

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

welcomes you to the celebration of

**The Holy Eucharist
on the**

The Sixth Sunday after Pentecost

**July 5, 2026
7:00 a.m. and 9:00 a.m.**



“To be a guiding light of Christ’s grace, justice, freedom and love”

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

Diocesan Bishop

The Rt. Rev'd Michael B. St. John Maxwell, M. A.

Dean

His Excellency 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, J.P., 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 M. Marshall, J.P., B.Sc., Cert. SM., Cert. HRM.

Verger

Mrs. Chloe Grant

Assistant Verger

Mr. Ezra P. Mayers

Sunday, July 5, 2026
The Sixth Sunday after Pentecost: YEAR A
7:00 a.m. ~ Holy Eucharist
9:00 a.m. ~ Sung Eucharist
President: The Rev'd Re-shan A. White
Preacher: The Rev'd Richard O. Alleyne, J.P.
Lay Eucharistic Minister: Mrs. Valdine Browne



ORDER OF WORSHIP

THE PREPARATION

Organ Prelude

Welcome

Introit Hymn ~ 321

Jesus shall reign where'er the sun
does his successive journeys run;
his kingdom stretch from shore to shore,
till moons shall wax and wane no more.

People and realms of every tongue
dwell on his love with sweetest song,
and infant voices shall proclaim
their early blessings on his name.

Blessings abound where'er He reigns;
the prisoner leaps to lose his chains,

the weary find eternal rest,
and all the sons of want are blest.

Let every creature rise and bring
peculiar honours to our King;
angels descend with songs again,
and earth repeat the loud amen.

*Words: Isaac Watts (1674-1748),
1719 and Edward Denny (1796-1889), alt.*

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 KYRIE

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: Proper 9

Page 175

“The Sixth Sunday after Pentecost”

PRESIDENT: The Lord be with you.

ALL: **And also with you.**

Let us pray,

O God, you have taught us to keep all your commandments by loving you and our neighbour: Grant us the grace of your Holy Spirit, that we may be devoted to you with our whole heart, and united to one another with pure affection; 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: Genesis 24:34-38, 42-49, 58-67

Lectors: 7:00 a.m. ~ Mr. Paul Blackman

9:00 a.m. ~ Mr. Calderon Walrond

A reading from the Word of God, written in the Book of Genesis, the twenty-fourth chapter, beginning at the thirty-fourth verse.

The servant said to Laban, “I am Abraham’s servant. The LORD has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my

master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, 'You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son.'

"I came today to the spring, and said, 'O LORD, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, "Please give me a little water from your jar to drink," and who will say to me, "Drink, and I will draw for your camels also"—let her be the woman whom the LORD has appointed for my master's son.'

"Before I had finished speaking in my heart, there was Rebekah coming out with her water jar on her shoulder; and she went down to the spring, and drew. I said to her, 'Please let me drink.' She quickly let down her jar from her shoulder, and said, 'Drink, and I will also water your camels.' So I drank, and she also watered the camels. Then I asked her, 'Whose daughter are you?' She said, 'The daughter of Bethuel, Nahor's son, whom Milcah bore to him.' So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshiped the LORD, and blessed the LORD, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left."

And they called Rebekah, and said to her, "Will you go with this man?" She said, "I will." So they sent away their sister

Rebekah and her nurse along with Abraham's servant and his men. And they blessed Rebekah and said to her, "May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes." Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, "Who is the man over there, walking in the field to meet us?" The servant said, "It is my master." So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

Psalm 45:11-18 *Eructavit cor meum*

Page 526

- 11 "Hear, O daughter; consider and listen closely; *
forget your people and your father's house.
- 12 The king will have pleasure in your beauty; *
he is your master; therefore do him honour.
- 13 The people of Tyre are here with a gift; *
the rich among the people seek your favour."
- 14 All glorious is the princess as she enters; *
her gown is cloth-of-gold.
- 15 In embroidered apparel she is brought to the king; *
after her the bridesmaids follow in procession.

16 With joy and gladness they are brought, *
and enter into the palace of the king.

17 "In place of fathers, O king, you shall have sons; *
you shall make them princes over all the earth.

18 I will make your name to be remembered
from one generation to another; *
therefore nations will praise you for ever and
ever."

**Glory 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: Romans 7:15-25a

Lectors: 7:00 a.m. ~ Mr. Victor Gittens

9:00 a.m. ~ Mr. Christopher Burnett

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

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that

dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord!

