



St. Ambrose Anglican Church



Gladstone & Carmichael Roads

Rector: Fr. Lynden Douglas

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Mission Statement

The Parish of St. Ambrose exists to be servants of God, empowered by the Holy Spirit, to build up the community of faith so that all may become whole persons in Christ.

Archbishop of The Province of The West Indies

The Most Rev'd Howard Gregory, *B.A., S.T.M., S.T.D., D.D.*

Diocesan Bishop

The Rt. Rev'd Laish Boyd, *B.A., D.D.*

Assistant Bishops

The Most Rev'd Drexel W. Gomez, *B.A., D.D., C.M.G.*

The Rt. Rev'd Gilbert A. Thompson, *C.M.G., S.Th., M.A., J.P*

West Central Archdeaconry

The Venerable Dwight H. L. Rolle, *B.A., S.T.M., J.P.*



SCHEDULE OF SERVICES

Sunday - 7:00 am Said Mass

Sunday - 9:30 am Sung Mass

Wednesday - 6:30 am Said Mass



THE FIRST SUNDAY IN LENT

Sunday, February 18th, 2024 - Year B

Liturgical Colour - Purple

Be thoughtful, be silent, be reverent, for this is the House of God.
Before the service, speak to the Lord; during the service,
let the Lord speak to you; after the service, speak to one another.

Introit Hymn	Forty Days and Forty Nights	CPWI 114
Opening Sentence	Lent	BCP 98
Collect For Purity		BCP 101
The Kyries		BCP 102
Collects	First Sunday in Lent & Ash Wednesday	BCP 163

Diocesan Theme Collect 2024

Almighty and generous God, You are the Creator and Giver of all that is good. We thank You and praise You for the beauty of the earth, for our work, our families, our loved ones and all the gifts which we have been given By Your grace may we show gratitude by sharing what we have received, always mindful that in serving others we are serving You. Guided by that same grace help us to be good stewards, who care for Your earth, and who work to preserve it for future generations. We remain grateful for Your constant love, for the gift of Your Son Jesus Christ, and the presence of Your Holy Spirit, now and for ever. Amen.

OLD TESTAMENT LESSON

Reader: A Reading from the word of God written in Genesis chapter 9 verses 8 to 17.

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

Reader: The Word of the Lord

All: Thanks Be To God

PSALM 25:1-9

(The psalm is read responsively or sung by the choir and congregation)

THE EPISTLE

Reader: A Reading from the word of God written in First Peter chapter 3 verses 18 to 22.

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you—not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

Reader: The Word of the Lord

All: Thanks Be To God

(The congregation stands for the singing of the Gradual Hymn)

Gradual Hymn

Lead Us Heavenly Father

CPWI 424

(The following chorus is sung before the Gospel)

Holy words long preserved for our walk in this world,

They resound with God's own heart

Oh, let the ancient words impart.

Ancient words ever true changing me, and changing you.

We have come with open hearts, Oh let the ancient words impart.

THE HOLY GOSPEL

MARK 1:9-15

(All stand)

Gospeller: The Lord Be With You

All: And Also With You

Gospeller: A reading from the Holy Gospel according to Mark.

All: Glory to Christ our Saviour

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased." And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, "The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news."

Gospeller: The Gospel Of Christ

All: Praise to Christ our Lord

(The following chorus is sung after the Gospel)

Words of life, words of hope, give us strength, help us cope
In this world, where e'er we roam,
Ancient words will guide us home.
Ancient words ever true, changing me, and changing you.
We have come with open hearts, Oh let the ancient words impart.

Sermon Fr. Lynden Douglas
Nicene Creed BCP 104
Intercessions Form D BCP 111

PARISH PRAYER

O God, who has brought us into the fellowship of your dear Son, lead us all in St. Ambrose ever closer day by day to You and to one another, that we may become of one heart and mind in love toward You; and grant that our common life and work in sacrificial service may help to extend Your kingdom here where we are and in all the world; through Jesus Christ our Lord. **Amen.**

The Act of Penitence/The Peace BCP 123-125
Hymn for the Peace

(please be seated)

ANNOUNCEMENTS

BIRTHDAY PRAYER: O Lord, watch over those persons who are celebrating birthdays or anniversaries. Bless and guide them wherever they may be; strengthen them when they stand; comfort them when they are discouraged or sorrowful; raise them up if they fall; and in their hearts may the peace of God which passes all understanding abide with them on the anniversary of their birth and marriages, and all the days of their lives, through Jesus Christ our Lord. **Amen.**

THE PREPARATION

We prepare ourselves for the Feast

Congregation may remain seated for the singing of the Offertory Hymn, and stand during the last verse

Offertory Hymn **Disposer Supreme** **CPWI 832**

The following is sung during the Presentation of the Offerings

All things are Yours, no gifts have we; Lord of all gifts to offer Thee. And then with grateful hearts today, Your own before Your feet we lay. Amen.

