

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

welcomes you to the celebration of

*“Flames of Fire: Stepping Out Empowered and United in
the Spirit.”*

on

The Day of Pentecost: Whitsunday

May 24, 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 Bruce 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., M.Sc.

Organist/Choirmaster

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

Organist

Mr. Eric Cobham, B.Sc., B.Mus.

Administrative Assistant

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

Verger

Mrs. Chloe Grant

Assistant Verger

Mr. Ezra P. E. Mayers

THE DAY OF PENTECOST: WHITSUNDAY

SUNDAY, MAY 24, 2026

7:00 A.M. ~ HOLY EUCHARIST

President: The Rev'd Re-shan A. White

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

9:00 A.M. ~ SUNG EUCHARIST – Concelebration:

The Very Rev'd Dr. Jeffrey D. Gibson

The Rev'd Canon George Knight

The Rev'd Re-shan A. White

Deacon: The Rev'd Richard O. Alleyne

Lay Eucharist Minister: Mrs. Valdine Browne

ORDER OF WORSHIP

Organ Prelude

Welcome

Introit Hymn ~ 271

Come, gracious Spirit, heavenly Dove,
with light and comfort from above;
be thou our guardian, thou our guide,
o'er every thought and step preside.

The light of truth to us display,
and make us know and choose thy way;
plant holy fear in every heart,
that we from God may ne'er depart.

Lead us to Christ, the living way,
nor let us from his pastures stray;
lead us to holiness, the road
that we must take to dwell with God.

Lead us to heaven, that we may share
fullness of joy for ever there;
lead us to God, our final rest,
to be with him for ever blest.

Words: Simon Browne (1680-1732), with others

Opening Sentence “***Pentecost***”

Page 99

When the Spirit comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, He will bear witness to Me; and you also are witnesses, because you have been with Me from the beginning. (*John 15: 26, 27*)

THE INVOCATION

Page 101

PRESIDENT:

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

ALL:

**And blessed be His Kingdom, now and forever. Amen.
Alleluia! Alleluia!**

ALL:

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

COLLECT FOR PURITY

Page 101

ALL:

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

THE KYRIES

Page 102

Lord, have mercy.

Lord, have mercy.

Christ, have mercy.

Christ, have mercy.

Lord, have mercy.

Lord, have mercy.

GLORIA IN EXCELSIS

Page 102

Glory to God in the highest,
and peace to His people on earth.

Lord God, heavenly King,
almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.

Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:

have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.

For you alone are the Holy One;
you alone are the Lord:
you alone are the Most High,

Jesus Christ, with the Holy Spirit,
in the glory of God the Father. *Amen.*

The Collect: “*The Day of Pentecost: Whitsunday*” Page 172

PRESIDENT: The Lord be with you.

ALL: **And also with you.**

Let us pray.

Almighty God, on this day you opened the way of eternal life to every race and nation by the promised gift of your Holy Spirit: Shed abroad this gift throughout the world by the preaching of the Gospel and the administration of the Holy Sacraments, that it may reach to the ends of the earth; through Jesus Christ our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, for ever and ever. *Amen.*

(Please sit)

First Lesson: Acts 2:1-21

Lectors: 7:00 A.M. ~ Ms. Harriett Godding

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

A reading from the Word of God written in Acts of the Apostles, the second chapter, beginning at the first verse.

When the day of Pentecost had come, the disciples were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, "Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs-- in our own languages we hear them speaking about God's deeds of power." All were amazed and perplexed, saying to one another, "What does this mean?" But others sneered and said, "They are filled with new wine."

But Peter, standing with the eleven, raised his voice and addressed them, "Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel:

‘In the last days it will be, God declares,
that I will pour out my Spirit upon all flesh,
and your sons and your daughters shall
prophesy,
and your young men shall see visions,
and your old men shall dream dreams.
Even upon my slaves, both men and women,
in those days I will pour out my Spirit;
and they shall prophesy.
And I will show portents in the heaven above
and signs on the earth below,
blood, and fire, and smoky mist.

The sun shall be turned to darkness
and the moon to blood,
before the coming of the Lord's great and
glorious day.

