



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



LENT IV / MOTHERING SUNDAY

Sunday, March 10th, 2024 - Year B

Liturgical Colour - Rose

During Lent, no flowers are permitted on the altars, the alleluias are omitted, and except on Feast Days, the “Gloria in Excelsis” is not used.

Introit Hymn

Upon This Moth’ring Sunday

Upon this Moth’ring Sunday, let grateful children pay, to Holy Church, our Mother, high praise in festal lay; she, from the Font baptismal unto our final rest, with Sacrament and Gospel our lives entire hath bless’d.

2 This joyful Moth’ring Sunday in solemn Lenten tide to Mary, queen and mother, let veneration rise. “Behold, behold thy Mother!” the Christ with dying breath, to John, to us bequeath’d her to cherish until death.

3 Dear mother earth, thou teachest our hearts humility; our bodies, from thee fashioned, return as dust to thee. We thy rich resources of woodland, field and sea, share with thy neediest children, for earthly stewards are we.

4 Dear mother, who didst bear me didst nourish at thy breast who dried the tears of childhood and soothed my fears to rest: may mercies through thy pathway, may prayers thy steps attend, and bring thee safe to Heaven, where toil and care shall end.

5 O Heavenly Jerus’lem, dear Mother of us all, though here our earthly prison doth hold our souls in thrall; O sweet and blessed country, when shall I come to thee, and there behold in glory, the Blessed Trinity?

(Written by Fr. John Taylor R.I.P)

Tune: The Church’s One Foundation

Opening Sentence	Lent	BCP 98
Collect For Purity		BCP 101
The Kyries		BCP 102
Collects	Fourth Sunday in Lent & Ash Wednesday	BCP 164/163

Mothering Sunday

Merciful God, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth and on the cross drew the whole human family to Himself; strengthen us in our daily lives that in joy and sorrow we may know the power of your presence to bind together and to heal; through Jesus Christ your Son our Lord, who lives and reigns with you, in unity of the Holy Spirit, one God, now and forever. Amen.

OLD TESTAMENT LESSON

Reader: A Reading from the Word of God written in Numbers, chapter 21 verses 4 to 9.

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, “Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food.” Then the Lord sent poisonous serpents among the

people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

Reader: The Word of the Lord

All: Thanks Be To God

PSALM 107:1-3, 17-22

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

THE EPISTLE

Reader: A Reading from the Word of God written in Ephesians, chapter 2 verses 1 to 10.

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ--by grace you have been saved--and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God--not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

Reader: The Word of the Lord

All: Thanks Be To God

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

Gradual Hymn

All Who Seek For Sure Relief

CPWI 110

(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

JOHN 3:14-21

(All stand)

Gospeller: The Lord Be With You

All: And Also With You

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

All: Glory to Christ our Saviour

Jesus said, "Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. "For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. "Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgement, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God."

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

Apostles' Creed BCP 106

Intercessions Form E BCP 112

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 surpasses 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)

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), Patrick Ferguson (Patrice Murell's father), Walter Ferguson (Ophelia Cooper's brother), Brenda Heastie, Samuel Hunter (Father of Kenva Roxbury, Samantha Hunter, Shantia Goodwin-Davies), Bernadette Ingraham (Bridgette Ingraham's sister), Sandra Kemp, Alexander Knowles, Sandra Kemp, Alexander Knowles, Vanria Lightbourne (Cheyvonne & Cheryl Bethel's sister), Logan McCaulsky, Benjamin Miller (Anya Miller's husband), Oswald (Sr.) & Betty Nixon (Brian Nixon's parents), Sylvia Pinder, Roger Ritchie (Gwen Ritchie's husband), Innis Robinson, Archdeacon Dwight Rolle, Steven & Helen Rolle, Zyhaire Rolle (Alma Albury's nephew), 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, Crystal Holder, Dolores Johnson, Garnell Johnson, Isabella Jones, Joan Neymour, Frankie Smith

Recovering Friends & Relatives: Louise Blyden (Veta Brown's sister), Lorelda Burrows, Coralee Butler, Andree Campbell (Canon Sebastian Campbell's daughter), Gloria Goodridge, Theron Hepburn (Carol Roach's brother-in-law), Cora Johnson, Errol Johnson, Errol Rolle, Ismae Smith, Aaron Spencer

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

We offer **prayers and condolences** to Melinda Williams, and other members of the family of the late Dennis Williams. May he R.I.P.

