



St. Michael's Cathedral
Services
for
The Third Sunday in Lent: Year C
Sunday, March 23, 2025
7:00 A.M. & 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.

Organist/Choirmaster

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

Organist

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

Administrative Assistant

Ms. Armel M. Marshall, B.Sc.; Cert SM; Cert HRM

Verger

Mrs. Chloe Grant

The Third Sunday in Lent: YEAR C

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. Valdine Browne

ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

The Opening **Hymn ~ 115**

Good it is to keep the fast,
shadowed forth in ages past,
which our own Almighty Lord
hallowed by his deed and word.

Moses, while he fasted, saw
God who gave by him the law;
to Elijah angels came,
steeds of fire and car of flame.

So was Daniel meet to gaze
on the sight of latter days
and the Baptist to proclaim
blessings through the Bridegroom's name.

Grant us, Lord, like them to be
oft in prayer and fast with thee;
fill us with thy heavenly might,
be our joy and true delight.

Father, hear us through thy Son,
and the Spirit, with thee One,
whom our thankful hearts adore,
ever and for evermore.

*Words: Gregory I (540-604), from Clarum decus jejunii, Latin;
translation: Henry Williams Baker (1821-1877)*

Opening Sentence “**Lent**”

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

COLLECT FOR PURITY

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ALL:

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you, and worthily magnify your Holy Name, through Christ our Lord. Amen.

THE KYRIES

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Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

The Collect: *“The Third Sunday in Lent”*

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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.*

THE MINISTRY OF THE WORD

First Lesson: **Exodus 3:1-15**

Lectors: 7:00 A.M. ~ Ms. Marcia Oxley

9:00 A.M. ~ Mr. Stephen White

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

Moses was keeping the flock of his father-in-law Jethro, the priest of Midian; he led his flock beyond the wilderness, and came to Horeb, the mountain of God. There the angel of the LORD appeared to him in a flame of fire out of a bush; he looked, and the bush was blazing, yet it was not consumed. Then Moses said, “I must turn aside and look at this great sight, and see why the bush is not burned up.” When the LORD saw that he had turned aside to see, God called to him out of the bush, “Moses, Moses!” And he said, “Here I

am.” Then he said, “Come no closer! Remove the sandals from your feet, for the place on which you are standing is holy ground.” He said further, “I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob.” And Moses hid his face, for he was afraid to look at God.

Then the LORD said, “I have observed the misery of my people who are in Egypt; I have heard their cry on account of their taskmasters. Indeed, I know their sufferings, and I have come down to deliver them from the Egyptians, and to bring them up out of that land to a good and broad land, a land flowing with milk and honey, to the country of the Canaanites, the Hittites, the Amorites, the Perizzites, the Hivites, and the Jebusites. The cry of the Israelites has now come to me; I have also seen how the Egyptians oppress them. So come, I will send you to Pharaoh to bring my people, the Israelites, out of Egypt.” But Moses said to God, “Who am I that I should go to Pharaoh, and bring the Israelites out of Egypt?” He said, “I will be with you; and this shall be the sign for you that it is I who sent you: when you have brought the people out of Egypt, you shall worship God on this mountain.”

But Moses said to God, “If I come to the Israelites and say to them, 'The God of your ancestors has sent me to you,' and they ask me, 'What is his name?' what shall I say to them?” God said to Moses, “I AM WHO I AM.” He said further, “Thus you shall say to the Israelites, 'I AM has sent me to you.’” God also said to Moses, “Thus you shall say to the Israelites, 'The LORD, the God of your ancestors, the God of Abraham, the God of Isaac, and the God of Jacob, has sent me to you':

This is my name forever,
and this my title for all generations.”

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

Psalm 63:1-8 *Deus, Deus meus*

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- 1 O God, you are my God; eagerly I seek you; *
my soul thirsts for you, my flesh faints for you,
as in a barren and dry land where there is no
water.
- 2 Therefore I have gazed upon you in your holy
place, *
that I might behold your power and your glory.
- 3 For your loving-kindness is better than life itself; *
my lips shall give you praise.
- 4 So will I bless you as long as I live *
and lift up my hands in your Name.
- 5 My soul is content, as with marrow and fatness, *
and my mouth praises you with joyful lips,
- 6 When I remember you upon my bed, *
and meditate on you in the night watches.
- 7 For you have been my helper, *
and under the shadow of your wings I will
rejoice.
- 8 My soul clings to you; *
your right hand holds me fast.

