



St. Michael's Cathedral

Services
for
The Third Sunday in Lent
Sunday, March 8, 2026
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 Right Rev'd Michael B. St. J. Maxwell, M.A.

Dean

The Very Rev'd Dr. Jeffrey D. Gibson

Assistant Curate

The Rev'd Re-Shan A. White, B.A.

Hon. Assistant Curate

The Rev'd Richard O. Alleyne, B.A.; MSc.

Organist/Choirmaster

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

Organist

Mr. Eric Cobham, B.Sc. BMus.

Administrative Assistant

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

Verger

Mrs. Chloe Grant

Assistant Verger

Mr. Ezra P. Mayers

The Third Sunday in Lent: YEAR A

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist

President: The Very Rev'd Dr. Jeffrey D. Gibson
Deacon of the Liturgy: The Rev'd Re-Shan A. White
Preacher: The Rev'd Richard O. Alleyne

Lay Eucharistic Minister: Mrs. Valdine Browne

ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

The Opening **Hymn ~ 413**

Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou art mighty,
hold me with thy powerful hand:
bread of heaven,
feed me now and evermore.

Open now the crystal fountain
whence the healing stream doth flow;
let the fiery cloudy pillar
lead me all my journey through:
strong deliverer,
be thou still my strength and shield.

When I tread the verge of Jordan,
bid my anxious fears subside;
death of death, and hell's destruction,

land me safe on Canaan's side:
songs and praises
I will ever give to thee.

*Words: William Williams (1717-1791), from Arglwydd arwain trwy'r, Welsh,
alt.; translation: William Williams (1717-1791),
and Peter Williams (1722-1796)*

Opening Sentence 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.

PRESIDENT: The Lord be with you.

ALL: **And also with you.**

Let us pray.

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

(Please sit)

THE MINISTRY OF THE WORD

First Lesson: Exodus 17:1-7

Lectors: 7:00 A.M. ~ Ms. Linda Springer

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

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

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the LORD commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarreled with Moses, and said, "Give us water to drink." Moses said to them, "Why do you quarrel with me? Why do you test the LORD?" But the people thirsted there for water; and the people complained against Moses and said, "Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?" So Moses cried out to the LORD, "What shall I do with this

people? They are almost ready to stone me.” The LORD said to Moses, “Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.” Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarreled and tested the LORD, saying, “Is the LORD among us or not?”

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

(Please remain seated)

Psalm 95 *Venite, exultemus*

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- 1 Come, let us sing to the LORD; *
let us shout for joy to the Rock of our salvation.
- 2 Let us come before his presence with thanksgiving *
and raise a loud shout to him with psalms.
- 3 For the LORD is a great God, *
and a great King above all gods.
- 4 In his hand are the caverns of the earth, *
and the heights of the hills are his also.
- 5 The sea is his, for he made it, *
and his hands have molded the dry land.
- 6 Come, let us bow down, and bend the knee, *
and kneel before the LORD our Maker.
- 7 For he is our God,
and we are the people of his pasture and the
sheep of his hand. *

Oh, that today you would hearken to his voice!

8 Harden not your hearts,
as your forebears did in the wilderness, *
at Meribah, and on that day at Massah,
when they tempted me.

9 They put me to the test, *
though they had seen my works.

10 Forty years long I detested that generation and
said, *
"This people are wayward in their hearts;
they do not know my ways."

11 So I swore in my wrath, *
"They shall not enter into my rest."

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 5:1-11

Lectors: 7:00 A.M. ~ Mr. Victor Small

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

A reading from the Word of God written in Paul's Letter to the Romans, the fifth chapter, beginning at the first verse.

Since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and

character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.

For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person-- though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

(Please stand, as able)

The Gradual **Hymn** ~ 474

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.

The Holy Gospel: John 4:5-42
Gospeller: The Rev'd Re-Shan A. White

GOSPELLER: The Lord be with you.

ALL: **And also with you.**

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

ALL: Glory to Christ Our Saviour.

