

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

welcomes you to the celebration of

The Holy Eucharist

On

Sunday September 22, 2024

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



“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

Vergger

Mrs. Chloe Grant

Sunday September 22, 2024
The Eighteenth Sunday After Pentecost:
Proper 20 ~ Year B

7:00 A.M. Holy Eucharist
President and 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 ~ 358

Ye servants of God, your Master proclaim,
and publish abroad his wonderful name;
the name all-victorious of Jesus extol;
his kingdom is glorious, he rules over all.

God ruleth on high, almighty to save;
and still he is nigh: his presence we have.
The great congregation his triumph shall sing,
ascribing salvation to Jesus our King.

Salvation to God who sits on the throne!
Let all cry aloud, and honour the Son.
The praises of Jesus the angels proclaim,
fall down on their faces, and worship the Lamb.

Then let us adore, and give him his right:
all glory and power, all wisdom and might,
all honour and blessing, with angels above,
and thanks never-ceasing, and infinite love.

Words: Charles Wesley (1707-1788)

Opening Sentence “*General*”

Page 100

Grace to you and peace from God our Father and the Lord
Jesus Christ. *Philippians 1:2.*

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 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

Page 102

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

GLORIA IN EXCELSIS

Page 102

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.*

Let us pray.

The Collect: “*Proper 20*”

Page 178

Grant us, Lord, not to be anxious about earthly things, but to love things heavenly; and even now, while we are placed among things that are passing away, to hold fast to those that shall endure; 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: Proverbs 31:10-31

Lectors: **7:00 A.M. ~ Ms. Deidre Cox**

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

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

A capable wife who can find?

She is far more precious than jewels.

The heart of her husband trusts in her,
and he will have no lack of gain.

She does him good, and not harm,
all the days of her life.

She seeks wool and flax,
and works with willing hands.

She is like the ships of the merchant,
she brings her food from far away.

She rises while it is still night
and provides food for her household
and tasks for her servant-girls.

She considers a field and buys it;
with the fruit of her hands she plants a vineyard.

She girds herself with strength,
and makes her arms strong.

She perceives that her merchandise is profitable.
Her lamp does not go out at night.

She puts her hands to the distaff,
and her hands hold the spindle.

She opens her hand to the poor,
and reaches out her hands to the needy.

She is not afraid for her household when it snows,
for all her household are clothed in crimson.

She makes herself coverings;
her clothing is fine linen and purple.

Her husband is known in the city gates,
taking his seat among the elders of the land.

She makes linen garments and sells them;
she supplies the merchant with sashes.

Strength and dignity are her clothing,
and she laughs at the time to come.

She opens her mouth with wisdom,
and the teaching of kindness is on her tongue.

She looks well to the ways of her household,
and does not eat the bread of idleness.

Her children rise up and call her happy;
her husband too, and he praises her:

“Many women have done excellently,
but you surpass them all.”

Charm is deceitful, and beauty is vain,
but a woman who fears the LORD is to be praised.

Give her a share in the fruit of her hands,
and let her works praise her in the city gates.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalm 1 *Beatus vir qui non abiit*

Page 471

1 **H**appy are they who have not walked in the
counsel of the wicked, * nor lingered in the way
of sinners, nor sat in the seats of the scornful!

2 Their delight is in the law of the LORD, *
and they meditate on his law day and night.

3 They are like trees planted by streams of water,
bearing fruit in due season, with leaves that do
not wither; * everything they do shall prosper.

4 It is not so with the wicked; * they are like chaff
which the wind blows away.

5 Therefore the wicked shall not stand upright when
judgment comes, * nor the sinner in the council
of the righteous.

6 For the LORD knows the way of the righteous, *
but the way of the wicked is doomed.

**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: James 3:13—4:3, 7-8a

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

9:00 A.M. ~ Mr. Shaquan Pompey

A reading from the Word of God, written in the Epistle of James, the third chapter, beginning at the thirteenth verse.