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 10:1-13

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

9:00 A.M. ~ Mrs. Valdine Browne

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

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptised into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

The Gradual **Hymn ~ 583**

Faithful Shepherd, feed me
in the pastures green;
faithful Shepherd, lead me
where thy steps are seen.

Hold me fast, and guide me
in the narrow way;
so, with thee beside me,
I shall never stray.

Daily bring me nearer
to the heavenly shore;
make my faith grow clearer,
may I love thee more.

Hallow every pleasure,
every gift and pain;
be thyself my treasure,
though none else I gain.

Day by day prepare me
as thou seest best,
then let angels bear me
to thy promised rest.

Words: Thomas Benson Pollock (1836-1896)

The Holy Gospel: **Luke 13:1-9**

Gospellers:

7:00 A.M. ~ The Very Rev'd Dr. Jeffrey D. Gibson

9:00 A.M. ~ The Rev'd Canon George Knight

GOSPELLER: The Lord be with you.

ALL: **And also with you.**

A Reading from the Holy Gospel according to Luke, the thirteenth chapter, beginning at the first verse.

ALL: Glory to Christ Our Saviour.

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

GOSPELLER: The Gospel of Christ.

ALL: Praise to Christ our Lord.

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

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.**

INTERCESSORY PRAYERS

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

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

Let us pray for the Church and for the world.

God of love, we pray for your church: For Michael, our Diocesan Bishop; for wisdom and discernment in the selection of the next Archbishops of the Church in the Province of the West Indies and the Province of Canterbury, Church of England; for the guidance of the Holy Spirit upon the members of Elective Synod of the Diocese of Jamaica and the Cayman Islands, meeting tomorrow to elect the next Diocesan Bishop; for the Anglican Church of the Region of Central America; for all lay and ordained ministers; and for all who seek you in the community of the faithful. Equip us with compassion and love, to carry out your work of reconciliation in the world.

Silence.

God of love,
Hear our prayers for the Church.

God of freedom, we pray for our nation and for the civil parish of St. Thomas during this month of 'We Gatherin'; and all the nations of the world, specifically Ukraine, Sudan, South Sudan, Palestine, Haiti, and Trinidad and Tobago: For peace and unity across barriers of language, colour, and creed; for elected and appointed leaders, that they would serve the common good. Inspire all people with courage to speak out against hatred, to actively resist evil. Unite the human family in bonds of love.

Silence.

God of freedom,
Hear our prayers for the world.

God of justice, we pray for the earth, your creation entrusted to our care: For the animals and birds, the mountains and oceans, and all parts of your creation that have no voice of their own. For the essential contribution of National Meteorological and Hydrological Services to the safety and wellbeing of society on this World Meteorological Services Day, being celebrated under the theme, "Closing the early warning gap together." Stir up in us a thirst for justice that protects the earth and all its resources, that we may leave to our children's children the legacy of beauty and abundance that you have given us.

Silence.

God of justice,

Hear our prayers for the earth.

God of peace, we pray for the communities of our diocese: especially for the Anglican presence in the civil parish of St. Thomas: the Parish Priests, namely The Rev'd Peter Boxill at Holy Innocents and The Rev'd Audrey Griffith at the Parish Church of St. Thomas. For our local leaders; for our schools and workplaces; for our neighbourhoods and homes. Kindle in every heart a desire for equality, respect, and opportunity for all. Give us courage to strive for justice and peace among all people.

Silence.

God of peace,

Hear our prayers for our communities.

God of mercy, we pray for all in any kind of need or trouble: For those whose lives are closely linked with ours, especially persons who will be celebrating a birthday this week: namely Leah Gibson, Asha G. Weekes, Audrey D. Cox, Doreen Y. Weekes, Monica Henry, Janice A. Edwards; and those connected to us as part of the human family. For refugees and prisoners; for the sick and suffering, the lonely and despairing; for those facing violence; for all held down by prejudice or injustice. Awaken in us compassion and humility of spirit, as we seek and serve Christ in all persons.