LECTOR: The Word of the Lord.

ALL: Thanks be to God.

The Gradual Hymn ~ 438

Soldiers of Christ, arise,
and put your armour on,
strong in the strength which God supplies,
through his eternal Son;

Strong in the Lord of Hosts,
and in his mighty power:
who in the strength of Jesus trusts
is more than conqueror.

Stand then in his great might,
with all his strength endued;
and take, to arm you for the fight,
the panoply of God.

From strength to strength go on,
wrestle and fight and pray;
tread all the powers of darkness down,
and win the well-fought day.

That, having all things done,
and all your conflicts past,
ye may o'ercome, through Christ alone,
and stand entire at last.

Words: Charles Wesley (1707-1788)

The Holy Gospel: Matthew 11:16-19, 25-30

GOSPELLER: The Rev'd Richard O. Alleyne, J.P.

GOSPELLER: The Lord be with you.

ALL: And also with you.

A Reading from the Holy Gospel according to Matthew, the eleventh chapter, beginning at the sixteenth verse.

ALL: Glory to Christ our Saviour.

Jesus said to the crowd, “To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another,

‘We played the flute for you, and you did not dance;
we wailed, and you did not mourn.’

For John came neither eating nor drinking, and they say, ‘He has a demon’; the Son of Man came eating and drinking, and they say, ‘Look, a glutton and a drunkard, a friend of tax collectors and sinners!’ Yet wisdom is vindicated by her deeds.”

At that time Jesus said, “I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

“Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and

you will find rest for your souls. For my yoke is easy, and my burden is light.”

GOSPELLER: The Gospel of Christ.

ALL: Praise to Christ our Lord.

The Sermon: The Rev’d Richard O. Alleyne, J.P.

(Please stand, as able)

The Nicene Creed

Page 104

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

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

For our sake He was crucified under Pontius Pilate;
He suffered, died and was buried.
On the third day He rose again
in fulfilment of the Scriptures;

He ascended into heaven
and is seated at the right
hand of the Father
He will come again in glory to judge
the living and the dead,
and His kingdom will have no end.
We believe in the Holy Spirit,
the Lord, the giver of life,
who proceeds from the Father.
With the Father and the Son
He is worshipped and glorified.
He has spoken through the Prophets.

We believe in one holy catholic
and apostolic Church.
We acknowledge one baptism
for the forgiveness of sins.
We look for the resurrection of the dead
and the life of the world to come. *Amen.*

INTERCESSORY PRAYERS

Intercessors: 7:00 a.m. ~ Prof. Anne St. John, GCM
9:00 a.m. ~ Mr. John Moore, M. F.

Intercession: **Form “H”**

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The President: The Bidding – Lord, we pray for your Church.
As we thank you for the gift of Pentecost so we pray that,
renewed by the Spirit’s life, we would do Christ’s work in our
world.

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.

Silence

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

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. *Amen.*

(Please stand as able)

THE GREETING OF PEACE

Page 124

FORM A

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: Hymn ~ 296 (*During the singing of this hymn, worshippers are encouraged, as inspired, to share tangible expressions such as a handshake, etc.)*



There's a sweet, sweet Spirit in this place,
and I know that it's the Spirit of the Lord.
There are sweet expressions on each face,
and I know they feel the presence of the Lord.

Refrain:

*Sweet Holy Spirit, sweet Heavenly Dove,
stay right here with us,
filling us with your love.
And for these blessings,
we lift our hearts in praise,
without a doubt we'll know
that we have been revived
when we shall leave this place.*

There are blessings you cannot receive
till you know him in his fullness, and believe.
You're the one to profit when you say,
'I am going to walk with Jesus all the way.'

Refrain

*Words: Doris Akers (1923-1995).
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THE MINISTRY OF THE SACRAMENT

The Offertory 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 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: (*go to page 128*)

Through Jesus Christ our Lord. In fulfilment of His true promise, the Holy Spirit came down 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)

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 from whom all good things do come.

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

ALL:

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

THE LORD'S PRAYER

Page 144

PRESIDENT:

As our Saviour has taught us, so we pray:

ALL:

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

Give us today our daily bread,

Forgive us our sins

as we forgive those who sin against us.

Save us from the time of trial

and deliver us from evil.