Censing Hymn **Through All The Changing Scenes** **CPWI 427**

THE MINISTRY OF THE HOLY SACRAMENT

(The highest reverence is due - No Talking - No Movement)

The Sursum Corda BCP 126

The Proper Preface	Lent	BCP 128
Eucharistic Prayer	Form A	BCP 131
The Lord's Prayer		BCP 144
The Breaking of Bread		BCP145
The Agnus Dei		BCP 147

THE ADMINISTRATION OF HOLY COMMUNION

(Please remain reverent as you move to receive communion)

We Share In His Feast

Communion Hymn	Once, Only Once	CPWI 617
	Lord Jesus Think On Me	CPWI 119
	I Was Made A Christian	CPWI 650
Post-Communion Prayer		BCP 147
The Blessing and Dismissal		BCP 149
Recessional Hymn	Jesus Keep Me Near The Cross	CPWI 133

NOTICES

VISITORS, we welcome you to St. Ambrose and greet you in the name and love of our mighty Saviour, Jesus Christ. We are delighted that you have come to share with us in this worship experience.

MEMBERS, if you were away, it is good to have you back home and we give thanks to God for your safe return.



Remember *in* Prayer

Our nation & community, the unemployed, the homeless, the sick and shut-in, the disabled, members who are abroad, those who are travelling, fishermen, farmers, teachers, students, pilots, legal and medical professionals, law-enforcement officers, the lapsed and indifferent members of our church, and all who have requested our prayers.

THE SICK

Members - Sabrina Bain, Alinda Bowe, Granville Brown, Barbara Chong, Jocelyn Munroe, Beverly Wallace-Whitfield

Relatives & Friends: Rowena Albury (James Albury's mother), Almond Weech & Willimena Allen (Kenva Mullings' brother & aunt), Layla Bain (Melinda McKenzie's niece); Ken Bethel, Peter Bowe, LaShay Brown (Lenora Brown's daughter), Marvin Cooper (Bradley Cooper's brother), Natalia Cowderoy (Natalie Duncombe's daughter), Clara Cox (Robert Cox's mother), Trevor Sands & Jeffery Cox (Sherry Walkine's son & cousin), Walter Ferguson (Ophelia Cooper's brother), Brenda Heastie, Theron Hepburn (Carol Roach's brother-in-law), Samuel Hunter (Father of Kenva Roxbury, Samantha Hunter, Shantia Goodwin-Davies), Bernadette Ingraham (Bridgette Ingraham's sister),

Sandra Kemp, Alexander Knowles, Vanria Lightbourne (Cheyenne & Cheryl Bethel's sister), Logan McCaulsky, Benjamin Miller (Anya Miller's husband), Oswald (Sr.) & Betty Nixon (Brian Nixon's parents), Sylvia Pinder, Innis Robinson, Archdeacon Dwight Rolle, Steven & Helen Rolle, Ollie Sands (Cleo Hepburn's sister), Canon Peter Scott, Maryann Sokal, Livingston Stuart (Ann Major's step-father), Mazel Turnquest (Rochelle Turnquest's mother).

Recovering Members: Cheryl Bethel, Shanae Forbes, Suzette Hanna, Crystal Holder, Delores Johnson, Garnell Johnson, Isabella Jones, Joan Neymour, Frankie Smith

Recovering Friends & Relatives: Louise Blyden (Veta Brown's sister), Lorelda Burrows, Coralee Butler, Andree Campbell (Daughter of Canon Sebastian Campbell), Gloria Goodridge, Cora Johnson, Errol Johnson, Errol Rolle, Ismae Smith, Aaron Spencer

Notices for the bulletin are to be submitted by **Noon** on **Tuesdays**.

Vestry: We congratulate the recently elected members of the **Class of 2024-2026** - Robert Cox, Reno Major, Pamela Miller and Humphrey Simmons.

Stations of the Cross Fridays in Lent at 6:00pm. The following ministries will lead the stations:

ACW - Feb 23

ACM - Mar 1

Pastoral Care & Social Outreach - Mar 8

Ushers & Choir - Feb 15

In-person **Bible Study** will be held on Wednesdays in Lent at 6:00pm. We will be looking at Genesis chapter 1.

Lenten Mission: February 18th–20th at Holy Trinity Activities Center, N.P. The Missioner will be The Reverend Dr. John Rogers, Rector of St. George's Parish, Barbados.

Saturdays in Lent: The Prayer Group will be covering the Gospel of John. Readings for Feb. 21-24 John 5-7. On Zoom 7am to 8 am.

CYM is scheduled to resume on February 23rd at 7:00pm.

Reboot Youth Retreat is scheduled for April 12th-14th. Application and Theme competition forms are available at the Usher's table. Competition deadline is Feb. 25.