Stations of the Cross: Fridays in Lent at 6:00pm. The **Ushers & Choir** will lead the stations on March 15th.

Saturdays in Lent: The **Prayer Group** will be reflecting on the Gospel of John on Zoom 7am to 8 am. Meditations for Mar. 14-16 are John 14,15, 16, 17.



Altar flowers are often given as memorials, in thanksgiving or in celebration of special events such as anniversaries or birth-days. We welcome donations for flowers at all times when our lectionary permits them on the altar.

Donations towards **flowers for Easter** Sunday are being accepted.

Pastoral Care and Counselling Ministry training retreat is scheduled for the weekend of March 15-17.

Mothering Sunday Service will be held today, 3:30pm-4:30pm at Christ Church Cathedral. A procession of witness will follow from Christ Church Cathedral to the Eastern Parade grounds.

In-person **Bible Study** continues on Wednesdays in Lent at 6:00pm. This week we will be looking at Genesis chapter 4.

The **West Central Archdeaconry** combined **Stations of the Cross** will be held at Holy Trinity on March 22nd at 7:00pm.

The **ACM's Basil Dean Fish Fry** will be held on **Good Friday**, March 29th, 12pm-3pm. Tickets are \$15. Conch, and specialty fritters will also be on sale.

Reboot Youth Retreat is scheduled for April 12th-14th. Application and volunteer forms are available at the office or Usher's table. Planning meetings are held each Monday at 6:30pm at the church.

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



Birthdays: **Mar 10** - Philippa Robinson, Hunter Simmons; **Mar 11** - James Albury, Tiesha McKay, Alphanette Rolle; **Mar 12** - Leslie Fox; **Mar 13** - Ronald Kemp; **Mar 14** - Marissa Brown; **Mar 16** - Mikea Fernander, Claudia Rolle

Wedding Anniversaries: **Mar 13** - Crystal & Wallace Rolle; **Mar 16** - Sherell & Harvey Johnson McSweeney

Lectors 7:00am - Joel Cunningham, Cardrington Coleby, Gordon Ward



9:30am - Ethan Adderley, Alban Smith, Richard Pratt



7:00am - Alma Albury, Philippa Robinson, Melonie Badmus, Gina Ross

9:30am - Cleo Hepburn, Alinda Bowe, Norma Dean, Nickeva-Eve Benjamin

Weekly Attendance

7:00am - 79 9:30am - 85 **Sunday school** - 33 **Bible Study** - 16

Wednesday Mass - 10 **Stations of the Cross** (March 1st) - 43

DAILY READINGS

	Mon	Tues	Wed	Thurs	Fri	Sat
M	Ps. 89:1-18 Genesis 49:1-28	Ps. 97,99, (100) Genesis 49:29-50:14	Ps. 101, 109:1-4 (5-19), 20-30 Genesis 50:15-26	Ps. 69:1-23, (24-30) 31-38 Exodus 1:6-22	Ps. 95, 102 Exodus 2:1-22	Ps. 107:33-43, 108:1-6 (7-13) Exodus 2:23-3:15
P	1 Corinthians 10:14-11:1	1 Corinthians 11:17-34	1 Corinthians 12:1-11	1 Cor 12:12-26	1 Corinthians 13:3	1 Corinthians 13:1-13
E	Ps.89:19-52 Jeremiah 16:10-21	Ps. 94, (95) Jeremiah 17:19-27	Ps. 119:121-144 Jer18:1-11	Ps. 73 Jeremiah 22:13-23	Ps.107:1-32 Jeremiah 23:1-8	Ps. 33 Jeremiah 23:9-15
P	Mark 7:24-37	Mark 8:1-10	Mark 8:11-26	Mark 8:27-9:1	Mark 9:2-13	Mark 9:14-29

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)**