For the kingdom, the power,

and the glory are yours now and forever. *Amen.*

THE BREAKING OF THE BREAD

Page 145

PRESIDENT:

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

ALL:

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

THE COMMUNION

The Invitation “A”

DEACON:

My brothers 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 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

Communion Hymns ~ 504 & 594

Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears, within, without,
O Lamb of God, I come.

Just as I am, poor, wretched, blind;
sight, riches, healing of the mind,
yea, all I need, in thee to find,
O Lamb of God, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.

Just as I am (thy love unknown
has broken every barrier down),
now to be thine, yea, Thine alone,
O Lamb of God, I come.

Just as I am, of that free love
the breadth, length, depth, and height to prove,
here for a season, then above,
O Lamb of God, I come.

Words: Charlotte Elliot (1789-1871)

Hymn ~ 594 (*Worshippers who desire a blessing for their birthday or wedding anniversary may come to the altar during the singing of this hymn.*)

O God, unseen yet ever near,
thy presence may we feel;
and, thus inspired with holy fear,
before thine altar kneel.

Here may thy faithful people know
the blessings of thy love,
the streams that through the desert flow,
the manna from above.

We come, obedient to thy word,
to feast on heavenly food;
our meat the body of the Lord,
our drink his precious blood.

Thus may we all thy word obey,
for we, O God, are thine;
and go rejoicing on our way,
renewed with strength divine.

Words: Edward Osler (1798-1863)

THE POST COMMUNION “A”

Page 147

ALL:

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

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

Welcome and Announcements

The Recessional Hymn ~ 503

Jesu, lover of my soul,
let me to thy bosom fly,
while the gathering waters roll,
while the tempest still is high:
hide me, O my Saviour, hide,
till the storm of life is past;
safe into the haven guide,
O receive my soul at last.

Other refuge have I none;
hangs my helpless soul on thee;
leave, ah! leave me not alone,
still support and comfort me.
All my trust on thee is stayed,
all my help from thee I bring;
cover my defenceless head
with the shadow of thy wing.

Plenteous grace with thee is found,
grace to cleanse from every sin;
let the healing streams abound;
make and keep me pure within;
thou of life the fountain art;

freely let me take of thee;
spring thou up within my heart,
rise to all eternity.

Words: Charles Wesley (1707-1788), alt

THE DISMISSAL

DEACON: Go in peace and serve the Lord.

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

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

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



THE SIXTH SUNDAY AFTER PENTECOST YEAR A

First Reading: Genesis 24:34-38, 42-49, 58-67

Comment: “The arranged marriage”

Our Hebrew Bible story is about the arranged marriage between Isaac and his kinswoman Rebekah. Abraham sent his trusted servant to his kinfolk in Haran, as he did not want to select a bride for his son from the Canaanites among whom he dwelt. The providential hand of God is seen in the prosecution and success of this venture.

Psalm 45:11-18

In this psalm for a royal wedding the queen is instructed to leave ancestry behind in preference to loyalty for her king, to whom she goes in procession.

Second Reading: (The Epistle) Romans 7:15-25a

Comment: *“The struggle with the self”*

In this lesson, **Paul continues to wrestle with the question of the role of the law. Although the law is good in principle, without God’s saving act in Jesus, it only produces more sinfulness.** Paul feels two strong and opposing tendencies with his being. Without the new relationship of faith through Jesus, the regulations of the law only cause the tendency to break the law to grow stronger. Paul speaks of this as a tendency of his flesh, by which he means all within him that does not seek faithful obedience to God.

The Holy Gospel: Matthew 11:16-19, 25-30

Comment: *“The yoke of discipleship”*

In our gospel lesson **Jesus compares his generation to capricious children, equally displeased by the austere message of John the Baptist and the inviting message of Jesus. Yet God’s wisdom will prevail. Jesus bids all to come and find that the yoke of his teaching is easy to bear.** The disclosure of the divine will come as God’s gracious gift, not through human knowledge. Especially intimate is the relationship between the Lord of all life and Jesus—that of Father and Son. Although he is the Son, Jesus is humble of heart and gentle.

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

"It is our friendship with Jesus which makes the heavy burden of continual wars with ourselves easier to bear."



BIRTHDAYS: Congratulations to all those persons who are celebrating birthdays this week ~ July 5 to 11, 2026.