Jesus came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's

well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon.

A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.” (His disciples had gone to the city to buy food.) The Samaritan woman said to him, “How is it that you, a Jew, ask a drink of me, a woman of Samaria?” (Jews do not share things in common with Samaritans.) Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.” The woman said to him, “Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?” Jesus said to her, “Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.” The woman said to him, “Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.”

Jesus said to her, “Go, call your husband, and come back.” The woman answered him, “I have no husband.” Jesus said to her, “You are right in saying, ‘I have no husband’; for you have had five husbands, and the one you have now is not your husband. What you have said is true!” The woman said to him, “Sir, I see that you are a prophet. Our ancestors worshiped on this mountain, but you say that the place where people must worship is in Jerusalem.” Jesus said to her, “Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship

what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshipers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.” The woman said to him, “I know that Messiah is coming” (who is called Christ). “When he comes, he will proclaim all things to us.” Jesus said to her, “I am he, the one who is speaking to you.”

Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, “What do you want?” or, “Why are you speaking with her?” Then the woman left her water jar and went back to the city. She said to the people, “Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?” They left the city and were on their way to him.

Meanwhile the disciples were urging him, “Rabbi, eat something.” But he said to them, “I have food to eat that you do not know about.” So the disciples said to one another, “Surely no one has brought him something to eat?” Jesus said to them, “My food is to do the will of him who sent me and to complete his work. Do you not say, ‘Four months more, then comes the harvest’? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, ‘One sows and another reaps.’ I sent you to reap that for which you did not labor. Others have labored, and you have entered into their labor.”

Many Samaritans from that city believed in him because of the woman’s testimony, “He told me everything I have ever

done.” So when the Samaritans came to him, they asked him to stay with them; and he stayed there two days. And many more believed because of his word. They said to the woman, “It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.”

GOSPELLER: The Gospel of Christ.

ALL: Praise to Christ our Lord.

(Please sit)

The Sermon: **The Rev'd Richard O. Alleyne**

(Please stand, as able)

The Nicene Creed

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

We believe in one Lord, Jesus Christ,
the only Son of God,
eternally begotten of the Father,
God from God, Light from Light,
true God from true God,
begotten, not made,
one in Being with the Father.
Through Him all things were made.
For us and for our salvation
He came down from heaven:

by the power of the Holy Spirit

He was born of the Virgin Mary,
and became man.

For our sake He was crucified under Pontius Pilate;

He suffered, died and was buried.

On the third day He rose again
in fulfilment of the Scriptures;

He ascended into heaven
and is seated at the right hand of the Father.

He will come again in glory to judge the living and the
dead, and His kingdom will have no end.

We believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father.

With the Father and the Son He is worshipped and
glorified.

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

We look for the resurrection of the dead,
and the life of the world to come. **Amen.**

(Please sit or kneel)

INTERCESSORY PRAYERS – “H”

Page 120

Intercessors: 7:00 A.M. ~ Ms. Shernelle O’Neale

9:00 A.M. ~ Ms. Sharron Lucas-Blackman

Let us pray for the Church and the world.

Grant Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world.

Silence

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

Guide the people of this land, and all the nations, in the ways of justice and peace; that we may honour one another and serve the common good.

Silence

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honour and glory.

Silence

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

Bless all whose lives are closely linked with ours: especially we give thanks for Omeitha, Beverley, Claudine, Heather, Corliss, Ina, Grantley, Zanieva, Winfield, and Nicholas as they celebrate their birthday during this week; grant that we may serve Christ in them, and love one another as He loves us.

Silence

LEADER: Lord in your mercy,

ALL: Hear our prayer.

Comfort and heal all those who suffer in body, mind, or spirit; Give them courage and hope in their troubles, and bring them the joy of your salvation.

