

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

welcomes you to the celebration of

*The Holy Eucharist*

*On*

June 23, 2024

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

**The Fifth  
Sunday  
After  
Pentecost**



*“To be a guiding light of Christ’s grace, justice, freedom and love”.*

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

*Diocesan Bishop*

**The Rt. Rev'd Michael B. St. John. Maxwell, M. A.**

*Dean*

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

*Precentor*

**The Rev'd Canon George Knight, B.Min.**

*Assistant Priest*

**The Rev'd Stephanie-Ann Wedderburn, B.Sc., B.A.**

*Organist/Choirmaster*

**Mr. John F. Bryan, B.Sc., BMus.**

*Organist*

**Mr. Eric Cobham, B.Sc., BMus**

*Administrative Assistant*

**Ms. Arlene Miller**

*Verger*

**Mrs. Chloe Grant**

**Sunday June 23, 2024**

**The Fifth Sunday After Pentecost: Proper 7 ~ Year B**

**7:00 A.M. Holy Eucharist**

**President: The Rev'd Stephanie-Ann Wedderburn**

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

**9:00 A.M. Sung Eucharist**

**President: The Rev'd Canon George Knight**

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

**Lay Eucharistic Minister: Mrs. Judy King**



## **ORDER OF WORSHIP**

### **THE PREPARATION**

Organ Prelude

Welcome

Opening Hymn ~ 792 **“Songs of praise the angels sang,”**

Songs of praise the angels sang,  
heaven with alleluias rang,  
when creation was begun,  
when God spoke and it was done.

Songs of praise awoke the morn  
when the Prince of Peace was born:  
songs of praise arose when he  
captive led captivity.

Heaven and earth must pass away:  
songs of praise shall crown that day:  
God will make new heavens and earth;  
songs of praise shall hail their birth.

And will man alone be dumb  
till that glorious Kingdom come?  
No, the church delights to raise  
psalms and hymns and songs of praise.

Saints below, with heart and voice,  
still in songs of praise rejoice;  
learning here, by faith and love,  
songs of praise to sing above.

Hymns of glory, songs of praise,  
Father, unto thee we raise,  
Jesu, glory unto thee,  
with the Spirit ever be.

*Words: James Montgomery (1771-1854)  
and Editors of Hymns Ancient and Modern.*

Opening Sentence “**General**”

Page 100

Worship the Lord in the beauty of holiness; let the whole  
earth stand in awe of Him. *Psalms 96:9*

**THE INVOCATION**

Page 101

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

**ALL:** And blessed be His Kingdom, now and forever.

**Amen. Alleluia! Alleluia!**

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

**COLLECT FOR PURITY**

Page 101

**ALL: Almighty God, to you all hearts are open, all desires know, 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**

Page 102

Lord, have mercy.

**Lord, have mercy.**

Christ, have mercy.

**Christ, have mercy.**

Lord, have mercy.

**Lord, have mercy.**

## GLORIA IN EXCELSIS

Glory to God in the highest,

and peace to His people on earth.

Lord God, heavenly King,

almighty God and Father,

we worship you, we give you thanks,

we praise you for your glory.

Lord Jesus Christ, only Son of the Father,

Lord God, Lamb of God,

you take away the sin of the world:

have mercy on us;

you are seated at the right hand of the Father:

receive our prayer.

For you alone are the Holy One;

you alone are the Lord:

you alone are the Most High,

Jesus Christ, with the Holy Spirit,

in the glory of God the Father. *Amen.*

PRESIDENT: The Lord be with you

**All: And also with you**

Let us pray.

The Collects: “*Proper 7*”

Page 174

O God our defender, storms rage about us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us all from unbelief; through your Son, 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: 1 Samuel 17:32-49**

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

**9:00 A.M. ~ Dr. Sherlock Bradshaw**

A Reading from the Word of God, written in the First Book of Samuel, the seventeenth chapter, beginning at the thirty-second verse.

David said to Saul, “Let no one’s heart fail because of him; your servant will go and fight with this Philistine.” Saul said to David, “You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth.” But David said to Saul, “Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God.” David said, “The LORD, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.” So Saul said to David, “Go, and may the LORD be with you!” Saul clothed David with his armor; he put a bronze helmet on his head and clothed him with a

coat of mail. David strapped Saul's sword over the armor, and he tried in vain to walk, for he was not used to them. Then David said to Saul, "I cannot walk with these; for I am not used to them." So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine.