Then everyone who calls on the name of the Lord shall
be saved.' "

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

Psalm 104:25-35, 37 *Benedic, anima mea*

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25 O LORD, how manifold are your works! *
in wisdom you have made them all;
the earth is full of your creatures.

26 Yonder is the great and wide sea
with its living things too many to number, *
creatures both small and great.

27 There move the ships,
and there is that Leviathan, *
which you have made for the sport of it.

28 All of them look to you *
to give them their food in due season.

29 You give it to them; they gather it; *
you open your hand, and they are filled with good
things.

30 You hide your face, and they are terrified; *
you take away their breath,
and they die and return to their dust.

31 You send forth your Spirit, and they are created; *
and so you renew the face of the earth.

32 May the glory of the LORD endure for ever; *
may the LORD rejoice in all his works.

33 He looks at the earth and it trembles; *
he touches the mountains and they smoke.

34 I will sing to the LORD as long as I live; *
I will praise my God while I have my being.

35 May these words of mine please him; *
I will rejoice in the LORD.

37 Bless the LORD, O my soul. *
Hallelujah!

Glory be to the Father, and to the Son and to the Holy Spirit;
as it was in the beginning, is now, and shall be for ever. *Amen*

Second Lesson: 1 Corinthians 12:3b-13

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

9:00 A.M. ~ Dr. Wendy Sealy

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

No one can say “Jesus is Lord” except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body-- Jews or Greeks, slaves or free-- and we were all made to drink of one Spirit.

LECTOR: The Word of the Lord.

ALL: **Thanks be to God.**

(Please stand, as able)

The Gradual Hymn ~ 200

Come, Holy Ghost, our souls inspire,
and lighten with celestial fire;
thou the anointing Spirit art,
who dost thy seven-fold gifts impart.

Thy blessèd unction from above
is comfort, life, and fire of love;
enable with perpetual light
the dullness of our blinded sight.

Anoint and cheer our soilèd face
with the abundance of thy grace:
keep far our foes, give peace at home;
where thou art guide no ill can come.

Teach us to know the Father, Son,
and thee, of both, to be but one;
that through the ages all along
this may be our endless song.

‘Praise to thy eternal merit,
Father, Son, and Holy Spirit.’

*Words: anonymous, from Veni creator spiritus, 9th century, Latin;
paraphrase:; John Cosin (1594-1672)*

The Holy Gospel: John 20:19-23 (To be narrated)

Gospeller: The Rev'd Richard O. Alleyne

7:00 A.M. ~ Mr. Paul Blackman and Ms. Merlene Barrow

9:00 A.M. ~ Ms. Esme Knights and Mrs. Harriett Blackman

A Reading from the Holy Gospel according to John, the twentieth chapter, beginning at the nineteenth verse.

ALL: Glory to Christ our Saviour.

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, “Peace be with you.” After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, “Peace be with you. As the Father has sent me, so I send you.” When he had said this, he breathed on them and said to them, “Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.”

Jean 20: 19 - 23

Le soir de ce jour, qui était le premier de la semaine, les portes du lieu où se trouvaient les disciples étant fermées, à cause de la crainte qu'ils avaient des Juifs, Jésus vint, se présenta au milieu d'eux, et leur dit: La paix soit avec vous!

Et quand il eut dit cela, il leur montra ses mains et son côté. Les disciples furent dans la joie en voyant le Seigneur.

Jésus leur dit de nouveau: La paix soit avec vous! Comme le Père m'a envoyé, moi aussi je vous envoie.

Après ces paroles, il souffla sur eux, et leur dit: Recevez le Saint Esprit.

Ceux à qui vous pardonnerez les péchés, ils leur seront pardonnés; et ceux à qui vous les retiendrez, ils leur seront retenus.

Juan 20: 19-23

La noche de ese mismo día, el primero de la semana, los discípulos estaban reunidos a puerta cerrada en un lugar, por miedo a los judíos. En eso llegó Jesús, se puso en medio y les dijo: «La paz sea con ustedes.»

Y mientras les decía esto, les mostró sus manos y su costado. Y los discípulos se regocijaron al ver al Señor.

Entonces Jesús les dijo una vez más: «La paz sea con ustedes. Así como el Padre me envió, también yo los envío a ustedes.»

Y habiendo dicho esto, sopló y les dijo: «Reciban el Espíritu Santo.

