

A large, purple, stylized cross graphic that serves as the letter 'L' for 'Lent'. It has a thick vertical stem and a horizontal crossbar with slightly flared ends.

Third Sunday
in
Lent

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

welcomes you to the celebration of

The Holy Eucharist

on

March 3, 2024

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

Lent IS A TIME TO
GROW
CLOSER TO JESUS

**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 Third Sunday in Lent:
YEAR B
March 3, 2024
7:00 A.M. ~ Holy Eucharist
President and Preacher:
The Rev'd Stephanie-Ann Wedderburn**

**9:00 A.M. ~ Sung Eucharist
President and Preacher:
The Rev'd Canon George Knight
In attendance – Modern Old Scholars Association**

Eucharistic Minister: Mrs. Judy King

ORDER OF WORSHIP

Organ Prelude

Welcome

Opening Hymn ~ 732 “Jesus, where'er thy people meet”

Jesus, where'er thy people meet,
there they behold thy mercy-seat;
where'er they seek thee thou art found,
and every place is hallowed ground.

For thou, within no walls confined,
inhabitest the humble mind;
such ever bring thee when they come,
and, going, take thee to their home.

Dear Shepherd of thy chosen few,
thy former mercies here renew;
here to our waiting hearts proclaim
the sweetness of thy saving name.

Here may we prove the power of prayer,
to strengthen faith and sweeten care,
to teach our faint desires to rise,
and bring all heaven before our eyes.

Lord, we are few, but thou art near;
nor short thine arm, nor deaf thine ear:
O rend the heavens, come quickly down,
and make a thousand hearts thine own.

Words: William Cowper (1731-1800)

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.

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 Third 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 know that we have no power in ourselves to help ourselves: Keep us both outwardly in our bodies and inwardly in our souls, that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

(Please sit)

THE MINISTRY OF THE WORD

First Lesson: Exodus 20:1-17

Lectors: 7:00 A.M. ~ Ms. Mary Haynes, S.C.

9:00 A.M. ~ Master Liam Francis-Thornhill

A Reading from the Word of God, written in the Book of Exodus, the twentieth chapter, beginning at the first verse.

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it. Honor your father and your mother, so that your days may be long in the land that the LORD your God is giving you. You shall not murder. You shall not commit adultery.

You shall not steal. You shall not bear false witness against your neighbor. You shall not covet your neighbor's house; you shall not covet your neighbor's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbor.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalm 19

Caeli enarrant

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- 1 The heavens declare the glory of God,*
and the firmament shows his handiwork.
- 2 One day tells its tale to another,*
and one night imparts knowledge to another.
- 3 Although they have no words or language,*
and their voices are not heard,
- 4 Their sound has gone out into all lands,*
and their message to the ends of the world.
- 5 In the deep has he set a pavilion for the sun;*
it comes forth like a bridegroom out of his
chamber; it rejoices like a champion to run its
course.
- 6 It goes forth from the uttermost edge of the
heavens and runs about to the end of it again;*
nothing is hidden from its burning heat.
- 7 The law of the LORD is perfect
and revives the soul;* the testimony of
the LORD is sure and gives wisdom to the
innocent.

- 8 The statutes of the LORD are just
and rejoice the heart;* the commandment of
the LORD is clear and gives light to the eyes.
- 9 The fear of the LORD is clean
and endures for ever;* the judgments of
the LORD are true and righteous altogether.
- 10 More to be desired are they than gold,
more than much fine gold,* sweeter far than
honey, than honey in the comb.
- 11 By them also is your servant enlightened,*
and in keeping them there is great reward.
- 12 Who can tell how often he offends?*
- cleanse me from my secret faults.
- 13 Above all, keep your servant from presumptuous
sins; let them not get dominion over me,*
then shall I be whole and sound, and innocent of
a great offense.
- 14 Let the words of my mouth and the meditation of
my heart be acceptable in your sight,*
O LORD, my strength and my redeemer.

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 1:18-25

Lectors: **7:00 A.M. ~ Mr. Victor Gittens**

**9:00 A.M. ~ Mr. Arnold Ward, Modern Old
Scholars Association**

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

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, “I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.” Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God’s foolishness is wiser than human wisdom, and God’s weakness is stronger than human strength.

