

# 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**

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

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## Chapel of Ease:

**St. Thomas - Majesty Gardens 10:30 a.m. and St. Clement's - Kencot 10:30 a.m.**



## **INTENTION FOR THE YEAR:**

**A Call to Intentional Discipleship,  
Keep the Faith & Bear the Fruit of the Spirit**

## **CLERGY**

Rector/Curate	Rev. Canon Siranno Kitson, D. Min.
Assistant Curate	Rev. Fr. Mark Jones
Assistant Clergy	Rev. Fr. Craig Mears
Supplementary Clergy	Rev. Deacon Claude Campbell
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 - Miss Roslyn Reid  
Verger - Mr. Vernon Miranda  
Asst. Verger - Miss Ann Morrison

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

**Rector's message**

Making Sound decisions is one of the most important skills that we can acquire in life. It demands being able to assess a situation and determine the best course of action. In this process we have to weigh the options, identify our emotions and explore the consequences of the choices that we make. Whatever method we may use to evaluate a situation, our ability to make decisions does not take place in a vacuum “In the end beyond techniques and criteria, discernment is a matter of character and sensitivity of becoming the person we should be.” Herein, Jesus is a model for us to follow, as he constantly discerned the will of God the Father and decisively pursues his ministry “I have come to do the will of the one who sent me.” John 4:34

It is the will of God for us to be guided by the life giving Spirit rather than our inner compulsion, instinct or by external prohibition. In this regard we are equipped as disciples of Jesus with the Holy Spirit to learn to discern God's will, by developing our spiritual intuition and become resilient in our faith. This spiritual intuition is a necessary part of our vocation to be a disciple of Jesus. It demands trust in God who enlightens and illuminates us at the most decisive moments of our lives. “It's not enough simply to believe God exists and that God is good. Deep in the soul, we have experienced God's presence and God's personal love for us.” In other words, such intimacy with God through prayer enables us to accept with deep peace those difficult and unresolved issues of our lives and having the conviction that God is working his purpose out, even in the most challenging situations.

Lent is a time for us to deliberately reflect on the temperature of our spiritual health and ask the searching question: are we hot, cold or luke warm. If we do not intentionally assess our spiritual health, we are prone to vegetate or just drift along losing vitality in the spiritual sinews of our soul. We must remember that we are fragile like dust and are always in need of rejuvenation through repentance, prayer and worship. Lent invites us to take a daily walk with Jesus as we practice the spiritual discipline of Prayer and meditation, solitude and abstinence, charity and charitable deeds. (Matthew 6:1-21). It is through a daily practice of these spiritual disciplines that Christian formation takes place, as we are moulded and shaped by the Holy Spirit to live Jesus shaped lives.

We extend a warm welcome to all our visitors worshipping with us today.

## A Daily Devotional & Spiritual Discipline

A daily quiet time is a private meeting between a disciple and the Lord. It is a period of time set aside in advance for the single purpose of a personal meeting with the Triune God.

### A daily quiet time consist of four (4) parts:

1. **Lectio Divina:** This is the reading of a passage of scripture. The intention is to meet the Lord through the written word. (Psalm 119:15, Acts 8:26-40)
2. **Meditating** (Reflecting) on the word. In this encounter we allow the word to saturate our minds, emotions and wills. (Psalm 1:2, 19:14)
3. **Prayer**, communion with God: Adoration and Praise (Ps 100, 150), Confession, Thanksgiving, and Intercession (Phil 4:6, Matt.6:6)
4. **Prayer of Supplication:** In simple words express to the Lord all your personal issues, concerns and how you are feeling. Then listen for the voice of the Lord.

This spiritual communion requires us to be constant as we use a variety of songs, hymns and a devotional book. Also, the use of Prayers from the Book of Common Prayer. (page 76-77,84). According to Mark 1:35 “Very early in the morning, while it was still dark, Jesus got up, and went off to a lonely place, where he prayed”.