A quienes ustedes perdonen los pecados, les serán perdonados; y a quienes no se los perdonen, no les serán perdonados.

GOSPELLER: The Gospel of Christ.

ALL: Praise to Christ our Lord.

(Please sit)

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

(Please stand, as able)

The Nicene Creed

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

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

by the power of the Holy Spirit
He was born of the Virgin Mary,
and became man.
For our sake He was crucified under Pontius Pilate;
He suffered, died and was buried.
On the third day He rose again
in fulfilment of the Scriptures;
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory to judge the living and the
dead, and His kingdom will have no end.

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

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

He has spoken through the Prophets.

We believe in one holy catholic and apostolic Church.

We acknowledge one baptism for the forgiveness of sins.

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

(Please sit)

INTERCESSORY PRAYERS

Intercessors: 7:00 A.M. ~ Ms. Donnah Russell, J. P.

9:00 A.M. ~ Ms. Donna Inniss

Intercession: **Form “H”**

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The President: The Bidding – Lord, we pray for your Church.
As we celebrate Pentecost, we would be filled anew with the
fire of your Holy Spirit.

LEADER:

Let us pray for the Church and for 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.**

LEADER:

Guide the people of this land, and of 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.

LEADER:

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.

LEADER:

Bless all whose lives are closely linked with ours, and 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.

LEADER:

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.

LEADER:

We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom.

Silence

LEADER: Lord, in your mercy,

ALL: Hear our prayer.

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 A

Page 123

ALL:

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

THE ABSOLUTION

Page 124

PRESIDENT:

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

ALL: Amen.

(Please stand)

THE GREETING OF THE PEACE “A”

Page 124

PRESIDENT:

We are the Body of Christ. By the one Spirit we were all baptised into one Body and have all been made to drink of the one Spirit.

ALL:

Let us then pursue the things that make for peace and build up the common life.

PRESIDENT:

The peace of the Lord be always with you.

ALL: And also with you.

HYMN OF FELLOWSHIP: *(During the singing of this hymn, worshippers are encouraged, as inspired, to share tangible expressions such as a handshake, 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.

Jill Jackson-Miller and Sy Miller in 1955

THE MINISTRY OF THE SACRAMENT

The Offertory Hymn ~ 201

Come, thou Holy Spirit, come,
and from thy celestial home
shed a ray of light divine;
come, thou Father of the poor,
come, thou source of all our store,
come, within our bosoms shine:

Thou of comforters the best,
thou the soul's most welcome guest,
sweet refreshment here below;

in our labour rest most sweet,
grateful coolness in the heat,
solace in the midst of woe.

O most blessèd Light divine,
shine within these hearts of thine,
and our inmost being fill;
where thou art not, man hath naught,
nothing good in deed or thought,
nothing free from taint of ill.

Heal our wounds; our strength renew;
on our dryness pour thy dew;
wash the stains of guilt away;
bend the stubborn heart and will;
melt the frozen, warm the chill;
guide the steps that go astray.

On the faithful, who adore
and confess thee, evermore
in thy sevenfold gifts descend:
give them virtue's sure reward,
give them thy salvation, Lord,
give them joys that never end.

*Words: Stephen Langton (?-1228),
from Veni, sancte spiritus, Latin;
translation: Edward Caswall (1814-1878), with others*

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 “A”

Page 128

Through Jesus Christ our Lord. In fulfilment of His true promise, the Holy Spirit came down (on this day) from heaven, lighting upon the disciples, to teach them and to lead them into all truth; uniting peoples of many tongues in the confession of one faith, and giving to your Church the power to serve you as a royal priesthood, and to preach the Gospel to all nations. (*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 “A”

Page 131

PRESIDENT:

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

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

Through your Son, Jesus Christ
who took our human nature upon Him
you have redeemed the world
from the bondage of sin:

and by the power of your Holy Spirit
you have gathered a people to yourself,
to make known in every place
His perfect offering which He made
to the glory of your Name.

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

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

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

PRESIDENT:
Let us proclaim the mystery of our faith.

ALL:

Christ has died.

Christ is risen.

Christ will come again.

