

The Diocese of Jamaica & The Cayman Islands

Established 1824

St. Ann's Bay Cure

St. Anne's: 8:00am

FIFTH SUNDAY AFTER EPIPHANY

Year B

February 4, 2024



Theme for 2024

“DISCIPLING THE NEXT GENERATION”

Our Mission

*We are Disciples of Christ making the love of God known through
our witness and service in all we think, say and do*

ORDER OF THE LITURGY

Opening Hymn: Sweet Hour of Prayer

1 Sweet hour of prayer! sweet hour of prayer!
that calls me from a world of care,
and bids me at my Father's throne
make all my wants and wishes known.
In seasons of distress and grief,
my soul has often found relief,
and oft escaped the tempter's snare
by thy return, sweet hour of prayer!

2 Sweet hour of prayer! sweet hour of prayer!
the joys I feel, the bliss I share
of those whose anxious spirits burn
with strong desires for thy return!
With such I hasten to the place
where God my Savior shows his face,
and gladly take my station there,
and wait for thee, sweet hour of prayer!

3 Sweet hour of prayer! sweet hour of prayer!
thy wings shall my petition bear
to him whose truth and faithfulness
engage the waiting soul to bless.
And since he bids me seek his face,
believe his word, and trust his grace,
I'll cast on him my every care,
and wait for thee, sweet hour of prayer!

THE GREETING

Opening Sentence

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

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

OPENING PRAYER

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.

Nine Fold Kyrie

**Lord, have mercy. Lord, have mercy. Lord, have mercy
Christ, have mercy. Christ, have mercy. Christ, have mercy
Lord, have mercy. Lord, have mercy. Lord, have mercy**

Gloria In Excelsis

**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.**

Collect: Set us free, O God, from the bondage of our sins, and give us the liberty of that abundant life which you have made known to us in your Son our Savior Jesus Christ; who lives and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. *Amen.*

FIRST READING: Isaiah 40:21-31 (Margaret Tait)

Psalm 147

- 1 Hallelujah!
How good it is to sing praises to our God! *
how pleasant it is to honor him with praise!
- 2 The LORD rebuilds Jerusalem; *
he gathers the exiles of Israel.
- 3 He heals the brokenhearted *
and binds up their wounds.
- 4 He counts the number of the stars *
and calls them all by their names.
- 5 Great is our LORD and mighty in power; *
there is no limit to his wisdom.
- 6 The LORD lifts up the lowly, *
but casts the wicked to the ground.
- 7 Sing to the LORD with thanksgiving; *
make music to our God upon the harp.
- 8 He covers the heavens with clouds *
and prepares rain for the earth;

9 He makes grass to grow upon the mountains *
and green plants to serve mankind.
10 He provides food for flocks and herds *
and for the young ravens when they cry.
11 He is not impressed by the might of a horse; *
he has no pleasure in the strength of a man;
12 But the LORD has pleasure in those who fear him, *
in those who await his gracious favor.

21 Hallelujah!

**All glory to the Father, Son,
And to the Holy Spirit be;
As from the first it was, is now,
And will be for eternity. Amen.**

SECOND READING: 1 Corinthians 9:16-23 (Vivienne Henry)

Gradual Hymn: CPWI 280, Like the Murmur (Carl P. Daw)

1. Like the murmur of the dove's song,
like the challenge of her flight,
like the vigour of the wind's rush,
like the new flame's eager might:
Come, Holy Spirit, come.

2. To the members of Christ's Body,
to the branches of the Vine,
to the church in faith assembled,
to her midst as gift and sign:
Come, Holy Spirit, come.

3. With the healing of division,
with the ceaseless voice of prayer,
with the power of love and witness,
with the peace beyond compare:
Come, Holy Spirit, come.

Alle- Alle- Alle-

The Gospel: Mark 1:29:39

Alle-, Alle-, Alle-

THE SERMON: Rev. Monique Campbell

Hymn of Response: 407, As The Deer Pants (Martin Nystram)

1. As the deer pants for the water
So my soul longs after You.
You alone are my heart's desire
And I long to worship You.

