

# Diocese of Jamaica & The Cayman Islands ST. ANDREW PARISH CHURCH

*Patron Saint Andrew The Apostle*

**Half - Way - Tree, Kingston 10. Telephone: 968-9366, 926-6692 , 926-0988**

**Fax Number 960-8463**

**Office hours 9:00 a.m. - 5:00 p.m. Mon.- Fri.**

Rectory: 927-0402      Curatage: 926-0800

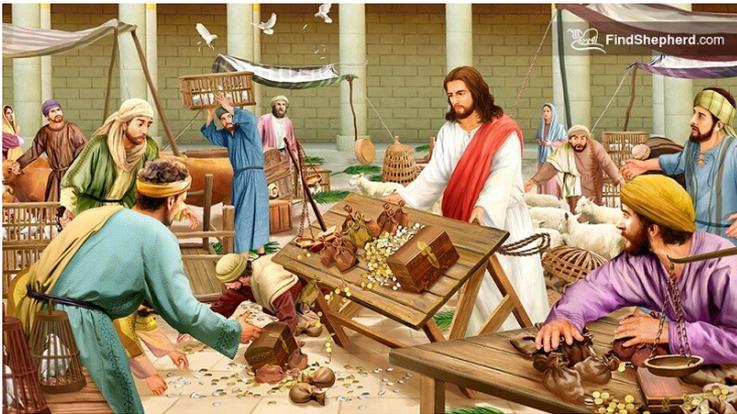
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## Chapel of Ease:

**St. Thomas Mission - Majesty Gardens and St. Clement's Mission - Kencot**



**INTENTION FOR THE YEAR:  
A Call to Intentional Discipleship,  
Sustained by the Holy Spirit**

## **CLERGY**

Rector Revd. Canon Sirrano Kitson, D. Min

Curate

Revd. Olando Gayle

Church Army

Sister Andrea Taylor-Smith

## **Wardens**

Rector's Warden

Mrs. Ruby Anderson

Email ([rubyelaineanderson@gmail.com](mailto:rubyelaineanderson@gmail.com))

People's Warden

Dr. Nigel Elliott

Email ([nelliottdvm@hotmail.com](mailto:nelliottdvm@hotmail.com))

## **Administration**

Office Administrator & Ops. Officer

Mrs. Merle Thomas

Administrative Assistant

Mrs. Hortense James

Receptionist -

Verger - Mr. Vernon Miranda

Asst. Verger - Miss Ann Morrison

**The Rector is out of Office on Mondays**

During Lent we pay a closer attention to the state and temperature of our spiritual health as we deliberately embark on our Lenten journey towards Easter, the Pascal Mystery. For us to identify our spiritual health, we also need to examine our emotional wellbeing. This requires that we recognize, name and manage our emotional feelings and develop the capacity to express our thoughts and feelings **respectfully**. “Allow yourself to experience the full weight of your feelings. Allow them without censoring them. Then you can reflect and thoughtfully decide what to do with them. Trust God to come to you through them. This is the first in the hard work of discipleship.” (Emotionally Healthy Spirituality, Peter Scazzero) Once we are able to acknowledge and express our feelings and thoughts in prayer to God, there will flow a release and outpouring from within us that will set us free to be vulnerable before God.

At times we feel stuck in our spiritual journey and our spiritual health seem to lack vitality. This can be described as lukewarm, neither hot nor cold. Our prayer life, often become a ritual and our spiritual journey lack shape and direction. We approach our prayers and reflection lacking zeal and enthusiasm. In this state, we may feel spiritually lethargic or spiritual apathy accompanied with a feeling that God is absent from us. It is suggested that we move from acknowledging how we feel, to adoring the God to whom we have expressed our feelings. We may use the Omega Prayer found in the Book of Psalms, namely Psalm 150 with its refrain of unbroken praise which is preceded by four hallelujah psalms; Psalms 146-149. When they are repeated successively, they can connect all our fears, doubt, frustrations, lethargy and all that we are experiencing to encounter at the heart of the soul, the joy, wonder, and beauty of the mysterious holiness of God. It is to stand on holy ground. C.S. Lewis says that in this state the soul is in supreme beatitude. To help us along this path, as we identify our spiritual health and our emotional wellbeing the following prayer is suggested for our use.