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace.

Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts. You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures.

Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

(Please stand, as able)

The Gradual **Hymn** ~ 219

God is love: let heaven adore him;
God is love: let earth rejoice;
let creation sing before him,
and exalt him with one voice.
He who laid the earth's foundation,
he who spread the heavens above,
he who breathes through all creation,
he is love, eternal love.

God is love: and he enfoldeth
all the world in one embrace;
with unfailing grasp he holdeth
every child of every race.
And when human hearts are breaking
under sorrow's iron rod,
then they find that selfsame aching
deep within the heart of God.

God is love: and though with blindness
sin afflicts the souls of men,
God's eternal loving-kindness
holds and guides them even then.
Sin and death and hell shall never
o'er us final triumph gain;
God is love, so love for ever
o'er the universe must reign.

Words: Timothy Rees (1874-1939), alt.

The Holy Gospel: Mark 9:30-37

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

GOSPELLER: The Lord be with you.

ALL: And also with you.

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

ALL: Glory to Christ our Saviour.

Jesus and his disciples passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, “The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.” But they did not understand what he was saying and were afraid to ask him.

Then they came to Capernaum; and when he was in the house he asked them, “What were you arguing about on the way?” But they were silent, for on the way they had argued with one another who was the greatest. He sat down, called the twelve, and said to them, “Whoever wants to be first must be last of all and servant of all.” Then he took a little child and put it among them; and taking it in his arms, he said to them, “Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.”

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

Page 104

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*

THE PRAYERS

Intercessors:

7:00 A.M. ~ Ms. Donnah Russell

9:00 A.M. ~ Mr. Victor Small

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

(Please sit or kneel as able)

Intercession Form "D"

Page 111

LEADER:

Our Heavenly Father has promised through our Lord Jesus Christ to hear us when we pray in faith. Let us therefore pray for the Church and the World and let us thank God for His goodness.

(Silence may be kept)

LEADER:

We pray for the Church of God in every place; especially for this Diocese, our Diocesan Bishop Michael, Wilfred retired Bishop of Croydon, Rufus retired Bishop of Barbados and John retired Archbishop of the Church in the Province of the West Indies and retired Bishop of Barbados; and all the people of God.

ALL:

Strengthen your Church to carry forward the work of Christ; that we and all who confess your Name may unite in truth, live together in your love, and reveal your glory to the world.

LEADER:

We pray for our country and for all the nations of the world, especially.....; and for all peoples in their various callings.

ALL:

Direct this nation and all nations in the ways of justice and truth. Give wisdom to all in positions of public trust and authority; that they may promote the prosperity, godliness and peace of your people everywhere.

LEADER:

We pray for our own community, for this parish, for our families, friends, and all who live and work with us.

ALL:

Give grace to all our friends and neighbours in Christ, that we may serve Him in one another and grow together in His love.

LEADER:

We pray for the poor, the sick, the unemployed, the handicapped; all who have requested our prayers and all who seek the prayers of the Church in their time of trouble.

ALL:

Give healing and strength to all who suffer in body, mind or spirit. Give them courage and hope in their troubles and sustain all those who remember and care for them.

LEADER:

We commemorate the departed, especially Fr. Ludwick Gooding, Heather Hill and Monica Miller.

ALL:

We commend all people to your unfailing love, that in them your will may be fulfilled; and we rejoice at the faithful witness of your saints in every age, praying that we may share with them in your eternal kingdom.

(Silence may be kept).

LEADER:

Accept these prayers, O Lord our God, for the sake of your Son, our Saviour Jesus Christ.

ALL: 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.

PRESIDENT:

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

ALL: Amen.

(Please stand as able)

THE GREETING OF PEACE “C”

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.*



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 ~ 449**

Lord of all hopefulness, Lord of all joy,
whose trust, ever childlike, no cares could destroy,
be there at our waking, and give us, we pray,
your bliss in our hearts, Lord, at the break of the day.