The Philistine came on and drew near to David, with his shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, "Am I a dog, that you come to me with sticks?" And the Philistine cursed David by his gods. The Philistine said to David, "Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field." But David said to the Philistine, "You come to me with sword and spear and javelin; but I come to you in the name of the LORD of hosts, the God of the armies of Israel, whom you have defied. This very day the LORD will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the LORD does not save by sword and spear; for the battle is the LORD's and he will give you into our hand."

When the Philistine drew nearer to meet David, David ran quickly toward the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.



LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalm 133 *Ecce, quam bonum*

Page 648

- 1 Oh, how good and pleasant it is,\*  
when brethren live together in unity!
- 2 It is like fine oil upon the head\*  
that runs down upon the beard,
- 3 Upon the beard of Aaron,\*  
and runs down upon the collar of his robe.
- 4 It is like the dew of Hermon  
that falls upon the hills of Zion.
- 5 For there the LORD has ordained the blessing:\*  
life for evermore.

**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: **2 Corinthians 6:1-13**

Lectors: **7:00 A.M. ~ Ms. Merlene Barrow**

**9:00 A.M. ~ Miss. Cerys Francis-Thornhill**

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

As we work together with Christ, we urge you also not to accept the grace of God in vain. For he says,

“At an acceptable time I have listened to you,  
and on a day of salvation I have helped  
you.”

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labors, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honor and dishonor, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return-- I speak as to children-- open wide your hearts also.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

*(Please stand, as able)*

The Gradual **Hymn** ~ **424** “Lead us, heavenly Father, lead us”

Lead us, heavenly Father, lead us  
o'er the world's tempestuous sea;

guard us, guide us, keep us, feed us,  
for we have no help but thee;  
yet possessing every blessing,  
if our God our Father be.

Saviour, breathe forgiveness o'er us:  
all our weakness thou dost know;  
thou didst tread this earth before us,  
thou didst feel its keenest woe;  
lone and dreary, faint and weary,  
through the desert thou didst go.

Spirit of our God, descending,  
fill our hearts with heavenly joy,  
love with every passion blending,  
pleasure that can never cloy:  
thus provided, pardoned, guided,  
nothing can our peace destroy.

*Words: James Weldon Edmeston (1791-1867)*

The Holy Gospel: **Mark 4:35-41**  
Gospeller: **The Rev'd Stephanie-Ann Wedderburn**

GOSPELLER: The Lord be with you.

**ALL: And also with you.**

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

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

When evening had come, Jesus said to his disciples, "Let us go across to the other side." And leaving the crowd behind,

they took him with them in the boat, just as he was. Other boats were with him. A great windstorm arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, “Teacher, do you not care that we are perishing?” He woke up and rebuked the wind, and said to the sea, “Peace! Be still!” Then the wind ceased, and there was a dead calm. He said to them, “Why are you afraid? Have you still no faith?” And they were filled with great awe and said to one another, “Who then is this, that even the wind and the sea obey him?”

GOSPELLER: The Gospel of Christ.

**ALL: Praise to Christ our Lord.**

The Sermon: **The Very Rev'd Dr. Jeffrey D. Gibson,**

*(Please stand, as able)*

The Nicene Creed

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We believe in one God,  
the Father, the Almighty,  
maker of heaven and earth,  
of all that is seen or unseen.

We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,

begotten, not made,  
one in Being with the Father.  
Through Him all things were made.  
For us and for our salvation  
    He came down from heaven:  
by the power of the Holy Spirit  
    He was born of the Virgin Mary,  
    and became man.  
For our sake He was crucified under Pontius Pilate;  
    He suffered, died and was buried.  
On the third day He rose again  
    in fulfilment of the Scriptures;  
He ascended into heaven  
    and is seated at the right  
    hand of the Father  
He will come again in glory to judge  
the living and the dead,  
and His kingdom will have no end.

We believe in the Holy Spirit,  
the Lord, the giver of life,  
    who proceeds from the Father.  
With the Father and the Son  
He is worshipped and glorified.  
He has spoken through the Prophets.