LECTOR: The Word of the Lord

ALL: **Thanks be to God.**

(Please stand, as able)

The Gradual Hymn ~ In Times like these

In times like these you need a Savior,
In times like these you need an anchor;

Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!

*This Rock is Jesus, Yes He's the One,
This Rock is Jesus, The only One;
Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!*

In times like these you need the Bible,
In times like these, O be not idle;
Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!

*This Rock is Jesus, Yes He's the One,
This Rock is Jesus, The only One;
Be very sure, be very sure,
Your anchor holds and grips the Solid Rock!*

In times like these I have a Savior,
In times like these I have an anchor;
I'm very sure, I'm very sure
My anchor holds and grips the Solid Rock!

*This Rock is Jesus, Yes He's the One,
This Rock is Jesus, The only One;
I'm very sure, be very sure,
Your anchor holds and grips the Solid Rock!*

I'm very sure my anchor holds, and grips the Solid Rock

Lyrics by: Ruth Caye Jones

The Holy Gospel: John 2:13-22

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 second chapter, beginning at the thirteenth verse.

ALL: Glory to Christ our Saviour.

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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 Rev'd Canon George Knight

(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.: Prof. Anne St. John, CGM

9:00 A.M.: Mr. John Moore [M.F.]

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, Fay, Audrey, Richard, Rashawn, Mildred, Gerline, Omeitha, Beverley and Claudine, 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.**

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. **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 ~ 144 “Sing, my tongue, the glorious battle”

Sing, my tongue, the glorious battle,
sing the last, the dread affray;
o'er the cross, the Victor's trophy,
sound the high triumphal lay,
how, the pains of death enduring,
earth's Redeemer won the day.

When at length the appointed fullness
of the sacred time was come,
he was sent, the world's Creator,
from the Father's heavenly home,
and was found in human fashion,
offspring of the virgin's womb.

Now the thirty years are ended
which on earth he willed to see,
willingly he meets his passion,
born to set his people free;
on the cross the Lamb is lifted,
there the sacrifice to be.

There the nails and spear he suffers,
vinegar and gall and reed;
from his sacred body piercèd
blood and water both proceed:
precious flood, which all creation
from the stain of sin hath freed.

UNISON DOXOLOGY]

Praise and honour to the Father,
praise and honour to the Son,
praise and honour to the Spirit,
ever Three and ever One:
One in might, and One in glory,
while eternal ages run.

*Words: Venantius Fortunatus (530-600),
from Pange lingua gloriosi proelium certaminis, Latin;
translation: John Mason Neale (1818-1866), and
Editors of Hymns Ancient and Modern*

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

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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**”

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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.**

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

Communion Hymn ~ 589 “Here, O my Lord, I see thee face to face”

Here, O my Lord, I see thee face to face;
here faith would touch and handle things unseen;
here grasp with firmer hand the eternal grace,
and all my weariness upon thee lean.

Here would I feed upon the bread of God;
here drink with thee the royal wine of heaven;
here would I lay aside each earthly load;
here taste afresh the calm of sin forgiven.

I have no help but thine; nor do I need
another arm save thine to lean upon:
it is enough, my Lord, enough indeed;
my strength is in thy might, thy might alone.

Words: Horatius Bonar (1857)

Hymns ~ 474 “Rock of ages, cleft for me”

Rock of ages, cleft for me,
let me hide myself in thee;
let the water and the blood,
from thy riven side which flowed,
be of sin the double cure:
cleans me from its guilt and power.

Not the labours of my hands
can fulfil thy law's demands;
could my zeal no respite know,
could my tears for ever flow,
all for sin could not atone:
thou must save, and thou alone.

Nothing in my hand I bring,
simply to thy cross I cling;
naked, come to thee for dress;
helpless, look to thee for grace;
foul, I to the fountain fly;
wash me, Saviour, or I die.

While I draw this fleeting breath,
when my eyelids close in death,
when I soar through tracts unknown,
see thee on thy judgment throne;
Rock of ages, cleft for me,
let me hide myself in thee.

Words: Augustus Montague Toplady (1740-1778), alt.

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
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

9:00 A.M ~ Greetings from Mr. Michael Merritt, President of the Modern Old Scholars Association.