Lord of all eagerness, Lord of all faith,
whose strong hands were skilled at the plane and the lathe,
be there at our labours, and give us, we pray,
your strength in our hearts, Lord, at the noon of the day.

Lord of all kindness, Lord of all grace,
your hands swift to welcome, your arms to embrace,
be there at our homing, and give us, we pray,
your love in our hearts, Lord, at the eve of the day.

Lord of all gentleness, Lord of all calm,
whose voice is contentment, whose presence is balm,
be there at our sleeping, and give us, we pray,
your peace in our hearts, Lord, at the end of the day.

Words: Jan Struther (1901-1953), from Enlarged Songs of Praise

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

Page 131

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 131*)

Through Jesus Christ our Lord; who on the first day of the week overcame death and the grave, and by His glorious resurrection opened to us the way of everlasting life.

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 “A”

Page 131

All Holy and glorious Father,
our Creator God,
we give you thanks
because in your loving wisdom
you brought all things into being,
and are truly worthy of praise
from every creature you have made.

Again and again
we have turned away from you;
yet in every age your steadfast love
has called us to return,
to live in union with you:
for it is your eternal purpose
to put new life into all things
and make them holy.

Through your Son, Jesus Christ,
who took our human nature upon Him
you have redeemed the world
from the bondage of sin:
and by the power of your Holy Spirit
you have gathered a people to yourself,
to make known in every place
His perfect offering which He made
to the glory of your Name.

Hear us, therefore, Father,

through your Son, Jesus Christ our Lord;
And grant that these gifts of bread and wine
may be unto us His Body and Blood.

For, on the night He was betrayed
He took bread,
and when He had given thanks to you,
He broke it and gave it to His disciples
and said: "Take this, and eat it:
This is my Body which is given for you.
Do this for the remembrance of me."

And after supper He took the cup of wine:
and when He had given thanks,
He gave it to them and said:
"Drink this, all of you:
This is my Blood of the New Covenant,
which is shed for you and for many
for the forgiveness of sins.
Whenever you drink it,
do this for the remembrance of me."

PRESIDENT:
Let us proclaim the mystery of our faith.

ALL:
Christ has died.
Christ is risen.
Christ will come again.

PRESIDENT:

And so, Heavenly Father,

rejoicing in His Holy Incarnation;
His Blessed Passion and His Perfect Sacrifice
made once for all upon the Cross;
His Mighty Resurrection from the dead;
His Glorious Ascension into heaven;
and looking for His Coming in glory;
we offer to you this Bread and this Cup.

We pray that you will accept this sacrifice of
praise and thanksgiving;
and grant that all who eat and drink of the Body and Blood,
of your Son, our great High Priest,
may be renewed by your Holy Spirit,
and be one Body, one Spirit, in Him.

Let faith and love increase in us.
Unite us with all Bishops,
all other ministers of your Word and Sacraments,
and with the whole people of God,
living and departed,
whom you have made for yourself.

Confirm us in holiness,
that we may be found ready to join the company
of the Blessed Virgin Mary, the Holy Apostles,
and all your saints,
when our Lord Jesus Christ comes again:
Forever giving you thanks and praise
through Him from whom all good things do come.

With Him and in Him and through Him,
by the power of the Holy Spirit,

we worship you, Father Almighty,
with all who stand before you in earth and heaven,
in songs of everlasting praise:

ALL:

**Blessing and honour and glory and power be yours for
ever and ever. *Amen.***

THE LORD'S PRAYER

Page 144

PRESIDENT:

As our Saviour has taught us, so we pray:

ALL:

**Our Father in heaven,
hallowed be your Name;
your kingdom come;
your will be done
on earth as in heaven.**

Give us today our daily bread.