Silence

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

Silence

We commend to your mercy all who have died: especially Ms. Sandra Alleyne and The Rev'd Sharon Power, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

Silence

THE CONCLUDING COLLECT

THE PRESIDENT:

Lord, hear the prayers of your people; and what we have asked faithfully, grant that we may obtain effectually, to the glory of your Name; through Jesus Christ our Lord. **Amen.**

ACT OF PENITENCE

Page 123

DEACON:

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.

DEACON:

Let us therefore confess our sins.

FORM B

Page 124

DEACON:

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.

ALL: *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.*

(Please stand)

THE GREETING OF THE PEACE

Page 125

FORM B

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”

(During the singing of this hymn worshippers, are encouraged, as inspired, to share tangible expressions such as a hand shake, etc.)



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 ~ 500

I heard the voice of Jesus say,
‘Come unto me and rest;
lay down, thou weary one, lay down
thy head upon my breast.’
I came to Jesus as I was,
weary and worn and sad;
I found in him a resting-place,
and he has made me glad.

I heard the voice of Jesus say,
‘Behold I freely give
the living water, thirsty one,
stoop down and drink and live.’
I came to Jesus and I drank
of that life-giving stream;
my thirst was quenched, my soul revived,
and now I live in him.

I heard the voice of Jesus say,
‘I am this dark world's Light;
look unto me, thy morn shall rise,
and all thy day be bright:’
I looked to Jesus, and I found
in him my Star, my Sun;
and in that Light of life I'll walk
till travelling days are done.

Words: Horatius Bonar (1808-1889)

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 thanks, Father almighty, everlasting God:

PROPER PREFACE “Lent”

Page 128

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

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

ALL:

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

(Please sit or kneel as able)

THE GREAT THANKSGIVING “B”

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 humanity.

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

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

ALL:

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

PRESIDENT:

Father, calling to mind the death your Son endured for our salvation;
His glorious Resurrection and Ascension;
His continual intercession for us in heaven;
and looking for His coming again in glory,
we offer you, in thanksgiving,
this holy and life-giving sacrifice.

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

May He make us a perpetual offering to you and enable us,
in communion with blessed Mary
and the whole company of heaven,
to share in the inheritance of your Saints.
With Him, and in Him, and through Him,
by the power of the Holy Spirit,
we worship you, Father Almighty,
with all who stand before you in earth and heaven
in songs of everlasting praise:

ALL:

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

THE LORD'S PRAYER

Page 144

PRESIDENT:

As our Saviour has taught us, so we pray:

ALL:

Our Father in heaven,

hallowed be your Name;

your kingdom come;

your will be done

on earth as in heaven.

Give us today our daily bread,

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power,

and the glory are yours now and forever. Amen.

THE BREAKING OF THE BREAD "C"

Page 145

PRESIDENT:

This is the true bread which come from heaven.

ALL:

Whoever eats this bread will live forever.

THE COMMUNION

The Invitation "C"

Page 146

DEACON:

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 ~ 463 & 455

**Come, thou fount of every blessing,
tune my heart to sing thy praise!
Streams of mercy never ceasing,
call for songs of loudest praise.
Teach me some melodious sonnet,**

sung by flaming tongues above.
Praise the mount! Oh, fix me on it,
mount of God's unchanging love.

Here I find my greatest treasure;
hither, by thy help, I've come;
and I hope, by thy good pleasure,
safely to arrive at home.

Jesus sought me when a stranger
wandering from the fold of God;
he, to rescue me from danger,
interposed his precious blood.

Oh, to grace how great a debtor
daily I'm constrained to be!
Let thy goodness, like a fetter,
bind my wandering heart to thee:
prone to wander, Lord, I feel it,
prone to leave the God I love;
here's my heart, oh, take and seal it,
seal it for thy courts above.

Words: Robert Robinson (1735-1790), alt.

Hymn ~ 455 ***(The blessing of birthday celebrants)***

My faith looks up to thee,
thou Lamb of Calvary,
Saviour divine:
now hear me while I pray;
take all my guilt away;
O let me from this day
be wholly thine.