PRESIDENT:

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

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

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

Confirm us in holiness,
that we may be found ready to join the company
of the Blessed Virgin Mary, the Holy Apostles,
and all your saints,
when our Lord Jesus Christ comes again:

Forever giving you thanks and praise
through Him for whom all good things do come.

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

ALL:

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

THE LORD'S PRAYER

Page 144

PRESIDENT:

As our Saviour has taught us, so we pray:

ALL:

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

Give us today our daily bread,

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power,

and the glory are yours now and forever. Amen.

THE BREAKING OF THE BREAD "A"

Page 145

PRESIDENT:

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

ALL:

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

THE COMMUNION

The Invitation “A”

Page 145

DEACON:

My brother and sisters in Christ, draw near and receive His Body which He gave for you, and His Blood, which He shed for you. Remember that He died for you, and feed on Him in your hearts by faith with thanksgiving.

ALL:

Grant gracious Lord that we may so eat the flesh of your dear Son, Jesus Christ, and drink His blood, that 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 ~ 205 & 278

Spirit of mercy, truth, and love,
O shed thine influence from above,
and still from age to age convey
the wonders of this sacred day.

In every clime, by every tongue,
be God's surpassing glory sung;
let all the listening earth be taught
the acts our great Redeemer wrought.

Unfailing comfort, heavenly guide,
still o'er thy holy church preside;
still let us all thy blessings prove,
Spirit of mercy, truth, and love.

Words: London Foundling Hospital Collection, 1774, alt.

Hymn ~ 278 (*Worshippers who desire a blessing for their birthday or wedding anniversary may come to the altar during the singing of this hymn.*)

Holy Spirit, truth divine,
dawn upon this soul of mine;
voice of God, and inward light,
wake my spirit, clear my sight.

Holy Spirit, love divine,
glow within this heart of mine;
kindle every high desire;
perish self in thy pure fire.

Holy Spirit, power divine,
fill and nerve this will of mine;

by thee may I strongly live,
bravely bear, and nobly strive.

Holy Spirit, law divine,
reign within this soul of mine;
be my law, and I shall be
firmly bound, for ever free.

Holy Spirit, peace divine,
still this restless heart of mine;
speak to calm this tossing sea,
stayed in thy tranquility.

Holy Spirit, joy divine,
gladden thou this heart of mine;
in the desert ways I sing,
spring, O well, for ever spring.

Words: Samuel Longfellow (1819-1892)

THE POST COMMUNION PRAYER “A”

Page 147

ALL:

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

(Please sit)

9:00 A.M. ~ Round Table: "**Stepping up: Taking control of your health**"

Facilitators: Staff and Students of Winona State University in collaboration with Dr. Wendy Sealy, Programme Coordinator, Master of Science in Nursing / Post Graduate Diploma in Paediatric Nursing, University of the West Indies, Cave Hill Campus.

The Blessing “Pentecost”

Page 151

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

ALL: *Amen.*

NOTICES AND ANNOUNCEMENTS

The Recessional Hymn ~ 270

Come down, O Love divine,
seek thou this soul of mine,
and visit it with thine own ardour glowing;
O Comforter, draw near,
within my heart appear,
and kindle it, thy holy flame bestowing.

O let it freely burn,
till earthly passions turn
to dust and ashes in its heat consuming;
and let thy glorious light
shine ever on my sight,
and clothe me round, the while my path illuming.

Let holy charity
mine outward vesture be,
and lowliness become mine inner clothing:
true lowliness of heart,
which takes the humbler part,
and o'er its own shortcomings weeps with loathing.

And so the yearning strong,
with which the soul will long,
shall far outpass the power of human telling;
for none can guess its grace,
till he become the place
wherein the Holy Spirit makes his dwelling.

*Words: Bianco da Siena (13??-1434), from Discendi, amor santo, Italian;
translation: Richard Frederick Littledale (1833-1890)*

The Dismissal: The Rev'd Richard O. Alleyne



THE DAY OF PENTECOST: WHITSUNDAY YEAR A

First Lesson: Acts 2:1-21

Comments ~ *“Filled with the Spirit to tell God’s deeds”*

This lesson tells **the story of the Holy Spirit filling the apostles and empowering them to share the message of the gospel with people of different languages.** Clearly this was a most dramatic moment in the life of the early church, an experience described in terms of wind and fire. From this time forward the mighty works of God done in Jesus will be told to all the peoples of the earth, crossing barriers of language and culture.