Silence.

God of mercy,

Hear our prayers for all who are in need.

God of grace, we pray for those who have died, especially Mildred Cox-Inniss, Patricia Sealy and The Rev'd Stephanie-Ann Wedderburn; for the faithful in every generation who have worked for justice; for prophets who called us to racial reconciliation; for martyrs who died because of hatred; and for all the communion of saints. Make us faithful to your call to proclaim your Good News, by word and example, and bring us at last into the glorious company of the saints in light.

Silence.

God of grace,
Hear our prayers for those who have died.

May Almighty God have mercy on us, grant us courage and conviction, and strengthen us to love others who are unlike us. May God, the Holy and Undivided Trinity, make us compassionate in our actions and courageous in our works, that we may see Christ's Beloved Community in our own day. **Amen.**

ACT OF PENITENCE

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PRESIDENT:

If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness. (*1 John 1:8,9*)

A period of silence shall be kept.

PRESIDENT:

Let us therefore confess our sins.

FORM B

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ALL:

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

THE ABSOLUTION

Page 124

PRESIDENT:

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

ALL: Amen.

The Greeting of Peace “B”

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PRESIDENT:

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

ALL:

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

offer your gift.

PRESIDENT:

The peace of the Lord be always with you.

ALL: And also with you.

HYMN OF FELLOWSHIP: “Let there be peace on earth”

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.

Words: Jill Jackson; Melody: Sy Miller (1945)

THE MINISTRY OF THE SACRAMENT

The Offertory **Hymn ~ 374**

O praise our great and gracious Lord,
and call upon his name;

to strains of joy tune every chord,
his mighty acts proclaim;
tell how he led his chosen race
to Canaan's promised land;
tell how his covenant of grace
unchanged shall ever stand.

He gave the shadowing cloud by day,
the moving fire by night;
to guide his Israel on their way,
he made their darkness light;
and have not we a sure retreat,
a Saviour ever nigh,
the same clear light to guide our feet,
the day-spring from on high?

We, too have manna from above,
the bread that came from heaven;
to us the same kind hand of love
hath living waters given;
a rock we have, from whence the spring
in rich abundance flows;
that rock is Christ, our Priest, our King,
who life and health bestows.

O may we praise this blessèd food,
and trust our heavenly Guide;
so shall we find death's fearful flood
serene as Jordan's tide,
and safely reach that happy shore,
the land of peace and rest,
where angels worship and adore
in God's own presence blest.

Words: Harriet Auber (1773-1862), 1829

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 EUCHARISTIC PRAYER

Page 126

PRESIDENT: The Lord be with you.

ALL: And also with you.

PRESIDENT: Lift up your hearts.

ALL: We lift them up to the Lord.

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

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

PRESIDENT:

It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God:

For you bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. (*Go to page 131*)

Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

ALL:

**Holy, holy, holy Lord,
God of power and might;
heaven and earth are full of your glory,
Hosanna in the highest!
Blessed is He who comes
in the name of the Lord.
Hosanna in the highest!**

(Please sit or kneel as able)

THE GREAT THANKSGIVING “B”

Page 135

PRESIDENT:

Holy and gracious Father,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us, to reconcile us to you,
the God and Father of all.
We therefore bring you these gifts,
and we ask you to make them holy
by the power of your Spirit,
that they may become the Body and Blood of your Son,
our Saviour Jesus Christ,

who offered Himself in obedience to your will,
the Perfect Sacrifice for all mankind.

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

After supper He took the cup of wine:
and when He had given thanks,
He gave it to them and said:
"Drink this, all of you:
This is my Blood of the New Covenant,
Which is shed for you and
for many for the forgiveness of sins.
Do this, whenever you drink it,
For the remembrance of me."

ALL:

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

PRESIDENT:

Father, calling to mind the death your Son
endured for our salvation;
His glorious Resurrection and Ascension;
His continual intercession for us in heaven;

and looking for His coming again in glory,
we offer you, in thanksgiving,
this holy and life-giving sacrifice.

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

May He make us a perpetual offering to you and enable us,
in communion with blessed Mary
and the whole company of heaven,
to share in the inheritance of your Saints.