**Forgive us our sins
as we forgive those who sin against us.**

**Save us from the time of trial
and deliver us from evil.**

**For the kingdom, the power,
and the glory are yours now and forever. *Amen.***

THE BREAKING OF THE BREAD

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 Hymns ~ 470 & 491

How firm a foundation, ye saints of the Lord,
is laid for your faith in his excellent word;

what more can he say than to you he hath said,
you who unto Jesus for refuge have fled?

Fear not, he is with thee, O be not dismayed;
for he is thy God, and will still give thee aid;
he'll strengthen thee, help thee, and cause thee to stand,
upheld by his righteous, omnipotent hand.

In every condition, in sickness, in health,
in poverty's vale, or abounding in wealth,
at home and abroad, on the land, on the sea,
as thy days may demand shall thy strength ever be.

When through the deep waters he calls thee to go,
the rivers of grief shall not thee overflow;
for he will be with thee, in trouble to bless,
and sanctify to thee thy deepest distress.

When through fiery trials thy pathway shall lie,
his grace, all-sufficient shall be thy supply;
the flame shall not hurt thee, his only design
thy dross to consume and thy gold to refine.

The soul that on Jesus has leaned for repose,
he will not, he will not desert to its foes;
that soul, though all hell should endeavour to shake,
he'll never, no never, no never forsake.

Words: "K" in Rippon's Selection, 1787 alt.

Hymn ~ 491

What a friend we have in Jesus,
all our sins and griefs to bear!
What a privilege to carry

everything to God in prayer!
O what peace we often forfeit,
O what needless pain we bear -
all because we do not carry
everything to God in prayer.

Have we trials and temptations?
Is there trouble anywhere?
We should never be discouraged:
take it to the Lord in prayer!
Can we find a friend so faithful,
who will all our sorrows share?
Jesus knows our every weakness -
take it to the Lord in prayer.

Are we weak and heavy-laden,
cumbered with a load of care?
Precious Saviour, still our refuge!
Take it to the Lord in prayer!
Do thy friends despise, forsake thee?
Take it to the Lord in prayer!
In his arms he'll take and shield thee,
thou wilt find a solace there.

Words: Joseph Scriven (1820-1886)

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 ~ 143**

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

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

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

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

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

And in the garden secretly,  
and on the cross on high,  
should teach his brethren, and inspire  
to suffer and to die.

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

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

## **THE DISMISSAL**

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

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

**PRESIDENT:** Go in peace and serve the Lord.

**ALL:** **In the name of Christ. Amen**

**Organ Postlude** (*Worshippers are invited to sit silently and listen to the voluntary, but those who wish to leave at this point may do so quietly.*)

**Thank you most sincerely for worshipping at the  
Cathedral this morning.**



**Sunday September 22, 2024**  
**The Eighteenth Sunday After Pentecost:**  
**Proper 20 - Year B**

## ***THEME FOR THE WEEK***

**“True wisdom is conducting our lives by the standards of Jesus Christ.”**



First Reading: Proverbs 31:10-31

Comment: ***“Some Admonitions and Numerical Sayings”***

In this lesson from the Book of Proverbs, we find **a poem to a woman of worth, who embodies attributes beyond charm and beauty, all of which have their source in her allegiance to God.** In an agrarian culture where the economic and social well-being of the household was primary, the industry and ability of ranking women were essential to the success of the extended family and its dependents. The virtues of the ideal woman described in this acrostic poem are substantially economic; she is an astute businesswoman, managing, with excellence, all that is in her charge. She is charitable to the poor and extends herself for the needy, displays wisdom, and teaches kindness.

### **Psalm: 1**

The Lord makes fruitful those who choose the way of righteousness.

Second Reading: James 3:13—4:3, 7-8a

Comment: ***“The wisdom from above”***

In this New Testament epistle, **believers are to cleave to wisdom that is pure, peaceable, gentle, and full of mercy and good fruits.** The christian community must recognise the results of worldly attitudes and desires: jealousy, disorder, quarrels, even murder. Prayers are too often offered for the wrong motives, but a harvest of righteousness is sown for those who sow in peace. The wise will refuse

evil and draw near to God, and in doing so, they will find that God has also drawn near to them.