The Recessional **Hymn** ~ 112 “Christian, dost thou see them”

Christian, dost thou see them
on the holy ground,
how the troops of Midian
prowl and prowl around?
Christian, up and smite them,
counting gain but loss;
smite them by the merit
of the holy cross.

Christian, dost thou feel them,
how they work within,
striving, tempting, luring,
goading into sin?
Christian, never tremble;

never be down-cast;
smite them by the virtue
of the Lenten fast.

Christian, dost thou hear them,
how they speak thee fair?
'Always fast and vigil?
Always watch and prayer?'
Christian, answer boldly,
'while I breathe I pray:'
peace shall follow battle,
night shall end in day.

'Well I know thy trouble,
O my servant true;
thou art very weary,
I was weary too;
but that toil shall make thee
some day all mine own,
and the end of sorrow
shall be near my throne.'

Words: John Mason Neale (1818-1866), 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 Third Sunday in Lent: YEAR B

THEME FOR THE WEEK

“God wants us to understand how radically new his plan is for us.”



First Reading: Exodus 20:1-17

Comment: “The commandments are given at Sinai”

In our first lesson, **Moses gives the people the ten commandments that God spoke to him on Mount Sinai.** These precepts are at the heart of Israel’s law or Torah, and form the basis of the covenant with God established through Moses. The first four commandments prescribe Israel’s relationship with God. Those which follow require fundamental responsibilities in human relationships.

Psalm: 19

A hymn which glorifies the Creator God, with special praise for the law and a prayer for avoidance of sin.

Second Reading: 1 Corinthians 1:18-25

Comment: “Christ crucified, the wisdom of God”

In this epistle **Paul directs the Corinthians’ attention to God’s way of using what is weak and lowly--even what the world regards as foolish--to accomplish God’s**

purposes. Paul emphasizes this understanding because a number of these new Christians had come to think of themselves as especially gifted and wise. Yet the cross has shown God active in the world in a manner surprising both to the Jews' expectation of powerful signs and to the Greeks' desire for worldly wisdom.

The Holy Gospel: **John 2:13-22**

Comment: "The cleansing of the temple"

Our gospel is **the story of Jesus's cleansing of the Jerusalem temple of its commercial activities, and his prediction that his body will become the new temple.** The fourth evangelist places this incident very early in Jesus' ministry. It signifies the need to cleanse religious practices of corrupting influences and to put in their place a new form of worship. In the future, Christians will worship God by sharing together in the risen life of Christ.

CATHEDRAL NEWS

BICENTENNIAL CELEBRATIONS: As the Anglican Church in Barbados celebrates its 200th anniversary on July 25, 2024, so too will the St. Michael Parish Church celebrate the 200th anniversary of its designation as the Cathedral of the Diocese.

1. Gifts in celebration of this significant milestone would be greatly appreciated. Envelopes are available for everyone's convenience. Thanks for your generous gift.

2. On March 10, 2024, Mothering Sunday, there will be one service at 8:00 a.m. to launch the Cathedral's programme. The preacher will be The Very Rev'd Dr. Shelley-Ann Tenia, Dean of Holy Trinity Cathedral, Port of Spain, Trinidad and Tobago. All members and the entire Cathedral family are invited to attend. Refreshments will be served.

Congratulations to all those persons celebrating birthdays
this week, March 3-9, 2024

- 3rd Mrs. Fay Cooke-Nurse
- 4th Ms. Audrey G. Miller
- Mr. Richard A. Rollock
- 5th Mr. Rashawn Blackman
- 7th Mrs. Mildred Cox-Inniss,
- Ms. Gerline E. Parris
- 8st Mrs. Omeitha I. Haynes,
- Ms. Beverley L. Moore
- 9th Ms. Claudine M. Manning



May God bless and strengthen you.

WELCOME: A most cordial welcome is extended to the Officers and members of the Modern Old Scholars Association. They meet in corporate worship today at the start of a number of activities, to commemorate the 80th year since the founding of the Modern High School.



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: Sincere thanks to all who have submitted their Initial Offering. To date, we have received \$3,995.00. 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.