*You alone are my strength, my shield,
To you alone my spirit yield
You alone are my heart's desire
And I long to worship You.*

2. I want you more than gold or silver
Only you can satisfy.
You alone are the real joy-given
And the apple of my eye.

3. You are my Friend and you are my Brother
Even though you are a king.
I love you more than any other
So much more than anything.

THE PRAYERS OF THE PEOPLE: Angello Ridley, Snr

Leader: Lord, we wait, we watch, we long for You.

Renew our powers, refresh our spirits, restore our well-being, for You give new strength to the faint and power to the powerless. May Your church be found working among those who lack resources or rights. May we seek to care for those who cannot care for themselves. We pray for the lowly and the humiliated. Lord, be to them a tower of strength. We pray for our bishops: Howard, Leon, Garth and Harold, priests: Monique, Glen and Horace, and deacons. Great are You, O Lord,

All: and mighty is Your power.

Leader: We pray for the great powers of the world, the strong nations, and mighty governments: may their power be used properly that the poor are protected, the weak are not exploited, and no one is oppressed. We pray for Patrick, Governor-General, Andrew, Prime Minister, Mark, Leader of the Opposition, and all Members of Parliament. We remember those who have accepted poverty and vulnerability for the sake of others. Lord, be to them a tower of strength. Great are You, O Lord,

All: and mighty is Your power.

Leader: We give thanks for all who have cared for us in times of weakness, for those who have uplifted our spirits and given us new hope. We pray for our friends and loved ones, especially any who are finding life difficult at this time. We pray for any in our community that may feel neglected or rejected. Lord, be to them a tower of strength. Great are You, O Lord,

All: and mighty is Your power.

Leader: We pray for all who are in weakness of body, mind or spirit, all who have come to the end of their own resources. We remember all who are losing their mobility or agility, those who are losing their memories, and all who have lost their grip on reality; for those who no longer trust in anyone, and those who doubt the love of God; for all who are caring for

loved ones in illness. Bring health of body, soul and spirit to our sick and shut-in... Lord, be to them a tower of strength. Great are You, O Lord,

All: and mighty is Your power.

Leader: We give thanks that Christ is our healer and our redeemer; He will not allow us to be lost. We pray for loved ones departed who are renewed and refreshed in the love and light of God. We remember those who mourn. Lord, be to them a tower of strength. Great are You, O Lord,

All: and mighty is your power.

Silence for personal prayers

All: Blessed are You, Lord God of all creation, for You have brought everything into existence, You are great and mighty in power. Be our strength in times of weakness, uphold us when we are down, protect us at all times; through Jesus Christ our Lord. Amen.

ACT OF PENITENCE

PRESIDENT: 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.

A period of silence shall be kept.

PRESIDENT: Let us therefore confess our sins.

ALL: Most Merciful God, we confess that we have sinned against you in thought, word, and deed, by what we have done and by what we have left undone. We have not loved you with our whole heart; we have not loved our neighbours as ourselves; we have not loved ourselves as we ought. We are truly sorry and we humbly repent. For the sake of your Son Jesus Christ, have mercy on us and forgive us that we may delight in your will, and walk in your ways, to the glory of your Name. Amen.

THE ABSOLUTION

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.**

FORM A

PRESIDENT

President: We are the body of Christ. By the one Spirit we were all baptized 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.

Offertory: CPWI 409, Be Thou My Vision

1. Be thou my vision, O Lord of my heart,
be all else but naught to me, save that thou art;
be thou my best thought in the day and the night,
both waking and sleeping, thy presence my light.

2. Be thou my wisdom, be thou my true word,
be thou ever with me, and I with thee, Lord;
be thou my great Father, and I thy true son;
be thou in me dwelling, and I with thee one

3. Be thou my breastplate, my sword for the fight;
be thou my whole armour, be thou my true might;
be thou my soul's shelter, be thou my strong tower:
O raise thou me heavenward, great Power of my power.