With Him, and in Him, and through Him,
by the power of the Holy Spirit,
we worship you, Father Almighty,
with all who stand before you in earth and heaven
in songs of everlasting praise:

ALL:

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

THE LORD'S PRAYER

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PRESIDENT:

As our Saviour has taught us, so we pray:

ALL:

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

**Give us today our daily bread,
Forgive us our sins
as we forgive those who sin against us.**

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

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

THE BREAKING OF THE BREAD “C”

Page 145

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”

Page 146

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

The Communion Hymns ~ 474 & 515

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:
cleanse 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.

Hymn ~ 515

Come, we that love the Lord
and let our joys be known;
join in a song with sweet accord,
join in a song with sweet accord,
and thus surround the throne,
and thus surround the throne.

Refrain:

We're marching to Zion,

*beautiful, beautiful Zion;
we're marching upward to Zion,
the beautiful city of God.*

Let those refuse to sing
who never knew our God;
but children of the heavenly King,
but children of the heavenly King
may speak their joys abroad,
may speak their joys abroad.

Refrain

The hill of Zion yields
a thousand sacred sweets
before we reach the heavenly fields,
before we reach the heavenly fields,
or walk the golden streets,
or walk the golden streets.

Refrain

Then let our songs abound,
and every tear be dry;
we're marching through Immanuel's ground,
we're marching through Immanuel's ground,
to fairer worlds on high,
to fairer worlds on high.

Refrain

Words: Isaac Watts (1674-1748)

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

THE BLESSING “*Lent*”

Page 150

PRESIDENT:

Christ give you grace to grow in holiness, to deny yourselves, take up your cross, and follow Him; and the Blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always. **Amen.**

WELCOME AND ANNOUNCEMENTS

The Recessional **Hymn ~ 112**

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

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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. However, those who wish to leave at this point may do so quietly.)



THE THIRD SUNDAY IN LENT

First Reading: Exodus 3:1-15

Comment: *“God calls and sends Moses”*

In this Hebrew Bible story, **Moses is encountered by the Lord in the burning bush. He is called to his mission to lead the people of Israel out of slavery in Egypt, and he asks to know the name of this God of his ancestors.** God’s answer to Moses is intriguing and mysterious. The response may indicate a proper name which traditionally has been known as Yahweh. God’s answer may, however, suggest a meaning like “The One who causes to be,” or “I am who I am,” or “I will be what I will be.”

Psalm 63:1-8

The psalmist seeks the Lord, in whose presence there is sufficiency and contentment.

Second Reading (The Epistle): 1 Corinthians 10:1-13

Comment: *“Israel, baptised in cloud and seas, ate the same spiritual food as Christians”*

In this reading, **Paul looks back to the great events, to the exodus story and sees lessons for contemporary Christians.** Some disciples apparently believed that

participation in baptism and the Eucharist would automatically prevent sin and excuse them from judgement. Paul suggests that the passing of the Israelites through the sea, and the food and water they received in the wilderness, can be understood as types of the Christian sacraments. Yet the Israelites still committed sin and fell into condemnation.

The Holy Gospel: Luke 13:1-9

Comment: *“Unless you repent, you will perish: parable of the fig tree”*

In our gospel **Jesus uses two contemporary disasters and a parable of his own to stress the need for repentance.** Some might think that those who died in these tragedies were more sinful than others. Not necessarily so. Unless people use the time allotted for a change of heart and turning to God, they too will come to a tragic end.

CATHEDRAL NEWS

1. **FINANCIAL STEWARDSHIP:** The ministry, mission and maintenance of the Cathedral is supported primarily by its members’ contributions weekly and monthly. However, contributions are appreciated from anyone. An invitation is extended to all visitors and well-wishers to support the financial needs of this sacred place. Please donate to St. Michael’s Cathedral, Bridgetown, St. Michael.

Friends and well-wishers may write to stmichaelcathedral@caribsurf.com or call 1 246-427-0790 for more details. Meantime, donations can be made through online payments to St. Michael’s Cathedral, CIBC First Caribbean International Bank, Bridgetown Branch, Account # 2719302; Transit # 09606.