O God, Look into my heart  
 Uncover my desires, and read my secrets.  
 Hear what I cannot put into words.  
 Purify me through your Spirit,  
 That I may, throughout this day,  
 More perfectly love and praise you. Amen. (*The Cloud of Unknowing.*)

Our search for security and belonging, our desire for happiness unlimited and to feel safe, all point to attachments needs, which are not able to satisfy our deepest longing. It is only the soul of our hearts that has a capacity and longing to desire the presence of God. (Ps. 42:1-2). It is God alone who is able to feed and satisfy us with everlasting food for the soul; the Body broken and Blood poured for our health and salvation. “Nothing less than God, can satisfy us.” *Julian of Norwich.*

We extend a warm welcome to all our visitors and friends. May God continue to bless you all.

## **What a fellowship, what a joy divine**

1 What a fellowship, what a joy divine,  
leaning on the everlasting arms;  
what a blessedness, what a peace is mine,  
leaning on the everlasting arms.

### ***Refrain:***

***Leaning, leaning,  
safe and secure from all alarms;  
leaning, leaning,  
leaning on the everlasting arms.***

2 O how sweet to walk in this pilgrim way,  
leaning on the everlasting arms;  
O how bright the path grows from day to day,  
leaning on the everlasting arms.

### ***Refrain***

3 What have I to dread, what have I to fear,  
leaning on the everlasting arms?  
I have blessed peace with my Lord so near,  
leaning on the everlasting arms.

### ***Refrain***

## **Happy are those who are poor within - Tune Duke Street**

1. Happy are those who are poor  
within,  
They shall now learn to truly live.  
Blessed are all who are sad for sin,  
They shall know that God forgives.

2. Happy are they who are now  
oppressed  
They shall be strongly fortified  
Blessed are those who want God's  
best,  
They shall find the best of life

3. Happy are they who do what's kind,  
They shall receive God's kindly grace  
Blessed are those who look with pure  
eyes  
They shall see God's holy face

4. Happy are they who work for peace  
They shall be known as God's true  
friends  
Blessed are all whose work sparks  
grief,  
They shall find rest in the end.

Leader: Lord, as we journey towards Easter, refresh, renew and restore us in your service. We pray for churches with insufficient vitality and vibrancy. We remember churches struggling for survival. We pray for Christians drained of energy and resources. We remember especially those who thirst for your presence and your saving power. We pray for the clergy for John, Archbishop; Howard, Diocesan Bishop; Robert and Leon, Suffragan Bishops; for Sirrano, Olando, Andrea, and all church workers.

We pray to you O Lord

**All: Lord, hear our prayer.**

Leader: We pray for our nation and leaders; for Patrick, Governor General; Andrew, Prime Minister; Peter, Leader of the Parliamentary Opposition; all Members of the House of Representatives and the Judiciary, that they may serve justice and protect and safe-guard our human rights.

We pray to you O Lord

**All: Lord, hear our prayer.**

Leader: We pray for all who thirst after justice, all who are working hard for the development of our country. We remember all who are suffering from weariness and exhaustion, for the fearful and the forlorn. We pray for all who live in inner-city communities and our neighborhood, for the unemployed and unemployable.

We pray to you O Lord

**All: Lord, hear our prayer.**

Leader: We pray for all who are going through a period of testing and dryness, in their faith or their relationships. We pray for those whose zeal has cooled, for all who have lost their first vitality and zest for spiritual growth. We pray for all who are suffering from a lack of love in their homes and relationships. Enlighten with your wisdom all our teachers and students. We pray also for parents and guardians.