Psalm 104:24-35, 37

The psalm describes the wonders of the world created and renewed by the Lord's Spirit.

Second Lesson: (The Epistle) 1 Corinthians 12:3b-13

Comments ~ *"Varieties of gifts from the same Spirit"*

In this reading, we hear that **Christians are all one body and are inspired by the same Spirit which is manifested in a variety of gifts and forms of service.** It is the glory of the Christian community that its members have different gifts to offer for the common good. Disciples also come from diverse backgrounds and conditions. Yet the many members form one body, and the only Holy Spirit was poured out for all to drink.

The Holy Gospel: John 20:19-23

Comments ~ *"The Spirit poured out"*

The gospel describes **an appearance of the risen Lord in which he bestows the Holy Spirit on his disciples.** He brings his disciples peace and tells them of their mission. The ministry which the Father had given Jesus is now carried forward in the world by his followers. The disciples have power over the forgiveness of sins in order to guide others to repentance and faith.

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)



THEME FOR THE WEEK

“The Holy Spirit has made the Lord our most intimate friend.”



Congratulations to all those persons celebrating birthdays this week ~ May 24 to 30, 2026

24 Mr. Robert Agbowu

26 Ms. Marcia Hoyte

27 Mr. Jerry A. Alleyne

29 Ms. Deidre Cox

Ms. Kimberley P. Layne

Mrs. Linda R. Springer

30 Ms. Doris D. Hinds

Ms. Kim Springer

Ms. Aaliyah G. Weekes



May God bless and strengthen you.



Flowers: Thanks to all who contributed to the flowers for Whitsunday.





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, Sheila Sealy, Claudette Sealy, Eleanor Small, 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 Canon Austin D. Carrington, retired Rector of Christ Church Parish Church and of the Stall of Cyprian, St. Michael's Cathedral Chapter, who died on Tuesday, May 19, 2026.
- Mrs. Pauline Patricia Stewart, regular worshipper at the Cathedral's Wednesday congregation, former member of the Church of the Resurrection and member of St. George Parish Church, who died on Sunday, May 17, 2026.
- Ms. Gloria Regis, member of St. Michael's Cathedral and of Lower Burney, Mapp Hill, St. Michael who died on Monday, May 4, 2026



Sunday, May 24, 2026



Today, The Day of Pentecost : Whitsunday

7:00 A.M. ~ Holy Eucharist

9:00 A.M. ~ Sung Eucharist

The Feast of Pentecost: **“Flames of Fire:
Stepping Out Empowered and United in the Spirit.”**

Worshippers are encouraged to wear red shoes.

Promotion Event at the Cathedral Church ~ Staff and

Students of Winona State University in collaboration with Dr.

Wendy Sealy, Programme Coordinator, Master of Science in

Nursing/ Post Graduate Diploma in Paediatric Nursing,

Faculty of Medical Sciences, The University of the West

Indies.



Wednesday, May 27, 2026

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

Presenter – Mrs. Celpha Sands.

Topic: Introduction to Centering Prayer

Looking Ahead!

- May 31, First Sunday after Pentecost: Trinity Sunday:
9:00 A.M. Sung Eucharist – Start of Fisheries Month,
Annual Barbados Fisherfolk Festival.





- May 31 to June 7: Faith and Action Week
- Friday, June 5, 12:00 Noon – “The Stephanie-Ann Wedderburn City Outreach” (Sponsored by The St. Michael Centre for Faith and Action (SMCFA))
- Sunday, June 7, 9:00 A.M. – The Ninth (9th) Anniversary Service of The St. Michael Centre for Faith and Action (SMCFA)