We believe in one holy catholic  
and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come. *Amen*

**Intercessors: 7:00 A.M. ~ Ms. Donnah Russell**  
**9:00 A.M. ~ Ms. Sherron Lucas-Blackman**

**The Bidding: The Assistant Priest**

Intercession Form "C"

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LEADER: With all our heart and all our mind let us pray to the Lord. saying, "Lord have mercy."

LEADER: For the peace from above, for the loving kindness of God, and for the salvation of our souls: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For the peace and welfare of the world, for the witness and work of the Church, and for the unity of all peoples: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For our Bishops and all ministers of God's Word and Sacraments, that they may be filled with truth and love and be found without fault at the Lord's coming: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For the leaders of the nations and for those in authority among us, that they may serve justice and promote the freedom and dignity of all peoples: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For the victims of hunger, fear, injustice and oppression, and for all who labour in the cause of human liberation and fulfilment: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For the sick, the suffering, the sorrowful, and the dying; and for all who remember and care for them: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For deliverance from the ravages of hurricane, earthquake, drought or flood, and for a just and proper use of God's creation: Let us pray to the Lord.

**ALL: Lord, have mercy,**

LEADER: For ourselves and all who confess the name of Christ, that we may show forth the excellencies of Him who called us out of darkness into His marvellous light: Let us pray to the Lord.

**ALL: Lord, have mercy,**

*(Silence may be kept)*

**ALL: O Lord our God, accept the fervent prayers of your people in the multitude of your mercies. Look with compassion on us and all who turn to you for help; for you are gracious O Lord of love, and to you we give glory, Father, Son and Holy Spirit, now and for ever. Amen.**

**ACT OF PENITENCE “A”**

Page 123

PRESIDENT: If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful

and just, and will forgive our sins, and cleanse us from all unrighteousness. (*1 John 1:8, 9*)

*(A period of silence shall be kept).*

PRESIDENT: Let us therefore confess our sins.

**ALL: Almighty God, our Heavenly Father, we have sinned against you and one another, in thought, word and deed, and in what we have left undone. We are sorry and repent of all our sins. For your Son, our Lord Jesus Christ's sake, forgive us all that is past, and grant that we may serve you in newness of life to the glory of your Name. Amen.**

## **THE ABSOLUTION**

Page 124

PRESIDENT: Almighty God, have mercy upon you, pardon and deliver you from all your sins, confirm and strengthen you in all goodness, and keep you in life eternal; through Jesus Christ our Lord. *Amen.*

*(Please stand as able)*

## **THE GREETING OF PEACE “C”**

Page 125

PRESIDENT: The Kingdom of God is justice, peace, and joy, inspired by the Holy Spirit.

**ALL: They who thus serve Christ are acceptable to God and approved by others.**



PRESIDENT: The peace of the Lord be always with you.

**ALL: And also with you.**

## **HYMN OF FELLOWSHIP**

**“Let there be love shared among us”**

Let there be love shared among us  
Let there be love in our eyes  
May now your love sweep this nation  
Cause us O Lord to arise  
Give us a fresh understanding  
Of neighbourly love that is real  
Let there be love shared among us  
Let there be love.

*Words: Dave Bilbrough, (b 1955)*

## **THE MINISTRY OF THE SACRAMENT**

*(During the singing of this hymn, an offering will be collected. The Cathedral needs money to carry out its mission, ministry, and maintenance; and it relies upon the stewardship offerings of its members and the kind generosity of friends and well-wishers. Sincere thanks for your contribution today.)*

The Offertory **Hymn ~ 659 “Lamb of God, I look to thee,”**

Lamb of God, I look to thee,  
thou shalt my example be:  
thou art gentle, meek, and mild,  
thou wast once a little child.

Fain I would be as thou art;  
give me thy obedient heart;  
thou art pitiful and kind,

let me have thy loving mind.

Meek and lowly may I be;  
thou art all humility:  
let me to my betters bow,  
subject to thy parents thou.

Let me above all fulfill  
God my Heavenly Father's will;  
never his good Spirit grieve,  
only to his glory live.