Prayer is a come-as-you-are affair. It is God’s invitation as we are invited and welcomed into the sanctuary of His presence. As Richard Foster states in his book *Prayer: Finding your Hearts True Home* “The Lord is inviting you-and me-to come home, to come home to where we belong, to come home to that for which we were created. His arms are stretched out wide to receive us. His heart is enlarged to take us in. For too long we have been in the far country; a country of noise and hurry, and crowds, a country of climb and push and shove, a country of frustration and fear and intimidation. And He welcomes us home; home to serenity and peace and joy, home to friendship and fellowship and openness, home to intimacy and acceptance and affirmation.” Prayer is a relationship with the One who has already declared that we are his beloved children and who desires to be close to us.

### ASH WEDNESDAY COLLECT

Almighty and everlasting God, you hate nothing you have made and forgive the sins of all who are penitent: Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our wretchedness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

## THE PRAYERS OF INTERCESSION

**Leader:** Lord, increase our faith that we may trust in you. May we move forward knowing that you are with us and before us. Give us a vision of who we are and what we should do. Help us to journey through Lent to Easter. We pray for all leaders of worship, Howard, Diocesan Bishop; Robert and Leon, Suffragans; Sirrano, Mark, Craig, Claude, Andrea, and all church workers.

*Lord, lead us from temptation*

**All: and deliver us from evil.**

**Leader:** Lord of the Nations, we pray for the leaders of the world and for those who make decisions on our behalf; for Patrick, Governor General; Andrew, Prime Minister; Peter, Leader of the Parliamentary Opposition; all Members of Parliament and the Judiciary, that they may serve justice and protect and safe-guard our human rights.

*Lord, lead us from temptation*

**All: and deliver us from evil.**

**Leader:** Lord, we belong to a fallen world, where your image is marred and your creation despoiled. We seek quick and cheap results and disregard the consequences. The air is polluted and our rivers foul. Help all who seek to redeem this world and to save it from destruction. Give vision to leaders in the Private Sector and to our decision makers in industry, business, commerce and technology.

*Lord, lead us from temptation,*

**All: and deliver us from evil.**

**Leader:** Lord, make us aware of the wonder and the beauty that is about us. Help us to move towards a better environment. We pray for our homes and all that goes on in them. We pray for our relationships with each other.

*Lord, lead us from temptation*

**All: and deliver us from evil.**

**Leader:** We remember all who have suffered through their sinfulness, all who are caught up in violence or crime, all who are drug addicts, all who have been misused or abused by others, all who live below

their abilities and ideals, all who are tempted to despair, all who are suicidal. We pray for the sick and shut-in ... May they feel your presence and healing power.

*Lord, lead us from temptation,*

**All: and deliver us from evil.**

**Leader:** We rejoice with all who have triumphed over sin and death. We give thanks for all who have given us a good example to follow, for all who know the forgiveness of sins and the gift of eternal life. May we share with them in your kingdom. We remember ...

*Lord, lead us from temptation,*

**All: and deliver us from evil.**

*Silence may be kept*

**All: Almighty God, give us grace to cast away the works of darkness, cleanse and deliver us from all our sins, confirm and strengthen us in all goodness, and bring us into the way that leads to life; through him who is the Way the Truth and the 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**

Egbert Robertson (Priest)  
Ernie Gordon (Priest)  
Stafford Haughton  
Stanley Thompson

Ellonia Gordon  
Heron Wright  
Lloyd James  
Myrtle Young

Gazlin Parnell  
Carol Lawla  
Beryl Gillies  
Rema Watt

*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.*

**Faith Formation and Christian Education**

**Did you know ?**

Ash Wednesday is the first day of the season of Lent - a period/time which the Christian Church uses for prayer, fasting, and spiritual preparation for Easter, in which we celebrate the resurrection of Jesus. The season of Lent lasts for 40 days through to Holy Saturday, but does not include Sundays, since the Church sees each Sunday as *The Lord's Day* - The day of resurrection.

Michael Keene (1998) *Introduction to Christianity*.

**Quote for reflection**

“If you will tell me when God permits a Christian to lay aside his armour, I will tell you when Satan has left off temptation. Like the old knights in war time, we must sleep with helmet and breastplate buckled on, for the arch-deceiver will seize our first unguarded hour to make us his prey. The Lord keep us watchful in all seasons, and give us a final escape from the jaw of the lion and the paw of the bear.”

Charles Haddon Spurgeon, (2003) *Morning and Evening*.

**Question for reflection**

Is your voluntary act of self-denial (fasting) assisting your prayer life during this time of Lent?