2. **INITIAL OFFERING:** A total of (\$3,221.00) has been received for the Initial Offering. Sincere thanks to all. Members who have not made their offering as yet are asked to do so as soon as possible.

“Each of you must give as you have made up your mind, not reluctantly or under compulsion, for God loves a cheerful giver.” (2 Corinthians 9:7)

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

- I. 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.
- II. **DONATION CARDS:** Please note that Cards are still available for members to solicit donations from family, friends and well-wishers to support the Cathedral. Your continued generosity and kind cooperation would be greatly appreciated.
- III. **MINISTRY:** Opportunities are available for members to serve the Cathedral as **Lay Eucharistic Ministers** (primarily to administer communion to the Shut-in); **Servers** (to prepare the Sanctuary for worship, maintaining and caring for the sacred vessels, altar linens, and vestments, and assisting the clergy; and **Audio Technicians** (to assist, set up and

monitor the sound equipment during services). Interested persons are asked to contact The Dean. Please note that training will be provided for each ministry.



BIRTHDAYS: Congratulations to all those celebrating their birthdays this week March 23 to 29, 2025.

23 Mrs. Leah O. Gibson

24 Ms. Asha G. Weekes

26 Mrs. Audrey D. Cox

Mrs. Doreen Y. Weekes

27 Ms. Monica Henry

29 Ms. Janice A. Edwards



May God bless and strengthen you.



SICK: Please remember the sick or injured of our Parish and wider community, especially Daphne Browne, Margaret Browne, Colleen Byer, Darwin Clarke, Heather Coward-Downes, The Most Rev'd Drexel Gomez, Alice P. Hall, Martin Haynes, Beverley Hinds, 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, The Rt. Rev'd Dr. Sir Wilfred Wood, Basil Worrell, Ernesta Yarde and George Yearwood.



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



- Mrs. Mildred Cox-Inniss (Shut-in)
- Mrs. Patricia Sealy (Shut-in)
- The Rev'd Stephanie-Ann Wedderburn (Assistant Priest)

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

May the bereaved families know the blessedness of those who mourn.



THEME FOR THE WEEK

“Our fidelity to the Christian life can often involve trouble and sorrow.”



CATHEDRAL MINISTRIES

Today, Sunday, March 23, 2025

The Third Sunday in Lent

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist



Wednesday, March 26, 2025

10:00 A.M. ~ Holy Eucharist



LOOKING AHEAD!

Sunday, April 13, 2025
6:00 P.M. ~ Solemn Music on Palm Sunday
featuring
Requiem by Richard Pantcheff
Admission: \$30.00



Good Friday, April 18, 2025
6:00 P.M. ~ Sir John Stainer's Crucifixion
Sing-A-Long
An offering will be taken.



EPIPHANY WATERS:

A high point in the Cathedral's Epiphany Carol Service is the blessing of water, in the font. Epiphany water is a special kind of water. The process involves two exorcisms, making it stronger than other holy waters. This ritual uses salt and water, similar to regular holy water. However, it is accompanied by prayers and actions meant to cast out evil spirits. Epiphany water stands out because it combines basic elements like salt and prayers to cast out all that is evil. The practice of mixing these elements reminds us of life's everlasting battle between good and evil. At times, the faithful call upon figures like **Caspar, Balthasar, and Melchior** – the three wise men – for their blessing and

protection.

It is believed that this type of water holds great power in the Christian tradition. It is a symbolic tool against Satan and a sign of protection. In addition, like other holy water, it is a sign of God's blessing presence among the faithful. People keep it in their homes; use it to sprinkle their homes; or to bless themselves.

Water is always seen in Christian theology as a means of **purification**, and so we ask God to **cleans**e us every time we use holy water. Below is a short prayer that is taken directly from **Psalm 51**, and perfectly summarizes the symbolism found in using holy water to bless ourselves.

Sprinkle me, O Lord, with hyssop, and I shall be cleansed; wash me, and I shall be made whiter than the snow. Create in me a clean heart, O God, and renew a right spirit within me.

LENTEN PROGRAMME 2025

1. **Diocesan Study: Were You There When They Crucified My Lord? Our History, Our Trauma, Ourselves: Reading the Psalms and the Parables of Jesus In A Barbadian Context.** This six (6) week study is as follows:

Week 1: Our Opportunity to Lament, To Cry for Mercy and to Grow: Psalm 103:13-18; and Luke 18:9-14.