Thou didst live to God alone,  
thou didst never seek thine own,  
thou thyself didst never please,  
God was all thy happiness.

Loving Jesu, gentle Lamb,  
in thy gracious hands I am;  
make me, Saviour, what thou art;  
live thyself within my heart.

I shall then show forth thy praise,  
serve thee all my happy days;  
then the world shall always see  
Christ, the Holy Child, in me.

*Words: Charles Wesley (1707-1788), 1742*

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

Page 126

**PRESIDENT AND PEOPLE: Father, we offer you these gifts which you have given us: this bread, this wine, this money. With them we offer ourselves, our lives, and our**

**work, to become through your Holy Spirit a reasonable, holy, and lively sacrifice. As this bread and wine become the Body and Blood of Christ, so may we and all your people become channels of your love; through the same Christ our Lord. *Amen.***

## **THE EUCHARISTIC PRAYER**

**PRESIDENT:** The Lord be with you.

**ALL:** **And also with you.**

**PRESIDENT:** Lift up your hearts.

**ALL:** **We lift them up to the Lord.**

**PRESIDENT:** Let us give thanks to the Lord our God.

**ALL:** **It is right to give God thanks and praise.**

**PRESIDENT:** It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God: (*Go to page 130*)

For you are the source of light and life; you made us in your image, and called us to new life in Jesus Christ our Lord.

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**

Page 144

PRESIDENT: As our Saviour has taught us, so we pray:

**ALL:**

**Our Father in heaven,**

**hallowed be your Name;**

**your kingdom come;**

**your will be done**

**on earth as in heaven.**

**Give us today our daily bread,**

**Forgive us our sins**

**as we forgive those who sin against us.**

**Save us from the time of trial**

**and deliver us from evil.**

**For the kingdom, the power,**

**and the glory are yours now and forever. *Amen.***

## **THE BREAKING OF THE BREAD**

Page 145

PRESIDENT: We break this bread to share in the body of  
Christ.

**ALL: Though we are many, we are one body, because we  
all share in one bread.**

## **THE COMMUNION**

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

### **The Invitation “B”**

Page 146

**PRESIDENT:** The Gifts of God for the People of God.

**ALL:** Our souls will feast and be satisfied, and we will sing glad songs of praise to Him.

### **THE AGNUS DEI**

Page 147

**Lamb of God, you take away the sin of the world:  
have mercy on us.**

**Lamb of God, you take away the sin of the world:  
have mercy on us.**

**Lamb of God, you take away the sin of the world:  
grant us peace.**



### **The Administration of Communion/ Spiritual Communion**

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

**Communion 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*

## **HYMNS FOR THE BLESSING OF CHILDREN AND FAMILIES (9:00 AM ONLY)**

**Hymn ~ 648 “Heavenly Father, send thy blessing”**



Heavenly Father, send thy blessing  
on thy children gathered here,  
may they all, thy name confessing,  
be to thee for ever dear:  
may they be, like Joseph, loving,  
dutiful, and chaste, and pure;  
and their faith, like David, proving,  
steadfast unto death endure.

Holy Saviour, who in meekness  
didst vouchsafe a child to be,  
guide their steps, and help their weakness,  
bless and make them like to thee;  
bear thy lambs, when they are weary,  
in thine arms and at thy breast;  
through life's desert, dry and dreary,  
bring them to thy heavenly rest.

Spread thy golden pinions o'er them,  
Holy Spirit, from above,  
guide them, lead them, go before them,  
give them peace, and joy, and love:  
thy true temples, Holy Spirit,  
may they with thy glory shine,  
and immortal bliss inherit,  
and for evermore be thine.

*Words: Christopher Wordsworth*

**Hymn ~ 644 “Come, sing with holy gladness,”**

Come, sing with holy gladness,  
high alleluias sing,  
uplift your loud hosannas

to Jesus, Lord and King;  
sing, boys, in joyful chorus  
your hymn of praise today,  
and sing, ye gentle maidens,  
your sweet responsive lay.

‘Tis good for boys and maidens  
sweet hymns to Christ to sing,  
‘tis meet that children’s voices  
should praise the children’s King:  
for Jesus is salvation,  
and glory, grace, and rest:  
to babe, and boy, and maiden  
the one Redeemer Blest.