St. Ambrose Church website: For information, weekly bulletins, service live streams, and news, log on to <http://stambrosebahamas.com>

St Ambrose Media email: stambrose41@hotmail.com



Tithes & Offerings or Financial Donations can be sent to St. Ambrose Anglican Church, Royal Bank of Canada JFK, Account 1002534, Transit Number: 05165

Christian Education Week: Theme, "All Things Bright & Beautiful". Saturday March 9th: Circle Time: 9:00am-1:00pm at Holy Trinity.

Mothering Sunday Service: Sunday March 10th: 3:30pm-4:30pm at Christ Church Cathedral followed by a Procession of Witness Christ from Church Cathedral to the Eastern Parade Grounds.



Birthdays: **Feb 18** - Ralaina Crawford, Tre Storm Adderley **Feb 19** - Veronica Marshall, Rochelle Turnquest; **Feb 20** - Icelar Hepburn, Brionne Nixon; **Feb 21** - David Burrows Jr.; **Feb 23** - Tori Hepburn, Monique Rolle, Kenya Weech;



Lectors

For Today

7:00a.m. - Theresa Kemp, Norma Dean, Cadrington Coleby

9:30a.m. - Jennifer King, Ethan Adderley, Carolie Grant



7:00a.m. Alma Albury, Philippa Robinson, Melonie Badmus, Gina Ross

9:30a.m. Kenva Mullings, Jacintha Wallace, Schneika Campbell, Rebby Storr

We offer **condolences** to Rona Astwood on the death of her father, Godfrey Brian Knowles. May he R.I.P.

ATTENDANCE FOR THE WEEK OF FEBRUARY 11TH



8:00a.m. - 110

AGM - 55

Shrove Tuesday - 17

Ash Wednesday 6:00am - 95

12:30pm - 73

7:00pm - 42

As humans we can find it really hard to ask for forgiveness because we are embarrassed or too proud. As we desire to be more like Jesus, let us seek to give up pride and our unwillingness to forgive others. Some may even think of asking for forgiveness as a show of weakness and defeat but this is far from the truth. You will be amazed at the release you will get from this. All the weight and pressure will be lifted from your shoulder and you can truly move on in life to fulfil your calling and purpose.

DAILY READINGS

	Mon	Tues	Wed	Thurs	Fri	Sat
	Ps. 41,52 Genesis M 37:1-11	Ps. 45 Genesis 37:12-24	Ps. 119:49-72 Genesis 37: 25-36	Ps. 50 Genesis 39:1-23	Ps. 95 & 40, 54 Genesis 40:1-23	Ps. 80 1 Samuel 16:1-13
P	1 Corinti- ans 1:1-19	1 Corinti- ans 1:20-31	1 Corinti- ans 2:1-13 <i>Ember Day</i>	1 Corinti- ans 2:14- 3:15	1 Corinti- ans 3:16-23 <i>Ember Day</i>	1 John 2:18- 25 <i>St. Matthias</i>
E	Ps. 44 Deuterono- my 8:11-20	Ps. 47,48 Deuterono- my 9:4-12	Ps. 49, (53) Deuterono- my 9:13-21	Ps. (59, 60) or 19, 46 Deuterono- my 9: 23- 10:5	Ps. 51 Deuterono- my 10:12- 22	Ps. 33 1 Samuel 12:1-5
P	Mark 1:1-13	Mark 1:14- 28	Mark 1:29- 45	Mark 2: 1-12	Mark 2:13- 22	Acts 20:17- 35

PARISH VESTRY



Fr. Lynden Douglas - Rector
Dr. Ricardo Crawford - Priest's Warden (327-2678)
Mrs. Cleo Hepburn - People's Warden 2023-2025 (361-3989)
Ms. Pamela Miller - Elected 2024-2026 Interim Treasurer (357-5738)
Mrs. Leja Burrows - Asst. Secretary/Sunday School Supt. (676-2341)
Miss Anatchas Hart - A.C.W. President
Mr. Ethan W. Adderley - A.C.M. President (808-5750)
Mr. Brian Nixon - Audio Visual Chairperson (341-6040)
Mrs. Terri Bellot - Legal Advisor (361-7589)
Ms. Diane Stewart - Music Ministry (327-7559)
Mrs. Norma Dean - Pastoral Care & Counselling (364-8635)
Ms. Frances Dean - Social Outreach (327-4031)
Mrs. Gale Sheryl Forbes - Ushers Ministry (455-0120)
Mr. Robert Cox - Elected 2024-2026
Mr. Reno Major - Elected 2024-2026 (376-6211)
Mr. Humphrey Simmons - Elected 2024-2026
Mr. James Albury - Elected 2023-2025 (424-9042)
Miss Tanisha Brathwaite - Elected 2023-2025 (426-0457)
Mr. Joel Cunningham - Elected 2023-2025 (421-2589)
Mr. Philip Styles - Elected 2023-2025 (362-1378)
Mr. John Michael Clarke - Appointed (601-5777)