

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

Patron Saint Andrew The Apostle

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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.

Assistant Curate Revd. Mark Jones

Assistant Clergy Revd. Craig Mears

Church Army Sister Andrea Taylor-Smith

Wardens

Rector's Warden

Mrs. Ruby Anderson

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

People's Warden

Dr. Nigel Elliott

Email (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

The current data from the Jamaica Meteorological Service indicates that August is among the hottest months in the island annually, with temperatures in Kingston often well in excess of the mean 85 F. Given this information it would be good to remind ourselves of a few hints or tips, from the JIS website, for keeping cool at this time.

- * Wear loose-fitting clothing, preferably of a light colour. Cotton clothing is cooler than many synthetics.
- * Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to the face after being outdoors.
- * Fans help circulate air for a cooler feeling even in an air-conditioned house.
- * Keep plastic bottles of water in the freezer; grab one when going outside.
- * Combat dehydration by drinking plenty of water along with sports drinks or other sources of electrolytes.
- * Avoid caffeine and alcohol as these will promote dehydration.
- * Instead of hot foods, try eating meals containing cold fruit or low fat dairy products.
- * If the heat is intolerable, stay indoors.
- * Pay special attention to the elderly, infants, and anyone with a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.
- * Don't forget that pets also need protection from dehydration and heat-related illnesses too.

Additionally, as we take care of our earthly bodies we are reminded in today's gospel to take care of our souls. Jesus said, "I am the bread of life" (Jn. 6:35). He also reminds us, just as he reminded the Jews in Capernaum years ago, with the story of the manna that it is good to be taught by the scriptures and through the traditions of our church, but as theologian Wayne Meeks reminds us, one must not remain in the past but must embrace God's new direction in the world today. Those who ate manna died without entering the land of promise (v. 49). But those who eat "the bread that comes from heaven" *now*, "will live forever" (v. 51). The important lesson to note here is that, this nourishment originates from heaven and is for the sustenance of our souls. We are not to focus on one and neglect the other, both are important. Our bodies are the earthly housing or dwelling place for our souls. We need to take care of them both all the time.

A warm welcome is extended to all, and especially to our guests sharing with us in our Eucharistic Service today. Additionally, we thank Rev. Fr. Peter D. Clarke, J.P. OSTJ who is our celebrant and preacher this morning.

Blessings, *Mark Jones.*

PARISH NEWS

Birthdays for this week: Millicent Williams, Andrea Chin See, Millicent Mair, Bruce & Marie Casserly, Kareen Davis-Johnson and Sherone Simpson 12/08. Tricia-Ann Robbins 13/08, Pauline Fraser 15/08, Justin James and Sandra James 17/08, Barbara Alexander and Barbara Harrison 18/08

Congratulations to Winston & Marjorie Bayley who are celebrating their 54th Wedding Anniversary today. To Dr. Vincent and Beverley Lawrence who will celebrate their 50th Wedding Anniversary on the 17th. Also to Justin and Dawn Seaton who will celebrate their 13th Wedding Anniversary on the 13th.

Men Perform for Christ - Date: September 30, 2018 **at** St. Andrew Parish Church Hall. Ellesmere Road. **Time:** 5:00 p.m. **Performers:** Fab 5, Ken Boothe, Boris Gardener, Wayne Marshall, Dwight Pickney, Nicholas Laraque, Michael Abrahams and more. **Tickets:** \$2,500 adults Children: \$500

St. Andrew Settlement will be having a Fish Fry on August 31st in the Fellowship Court from 11:00 a.m. to 1:00 p.m. Contribution is \$1,500.

All Cursillistas are invited to a **Grand Ultrea on Saturday, August 18, 2018 at St. Matthew's Church, Boscobel, St Mary commencing at 10:00 a.m.** telephone to 876-839-2734 for further information.

Baptismal commitment for 2018

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

There will be NO 10:30 a.m. or 5:30 p.m. SERVICE

TWELFTH SUNDAY AFTER PENTECOST

August 12, 2018 - Year B Proper 14

A Call to Intentional Discipleship, Sustained by the Holy Spirit

6:30 a.m.

Old Testament

Psalms 34: 1 - 8

BCP page 508

Epistle

Gospel

Prayer of Intercession Form H Page 120

HOLY EUCHARIST

Deuteronomy 8: 1 - 10 Robert Williams

Refrain: (All sit) *“Proclaim the greatness of the Lord to all. Alleluia, Alleluia, Alleluia”*

Ephesians 4: 25 - 5:2 Viveen Trewick-Morrison

John 6:37 - 51

Form H Page 120

8:00 a.m.

SUNG EUCHARIST AND SERMON

Processional

392

Old Testament

Deuteronomy 8: 1 - 10 Albert Mighty

Psalms 34: 1 - 8

Refrain: (All sit) *“Proclaim the greatness of the Lord to all. Alleluia, Alleluia, Alleluia”*

BCP page 508

Epistle

Ephesians 4: 25 - 5:2 Marie Casserly-Rademacher

Gradual

396

Gospel

John 6:37 - 51

Sermon

Rev. Fr. Peter D. Clarke

Intercession

Form H Page 120

Offertory Hymn

672

During Communion

595, 569, (603), 612.

Recessional

379

10:30 a.m. and 5:30 p.m. NO SERVICE

SICK AND SHUT - IN

John Greaves

Keith Dickson

Lloyd Austin

Valsey Parchment

Heron Wright

Stanley Thompson

Gwen Saunders

Clifford Strudwick

Clio Whittingham

Verona Rambana

Joan Reader

Lloyd James

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.