**ACTIVITIES THIS WEEK March 1 - 7**

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

**Baptism, Wedding and Funeral arrangements as well as Spiritual Direction are made by appointment with the Rector 876-926-6692**

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
	10:30 a.m.	Holy Communion to sick and shut-in. (Clergy)
	5:30 p.m.	Catechism Class for Baptism and Confirmation
	5:30 p.m.	Property and Building
Thursday	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
Sunday	7:00 a.m.	SAPC Choir Rehearsal

**Readings for March 8, 2020: Genesis 12:1- 4a; Psalm 121, Romans 4:1 - 5, 13 - 17, John 3: 1 - 17.**

## PARISH NEWS

**Birthdays for this week:** Leonard Green 01/03 and Alethia Brown and Adassa McHayle 02/03, Elaine Baker, Helen Cuthbert, Annette Morgan and Gian King 03/03, Kurt Jackson and Lenworth Sutherland 05/03, Rachel Kitson, Patrick Lynch and Julia King 06/03.

**The Funeral Service** for Stephanie Green will be on Saturday March 7<sup>th</sup> at 10:00 a.m. and for Enid Foster on 10<sup>th</sup> March at 11:30 a.m.

**Catechism Classes** for seniors and juniors continues on Wed. at 5:30.

**You are invited to Lenten Devotions** on Thursday, March 5, at 5:30 p.m.

**Pre-Synod Conference** will be held on March 24 at St. Luke's Church Hall. All Synod Reps, Alternate Reps, Deanery Council Reps, Wardens and Treasurers are expected to attend.

**All Parish Organizations are being asked to contact the Church Office before planning and organizing Fund Raising activities.**

**There is an on-going Coin Collection Drive by the Sunday School.** Please remember to carry your coins to Church and place them in the bright gold coin collection receptacle at the back of the Church.

**The St. Andrew Deanery Sunday School Festival** will be May 17, 2020.

**Kingston Region Clergy Retreat** will be at Hillcrest Diocesan Retreat Centre, Brown's Town, on May 18-21.

**Annual Healing Conference** will be on May 22 - 24.

**The 150th Anniversary of the dis-establishment of the Anglican Church** in Jamaica will be celebrated on June 14, 2020 at a Service at the National Arena.

**Between October and December our Harvest Supper will be the ONLY Fund Raising event for .our Church.**

**Dorcas Basket/Tuesday Charity** - Gifts of all kinds are welcome.

# FIRST SUNDAY IN LENT

March 1, 2020 Year A

## A Call to Intentional Discipleship, Keep the Faith & Bear the Fruit of the Spirit

### 6:30 a.m.

Old Testament  
Psalm 32  
BCP page 505  
Epistle  
Gospel  
Intercession

### HOLY EUCHARIST

Genesis 2:15-17; 3:1-7 Paul Lue Lim  
**Refrain:** "O Lord, I acknowledge my sin to you, and  
you forgave me the guilt of my sin."  
Romans 5:12 - 19 Karen Buchanan  
Matthew 4: 1 - 11  
page 4

### 8:00 a.m.

Processional  
Old Testament  
Psalm 32  
BCP page 505  
Epistle  
Gradual  
Gospel  
Sermon  
Intercession  
Offertory Hymn  
During Communion  
2nd Collection  
Recessional

### SUNG EUCHARIST AND SERMON

*(Corporate for the Fellowship Groups)*  
246 All hail the power of Jesus Name  
Genesis 2:15-17; 3:1-7 Shirley Reeson  
Refrain: (All stand)  
Romans 5:12 - 19 John Soas  
112 Christian dost thou see them  
Matthew 4: 1 - 11  
Margaret Newman  
page 4  
457 O love, how deep! (Wareham)  
603, 210, 491  
213 A safe stronghold our God is still  
672 O Jesus I Have Promised

### 10:30 a.m.

Processional  
Venite  
Psalm 32  
Old Testament  
Benedictus  
Gospel  
Hymn  
Sermon  
Collection Hymn  
Recessional

### MORNING PRAYER AND SERMON

246  
BCP page 36  
BCP page 505  
Genesis 2:15-17; 3:1-7  
BCP page 40  
Matthew 4: 1 - 11  
112  
457  
672

### 5:30 p.m.

### HOLY EUCHARIST