LEARNING FROM THE DISCIPLES: THE ACTS OF THE APOSTLES (Revised)

The Acts of the Apostles is that New Testament Book which gives us a window into the Church after the Resurrection of our Lord. It focuses on the life and work of

the Apostles. These apostles took our Lord's call to be witnesses very seriously. They journeyed from place to place proclaiming the Good News and Baptizing many. So, the Church began to expand and thrive both in terms of numbers and influence. Yes, they encountered challenges and stumbling blocks along the way. Yet they continued steadfastly with God's work and doing so with a prayerful spirit.

We likewise are called to receive and share this Good News of God's salvation in Christ. We are today's disciples of Christ and so must take our discipleship very seriously. One example the early Disciples left us was their life of prayer. We read about this in Acts 1:12-14:

“Then they returned to Jerusalem from the hill called Olivet, which is near Jerusalem, no farther than a Sabbath day's journey. Entering the city they went to the room upstairs where they were lodging: Peter and John and James and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus and Simon the Zealot, and Judas son of James. All these were constantly at prayer together, and with them a group of women, including Mary the mother of Jesus, and his brothers.” (The New English Bible)

From this portion of Sacred Scripture, we observe that the Apostles as well as the women and others all joined in a community of prayer. Remember that our Lord had told His disciples that they were to pray, how to pray and how not to pray (Matthew 6:5-15). In the Gospel according to Luke one of our Lord's disciples asked Him to teach them to

pray (Luke 11:1). Now that he is no longer with them physically, they did not neglect their holy duty of praying.

We learn from the disciples that we too must devote ourselves to prayer and be willing to be in the company of those who are actually engaged in the discipline of prayer.

Questions:

1. How would you describe your prayer life on a scale of 1 to 10?
2. Do you see a need to improve? If so, how do you plan to do so?
3. Do you think that your Church offers any opportunity for intentional prayer?
4. Will you attend and join after the example in Acts 1:12-14?



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

**Daily Book of Common Prayer Readings
March 3-9, 2024**

Day	Morning Readings	Evening Readings
The Third Sunday in Lent	Psalms 93, 96 Genesis 44:1-17 John 5:25-29	Psalm 34 Jeremiah 6:9-15 Romans 8:1-10
Monday	Psalm 80 Genesis 44:18-34 Mark 5:21-43	Psalms 77, [79] Jeremiah 7:1-15 1 Corinthians 7:25-31
Tuesday	Psalm 78:1-39 Genesis 45:1-15 Mark 6:1-13	Psalm 78:40-72 Jeremiah 7:21-34 1 Corinthians 7:32-40
Wednesday	Psalm 119:97-120 Genesis 45:16-28 Mark 6:13-29	Psalms 81, 82 Jeremiah 8:18—9:6 1 Corinthians 8:1-13
Thursday	Psalms [83] or 42, 43 Genesis 46:1-7, 28-34 Mark 6:30-46	Psalms 85, 86 Jeremiah 10:11-24 1 Corinthians 9:1-15
Friday	Psalm 95 (Invitatory) & 88 Genesis 47:1-26 Mark 6:47-56	Psalms 91, 92 Jeremiah 11:1-8, 14-20 1 Corinthians 9:16-27
Saturday	Psalms 87, 90 Genesis 47:27—48:7 Mark 7:1-23	Psalm 136 Jeremiah 13:1-11 1 Corinthians 10:1-13 Collect for the Fourth Sunday in Lent

CATHEDRAL MINISTRIES

Sunday, March 3, 2024

The Third 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 and Preacher:

The Rev'd Canon George Knight

In attendance - Modern Old Scholars Association



Wednesday, March 6, 2024

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

President and Preacher

The Very Rev'd Dr. Jeffrey D. Gibson



Sunday, March 10, 2024

The Fourth Sunday in Lent ~ Year B

**Mothering Sunday: Launch of the
Cathedral's Bicentennial Celebrations**

8:00 A.M. ~ Sung Eucharist

Preacher: The Very Rev'd Dr. Shelley-Ann Tenia

BIBLE WORD SEARCH!

BASIC WORD OF THE BIBLE



JESUS CHRIST

SALVATION

JEW

GENTILE

HOLY SPIRIT

GOD THE FATHER

PERSECUTE

PRAY

TITHE

MINISTRY

BIBLE

HOLY

SACRIFICE

FAITH

MIRACLE

NAZARETH

BETHLEHEM

JERUSALEM

BAPTIZE

TEMPTATION

SIN

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**

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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