May thy rich grace impart
strength to my fainting heart,
my zeal inspire.
As thou hast died for me,
O may my love to thee
pure, warm, and changeless be,
a living fire.

While life's dark maze I tread,
and griefs around me spread,
be thou my guide;
bid darkness turn to day,
wipe sorrow's tears away,
nor let me ever stray
from thee aside.

When ends life's transient dream,
when death's cold sullen stream
shall o'er me roll,
blest Saviour, then in love,
fear and distrust remove;
O bear me safe above,
a ransomed soul.

Words: Ray Palmer (1808-1887)

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

gives 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 “Lent”

Page 150

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.**

NOTICES 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

Page 152

DEACON:

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 ~ Year A

First Reading: Exodus 17:1-7

Comments: *“Water from the rock in the wilderness”*

In our Hebrew Bible story, **the people are at the point of rebellion because they are without water in the wilderness.** Moses decries their readiness to challenge the Lord through their lack of trust, and he asked God what is to be done. The Lord instructs Moses to strike a rock with his staff so that water will pour from it. This place he names Massah (meaning) Challenge and Meribah (meaning Dispute).

Psalm 95

A call to worship the Lord our God, with a warning not to put God to the test.

The Second Reading (The Epistle): Romans 5:1-11

Comments: *“Reconciled to God by Christ’s death”*

In this lection we hear how **Paul bids disciples to rejoice in the reconciliation and hope which are theirs because of the sacrifice of Christ on behalf of sinners.** Through faith we have justification; we are given a right relationship with God. Now even our sufferings can lead to endurance, and this to a perseverance which strengthens our hope. Since God was willing to show such a love while we were still God’s enemies because of sin, how much more we are assured that we are to be saved.

The Holy Gospel: John 4:5-42

Comments: *“Baptismal image: the woman at the well”*

Our gospel tells **the story of Jesus’ meeting with the Samaritan woman by Jacob’s well.** The narrative is rich

with themes. Jesus is willing to break with custom in order to talk with one who is both a woman and a foreigner. True worship of God is tied to no particular place. He himself offers living water which wells up to eternal life. The woman learns that Jesus is the expected Messiah, and later others from the town come to believe that he is the world's Saviour. During an interval in the story, Jesus speaks with his disciples concerning his true food and drink, and tells them that the time of harvesting for eternal life is at hand.



CATHEDRAL NEWS

Financial Stewardship: Donations can be made through online payments to St. Michael's Cathedral, CIBC First Caribbean International Bank, Bridgetown Branch, Account # 2719302; Transit # 09606.

- Streaming Equipment Foundational Setup - \$35,000.00
- Repairs to the Southern Balcony - \$59,400.00
- Repairs to the Chapter Room - \$12,750.00
- Repairs to the Roof - \$20,000.00

“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)

STEWARDSHIP: The envelopes for 2026 are still available for collection from the Administrative Assistant's office.

INITIAL OFFERING: Thanks to all who have already made their Initial Offering. The amount collected so far, is \$3,625.75. Members who have not yet made their contributions, are asked to do so as soon as possible.

TICKETS: Members are asked to note that the tickets for Solemn Musick for Good Friday, to be held on **Friday, April 3, 2026 at 6:00 P.M.**, are now available at **\$30.00 each** and can be purchased after Church Services on Sundays and from the Administrative Office during office hours.

THEME FOR THE WEEK

“In shaping our conversion of life, God always takes the initiative by his grace.”



***Congratulations to all those persons celebrating
birthdays this week March 8 to 14, 2026***

8 Mrs. Omeitha I. Haynes

Ms. Beverley L. Moore

9 Ms. Claudine M. Manning

11 Mrs. Heather Coward-Downes

12 Ms. Corliss A. Hinds

Ms. Ina G. Reid

13 Mr. Grantley Burrows

Ms. Zanieva Greaves

*14 Mr. Winfield L. Downes
Mr. Nicholas J. N. Small*



May God bless and strengthen you.



