

# Holy Eucharist

7 August 2022 | 7.00 am, 11.00 am

*8<sup>th</sup> Sunday after Trinity*



Synod of the Diocese of West Malaysia

**St Mary's Cathedral**

*Making disciples of Jesus Christ*

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## Hymn: Praise, My Soul, The King Of Heaven

*Henry Frances Lyte, 1793-1847*

Praise, my soul, the King of heaven,  
to his feet thy tribute bring;  
ransomed, healed, restored, forgiven,  
who like me his praise should sing?  
Alleluia, alleluia,  
praise the everlasting King.

Praise him for his grace and favour  
to our fathers in distress;  
praise him still the same for ever,  
slow to chide, and swift to bless:  
Alleluia, alleluia,  
glorious in his faithfulness.

Father-like, he tends and spares us,  
well our feeble frame he knows;  
in his hands he gently bears us,  
rescues us from all our foes:  
Alleluia, alleluia,  
widely as his mercy flows.

Angels, help us to adore him;  
ye behold him face to face;  
sun and moon, bow down before him,  
dwellers all in time and space:  
Alleluia, alleluia,  
praise with us the God of grace.

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# Introduction

## Prayer of Preparation

*All:* Almighty God,  
to whom all hearts are open,  
all desires known,  
and from whom no secrets are hidden  
cleanse the thoughts of our hearts  
by the inspiration of your Holy Spirit,  
that we may perfectly love you,  
and worthily magnify your holy name,  
through Christ our Lord.  
Amen.

# Gloria In Excelsis

**All: 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

*Collect for the eighth Sunday after Trinity*

**All: Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and govern  
both our hearts and bodies  
in the ways of your laws  
and the works of your commandments;  
that through your most mighty protection,  
both here and ever,  
we may be preserved in body and soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.**

## Old Testament Reading: Numbers 13:25-14:4

*(Please be seated)*

<sup>25</sup> At the end of forty days they returned from spying out the land. <sup>26</sup> And they came to Moses and Aaron and to all the congregation of the people of Israel in the wilderness of Paran, at Kadesh. They brought back word to them and to all the congregation, and showed them the fruit of the land. <sup>27</sup> And they told him, “We came to the land to which you sent us. It flows with milk and honey, and this is its fruit. <sup>28</sup> However, the people who dwell in the land are strong, and the cities are fortified and very large. And besides, we saw the descendants of Anak there. <sup>29</sup> The Amalekites dwell in the land of the Negeb. The Hittites, the Jebusites, and the Amorites dwell in the hill country. And the Canaanites dwell by the sea, and along the Jordan.”

<sup>30</sup> But Caleb quieted the people before Moses and said, “Let us go up at once and occupy it, for we are well able to overcome it.” <sup>31</sup> Then the men who had gone up with him said, “We are not able to go up against the people, for they are stronger than we are.” <sup>32</sup> So they brought to the people of Israel a bad report of the land that they had

spied out, saying, “The land, through which we have gone to spy it out, is a land that devours its inhabitants, and all the people that we saw in it are of great height. <sup>33</sup> And there we saw the Nephilim (the sons of Anak, who come from the Nephilim), and we seemed to ourselves like grasshoppers, and so we seemed to them.”

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<sup>1</sup> Then all the congregation raised a loud cry, and the people wept that night. <sup>2</sup> And all the people of Israel grumbled against Moses and Aaron. The whole congregation said to them, “Would that we had died in the land of Egypt! Or would that we had died in this wilderness! <sup>3</sup> Why is the LORD bringing us into this land, to fall by the sword? Our wives and our little ones will become a prey. Would it not be better for us to go back to Egypt?” <sup>4</sup> And they said to one another, “Let us choose a leader and go back to Egypt.”

*At the end of the reading the reader says*

*Reader:* This is the Word of the Lord.