4. Riches I heed not, nor man's empty praise;
be thou mine inheritance now and always;
be thou and thou only the first in my heart;
O Sovereign of heaven, my treasure thou art.

5. High King of heaven, thou heaven's bright Sun,
O grant me its joys after victory is won;
great Heart of my own heart, whatever befall,
still be thou my vision, O Ruler of all.

THE PRESENTATION OF THE OFFERINGS:

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

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: ... 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!**

Form B

PRESIDENT

Holy and gracious Father,
all creation rightly gives you praise.
All life, all holiness, comes from you
through your Son, Jesus Christ our Lord,
whom you sent to share our human nature,
to live and die as one of us, to reconcile us to you,
the God and Father of all.

We therefore bring you these gifts,
and we ask you to make them holy by the power of your Spirit,
that they may become the Body and Blood of your Son,
our Saviour Jesus Christ,
who offered Himself in obedience to your will,
the Perfect Sacrifice for all mankind.

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."

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.
Do this, whenever you drink it,
For the remembrance of me."

One of the following Acclamation shall be said:

ALL

When we eat this Bread and drink this Cup, we proclaim the death of Christ until He comes again.

**Christ has died.
Christ is risen.
Christ will come again.**

PRESIDENT

Father, calling to mind the death your Son
endured for our salvation;
His glorious Resurrection and Ascension;
His continual intercession for us in heaven;
and looking for His coming again in glory,
we offer you, in thanksgiving,
this holy and life-giving sacrifice.

Look with favour on your Church's offering,
and grant that we who eat and drink these holy gifts
may be filled with your Holy Spirit
and become one body in Christ.
and serve you in unity, constancy and peace.

May He make us a perpetual offering to you and enable us,
in communion with blessed Mary
and the whole company of heaven,
to share in the inheritance of your Saints.

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

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:

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 AGNUS DEI

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

*Our Saviour invites all adults baptized in the name of the Father, Son and Holy Spirit
who are walking with Him to come to His table.)*

THE INVITATION:

PRESIDENT: The Gifts of God for the people of God

ALL: Our souls will feast and be satisfied, and we will sing glad songs of praise to him.

HYMNS DURING COMMUNION:

CPWI 521, Have Thine Own (Adelaide Addison Pollard)

1. Have thine own way, Lord, have thine own way!

Thou art the potter. I am the clay!

Mold me and make me after thy will,

while I am waiting, yielded and still.

2. Have thine own way, Lord! Have thine own way!

Search me and try me, Master, today!

Purer than snow, Lord, wash me just now,

as in thy presence humbly I bow.

3. Have thine own way, Lord! Have thine own way!

Wounded and weary, help me, I pray!

Power all power surely is thine!

Touch me and heal me, Saviour divine!

4. Have thine own way, Lord! Have thine own way!

Hold o'er my being absolute sway!

Fill with thy Spirit till all shall see

Christ only, always, living in me!

CPWI 627, We Pray Thee (Vincent Stuckey Stratton Coles)

1. We pray thee, heavenly Father,

to hear us in thy love,

and pour upon thy children

the unction from above;

that so in love abiding,

from all defilement free,

we may in pureness offer

our Eucharist to thee.

2. Be thou our guide and helper,

O Jesus Christ, we pray;

so may we well approach thee,

if thou wilt be the Way:
thou, very Truth, hast promised
to help us in our strife,
food of the weary pilgrim,
eternal source of life.

3. And thou, creator Spirit,
look on us, we are thine;
renew in us thy graces,
upon our darkness shine;
that, with thy benediction
upon our souls outpoured,
we may receive in gladness
the body of the Lord.

4. O Trinity of Persons,
O Unity most high,
on thee alone relying
thy servants would draw nigh:
unworthy in our weakness,
on thee our hope is stayed,
and blessed by thy forgiveness
we will not be afraid.