O boys, be strong in Jesus,  
to toil for him is gain,  
and Jesus wrought with Joseph  
with chisel, saw, and plane;  
O maidens, live for Jesus,  
who was a maiden’s Son;  
be patient, pure, and gentle,  
and perfect grace begun.

Soon in the golden city  
the boys and girls shall play,  
and through the dazzling mansions  
rejoice in endless day;  
O Christ, prepare thy children  
with that triumphant throng  
to pass the burnished portals,  
and sing the eternal song.

*Words: John Daniell, (1868)*

## A PRAYER FOR CHILDREN

### THE POST COMMUNION PRAYER “A”      Page 147

**ALL: Almighty Father, we thank you for feeding us with the Body and Blood of your Son Jesus Christ. May we who share His Body live His risen life; we who drink His cup bring life to others; we upon whom your Spirit shines give light to the world. Help us to continue in faithful witness to your Word, so we and all your children shall be free, and the whole earth live to praise your Name, through Christ our Lord. Amen.**

### THE BLESSING “*Pentecost*”

*Page 151*

The Spirit of truth lead you into all truth, give you grace to confess that Jesus Christ is Lord, and to proclaim the word and works of God; and the Blessing of God Almighty, the Father, the Son and the Holy spirit be among you and remain with you always. *Amen.*

*~~~Notices and Announcements~~~*

The Recessional Hymn ~ 375 “**O praise ye the Lord!  
Praise him in the height”**

O praise ye the Lord! Praise him in the height;  
rejoice in his word, ye angels of light;  
ye heavens, adore him by whom ye were made,  
and worship before him, in brightness arrayed.

O praise ye the Lord! Praise him upon earth,  
in tuneful accord, ye sons of new birth;  
praise him who hath brought you his grace from above,  
praise him who hath taught you to sing of his love.

O praise ye the Lord, all things that give sound;  
each jubilant chord, re-echo around;  
loud organs, his glory forth tell in deep tone,  
and sweet harp, the story of what he hath done.

O praise ye the Lord! Thanksgiving and song  
to him be outpoured all ages along:  
for love in creation, for heaven restored,  
for grace of salvation O praise ye the Lord!

*Words: Henry Williams Baker (1821-1877), based on Psalm 150*

## 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.*



**Sunday June 23, 2024**  
**The Fifth Sunday After Pentecost: Proper 7 - Year B**

**"Although the Lord can speak in the midst of a storm,  
he usually comes only to calm the storm."**



First Reading: **1 Samuel 17:32-49**

In our Hebrew scripture lesson, **the young man David, already secretly anointed by Samuel as king over Israel, arrives in Saul's encampment.** Here the Israelites have engaged the Philistines. Goliath, a large and impressively arrayed Philistine warrior, has challenged the Israelites to produce anyone equal to him in battle, and David, hearing the challenge, volunteers. He goes battle without the customary armor and fells Goliath with a single stone from his slingshot.

Psalm: 133

The psalm celebrates the blessing of a harmonious people.

Second Reading: **2 Corinthians 6:1-13**

Comment: "Paul's defense of his ministry"

In our epistle reading **Paul continues to commend himself together with the ministry of his coworkers, to the troubled Corinthian church.** Paul and his colleagues have proven the value of their ministry through multiple and profound suffering, and also in the tenor and quality of their labours. They do all of this in service to Christ.

The Holy Gospel: **Mark 4:35-41**

Comment: "**Christ calming the sea**"

The gospel is **the story of Jesus' stilling of the storm.** The narrative was used in the life of the early church to stress the importance of faith in difficult times. Still more significantly, it

served to emphasize the majesty of the Lord Jesus whose power could control destructive natural forces and, symbolically, the cosmic forces of evil. Audiences of that time would recognize the parallel between Jesus' sovereignty over the storm and the power of God shown when he according to myth, conquered the watery chaos and formed the world.

## **CATHEDRAL NEWS**

### **1. BICENTENNIAL CELEBRATIONS - CATHEDRAL REVITALIZATION 2024 and BEYOND: Mission – Ministry - Maintenance - Money.**

This campaign aims 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.