*All:* **Thanks be to God.**

# New Testament Reading: Galatians 4:12-20

*(Please be seated)*

<sup>12</sup> Brothers, I entreat you, become as I am, for I also have become as you are. You did me no wrong. <sup>13</sup> You know it was because of a bodily ailment that I preached the gospel to you at first, <sup>14</sup> and though my condition was a trial to you, you did not scorn or despise me, but received me as an angel of God, as Christ Jesus. <sup>15</sup> What then has become of your blessedness? For I testify to you that, if possible, you would have gouged out your eyes and given them to me. <sup>16</sup> Have I then become your enemy by telling you the truth? <sup>17</sup> They make much of you, but for no good purpose. They want to shut you out, that you may make much of them. <sup>18</sup> It is always good to be made much of for a good purpose, and not only when I am present with you, <sup>19</sup> my little children, for whom I am again in the anguish of childbirth until Christ is formed in you! <sup>20</sup> I wish I could be present with you now and change my tone, for I am perplexed about you.

*At the end of the reading the reader says*

*Reader:* This is the Word of the Lord.

*All:* **Thanks be to God.**



## **Gospel Reading: Matthew 10:40-42**

*After the reader announces the reading (the people all standing up), all shall say*

### **Glory to Christ our Saviour**

<sup>40</sup> “Whoever receives you receives me, and whoever receives me receives him who sent me. <sup>41</sup> The one who receives a prophet because he is a prophet will receive a prophet's reward, and the one who receives a righteous person because he is a righteous person will receive a righteous person's reward. <sup>42</sup> And whoever gives one of these little ones even a cup of cold water because he is a disciple, truly, I say to you, he will by no means lose his reward.”

*At the end of the reading the reader shall say*

**This is the Gospel of Christ**

*All shall respond*

**Praise to Christ our Lord**

# Sermon: Being Zealous For Good

## *Galatians 4:12-20*

### **1. Paul entreats the Galatians to follow his example (v12a)**

[Principle] Believers should follow faithful godly gospel examples

### **2. Paul reminds the Galatians of their past blessedness (v12b-15)**

[Principle] Believers need to maintain their gospel fervour

### **3. Paul anguishes over the Galatians as an anxious parent (v16-20)**

[Principle] Believers need to guard each other to gospel zeal

[big idea] Believers are to maintain their zeal for Christ in gospel community

# The Nicene Creed

*(Please stand)*

**All: We believe in one God, the Father, the Almighty,  
maker of heaven and earth,  
of all that is, seen and unseen.  
We believe in one Lord, Jesus Christ,  
the only Son of God,  
eternally begotten of the Father,  
God from God, Light from Light,  
true God from true God,  
begotten, not made,  
one in being with the Father;  
through him all things were made.  
For us and for our salvation  
he came down from heaven,  
by the power of the Holy Spirit  
he was born of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate;  
he suffered, died and was buried.  
On the third day he rose again  
in fulfilment of the Scriptures;  
he ascended into heaven  
and is seated at the right hand of the Father.**

**He will come again in glory  
to judge the living and the dead,  
and his kingdom will have no end.  
We believe in the Holy Spirit,  
the Lord, the giver of life,  
who proceeds from the Father and the Son,  
With the Father and the Son  
he is worshipped and glorified,  
He has spoken through the prophets.  
We believe in one holy catholic and apostolic Church.  
We acknowledge one baptism  
for the forgiveness of sins.  
We look for the resurrection of the dead,  
and the life of the world to come.  
Amen.**

# Prayers of Intercession

*(Please kneel or be seated)*

*Prayers for the nations of the world and our own nation:*

*Leader:* O God, our creator and preserver, we pray for people of every race, and in every kind of need: make your ways known on earth, your saving power among all nations.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers for the church throughout the world and our own church:*

*Leader:* We pray for your Church throughout the world: guide and govern us by your Holy Spirit, that all who profess and call themselves Christians may be led into the way of truth, and hold the faith in unity of spirit, in the bond of peace, and in righteousness of life.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers for the sick, the suffering and those who mourn the death of loved ones:*

*Leader:* We commend to your fatherly goodness all who are anxious or distressed in mind or body; comfort and relieve them in their need; give them patience in their sufferings and bring good out of their troubles.

