



**St. Michael's Cathedral**  
Services  
for  
The First Sunday in Lent: Year C  
Sunday, March 9, 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 First 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 ~ 424**

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)*

Opening Sentence “Lent”

Page 98

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**

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.**

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

Page 163

Let us pray.

Almighty God, whose blessed Son was led by the Spirit into the wilderness to be tempted by Satan: Come quickly to help us who are assaulted by many temptations; and, as you know the weaknesses of each of us, let each one find you mighty to save; through Jesus Christ your Son our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. *Amen.*

## **THE MINISTRY OF THE WORD**

First Lesson: **Deuteronomy 26:1-11**

**Lectors: 7:00 A.M. ~ Ms. Alicia White**

**9:00 A.M. ~ Mrs. Mary Weekes**

A reading from the Word of God written in the Book of Deuteronomy, the twenty-six chapter, beginning at the first verse.

When you have come into the land that the LORD your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the LORD your God is giving you, and you shall put it in a basket and go to the place that the LORD your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the LORD your God that I have come into the land that the LORD swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the LORD your God, you shall make this response

before the LORD your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labour on us, we cried to the LORD, the God of our ancestors; the LORD heard our voice and saw our affliction, our toil, and our oppression. The LORD brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O LORD, have given me." You shall set it down before the LORD your God and bow down before the LORD your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the LORD your God has given to you and to your house.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

**Psalm 91:1-2, 9-16 *Qui habitat***

Page 588

1 **H**e who dwells in the shelter of the Most High, \*  
abides under the shadow of the Almighty.

2 He shall say to the LORD,  
"You are my refuge and my stronghold, \*  
my God in whom I put my trust."

9 Because you have made the LORD your refuge, \*  
and the Most High your habitation,

10 There shall no evil happen to you, \*  
neither shall any plague come near your  
dwelling.

- 11 For he shall give his angels charge over you, \*  
to keep you in all your ways.
- 12 They shall bear you in their hands, \*  
lest you dash your foot against a stone.
- 13 You shall tread upon the lion and adder; \*  
you shall trample the young lion and the serpent  
under your feet.
- 14 Because he is bound to me in love,  
therefore will I deliver him; \*  
I will protect him, because he knows my Name.
- 15 He shall call upon me, and I will answer him; \*  
I am with him in trouble;  
I will rescue him and bring him to honour.
- 16 With long life will I satisfy him, \*  
and show him my salvation.

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: **Romans 10:8b-13**

**Lectors: 7:00 A.M. ~ Mr. Remech Matthias**  
**9:00 A.M. ~ Ms. Rojana Marshall**

A reading from the Word of God written in the Letter of Paul  
to the Romans, the tenth chapter, beginning at the eighth  
verse.

"The word is near you,  
on your lips and in your heart"

(that is, the word of faith that we proclaim); because if you  
confess with your lips that Jesus is Lord and believe in your

heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

The Gradual **Hymn ~ 320**

In Christ there is no East or West,  
in him no South or North,  
but one great fellowship of love  
throughout the whole wide earth.

Join hands, disciples of the faith,  
whate'er your race may be!  
Who serves my Father as his child  
is surely kin to me.

In Christ now meet both East and West,  
in him meet South and North,  
all Christly souls are one in him,  
throughout the whole wide earth.

*Words: John Oxenham (1852-1941), alt.*

The Holy Gospel: **Luke 4:1-13**

**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 fourth chapter, beginning at the first verse.

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

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written,

'Worship the Lord your God,  
and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

'He will command his angels concerning you,  
to protect you,'

and

'On their hands they will bear you up,  
so that you will not dash your foot against a  
stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

GOSPELLER: The Gospel of Christ.

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

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

**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.**

## **INTERCESSORY PRAYERS**

**Intercessor: 7:00 A.M. ~ Ms. Shernelle O'Neale**

**9:00 A.M. ~ Ms. Sandra Fields**

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 Archbishop of the Church in the  
Province of the West Indies; for the Anglican Church of

Canada; 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 Gathering’; 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. 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 Heather Coward-Downes, Corliss Hinds, Ina Reid, Winfield Downes, Nicholas-Julius Small and Gloria Regis; 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, Whitfield Jackman, Trevor Marshall, 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**

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.