We pray to you O Lord

**All: Lord, hear our prayer.**

Leader: We remember all who feel wrung out or dried up, all who are wearied with the journey of life, all who feel they are near to perishing. We pray for all who cannot cope by themselves, for all who are in care, and those who care for them. We remember all who are in a hospice. We pray for the sick...

We pray to you O Lord

**All: Lord, hear our prayer.**

Leader: We give thanks for the fellowship of those whose journey is over, those who hunger and thirst no more and all who have been refreshed and restored in your kingdom. We pray that we may share with them in the fullness of life which is eternal. We remember the departed...

**Silence May be Kept**

**Eternal God and Father, we thirst for your love, we long for your presence, we yearn for your peace. Come, Lord, restore us that we may live to your glory; through him who gives us the water of life, Jesus Christ our Lord. Amen.**

**Intentional Discipleship Prayer of the Diocese**

Heavenly Father, we thank you that you have awakened Your church to hear again, the call of our Saviour Jesus Christ to come to Him and learn from Him. Grant that as we say “Yes” to discipleship, your Holy Spirit will enable us so completely to commit all areas of our lives to His service, that in our personal, family and church lives, our work, recreational and social lives, we would act as Jesus would have acted if He were in our place; in His name and for His sake we pray. **Amen.**

**SICK AND SHUT - IN**

Joan Reader	Heron Wright	Grace Gowe
William Reeson	Neville Dallen Sr.	Lillet Brown
Kerith Foster	Myrtle Smith	Enid McFarlane
Iris Richards	Joscelyn Richards	Veril Blake

*Kindly inform the Church Office when you become aware of members who are ill at home, in hospital, or absent from Church for a while.*

**INFORMATION FOR THE CHURCH**

Name: \_\_\_\_\_ M ( ) F ( ) Visitor

Address: \_\_\_\_\_

Email: \_\_\_\_\_

Phone numbers: (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Cell) \_\_\_\_\_

Date of Birth: Day \_\_\_\_\_ Month \_\_\_\_\_

Occupation: \_\_\_\_\_ Ministry Interest: \_\_\_\_\_ 5.

## Faith Formation and Christian Education

### Did you know?

The vestments and linens of the church during Lent, are characterized by a very dark purple to demonstrate the penitential nature of the season, with a focus on the need for corporate and personal spiritual renewal as a people. The Lenten season begins with Ash Wednesday and continues for forty days, excluding Sundays. (Sundays are excluded because they are celebration days - The Lord's Day of Resurrection; and since Lent is a penitential season, Sundays are therefore not included in the forty days counted for Lent.) The period of forty days draws its significance from the Jewish Passover and from Jesus' forty days of fasting and prayer in the wilderness. (Segler, F.M., Bradley, R., *Christian Worship, its theology and practice*, 2006)

### Quote for Reflection

The Eucharist reveals and celebrates our relationship with one another. "In the Eucharist, we stand to one another not as the rich to the poor, the wise to the ignorant, the strong to the needy, the clever to the simple; we stand rather as the poor to the poor, the weak to the weak, the loved to the loved." (Mark Searle in *Liturgy and Justice*, Koester, A.Y., 2002).

### Question for Reflection

In what ways have we allowed God to purify our lives both individually and collectively as a church?

### Baptism, Wedding, Funeral and Spiritual direction by appointment with the Rector

#### ACTIVITIES THIS WEEK Mar. 4 - Mar. 10

The Church is open **Monday to Friday**  
between **9 a.m. and 5 p.m. for prayer**

Monday	5:30 p.m.	Bible Study
Tuesday	9:00 a.m.	Holy Eucharist
	5:30 p.m.	Moreton Park
Wednesday	6:30 a.m.	Holy Eucharist
	9:30 a.m.	Holy Communion to sick and shut-in. (Clergy)
	5:00 p.m.	Confirmation Class
	3:00 p.m.	Women's Auxiliary
	5:30 p.m.	Property and Building
Thursday	5:30 p.m.	SAPC Choir Rehearsal
	5:30 p.m.	Lenten Devotion
Friday	9:00 a.m.	Holy Eucharist
Saturday	11:00 a.m.	Little Brothers
	2:00 p.m.	Alleluia Choir Rehearsal
	5 :00 p.m.	Youth Fellowship

# PARISH NEWS

**Birthdays for this week:** Kurt Jackson and Lenworth Sutherland 05/03, Rachel Kitson, Patrick Lynch and Julia King 06/03, Janet Shaw 08/03, Constance Durant Dayes 09/03 and Christiano Seaton and Patrick Gayle 10/03.