(Especially we pray for ...)

*Leader:* Lord, in your mercy

*All:* **hear our prayer.**

*Prayers conclude with the Lord's Prayer:*

*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.  
Lead us not into temptation  
but deliver us from evil.  
For the kingdom, the power,  
and the glory are yours  
now and forever.  
Amen.**

# The Peace

*(Please stand)*

*The Greeting of Peace is introduced in these or other suitable words:*

**Minister:** We are the body of Christ.

In the one Spirit we were all baptised into one body.

Let us then pursue all that makes for peace and builds up our common life.

**Minister:** The peace of the Lord be always with you.

**All:** **And also with you.**

*All may exchange a sign of peace (please avoid physical touch while doing so in this time.)*

# Hymn: Brother, Sister, Let Me Serve You

*Richard Gillard, 1953*

Brother, sister, let me server you,  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.

We are pilgrims on a journey  
and companions on the road;  
we are here to help each other  
walk the mile and bear the load.

I will hold the Christ-light for you  
in the night-time of your fear;  
I will hold my hand out to you,  
speak the peace you long to hear.

I will weep when you are weeping;  
when you laugh I'll laugh with you;  
I will share your joy and sorrow  
till we've seen this journey through.



When we sing to God in heaven  
we shall find such harmony,  
born of all we've known together  
of Christ's love and agony.

Brother, sister, let me serve you,  
let me be as Christ to you;  
pray that I may have the grace to  
let you be my servant too.

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# Prayer of Penitence and Confession

*The minister may use this or another call to confession*

*Minister:* Brothers and sisters: as we come together to share in the holy Communion of the Body and Blood of our Saviour Christ, the Scriptures urge us to examine our lives and repent of our sins. As we do so, let us be thankful that God the Son humbled himself, becoming man, to die for us on the Cross. And by the shedding of his precious blood, he obtained for us forgiveness of sins, and life with him forever. In remembrance of his death, and as a pledge of his love, Jesus instituted this holy sacrament, to our great and endless comfort.

You, then, who truly and earnestly repent of your sins, seek to live in love and charity with your neighbours, and intend to lead a new life, following the commandments of God, and walking from now on in his holy ways, draw near with faith, and take this holy sacrament to your comfort. But first, let us make our humble confession to almighty God.

*(Please kneel or be seated)*

**All: Almighty God, our Heavenly Father  
we have sinned against you  
and against our neighbour,  
in thought and word and deed,  
in the evil we have done  
and in the good we have not done,  
through negligence, through weakness,  
through our own deliberate fault.  
We are truly sorry, and repent of all our sins.  
For the sake of your Son, Jesus Christ,  
who died for us,  
forgive us all that is past;  
and grant that we may serve you in newness of life  
to the glory of your name.  
Amen.**

*The minister declares God's forgiveness*

Almighty God,  
who forgives all who truly repent  
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.

*All:* **Amen.**

*Then the minister shall say,*

Hear these words of comfort in the Gospel:

God so loved the world, that he gave his only Son, that  
whoever believes in him should not perish but have  
eternal life.

(John 3:16)

The saying is trustworthy and deserving of full acceptance,  
that Christ Jesus came into the world to save sinners.

(1 Timothy 1:15)

# The Eucharist

*(Please remain kneeling or seated)*

*Minister:* The Lord is here.

*All:* **His Spirit is with us.**

*Minister:* Lift up your hearts.

*All:* **We lift them to the Lord.**

*Minister:* Let us give thanks to the Lord our God.

*All:* **It is right to give him thanks and praise.**

*Minister:* It is indeed right it is our duty and our joy,  
at all times and in all places  
to give you thanks and praise,  
holy Father, heavenly King,  
almighty and eternal God,  
through Jesus Christ your Son our Lord.

