

Holy Eucharist

11 February 2024 | 7.00 am, 11.00 am
Sunday next before Lent



Synod of the Diocese of West Malaysia
St Mary's Cathedral
Making disciples of Jesus Christ

[Sermon Outline](#) (page 14) | [Announcements](#) (page 39)

Hymn: To God Be The Glory

Fanny Crosby 1820-1915

To God be the glory, great things he has done;
so loved he the world that he gave us his Son,
who yielded his life an atonement for sin,
and opened the life-gate that all may go in.

*Praise the Lord, praise the Lord,
let the earth hear his voice!*

*Praise the Lord, praise the Lord,
let the people rejoice!*

*O come to the Father through Jesus the Son,
and give him the glory, great things he has done.*

O perfect redemption, the purchase of blood,
to every believer the promise of God;
the vilest offender who truly believes,
that moment from Jesus forgiveness receives.

Great things he has taught us, great things he has done,
and great our rejoicing through Jesus the Son;
but purer, and higher and greater will be
our wonder, our rapture, when Jesus we see.

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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 Sunday next before Lent

**All: Almighty Father,
whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness,
from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.**

Old Testament Reading: Jonah 1:1-5, 11-17, 2:10

(Please be seated.)

¹ Now the word of the LORD came to Jonah the son of Amittai, saying, ² “Arise, go to Nineveh, that great city, and call out against it, for their evil has come up before me.”

³ But Jonah rose to flee to Tarshish from the presence of the LORD. He went down to Joppa and found a ship going to Tarshish. So he paid the fare and went down into it, to go with them to Tarshish, away from the presence of the Lord. ⁴ But the LORD hurled a great wind upon the sea, and there was a mighty tempest on the sea, so that the ship threatened to break up. ⁵ Then the mariners were afraid, and each cried out to his god. And they hurled the cargo that was in the ship into the sea to lighten it for them. But Jonah had gone down into the inner part of the ship and had lain down and was fast asleep.

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¹¹ Then they said to him, “What shall we do to you, that the sea may quiet down for us?” For the sea grew more and more tempestuous. ¹² He said to them, “Pick me up and hurl me into the sea; then the sea will quiet down for you, for I know it is because of me that this great tempest

has come upon you.”¹³ Nevertheless, the men rowed hard to get back to dry land, but they could not, for the sea grew more and more tempestuous against them.

¹⁴ Therefore they called out to the LORD, “O LORD, let us not perish for this man's life, and lay not on us innocent blood, for you, O LORD, have done as it pleased you.”¹⁵ So they picked up Jonah and hurled him into the sea, and the sea ceased from its raging.¹⁶ Then the men feared the LORD exceedingly, and they offered a sacrifice to the LORD and made vows.

¹⁷ And the LORD appointed a great fish to swallow up Jonah. And Jonah was in the belly of the fish three days and three nights.

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^{2:10} And the LORD spoke to the fish, and it vomited Jonah out upon the dry land.

At the end of the reading, the reader says,

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 5:1-6, 9-12

(Please stand: the Psalm will be said responsively. At the 11 am service, parents may take their children to Kids' Church at this point.)

To the choirmaster: for the flutes. A Psalm of David.

¹ Give ear to my words, O LORD;
consider my groaning.

² **Give attention to the sound of my cry,
my King and my God,
for to you do I pray.**

³ O LORD, in the morning you hear my voice;
in the morning I prepare a sacrifice for you and watch.

⁴ **For you are not a God who delights in wickedness;
evil may not dwell with you.**

⁵ The boastful shall not stand before your eyes;
you hate all evildoers.

⁶ **You destroy those who speak lies;
the LORD abhors the bloodthirsty and deceitful man.**

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⁹ For there is no truth in their mouth;
their inmost self is destruction;
their throat is an open grave;
they flatter with their tongue.

**¹⁰ Make them bear their guilt, O God;
let them fall by their own counsels;
because of the abundance of their transgressions cast
them out,
for they have rebelled against you.**

¹¹ But let all who take refuge in you rejoice;
let them ever sing for joy,
and spread your protection over them,
that those who love your name may exult in you.

**¹² For you bless the righteous, O LORD;
you cover him with favour as with a shield.**

At the end of the reading, the reader says,

Reader: Glory be to the Father, and to the Son
and to the Holy Spirit,

All: **As it was in the beginning, is now,
and shall be forever.**

Amen.

New Testament Reading: Acts 20:17-21, 25-32

(Please be seated)

¹⁷ Now from Miletus he sent to Ephesus and called the elders of the church to come to him. ¹⁸ And when they came to him, he said to them:

“You yourselves know how I lived among you the whole time from the first day that I set foot in Asia, ¹⁹ serving the Lord with all humility and with tears and with trials that happened to me through the plots of the Jews; ²⁰ how I did not shrink from declaring to you anything that was profitable, and teaching you in public and from house to house, ²¹ testifying both to Jews and to Greeks of repentance toward God and of faith in our Lord Jesus Christ.