**Condolence** is extended to John Hudson and family on the passing of his mother Joyce Hudson. Her funeral service will be on Friday March 9<sup>th</sup> at 11:00 a.m. The funeral service for Daphne Goodison will be on Wednesday March 7<sup>th</sup> at 12:30 p.m.

**St. Andrew Settlement** will continue their bun sales today and every Sunday between 7:15 - 10:45. They will be having their annual fundraising breakfast on March 11, at a cost of \$1,000.

**Intentional Discipleship Bible Study Lenten Guide** are available from the Office at a cost of \$200.

**SAPC Legal Advisory Service** will meet next Saturday in the Court-house from 10:00a.m. to noon.

**Fellowship Group's** Annual Silent Retreat will be on Saturday, March 17, 2018 at the SAPC Church Hall, 8:30 am - 4:30 pm . All are welcome!

**Midday Reflection 2018:** The H.W.T Ministers' Fraternal present "Re-launch Midday Reflection" Wed. March 28, 12:15 -1 p.m. at Webster Memorial Church.

**Alpha Program** - This is a spiritual experience! Plan to be a part of it. Starting soon! Look out for more up dates for date and time.

**Sunday Evening Services will begin at 5:30 p.m. as at April 1, 2018**

**Sunday School** - Please donate all coins including the red ones in the box at the back.

## **Baptismal commitment for 2018**

- 1. Intentional Discipleship**
- 2. Interior of Church - Painting and Carpeting**
- 3. Birthday Ingathering & Men/Artists Perform for Christ**

**Home for Girl's** presents "**High Tea By The Roadside**", Saturday May 12, Contribution \$2,500.

# THIRD SUNDAY IN LENT

March 4, 2018 - Year B

## A Call to Intentional Discipleship, Sustained by the Holy Spirit

### 6:30 a.m.

### HOLY EUCHARIST

Old Testament

Exodus 20:1 - 17 Robert Gregory

Psalms 19

**Refrain:** “ The precepts of the Lord are just and BCP  
satisfy the heart. ”

page 490

Epistle

1 Corinthians 1:18 - 25 Hilary Phillips

Gospel

John 2: 13 - 22

Prayer of Intercession

page 4

### 8:00 a.m.

### SUNG EUCHARIST AND SERMON

#### Processional

361

Old Testament

Exodus 20:1 - 17 Dawn Ruddock

Psalms 19

**Refrain:** “ The precepts of the Lord are just and BCP  
satisfy the heart. ”

page 490

Epistle

1 Corinthians 1:18 - 25 Hyacinth Hall

Gradual (Sequence)

Leaning on the everlasting arms - page 3

Gospel

John 2: 13 - 22

Sermon

Claude Campbell

Intercession

page 4

Offertory Hymn

Happy are those who . Tune Duke Street (Page 3)

During Communion

594, 493, 521

Sunday School

664

2nd Collection

562

Recessional

413

### 10:30 a.m.

### MORNING PRAYER AND SERMON

Processional

361

Venite

BCP page 36

Psalms 19

BCP page 490

First Reading

Exodus 20:1 - 17

Benedictus

BCP page 40

Second Reading

John 2: 13 - 22

Hymn

What a fellowship

Sermon

Claude Campbell

Offertory Hymn

Happy are those who are poor within. (Page 3)

Recessional

413

### 6:00 p.m.

### HOLY EUCHARIST