Therefore with angels and archangels,  
and with all the company of heaven,  
we proclaim your great and glorious name,  
for ever praising you and saying:

*All:* **Holy, holy, holy Lord  
God of power and might,  
Heaven and earth are full of your glory.  
Glory to you O Lord Most High.**

*This Prayer of Humble Access may be said by all*

**All: We do not presume  
to come to this your table, merciful Lord,  
trusting in our own righteousness,  
but in your manifold and great mercies.  
We are not worthy so much as to gather up  
the crumbs under your table.  
But you are the same Lord,  
whose nature is always to have mercy.  
Grant us therefore, gracious Lord,  
so to eat the flesh of your dear Son Jesus Christ  
and to drink his blood,  
that we may evermore dwell in him  
and he in us.  
Amen.**

*The Minister prays*

Almighty God, our Heavenly Father,  
who in your tender mercy gave your only Son  
Jesus Christ to suffer death upon the cross  
for our redemption;  
who made there,  
by his one oblation of himself once offered,  
a full, perfect and sufficient sacrifice  
for the sins of the whole world;  
and who instituted, and in his holy gospel  
commanded us to continue,  
a perpetual memory of his precious death  
until his coming again:  
Hear us, merciful Father, we humbly pray,  
and grant that we who receive  
these gifts of your creation,  
this bread and this wine,  
according to your Son our Saviour  
Jesus Christ's holy institution,  
in remembrance of his death and passion,  
may be partakers, by faith,  
of his most blessed body and blood:



who, in the night he was betrayed,  
took bread, and when he had given you thanks,  
he broke it and gave it to his disciples saying,  
“Take, eat; this is my body which is given for you;  
do this in remembrance of me.”

In the same way, after supper,  
he took the cup, and when he had given you thanks,  
he gave it to them saying,  
“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, as often as you drink it,  
in remembrance of me.”

*All:* **Amen.**

## **The Distribution**

*Minister:*

Eat and drink this in remembrance that Christ died  
for you and feed on him in your hearts by faith with  
thanksgiving.

# Hymn: Psalm 5:1-8

*The Scottish Psalter*

Give ear unto my words, O Lord,  
my meditation weigh.

Hear my loud cry, my King, my God;  
for I to thee will pray.

Lord, thou shalt early hear my voice:  
I early will direct  
My pray'r to thee; and, looking up,  
an answer will expect.

For thou art not a God that doth  
in wickedness delight;  
Neither shall evil dwell with thee,  
Nor fools stand in thy sight.

All that ill-doers are thou hat'st;  
Cutt'st off that liars be:  
The bloody and deceitful man  
abhorred is by thee.

But I into thy house will come  
in thine abundant grace;  
And I will worship in thy fear  
toward thy holy place.

Because of those mine enemies,  
Lord, in thy righteousness  
Do thou me lead; do thou thy way  
make straight before my face.

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# Hymn: May The Mind Of Christ My Saviour

*A. Cyril Barham-Gould, 1925*

May the mind of Christ my Saviour  
live in me from day to day,  
by his love and power controlling  
all I do and say.

May the Word of God dwell richly,  
in my heart from hour to hour,  
so that all may see I triumph  
only through his power.

May the peace of God my Father  
rule my life in everything,  
that I may be calm to comfort  
sick and sorrowing.

May the love of Jesus fill me  
as the waters fill the sea,  
him exalting, self abasing,  
this is victory.

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# Prayers of Response

*(Please kneel or be seated)*

**All: Almighty God,  
we thank you for feeding us  
with the spiritual food  
of the body and blood of your Son Jesus Christ.  
Through him we offer you our souls and bodies  
to be a living sacrifice.  
Send us out into the world  
in the power of your Spirit,  
to live and work  
to your praise and glory.  
Amen.**

## Announcements

# The Blessing

*The gathering ends with a blessing.*

*Minister:* The peace of God,  
which passes all understanding,  
keep your hearts and minds  
in the knowledge and love of God,  
and of his Son Jesus Christ our Lord;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be among you and remain with you always.