**This month:** Polo Shirts; T20 Hymns (Registration Sheets are available)

**Ongoing:** \$200.00 Challenge – Gift to be presented, at the Patronal Festival, September 29, 2024 (Registration Cards are available).

## **WELCOME FRIENDS**



"Welcome Friend on this day,  
Yes! We're glad you have joined us.  
Take your place, fill your heart with Christ's love  
which surrounds us.  
Glory to God, may you live and grow in His love forever.  
Welcome Friend, on this day.  
Know we're glad you have joined us."

**2. BIRTHDAYS:** Congratulations to all those persons celebrating birthdays this week, June 23-29, 2024.

- 23 Mrs. Paula Agbowu
    - Mr. Darnley DaC. King
    - Mr. Trevor L. King
    - Ms. June I. M. Stuart
  - 24 Ms. Ardith T. Young
  - 25 Ms. Esme Knights
  - 26 Mrs. Kimberley C. M. Austin
    - Mrs. Edlyn P. Harewood
    - Ms. Jennifer E. Ifill
  - 28 Mrs. Maureen Gibson-Knight
  - 29 Mrs. Anita M. Yarde
- May God bless and strengthen you.*



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

Sylvester (Blues) Sargeant, Sheila Sealy, Claudette Sealy, Phyllis Springer, Winifred Trotman, Ernesta Yarde and George Yearwood.



**4. BEREAVEMENT:** We extend sincere condolences to the families of the late:

- Ms. Ann Barker
- Mr. George Cox
- Mr. Wadey Morris (St. Vincent)
- Ms. Marlene Hinds-Best
- Ms. Miriam Barrow
- Mr. Kerwin Benn

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

**5. BALCONY REPAIRS:** The Parochial Church Council, in collaboration with the Barbados Diocesan Trustees, will soon commence work on the northern balcony. All efforts will be made to protect the safety of worshippers while work is in progress. Meantime, everyone is asked to respect the signage. Donations would be greatly appreciated.

**6. DEACONS CUPBOARD:** An appeal is being made for your kind donations of food supplies and toiletries for the cupboard. Whatever supplies can be donated would be greatly appreciated and would go a long way in helping those less fortunate.

### SERMON NOTES

Text:.....

Topic:.....

Preacher:.....

Points to Ponder:

.....

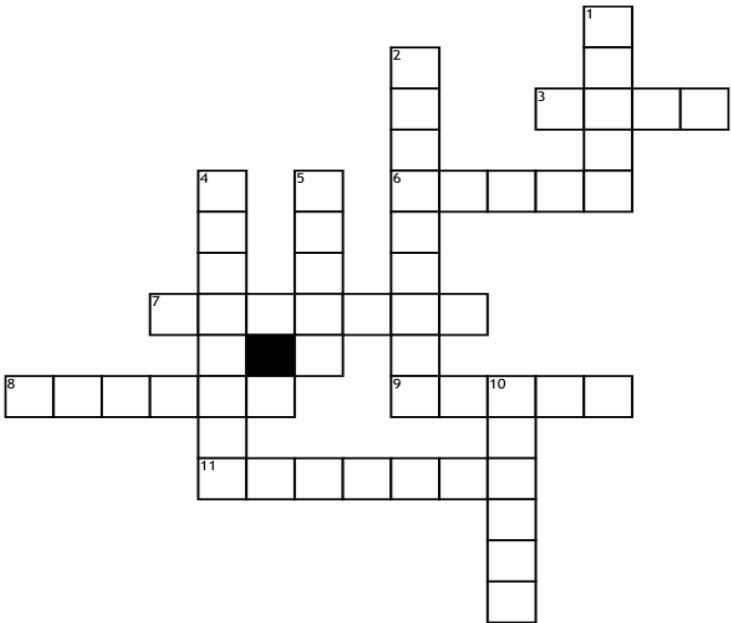


What was God saying specifically to me during the Sermon?

.....  
.....  
.....  
.....