CPWI 625, We Come As Guest (Timothy Dudley-Smith)

1. We come as guests invited
when Jesus bids us dine,
his friends on earth united
to share the bread and wine;
the bread of life is broken,
the wine is freely poured
for us, in solemn token
of Christ our dying Lord.
2. We eat and drink, receiving
from Christ the grace we need,
and in our hearts believing
on him by faith we feed;
with wonder and thanksgiving
for love that knows no end,
we find in Jesus living
our ever-present friend.
3. One bread is ours for sharing,
one single fruitful vine,
our fellowship declaring
renewed in bread and wine;
renewed, sustained and given
by token, sign and word,
the pledge and seal of heaven,

the love of Christ our Lord.

CPWI, 601, Jesu, My Lord (William Bright)

1. Jesu, my Lord, my God, my all,
hear me, blest Saviour, when I call;
hear me, and from thy dwelling-place
pour down the riches of thy grace.

*Jesu, my Lord, I thee adore;
O make me love thee more and more!*

2. Jesu, too late I thee have sought;
how can I love thee as I ought?
And how extol thy matchless fame,
the glorious beauty of thy Name?

3. Jesu, what didst thou find in me
that thou hast dealt so lovingly?
How great the joy that thou hast brought,
so far exceeding hope or thought!

4. Jesu, of thee shall be my song;
to thee my heart and soul belong:
all that I have or am is thine;
and thou, Blest Saviour, thou art mine.

Children Hymn: CPWI 646, Gentle Jesus, Meek and Mild (Charles Wesley)

1. Gentle Jesus, meek and mild,
look upon a little child.
pity my simplicity,
suffer me to come to thee.

2. Fain I would to thee be brought;
gracious Lord, forbid it not;
in the kingdom of thy grace
give a little child a place.

3. Fain I would be as thou art;
give me thy obedient heart:
thou art pitiful and kind;
let me have thy loving mind.

4. Let me above all fulfill
God my heavenly Father's will:
never his good Spirit grieve,
only to his glory live.

5. Lamb of God, I look to thee;
thou shalt my example be:
thou art gentle, meek and mild;
thou wast once a little child

6. Thou didst live to God alone;
thou didst never seek thine own;
thou thyself didst never please:
God was all thy happiness.

7. Loving Jesus, gentle Lamb,
in thy gracious hands I am:
make me, Saviour, what thou art;
live thyself within my heart.

8. I shall then show forth thy praise,
serve thee all my happy days;
then the world shall always see
Christ, the holy Child, in me.

Ablution Hymn: CPWI 612, O Jesu, Blessed (Thomas Hansen Kingo)

O Jesu, blessèd Lord, to thee
my heartfelt thanks for ever be,
who hast so lovingly bestowed
on me thy body and thy blood.

Break forth, my soul, for joy, and say,
'What wealth is come to me today!
My Saviour dwells within me now;
how blest am I! How good art thou!'

POST COMMUNION PRAYER:

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.

Recessional: When We Walk with the Lord

1. When we walk with the Lord
in the light of his word,
what a glory he sheds on our way!
While we do his good will,
he abides with us still,
and with all who will trust and obey.

*Trust and obey, for there's no other way
to be happy in Jesus, but to trust and obey.*

2. Not a burden we bear,
not a sorrow we share,
but our toil he doth richly repay;

not a grief or a loss,
not a frown or a cross,
but is blest if we trust and obey.

3. But we never can prove
the delights of his love
until all on the altar we lay;
for the favor he shows,
for the joy he bestows,
are for them who will trust and obey.

4. Then in fellowship sweet
we will sit at his feet,
or we'll walk by his side in the way;
what he says we will do,
where he sends we will go;
never fear, only trust and obey.

Prayerful Support

These are our sick and shut-in members. Remember to pray for them as well as those who care for them.