Week 2: Our History, Our Trauma, Ourselves: Psalm 44:9-17; and Luke 15:3-10.

Week 3: Our History, Our Trauma, Ourselves – Eloquent Silence on Intergenerational Trauma in Barbados: Psalm 44:9-17; and Luke 15:11-32.

Week 4: Resisting Normalisation of Traumatic Slavery Imagery: Psalm 139:13-20; and Matthew 25:14-30.

Week 5: Were You There When They Crucified My Lord? Our Calling to Embody and Proclaim God’s Kingdom: Psalm 15:1-5; and Matthew 13:3-7, 24-33.

Week 6: Watchfulness and Cost of Embodying and Proclaiming the Kingdom: Psalm 119:33-40; Psalm 119:105-112; and Matthew 25:1-13.

Please note that the full booklet is available online. If parishioners have not already received the document, it may be sent to them, upon the submission of their WhatsApp numbers or email addresses to the Cathedral’s Office.

2. **Cathedral’s Self-Denial Cards:** As was done previously, this year parishioners and friends are invited to participate in an act of self-denial, almsgiving and Bible Study under the theme: “Building The Beloved Community”. The Lenten Readings reflect the theme, “Reparations and the Beloved Community: Justice, Peace and Love”. The Self-Denial Cards which were available from Ash Wednesday, are still available from the Ushers’ desk and the tables in the aisles. Be sure to collect yours today!

**Daily Book of Common Prayer Readings
March 23 - 29, 2025**

Day	Morning Readings	Evening Readings
The Third Sunday in Lent	Psalms 93, 96 Jeremiah 6:9-15 1 Corinthians 6:12-20	Psalm 34 Genesis 44:1-17 Mark 5:1-20
Monday	Psalm 80 Jeremiah 7:1-15 Romans 4:1-12 John 7:14-36	Eve of the Annunciation Psalms 8, 138 Genesis 3:1-15 Romans 5:12-21 or Galatians 4:1-7 Collect of the Annunciation
Tuesday <i>The Annunciation of our Lord</i>	Psalm 85, 87 Isaiah 52:7-12 Hebrews 2:5-10	Psalms 110:1-5(6-7); 132 Wisdom 9:1-12 John 1:9-14
Wednesday	Psalm 119:97-120 Jeremiah 8:18—9:6 Romans 5:1-11	Psalms 81, 82 Genesis 45:16-28 John 8:12-20
Thursday	Psalms [83] or 42, 43 Jeremiah 10:11-24 Romans 5:12-21	Psalms 85, 86 Genesis 46:1-7, 28-34 John 8:21-32
Friday	Psalms 95 (Invitatory) & 88 Jeremiah 11:1-8, 14-20 Romans 6:1-11	Psalms 91, 92 Genesis 47:1-26 John 8:33-47
Saturday	Psalms 87, 90 Jeremiah 13:1-11 Romans 6:12-23	Psalm 136 Genesis 47:27—48:7 John 8:47-59 <i>Collect for 4 Lent</i>

NOTES:

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, J.P.

Assistant Secretary: Mrs. Juno Burrows

Treasurer: Mr. David Murray

Assistant Treasurer: Ms. Harriett Clarke

Synod Representatives

Ms. Cyrilene P. Forde

Mr. Darnley King

Mr. Samuel Maxwell, J.P.

Alternative Synod Representative

Ms. Donna Inness



LEADERS OF ORGANISATIONS

AND MINISTRIES

Men's Fellowship:	Mr. John Moore
Mothers' Union:	Mrs. Margaret King-Austin
Church Army:	Captain Donnah Russell, J.P.
Woman's Auxiliary:	Vacant
Ushers Guild:	Mrs. Juno Burrows
Guild of Servers:	Mr. Jerry Alleyne
Health Ministry:	Dr. Wendy Sealy
Sunday School:	Mrs. Harriett Blackman
Flower Guild:	Mrs. Shirley Hurley
Guild of St. Raphael:	Mr. Darwin Clarke



CONTACT US

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

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