6 Ms. Kurlyne Alleyne

8 Mrs. Margaret J. King-Austin

10 Mr. Orlando A. Nurse

11 Mrs. Marcia N. Harewood

Ms. Phyllis O. Reece

Mr. Victor A. Sylvester

Mr. Ian St. A. B. Weekes



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, Sheila Forde, 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:

- Ms. Velda Lowe, of #29 Primrose Avenue, Cane Garden, St. Thomas. She was a patient of the Geriatric Hospital, Beckles Road, St. Michael, when she died on Saturday, May 30, 2026. She was the sister of Ms. Harriet Lowe, former Assistant Verger of this Cathedral.
- Mr. Theophilus Forde, regular worshipper at the Cathedral's Wednesday service and Sundays 7:00 a.m., formerly of Lovell's Road, Massiah Street, St. John, died at the Queen Elizabeth Hospital on Saturday, June 20, 2026. His burial will take place at St. John Parish Church at a later date.
- Mr. Peter Thompson, son of Mrs. Cecile Thompson who attends the Wednesday service and Evensong.
- Condolence to The Very Rev'd William Dixon and family on the occasion of the death of his sister Mrs. Marjorie Doreen Forde, who died in



England on Monday June 29, 2026; as well as his brother-in-law, The Rev'd Pearson Blackman, who died on Sunday, June 9, 2026. Rev'd Blackman was a minister in the Methodist Church in the Caribbean and Americas.

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



Today, Sunday, July 5, 2026
The Sixth Sunday after Pentecost-Year A
7:00 a.m. ~ Holy Eucharist
9:00 a.m. ~ Sung Eucharist



Wednesday, July 8, 2026
10:00 a.m. ~ Holy Eucharist



NOTICE:

The Dean, The Very Rev'd Dr. Jeffrey D. Gibson is currently serving as Acting President of Barbados. He took the Oaths of Allegiance and of Office again on Sunday, June 28 and will serve until Monday, July 13, 2026, during the absence from Office of His Excellency The Most Honourable Jeffrey D. Bostic, President of Barbados. The Rev'd Erma I. Ambrose, J.P., Rector of St. Paul's, will again serve as Priest-in-Charge of the Cathedral Parish. Rev'd Ambrose, J.P., will be assisted by Church Wardens Ms. Deidre Cox and Mr. Victor Sylvester; and Assistant Curate the Rev'd Re-shan A. White, as well as Hon. Assistant Curate the Rev'd Richard O. Alleyne, J.P. Please contact Ms. Armel Marshall, J.P., Administrative

Assistant at the Cathedral Office, Monday to Friday, between 9:00 a.m. and 4:00 p.m. to address administrative needs.



FLOWERS: The flowers today are donated by Ms. Shernelle O’Neale, and an anonymous person.



SERMON NOTES

Text:.....
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Topic:.....
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Preacher:.....

Points to ponder:
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What was God saying specifically to me during the sermon?
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Daily Book of Common Prayer Readings July 5 to 11, 2026		
Day	Morning Readings	Evening Readings
The Sixth Sunday after Pentecost:	Psalms 146, 147 Numbers 27:12-23 Mark 1:14-20	Psalms 111, 112, 113 1 Samuel 14:36-45 Acts 19:11-20
Monday	Psalms 1, 2, 3 Numbers 32:1-6, 16-27 Matthew 23:1-12	Psalms 4, 7, 1 Samuel 15:1-3, 7-23 Romans 8:26-30
Tuesday	Psalms 5, 6 Numbers 35:1-3, 9-15, 30-34 Matthew 23:13-26	Psalms 10, 11 1 Samuel 15:24-35 Romans 8:31-39
Wednesday	Psalms 119:1-24 Deuteronomy 1:1-18 Matthew 23:27-39	Psalms 12, 13, 14 1 Samuel 16:1-13 Romans 9:1-18
Thursday	Psalms 18:1-20 Deuteronomy 3:18-28 Matthew 24:1-14	Psalms 18:21-50 1 Samuel 16:14—17:11 Romans 9:19-33
Friday	Psalms 16, 17 Deuteronomy 31:7-13, 24—32:4 Matthew 24:15-31	Psalms 22 1 Samuel 17:17-30 Romans 10:1-13
Saturday	Psalms 20, 21:1-7(8-14) Deuteronomy 34:1-12 Matthew 24:32-51	Psalms 110:1-5(6-7), 116, 117 1 Samuel 17:31-49 Romans 10:14-21 <i>Collect for Proper 10</i>

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 Secretary: Ms. Harriet Clarke

Synod Representatives

Mr. Darnley King, J.P.

Mr. Samuel Maxwell, J.P.

Dr. Michael A. Sabazan

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



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

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