SICK: Please remember the sick or injured of our Parish and wider community, especially Daphne Browne, Margaret Browne, Darwin Clarke, Heather Coward-Downes, Alice P. Hall, Martin Haynes, Beverley Hinds, Marcia Hoyte, Selina Jones, Judy King, Helena Lyte, Marcia Oxley, Gloria Regis, Sylvester (Blues) Sargeant, Sheila Sealy, Claudette Sealy, Phyllis Springer, Winifred Trotman, Henderson R. Williams, The Rt. Rev'd Dr. Sir Wilfred Wood, Basil Worrell, and Ernesta Yarde.

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



- The Rev'd Sharon O. Power, Hon. Assistant Curate, Christ Church Parish Church.
- Ms. Sandra Alleyne, of New York, U.S.A. and formerly of St. Jude's Village, St. George.

We thank God for their lives, work and witness; and pray for the Power and Alleyne families as they mourn.

May they know the blessedness of those who mourn.

Daily Book of Common Prayer Readings
March 8 to 14, 2026

Day	Morning Readings	Evening Readings
The Third Sunday Lent	Psalms 24, 29 Genesis 41:14-45 John 5:19-24	Psalms 8, 84 Jeremiah 1:1-10 Romans 6:3-14
Monday	Psalms 56, 57, [58] Genesis 41:46-57 Mark 3:7-19a	Psalms 64, 65 Jeremiah 1:11-19 1 Corinthians 4:8- 20(21)
Tuesday	Psalms 61, 62 Genesis 42:1-17 Mark 3:19b-35	Psalm 68:1-20(21- 23)24-36 Jeremiah 2:1-13 1 Corinthians 5:1-8
Wednesday	Psalm 72 Genesis 42:18-28 Mark 4:1-20	Psalm 119:73-96 Jeremiah 3:6-18 1 Corinthians 5:9—6:8
Thursday	Psalms [70], 71 Genesis 42:29-38 Mark 4:21-34	Psalm 74 Jeremiah 4:9-10, 19- 28 1 Corinthians 6:12- 20
Friday	Psalms 95 (Invitatory) & 69:1-23(24-30)31-38 Genesis 43:1-15 Mark 4:35-41	Psalm 73 Jeremiah 5:1-9 1 Corinthians 7:1-9
Saturday	Psalms 75, 76 Genesis 43:16-34 Mark 5:1-20	Psalms 23, 27 Jeremiah 5:20-31 1 Corinthians 7:10-24 <i>Collect for 4 Lent</i>

CATHEDRAL MINISTRIES

Today, Sunday, March 8, 2026

The Third Sunday in Lent

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist

6:00 P.M. ~ Evensong: “Embracing the Kingdom’s

Future: Welcoming Children in Our Midst.”

Topic “Becoming Like Children”

Preacher: The Very Rev’d Dr. Jeffrey D. Gibson



Wednesday, March 11, 2026

10:00 A.M. ~ Worship, Reflection and Sacrament

“The Wilderness Experience: Challenge and Triumph
along the Christian Journey - Bereavement”

Presenter: The Rev’d Stephanie Gooding

Hon. Assistant Curate, St. Barnabas



SELF-DENIAL CARDS: The faithful are encouraged to participate in this pilgrimage of faith every day in Lent: read about the Wilderness Experience in the Bible; give alms; and offer prayers for the ministry of service. Proceeds will go towards The St. Michael Centre for Faith and Action.



OFFICERS OF THE CHURCH COUNCIL

Church Wardens:

Ms. Deidre Cox Mr. Victor Sylvester

Secretary: Ms. Donnah Russell, J.P.

Assistant Secretary: Mrs. Juno Burrows, J.P.

Treasurer: Mr. David Murray

Assistant Treasurer: Ms. Harriet Clarke

Synod Representatives

Mr. Darnley King, J.P.

Mr. Samuel Maxwell, J.P.

Alternative Synod Representative

Ms. Donna Inniss



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, J.P.
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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