*All:* **Amen.**

*Minister:* Go in peace to love and serve the Lord.

*All:* **In the name of Christ. Amen.**

# Hymn: My Hope Is Built On Nothing Less

*Edward Mote, 1834*

My hope is built on nothing less  
than Jesus' blood and righteousness;  
I dare not trust the sweetest frame,  
but wholly lean on Jesus' name.

*On Christ, the solid Rock, I stand:  
all other ground is sinking sand;  
all other ground is sinking sand.*

When darkness veils his lovely face,  
I rest on his unchanging grace;  
in every high and stormy gale,  
my anchor holds within the veil.

His oath, his covenant, his blood,  
support me in the whelming flood;  
when all around my soul gives way,  
he then is all my hope and stay.

When he shall come with trumpet sound,  
O may I then in him be found:  
dressed in his righteousness alone,  
faultless to stand before the throne.

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## Connect with us

Thank you for joining our service. If you would like for us to get in touch with you, or have any feedback for us, please fill in our Connection Card at [stmarys.my/connect](https://stmarys.my/connect)

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## Giving

### Online transfer

Bank name: **Standard Chartered Bank Malaysia Bhd**

Account name: **St Mary's Cathedral**

Account number: **312 142 334 691**

Recipient reference: If giving a pledge, enter ***your 3-digit pledge number***.  
Otherwise, enter **Online Service** or the service you normally attend.

For one-off giving, please email the bank-in slip or online transfer receipt to: **collections@stmaryscathedral.org.my**

### Boost e-wallet

Scan the following QR code using the Boost App. Be sure to confirm "St Mary's Cathedral" is listed as the payee.



## St Mary's Cathedral

Note: This method of giving is analogous to putting cash into the offertory bag/box. Your donation will go to the General Fund. You will not be given a receipt. Do not use this to give a pledge.

Details on our webpage: [stmarys.my/give](https://stmarys.my/give)

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## Onsite & Online Services

Here are the details of our English onsite services on Sundays:

- Liturgical Services – 7.00 am, 9.00 am, 11.00 am
- Contemporary (SMACC) Services – 11.00 am, 5.00 pm

If you are joining us online on Sundays, the Liturgical service will be livestreamed at 9.00 am.

More information about our services can be found here:

[stmarys.my/services](http://stmarys.my/services)

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## **Carpark Booking**

Please visit [stmarys.my/booking](http://stmarys.my/booking) to book a carpark on Sundays at the Royal Selangor Club or at the Cathedral, if you need to. There is also an option for you to indicate on the form that you would like to book a parking spot for 3 months. Your car plate number will then be given to the guards. Please note that you will only be allowed in if your car plate number is on the list given to the guards. If you are parking at the Dataran Merdeka Carpark, you do not need to book a carpark. Carparking is free.

Bookings for carparking will open at 2.00 pm on Sunday and close at noon on Friday.

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## Onsite Service Volunteers

We are looking for volunteers to help out at our onsite services. If you are a regular at St Mary's Cathedral and would like to volunteer, please fill in the form at [stmarys.my/volunteer](https://stmarys.my/volunteer)

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## Kids' Church

The Kids' Church has resumed face-to-face lessons on Sunday mornings at 10.45 am. The different age groups meet at their respective classrooms on the ground floor of the Cathedral. Parents can pick up their children aged 5-12 at a time announced during the church service, while children aged 3-4 can be picked up after the 11.00 am church service ends.

For more information, you could speak to the Kids' Church teachers or email [kidschurch@stmaryscathedral.org.my](mailto:kidschurch@stmaryscathedral.org.my)

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# Webinar: Paul, The Law & The New Perspective

Our Sunday sermons at St Mary's are currently expositions of Paul's letter to the Galatians where we have been seeing the Apostle Paul contending for the Gospel. In this webinar, Dr Paul Thompson will help us consider the ways Galatians has been interpreted, and deal with issues raised about Paul and the Law by proponents of the New Perspective.

