divine union, an encounter with God, that can remind us of the verse in the gospel of John, “On that day, you will know that you are in me and I am in you” (John 14:20).

QUESTIONS FOR DISCUSSION AND REFLECTION

1. God wants to love us and to partner with us so that “His kingdom come.” How can we let go during this Lenten season so that we can grow closer to this invitation?
2. What is the crisis in our lives that is giving us an opportunity to ask God for grace and mercy?
3. Let us give thanks and rejoice in our pain and sorrow so that like Julian we may experience God’s everlasting love.

**Daily Book of Common Prayer Readings
March 17-23, 2024**

| Day | Morning Readings | Evening Readings |
|--------------------------|--|---|
| The Fifth Sunday in Lent | Psalm 118 Exodus 3:16—4:12 John 8:46:59 | Psalm 145 Jeremiah 23:16-32 Romans 12:1-21 |
| Monday | Psalm 31 Exodus 4:10-20 (21-26)27-31 Mark 9:30-41 | Psalm 35 Jeremiah 24:1-10 1 Corinthians 14:1-19 |
| Saint Joseph Tuesday | Psalm 132 Isaiah 63:7-16 Matthew 1:18-25 | Psalm 34 2 Chronicles 6:12-17 Ephesians 3:14-21 |
| Wednesday | Psalm 119:145-176 Exodus 7:8-24 Mark 10:1-16 | Psalms 128, 129, 130 Jeremiah 25:30-38 2 Corinthians 2:14— 3:6 |
| Thursday | Psalms 131, 132, [133] Exodus 7:25—8:19 Mark 10:17-31 | Psalms 140, 142 Jeremiah 26:1-16 2 Corinthians 3:7-18 |
| Friday | Psalms 95 (Invitatory) & 22 Exodus 9:13-35 Mark 10:32-45 | Psalms 141, 143:1- 11(12) Jeremiah 29:1, 4-13 2 Corinthians 4:1-12 |
| Saturday | Psalms 137:1-6 (7-9), 144 Exodus 10:21---11:8 Mark 10:46-52 | Psalms 42, 43 Jeremiah 31:27-34 2 Corinthians 4:13-18 Collect for Palm Sunday |

John 12:20-33

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

| | | | | |
|---------|---------|-----------|--------|-------|
| promise | worship | grain | teach | alive |
| care | dies | disciples | follow | fruit |
| glorify | ground | help | honor | Jesus |
| love | plant | seed | serve | |

CATHEDRAL MINISTRIES

Wednesday, March 20, 2024

10:00 A.M. ~ Holy Eucharist

President and Preacher

The Very Rev'd Dr. Jeffrey D. Gibson



HOLY WEEK 2024



The Sixth Sunday of Lent - March 24

SUNDAY OF THE PASSION: Palm Sunday

7:00 A.M. Holy Eucharist with the Distribution of Palms

9:00 A.M. The Liturgy of the Palms and Sung Eucharist

**(The congregation assembles in the Central Bank Courtyard
for procession into the Cathedral)**



Wednesday, March 27

10:00 A.M ~ Holy Eucharist



MAUNDY THURSDAY, March 28

10:00 A.M. Chrism Mass

(The Diocesan Clergy in attendance)

President: The Rt. Rev'd Michael B. St. J. Maxwell

7:00 P.M. ~ The Liturgy of Maundy Thursday



GOOD FRIDAY, March 29

8:30 A.M. Family Devotions

10:30 A.M. Matins

12:00 Noon The Good Friday Liturgy

6:00 P.M. ~ Solemn Musick for Good Friday

(Tickets are available. Admission \$30.00)



HOLY SATURDAY ~ Easter Eve, March 30

6:30 P.M. The Great Easter Vigil



EASTER DAY, March 31

7:00 A.M. Holy Eucharist

9:00 A.M. Sung Eucharist

President: The Rt. Rev'd Michael B. St. J. Maxwell (In attendance: Her Excellency The Most Honourable Dame Sandra P. Mason, President of Barbados, and members of the first graduating class in 1973 of the UWI Faculty of Law Programme)

6:00 P.M. Festal Evensong



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**

| | |
|-----------------------------|------------------------|
| 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 |



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

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Monday – Friday: 9:00 A.M. to 5:00 P.M.

Telephone: 1 (246) 437-4265 (Dean's Residence)