The Holy Gospel: Mark 9:30-37

**Comment: “*Prediction of the passion*”**

In the gospel, **Jesus foretells his death and resurrection as the Son of Man, bidding his disciples to have a servant ministry and to learn to welcome him and God in a child.**

The several sayings are linked together by the theme of Jesus’ lowliness and readiness to suffer for others. His followers’ difficulty in understanding him and their discussion concerning which of them is greatest stand in sharp contrast to their Lord’s teaching. Jesus’ action and words with regard to the child remind us of another saying: whatever is done to the least member of the community is done to him.

### **DIOCESAN NEWS**

**Diocese of Barbados 200<sup>th</sup> Anniversary Celebration**

**Memorabilia:** The following items are available for sale at the Diocesan Office, The Ivan Harewood Centre, Church Hill, Christ Church. (Telephone 426-2761):

Vacuum Bottles - \$50.00; Notebooks - \$15.00

Travel Mugs - \$20.00 and Canvas Tote Bags -\$25.00. Your patronage would be appreciated.

### **CATHEDRAL NEWS**

**PASTORAL LEAVE:** Please be informed that The Rev’d Stephanie-Ann Wedderburn is currently on Pastoral leave until September 27, 2024. We extend holiday wishes to her until she returns on September 28, 2024.

**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.

**September**

- i. Donation Cards: \$200.00 Challenge – Gift to be presented not later than the Patronal Festival, September 29, 2024.
- ii. **Patronal Festival 2024** ~ “Faith Working through Love”

**Sunday, September 29**

- 7:00 A.M. and 9:00 A.M. ~ Holy Eucharist
- 6:00 P.M. ~ Festal Evensong

**Wednesday, October 2**

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

**Thursday, October 3**

- 7:00 P.M. ~ Festival Forum (**Details to follow**)

**Sunday, October 6**

- 7:00 A.M. and 9:00 A.M. ~ Holy Eucharist
- 11:00 A.M. ~ Choral Matins (Special invitation to former worshippers of the Cathedral)
- 6:00 P.M. ~ Festal Evensong, Procession & Te Deum

**October**

**Sunday 13, Laity Sunday** – Laity Fair  
(Everyone a Minister)

**BIRTHDAYS:** Congratulations to all those persons celebrating birthdays this week **September 22 - 28, 2024.**

- 22 Ms. Sheila I. Sealy
- 23 Ms. Janiya Harper
- 24 Dr. Wendy D. Sealy  
Mr. Milroy I. King
- 25 Ms. Donna Inniss
- 27 Mrs. Valdine E. Browne  
Ms. Sandra M. Greene
- 28 Mr. John F. Sealy  
Ms. Nikimbe Proute



*May God bless and strengthen you all.*



**SICK:** Please remember the sick or injured of our Parish and wider community, especially Margaret Browne, Elsie Brunson, Colleen Byer, Courtney Carrington, Darwin Clarke, Heather Howard-Downes, Alice P. Hall, Jonathan Holder, Marcia Hoyte, Selina Jones, Marlene Moore, Blair Murray, Clyde Outram, Sylvester (Blues) Sargeant, Sheila Sealy, Claudette Sealy, Phyllis Springer, Winifred Trotman, Ernesta Yarde and George Yearwood.

**BALCONY REPAIRS:** The Balcony repairs have almost been completed. The sanding, staining of the floor and other finishing touches are well underway. Notably, the entire nave is again available for use. Thanks for the understanding and cooperation of worshippers during the period when

seating was restricted. Donations towards this work would be appreciated.

**PERSONS WISHING TO SPONSOR FUTURE EVENTS:**

Donations can be made through online payments to St. Michael’s Cathedral, CIBC First Caribbean International Bank, Bridgetown Branch, Account # 2719302; Transit # 09606. All donations are appreciated.