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## Jesus Calms a Storm (Mark 4: 35-41)



### Across

3. Jesus was sitting in a ....
6. The disciples .....out to Jesus
7. What did Jesus say to the winds (2 words)
8. The disciples were .....when the storm came
9. What crises happened to the disciples

11. Beside which lake was Jesus preaching

### Down

1. Jesus was preaching to the .....
2. Who went in the boat with Jesus
4. What was Jesus doing in the boat
5. The disciples showed lack of .....
10. The disciples were surprised that the winds .....Jesus

**Daily Book of Common Prayer Readings**  
**June 23-29, 2024**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The Fifth Sunday After Pentecost	Psalms 66, 67 Numbers 14:26-45 Acts 15:1-12 Luke 12:49-56	Eve of the Nativity of Saint John Baptist Psalm 103 Ecclesiasticus 48:1-11 Luke 1:5-23 Collect of the Nativity of Saint John the Baptist
Nativity of Saint John Baptist Monday	Psalms 82, 98 Malachi 3:1-5 John 3:22-30	Psalm 80 Malachi 4:1-6 Matthew 11:2-19
Tuesday	Psalms 97, 99, [100] Numbers 16:20-35 Matthew 19::23-30	Psalms 94, [95] 1 Samuel 6:1-16 Romans 4:1-12
Wednesday	Psalms 191, 109:1-4{5-9}20-30 Numbers 16:36-50 Matthew 20:1-16	Psalm 119:121-144 1 Samuel 7:2-17 Romans 4:13-25
Thursday	Psalm 105:1-22 Numbers 17:1-11 Matthew 20:17-28	Psalm 105:23-45 1 Samuel 8:1-22 Romans 5:1-11
Friday	Psalm 102 Numbers 20:1-13 Matthew 20:29-34	Psalm 107:1-32 1 Samuel 9:1-14 Romans 5:12-21
Saint Peter and Saint Paul, Apostles  Saturday	Psalm 66 Ezekiel 2:1-7 Acts 11:1-18	Psalms 97, 138 Isaiah 49:1-6 Galatians 2:1-9

**Sunday June 23, 2024**  
**The Fifth Sunday after Pentecost: Proper 7**

**7:00 A.M. Holy Eucharist**  
**President: The Rev'd Stephanie-Ann Wedderburn**  
**Preacher: The Very Rev'd Dr. Jeffrey D. Gibson**

**9:00 A.M. Sung Eucharist**  
**President: The Rev'd Canon George Knight**  
**Preacher: The Very Rev'd Dr. Jeffrey D. Gibson**



Wednesday June 26, 2024  
10:00 A.M. Holy Eucharist  
**The Very Rev'd Dr. Jeffrey D. Gibson**



June 30, 2024  
The Sixth Sunday after Pentecost: Proper 8  
7:00 A.M. Holy Eucharist  
9:00 A.M. Sung Eucharist



**OFFICERS OF THE CHURCH COUNCIL**  
Church Warden Emeritus  
Mr. Arlington Watson, BSM. J.P.

Church Wardens:  
Mr. Samuel Maxwell, J.P.    Mr. Victor Sylvester  
Secretary: Ms. Donnah Russell  
Assistant Secretary: Mrs. Juno Burrows  
Treasurer: Mr. David Murray  
Assistant Treasurer: Ms. Harriet Clarke  
Synod Representatives  
Mr. Darnley King  
Mr. Samuel Maxwell, J. P.

Ms. Cyrilene Forde  
Alternative Synod Representative  
Ms. Donna Inniss

### LEADERS OF ORGANISATIONS AND MINISTRIES

Men's Fellowship:	Mr. John Moore
Mothers' Union:	Mrs. Colleen Byer
Church Army:	Captain Donnah Russell
Woman's Auxiliary:	Vacant
Ushers Guild:	Mrs. Juno Burrows
Outreach Committee:	Mrs. Delores Hinds
Guild of Servers:	Mr. Jerry Alleyne
Health Ministry:	Dr. Wendy Sealy
Sunday School:	Mrs. Harriett Blackman
Flower Guild:	Vacant
Guild of St. Raphael:	Mr. Darwin Clarke



#### CONTACT US

<http://www.saintmichaelscathedral.bb>

[stmichaelcathedral@caribsurf.com](mailto:stmichaelcathedral@caribsurf.com)

[Facebook.com/saintmichaelscathedral](https://www.facebook.com/saintmichaelscathedral)

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

Address:

St. Michael's Row, Bridgetown

Telephone: 1 (246) 427-0790 (Office)

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

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