You are welcome to join us for this Zoom webinar which will be held on Saturday, 13 August 2022, at 8.00 pm. Please register for the webinar at [stmarys.my/paul](https://stmarys.my/paul). Registration closes at 7.00 pm on 13 August 2022.

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## Trivia Brunch by the Cathedral Women's Fellowship (CWF)

Join the CWF for a fun morning of food, fellowship and fun trivia questions!

Date: 27 August 2022

Time: 10.00 am

Venue: MPH, St Mary's Cathedral

Register: [stmarys.my/cwf](https://stmarys.my/cwf)

(Please register by 21 August)

Bring your friends to form your own teams of 4. If you don't have a team don't worry! Come and meet new ladies to form your teams.

Be prepared for a variety of questions - General knowledge, food, maths, biblical history, music & more!

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## Hope Explored

Hope Explored is a 3-session course that helps you to explore the great longings in life: for hope, for peace and for purpose. Do join us to find out what the gospel of Luke says about these longings.

After Hope Explored, we will continue with Christianity Explored, a 7-session course that helps you to explore further who Jesus is and what he came to do for you and how he gives meaning and purpose to your life.

Please join us online for these 10 sessions which will begin on Sunday, 28 August 2022, at 2.00 pm. You can register using the form here: [stmarys.my/findoutmore](https://stmarys.my/findoutmore)

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## Confirmation

We will celebrate St Mary's Day on 15 August 2022 with a confirmation service at 8.00 pm. Over 50 candidates from various congregations across the Cathedral will be confirmed. You are welcome to join the service.

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## Music Ministry

If you are someone who is following Jesus as your Lord and Saviour, committed to serving Him in St Mary's and interested in serving either in the choir or as an organist at the Liturgical services, please fill in the Connection Card at [stmarys.my/connect](https://stmarys.my/connect) or let the Cathedral Office know on 011 5760 3484. You will be contacted and furnished with more details by those in charge from the Cathedral.

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## Church Flowers

The church flowers have been donated by Dr Joanna Ponnampalam as a thanksgiving for her parents, Rev Dr and Mrs Joseph Ponnampalam's 60<sup>th</sup> wedding anniversary on the 11<sup>th</sup> of August 2022. May the Lord continue to bless and take care of them.

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## **Yin Qi Choir – John Rutter’s Requiem**

The Yin Qi Choir will be presenting John Rutter’s Requiem on Saturday, 27 August 2022, 8.00 pm at the Cathedral. This event is organized by Yin Qi Music, a music organization in Malaysia. The choir will be conducted by Caeleb Tee, featuring pianist Ng Mun Hong, soprano Chew Shi Yun, and cellist Tan Jia En.

Tickets are priced at RM35 and can be purchased at <https://yingqimusic.com/event/rutterrequiem>

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## **Diocesan Men’s Council – Men’s Leadership Retreat**

The Diocesan Men’s Council will be organizing a Men’s Leadership Retreat as follows:

Date:	2 – 4 September 2022		
Venue:	Grand Court Hotel Kampar		
Theme:	Effective Orang Asli Ministry		
Fee:	Orang Asli – fully subsidized		
	Others –	Stay in Twin Sharing	= RM 150
		Stay in Single Room	= RM 300
		Non-Stay in	= RM 100



Speakers: Dr Colin Nicholas (Centre for Orang Asli Concerns)

Dr Wong Young Soon (Malaysian Care)

Register: <https://forms.gle/Rsu4fwpeuQPZnWf47>

Closing Date: 15 August 2022

(for stay in – registrations will be closed after first 30 paid registrations are received)

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## **Diocesan Golden Circle AGM / Fellowship**

The 31<sup>st</sup> Diocesan Golden Circle AGM / Fellowship will be organized by the Lower Central Archdeaconry GC Committee and details are as follows:

Date: 7 – 9 October 2022

Venue: Royale Chulan Seremban

Theme: “Behold, I Am Making All Things New”  
(Rev. 21:5)

Fee: Single = RM 530

Twin = RM 350

Non-resident = RM 200

Speakers: Bishop Jason Selvaraj (Eng)

Rev Jesvinder Singh (Tamil)

Rev Wong Kheang Wook (Ch)

## Organized Bus Ride to Putrajaya Wetlands

- For all who are interested to go on this ride, please indicate. Payment is RM 10.