**DEACON’S 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.

**FLOWER GUILD APPEAL:** Donations of flowers to our Patronal Festival Celebrations, in memory of loved ones, and to celebrate birthdays, and anniversaries, would be greatly appreciated. Please contact the Administrative Assistant to offer your donation.

**FLEA MARKET:** Please note that Ms. Armel Marshall will be coordinating a Flea Market on Saturday, September 28, 2024, starting at 8:00 a.m. Donations of school supplies, e.g.: exercise books, pencils, erasers etc., and of sweetbread, and cassava pone would be appreciated. Members are asked to contact Ms. Marshall at Tel: 438-2695 and inform her of their proposed contributions.



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

- Mr. Michael A. N. Durant
- Ms. Deborah Ellis
- The Rev’d Fr. Ludwick “Jack” Gooding

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



**Daily Book of Common Prayer Readings  
September 22-28, 2024 – Proper 20**

| <b>Day</b>                                  | <b>Morning Readings</b>                                                                  | <b>Evening Readings</b>                                                    |
|---------------------------------------------|------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| The Eighteenth<br>Sunday After<br>Pentecost | Psalms 93, 96<br>Esther 3:1—4:3 or<br>Judith 5:22—6:4, 10-<br>21<br>Matthew 6:1-6, 16-18 | Psalms 34<br>2 Kings 4:8-37<br>James 1:19-27                               |
| Monday                                      | Psalms 80<br>Esther 4:4-17 or<br>Judith 7:1-7, 19-32<br>Luke (1:1-4); 3:1-14             | Psalms 77, [79]<br>2 Kings 5:1-19<br>Acts 18:1-11                          |
| Tuesday                                     | Psalms 78:1-39<br>Esther 5:1-14 or<br>Judith 8:9-17; 9:1, 7-<br>10<br>Luke 3:15-22       | Psalms 78:40-72<br>2 Kings 5:19-27<br>Acts 18:12-28                        |
| Wednesday                                   | Psalms 119:97-120<br>Esther 6:1-14 or<br>Judith 10:1-23<br>Luke 4:1-13                   | Psalms 81, 82<br>2 Kings 6:1-23<br>Acts 19:1-10                            |
| Thursday                                    | Psalms [83] or 116,<br>117<br>Esther 7:1-10 or<br>Judith 12:1-20<br>Luke 4:14-30         | Psalms 85, 86<br>2 Kings 9:1-16<br>Acts 19:11-20                           |
| Friday                                      | Psalms 88<br>Esther 8:1-8, 15-17 or<br>Judith 13:1-20<br>Luke 4:31-37                    | Psalms 91, 92<br>2 Kings 9:17-37<br>Acts 19:21-41                          |
| Saturday                                    | Psalms 87, 90<br>Hosea 1:1—2:1<br>Luke 4:38-44                                           | Psalms 136<br>2 Kings 11:1-20a<br>Acts 20:1-16<br>Collect for Proper<br>21 |

**Sunday September 22, 2024**  
**The Eighteenth Sunday after Pentecost: Proper 20**  
**7:00 A.M. ~ Holy Eucharist**  
**President and 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**  
**11:30 A.M. ~ Holy Baptism**



**Wednesday September 25, 2024**  
**10:00 A.M. ~ Holy Eucharist**  
**The Very Rev'd Dr. Jeffrey D. Gibson**



**Sunday September 29, 2024**  
**The Nineteenth Sunday after Pentecost: Proper 21**  
**7:00 A.M. ~ Holy Eucharist**  
**9:00 A.M. ~ Sung Eucharist**  
**6:00 P.M. ~ Festal Evensong**



### **Looking Ahead**

**Wednesday October 2, 2024**  
**10:00 A.M. ~ A Service of Public Healing**

**Thursday October 3, 2024**  
**7:00 P.M. ~ Festival Forum (Details to follow)**



## **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

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

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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)