**FORM B**

Page 124

**ALL:**

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

**THE ABSOLUTION**

Page 124

**PRESIDENT:**

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

**ALL: Amen.**

The Greeting of Peace “**B**”

Page 125

PRESIDENT:

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

**ALL:**

**Leave your gift there before the altar and go; first 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 ~ 247 vss. 2 & 6 omitted

At the name of Jesus  
every knee shall bow,  
every tongue confess him  
King of glory now:  
'tis the Father's pleasure  
we should call him Lord,  
who from the beginning  
was the mighty Word.

Humbled for a season,  
to receive a name  
from the lips of sinners  
unto whom he came,  
faithfully he bore it  
spotless to the last,  
brought it back victorious,  
when from death He passed:

Bore it up triumphant  
with its human light,  
through all ranks of creatures,  
to the central height,  
to the throne of Godhead,  
to the Father's breast,  
filled it with the glory  
of that perfect rest.

Name him, brothers, name him,  
with love as strong as death,

but with awe and wonder  
and with bated breath;  
he is God the Saviour,  
he is Christ the Lord,  
ever to be worshipped,  
trusted, and adored.

Brothers, this Lord Jesus  
shall return again,  
with his Father's glory,  
with his angel train;  
for all wreaths of empire  
meet upon his brow  
and our hearts confess him  
King of glory now.

*Words: Caroline Maria Noel (1817-1877)*

## **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 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)*

**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 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 “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**

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**

**The Communion Hymns ~ “Yield not to Temptation” & 491**

Yield not to temptation,  
For yielding is sin;  
Each vict’ry will help you,  
Some other to win;  
Fight manfully onward,



Dark passions subdue;  
Look ever to Jesus,  
He will carry you through.

**Refrain:**

Ask the Savior to help you,  
Comfort, strengthen and keep you;  
He is willing to aid you,  
He will carry you through.

Shun evil companions,  
Bad language disdain;  
God's name hold in rev'rence,  
Nor take it in vain;  
Be thoughtful and earnest,  
Kindhearted and true;  
Look ever to Jesus,  
He will carry you through. **[Refrain]**

To him that o'ercometh,  
God giveth a crown;  
Through faith we will conquer,  
Though often cast down;  
He who is our Saviour,  
Our strength will renew;  
Look ever to Jesus,  
He will carry you through. **[Refrain]**

*Horatio R. Palmer, 1834 -1907, African American Heritage Hymnal # 429*

## 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 “B”**

Page 148

**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 ~ 114**

Forty days and forty nights  
thou wast fasting in the wild;  
forty days and forty nights  
tempted, and yet undefiled.

Sunbeams scorching all the day;  
chilly dew-drops nightly shed;  
prowling beasts about thy way;  
stones thy pillow; earth thy bed.

Shall not we thy sorrow share  
and from earthly joys abstain,  
fasting with unceasing prayer,

glad with thee to suffer pain?

And if Satan, vexing sore,  
flesh or spirit should assail,  
thou, his Vanquisher before,  
grant we may not faint nor fail.

So shall we have peace divine:  
holier gladness ours shall be;  
round us too shall angels shine,  
such as ministered to thee.

Keep, O keep us, Saviour dear,  
ever constant by thy side;  
that with thee we may appear  
at th' eternal Eastertide.

*Words: Francis Pott (1832-1909), and George Hunt Smyttan (1822-1870)*

## **THE DISMISSAL**

Page 152

**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 First Sunday in Lent

**First Reading:** Deuteronomy 26:1-11

**Comment:** *“The Lord brought us out of Egypt with a mighty hand”*

In this reading from the Hebrew Bible, **the Lord’s mighty salvation of Israel from slavery in Egypt is recalled, and the people are bid to offer in thanksgiving the first fruits of their fields.** The passage presents one of Judaism’s oldest summaries of its history and confession of its faith. It is always to be remembered that it was God who made them a people, who heard and delivered them from their distress and gave them this good land for a heritage.