### Registration & Payment:

- All participants are to register through the Church Golden Circle.

Please register with Mrs Thilly Abraham on 012 375 6165.  
Closing Date: on or before 10 August 2022

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## **St Mary's Agape Mission School**

St Mary's Agape Mission School is now in its 9<sup>th</sup> year of operation and currently has over 100 students. As such, the school is always on the lookout for volunteers who might be keen to teach the children. If you have a heart for seeing vulnerable children receive an education and would like to find out more about what is involved, please contact Mei Tan on 012 387 3408.

The school is located near Ampang, and the time for volunteering is 9.00 am – 12.00 pm and/or 1.00 – 3.00 pm from Mondays to Thursdays.

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## The Daily Office

We invite you to join us for the Daily Office – a short daily service with systematic Bible readings and set prayers. This will take place every day at 7.30 am by Zoom (except Sunday).

If you think this would be a helpful part of your daily routine, please join us by simply going to [stmarys.my/dailyoffice](https://stmarys.my/dailyoffice) at about 7.25 am each day for a 7.30 am start. That will take you directly to the Zoom room where the service takes place. The service will finish before 8.00 am.

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## Pastoral Needs

If you are a regular at St Mary's Cathedral and would like to make an appointment to talk to a pastor, please let us know by filling in a Connection Card at [stmarys.my/connect](https://stmarys.my/connect) or call the Cathedral Office on 011 5760 3484.

If you are a woman and there are pastoral matters you prefer to talk about with another woman, you can contact Mrs Christine Rajaratnam or Miss Danielle Cheng. If you would like one of them to contact you, please let us know

in the same way – you can fill in a Connection Card at [stmarys.my/connect](https://stmarys.my/connect) or call the Cathedral Office on 011 5760 3484.

If there is a pastoral emergency, you can reach the pastoral team on our Emergency Pastoral Care Hotline: 011 5762 8524.

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## Small Groups

Looking to connect with a Christian community? We encourage you to consider joining one of our online or in-person small groups. This is one of the important ways we grow together as a community of God's people as we gather under His Word and seek to encourage one another to persevere in following Jesus.

If you would like to join a small group, please fill in a form at [stmarys.my/smallgroups](https://stmarys.my/smallgroups) and we'd be happy to help find you one.

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## Youth Fellowship

Our Youth Fellowship (ages 13-18) meets on Sundays at 2.00 pm. If you would like to join us, please sign up at [stmarys.my/youth](https://stmarys.my/youth)

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## Youth Confirmation Programme

If you would like to indicate interest in our Youth Confirmation Programme for your teenager aged 13-17, please let us know at [stmarys.my/youthconfirmation](https://stmarys.my/youthconfirmation) and we will inform you when the next one starts.

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## Subscribe to our Mailing List

To receive emails about latest updates and important news about the Cathedral, fill in the form at [stmarys.my/subscribe](https://stmarys.my/subscribe)

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# Dataran Merdeka Underground Carpark

There is currently free parking at the Dataran Merdeka Underground Carpark until further notice. Please take note that this free parking is available to the public and therefore, no special pass from the Cathedral is needed to park there. If anyone requires you to pay for parking, please take a picture or video of the incident and forward it to [office@stmaryscathedral.org.my](mailto:office@stmaryscathedral.org.my).

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## Work Care Panel

We have a panel to help our Cathedral community look for work or advise about work and training opportunities. If you're looking for work and wouldn't mind a helping hand, fill in our Connection Card at [stmarys.my/connect](http://stmarys.my/connect), indicating that you would like someone from the Work Care Panel to contact you.