**Daily Book of Common Prayer Readings
May 24 to 30, 2026**

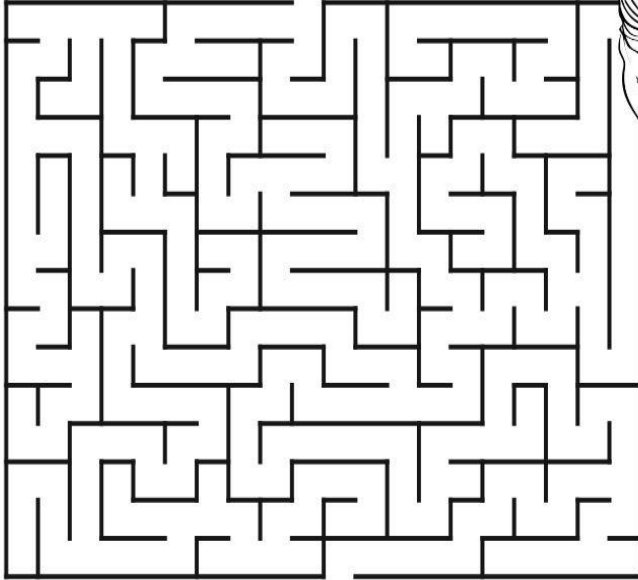
Day	Morning Readings	Evening Readings
The Day of Pentecost: Whitsunday	Psalm 118 Deuteronomy 16:9-12 John 4:19-26	Psalm 145 Isaiah 11:1-9 Acts 4:18-21, 23-33
Monday	Psalm 25 Proverbs 10:1-12 Matthew 12:22-32	Psalms 9, 15 Deuteronomy 4:9-14 1 Timothy 1:1-17
Tuesday	Psalms 26, 28 Proverbs 15:16-33 Matthew 12:33-42	Psalms 36, 39 Deuteronomy 4:15-24 1 Timothy 1:18—2:8
Wednesday	Psalm 38 Proverbs 17:1-20 Matthew 12:43-50	Psalm 119:25-48 Deuteronomy 4:25-31 1 Timothy 3:1-16
Thursday	Psalm 37:1-18 Proverbs 21:30—22:6 Matthew 13:24-30	Psalm 37:19-42 Deuteronomy 4:32-40 1 Timothy
Friday	Psalm 31 Proverbs 23:19-21, 29—24:2 1 Timothy 13:31-35	Psalm 35 Deuteronomy 5:1-22 1 Timothy 5:17-22(23-25)
Saturday	Psalms 30, 32 Proverbs 25:15-28 1 Timothy 6:6-21 Matthew 13:36-43	<i>Eve of Trinity Sunday</i> Psalm 104 Ecclesiasticus 42:15-25 Ephesians 3:14-21 <i>Collect for Trinity Sunday</i>

THE ASCENSION AND PENTECOST

Guide the disciples to watch Jesus ascend to Heaven.



END



START

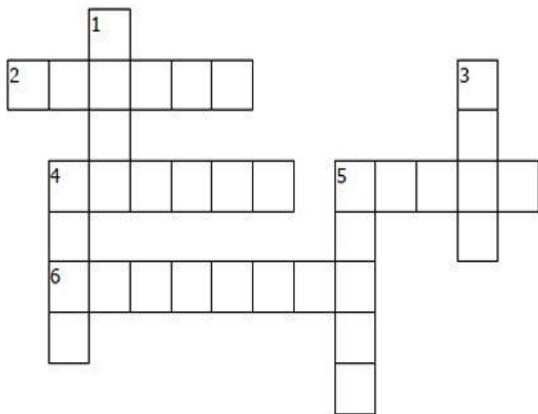
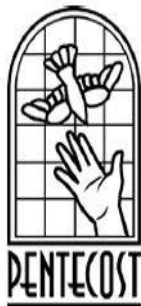


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The Day of Pentecost

All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Acts 2:4 (NIV)

Based on Acts 2:1-21



ACROSS

2. A being that cannot be seen, like a ghost
4. The place where God lives
5. Something that can be heard
6. Means of communication used by the people of a particular country

DOWN

1. A destructive burning
3. Blowing air, especially that which would move the leaves on a tree
4. Something that is pure and good, such as God's Word
5. To say words, to use the voice

LANGUAGE	FIRE	HOLY	WIND
SPIRIT	HEAVEN	SOUND	SPEAK

Notes

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. Harriett Clarke

Synod Representatives

Mr. Darnley King, J.P.

Mr. Samuel Maxwell, J.P.

Dr. Michael A. Sabazan, PhD.

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

<http://www.saintmichaelscathedral.bb>
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 4:30 P.M.

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

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