**Psalm 91:1-2, 9-16**

*A hymn of trust in the Lord. The Lord will guard and deliver the one who loves and seeks refuge with God.*

**Second Lesson: (The Epistle)** Romans 10:8b-13

**Comment:** *“If you confess that Jesus is Lord, you will be saved.”*

In this lesson, **Paul teaches that the word of faith is a gift to us; by it we make our saving confession that Jesus is Lord and that God raised him from the dead.** Without God’s grace the way of righteousness would be impossibly distant. But the faith that leads to righteousness is in our hearts and the confession of Salvation is on our lips. This is true for all people, no matter what their background, who call upon the name of the Lord.

**The Holy Gospel:** Luke 4:1-13

**Comment:** *“The Temptation of Jesus in the wilderness for forty days.”*

Our Gospel is **the story of the temptation of Jesus by the devil**. After his baptism Jesus is led into the wilderness and confronted with the temptations which are inescapable in his ministry. He might seek to show that he is the Son of God by satisfying material needs, or he could control lives by ruling with worldly pomp and authority. Or, in what may be seen as the greatest temptation, he could direct allegiance through miraculous power. Instead Jesus three times confesses his obedience to the will of God.

## **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](mailto: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 (\$3,047.00) 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 9 to 15, 2025.

11 Mrs. Heather Coward-Downes

12 Ms. Corliss A. Hinds

Ms. Ina G. Reid

14 Mr. Winfield L. Downes

Mr. Nicholas-Julius N. Small

15 Ms. Gloria Regis



*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, 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, Basil Worrell, Ernesta Yarde and George Yearwood.



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





- Mrs. Mildred Cox-Inniss (Shut-in)
- Mr. Whitfield Jackman, brother of Capt. Evelyn Jackman (Roman Catholic)
- 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***

***“Each Lent we offer ourselves to the Lord as the first fruits of God’s love for humanity.”***



### **CATHEDRAL MINISTRIES**

**Today, Sunday, March 9, 2025**

**The First Sunday in Lent**

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

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



**Wednesday, March 12, 2025**

**10:00 A.M. ~ Holy Eucharist**



## 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 **cleanse** 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 Imageries:** 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:** Psalms 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, 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. Be sure to collect yours today!



**Daily Book of Common Prayer Readings  
March 9 - 15, 2025**

<b>Day</b>	<b>Morning Readings</b>	<b>Evening Readings</b>
The First Sunday in Lent	Psalms 63:1-8(9-11), 98 Deuteronomy 8:1-10 1 Corinthians 1:17-31	Psalm 103 Daniel 9:3-10 Mark 2:18-22
Monday	Psalm 41, 52 Deuteronomy 8:11-20 Hebrews 2:11-18	Psalm 44 Genesis 37:1-11 John 2:1-12
Tuesday	Psalm 45 Deuteronomy 9:4-12 Hebrews 3:1-11	Psalms 47, 48 Genesis 37:12-24 John 2:13-22
Wednesday	Psalm 119:49-72 Deuteronomy 9:13-21 Hebrews 3:12-19	Psalms 49, [53] Genesis 37:25-36 John 2:23—3:15
Thursday	Psalm 50 Deuteronomy 9:23—10:5 Hebrews 4:1-10	Psalms [59, 60] or 19, 46 Genesis 39:1-23 John 3:16-21
Friday	Psalms 95 (Invitatory) & 40, 54 Deuteronomy 10:12-22 Hebrews 4:11-16	Psalm 51 Genesis 40:1-23 John 3:22-36
Saturday	Psalm 55 Deuteronomy 11:18-28 Hebrews 5:1-10	Psalm 138, 139:1- 17(18-23) Genesis 41:1-13 John 4:1-26  <i>Collect for 2 Lent</i>

# The Temptation of Christ

When the devil had finished all this tempting, he left him until an opportune time. Luke 4:13 (NIV)

Based on Luke 4:1-13



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

DESERT	ANGELS	WORSHIP	HUNGRY	KINGDOMS
TEMPTED	DEVIL	JORDAN	AUTHORITY	BREAD
SPIRIT	JERUSALEM	COMMAND	FORTY	STONE
LIVE	DAYS	WORLD	TEMPLE	HOLY

## 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 Inniss

---

## LEADERS OF ORGANISATIONS AND MINISTRIES

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

Office Hours:

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

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

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