Sick: Fitzgerald Boyd, Cynthia Dexter, Fay Dickens, Dorrell Fletcher, Karl Fuller, Lenworth Garel, Hugh Lyon, Gwen Warren, Leslie Latham, Adonijah Spencer

Shut-in- Hazel Bascoe, Edna Carnegie, Leslene Duncan, Joy Fuller, Hyacinth Grierson, Lillian Graham, Kenneth and Gwendolyn Hamilton, Florence Higgins, Olive Johnson, Desreen Logan, Canon Glenbert & Sr. Shirley Prince, Doreen Reid, Rev. Fr. Horace Richards, Abalda Smith (Bamboo), Myrtle Thomas, Winnifred Simpson

St. Saviour's, Lime Hall

Terrlyn Lugg, Lorraine Royes, Myrtle Trusty, Evelyn Anglin, Eileen Gaynor, Hilda Jones, Winifred Senior, Kingsley Coke, Karlene Brown, Ermine Williams (Kingston), Linet Robinson.

Out of Parish: Aubrey (Bobby) Creary, Lorrel Asher

St Agnes', Priory

Sick & Shut-in: Maudlyn Dyer, Merlene Higgins
Phyllis Rose, Geneva Martin, Minette Jarrett, Gladys Carter.

He heals the broken hearted and supports those who are weary

Reflection

God cannot give us a happiness and peace apart from Himself, because it is not there. There is no such thing.
C. S. Lewis

Birthdays: February 4 – February 11, 2024

Dorothy Salmon	4
Nadalee Walker	6
Monique Campbell	8
Durrant Whyte	9
Kemar Morrison	10
Olive Johnson	10

WELCOME & NOTICES

1. We ask that you continue to keep safe and share love with others
2. We continue to thank the **Outreach Team and Donors** as they assist the most vulnerable at this time. We continue our collections on first Sundays.
3. Our games evening is this Friday at 6:30pm.
4. We thank the Runaway Bay group for cleaning. Tangle Wood is on duty in month of February.
5. Kenneth Haley, who sits to the rear of the Church, is mourning the death of his daughter who was murdered in Charles Town. Please pray for him and his family.
6. We offer prayerful support to Karl Fuller, Maxie Monteith, Novelette Georges, Jacqueline Buchanan and Myrna Jackson as they mourn.
7. AYF is every Sunday at 5:15pm. Persons 12-25 are invited
8. All adults 20-45 are invited to Millennials Mingle every second Friday at 7pm at St. Ann Parish Church Hall.
9. Evening Bible Study continues on Wednesdays at 6:30pm.
10. Mass and Bible Study are on Wednesdays at 7am.
11. Confirmation classes begin on February 4, at 4p.m. in the church hall.
12. Our Ash Wednesday service is at St. Matthew's, Claremont@9am. This will be our Deanery Day. Please return your Palm Crosses.
13. Deanery Council Meeting is at St. Anne's this Saturday, February 10 at 9:30am. Synod Reps, Deanery Council Reps and Sunday School teachers are expected to be in attendance.
14. Our Cure Meeting is on Saturday, February 24th from 10am- 2pm. All Church Committee Members and Sunday School Teachers are invited. Please confirm your presence by February 19th.
15. A Lenten Spiritual Retreat is on March 1- 3. The cost per person is \$10,000 at The Hillcrest Diocesan Retreat Centre. The Theme: A Faith Journey Through The Book Of Psalms. The Host is The Most Rev. Dr. Howard K. A. Gregory with Presenter: Dr. Paul Thompson.

Last Sunday after Epiphany February 11, 2024 (Green)

First Reading: 2 Kings 2:1-12 (Janet Austin)

Second Reading: 2 Corinthians 4:3-6 (MU)

Prayers (Michael Barrett)

Psalm 50:1-6

Gospel: Mark 9: 2-9

St. Ann Parish Church

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Treasurer-Mr. Eric Smith- 876-383-4997

Secretary-Mr. Errol Dunn- 876-878-4527

Caretaker - Mr. Jeffrey