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²⁵ And now, behold, I know that none of you among whom I have gone about proclaiming the kingdom will see my face again. ²⁶ Therefore I testify to you this day that I am innocent of the blood of all, ²⁷ for I did not shrink from declaring to you the whole counsel of God. ²⁸ Pay careful attention to yourselves and to all the flock, in which the

Holy Spirit has made you overseers, to care for the church of God, which he obtained with his own blood. ²⁹ I know that after my departure fierce wolves will come in among you, not sparing the flock; ³⁰ and from among your own selves will arise men speaking twisted things, to draw away the disciples after them. ³¹ Therefore be alert, remembering that for three years I did not cease night or day to admonish every one with tears. ³² And now I commend you to God and to the word of his grace, which is able to build you up and to give you the inheritance among all those who are sanctified.

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 16:1-12

After the reader announces the reading, the people all standing up, all shall say:

Glory to Christ our Saviour.

¹ And the Pharisees and Sadducees came, and to test him they asked him to show them a sign from heaven.² He answered them, “When it is evening, you say, ‘It will be fair weather, for the sky is red.’³ And in the morning, ‘It will be stormy today, for the sky is red and threatening.’ You know how to interpret the appearance of the sky, but you cannot interpret the signs of the times.⁴ An evil and adulterous generation seeks for a sign, but no sign will be given to it except the sign of Jonah.” So he left them and departed.

⁵ When the disciples reached the other side, they had forgotten to bring any bread.⁶ Jesus said to them, “Watch and beware of the leaven of the Pharisees and Sadducees.”⁷ And they began discussing it among themselves, saying, “We brought no bread.”⁸ But Jesus, aware of this, said, “O you of little faith, why are you discussing among yourselves the fact that you have no bread?⁹ Do you not yet perceive? Do you not remember

the five loaves for the five thousand, and how many baskets you gathered? ¹⁰ Or the seven loaves for the four thousand, and how many baskets you gathered? ¹¹ How is it that you fail to understand that I did not speak about bread? Beware of the leaven of the Pharisees and Sadducees.” ¹² Then they understood that he did not tell them to beware of the leaven of bread, but of the teaching of the Pharisees and Sadducees.

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: Believe & Beware

Matthew 16:1-12

Believe in the signs – Matthew 16:1-4

Beware of unbelief – Matthew 16:5-12

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: Be Thou My Vision, O Lord Of My Heart

Mary Byrne 1880-1931

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.

Be Thou my Wisdom, and 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.

Be Thou my Breastplate, my Sword for the fight;
be Thou my whole Armor, be Thou my true Might;
be Thou my soul's Shelter, be Thou my strong Tow'r,
O raise Thou me heavenward, great Power of my power.

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.

High King of heaven, Thou heaven's bright Sun,
O grant me its joys, after vict'ry is won;
Great Heart of my own heart, whatever befall,
still be Thou my vision, O Ruler of all.

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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 admit that we have sinned against you
in thought, word and deed,
and deserve your just punishment.**

**We truly repent and are sorry
for what we have done.**

Have mercy on us, merciful Father.

**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 the words of comfort our Saviour Christ says unto all
that truly turn to him.

Come to me, all who labour and are heavy laden, and I will
give you rest.

(Matthew 11:28)

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)

Hear also what St Paul says.

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

(1 Timothy 1:15)

Hear also what St John says.

If anyone does sin, we have an advocate with the Father, Jesus Christ the righteous. He is the propitiation for our sins.

(1 John 2:1-2)

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: Jesus Paid It All

Elvina M. Hall 1818

I hear the Saviour say,
"Your strength indeed is small;
Child of weakness, watch and pray,
find in me your all in all."

*Jesus paid it all,
all to him I owe;
sin had left a crimson stain,
he washed it white as snow.*

Lord, now indeed I find
Your power, and yours alone
Can change the leper's spots
and melt the heart of stone.

For nothing good have I
whereby thy grace to claim;
I'll wash my garments white
in the blood of Calvary's Lamb.

And when, before the throne,
I stand in him complete,
"Jesus died my soul to save,"
my lips shall still repeat.

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Hymn: Take My Life And Let It Be

Frances Ridley Havergal 1836-1879

Take my life and let it be
consecrated, Lord, to thee.

Take my moments and my days;
let them flow in ceaseless praise.

Take my hands and let them move
at the impulse of thy love.

Take my feet and let them be
swift and beautiful for thee.

Take my voice and let me sing
always, only, for my King.

Take my lips and let them be
filled with messages from thee.

Take my silver and my gold;
not a mite would I withhold.

Take my intellect and use
every power as thou shalt choose.

Take my will and make it thine;
it shall be no longer mine.
Take my heart it is thine own;
it shall be thy royal throne.

Take my love; my Lord, I pour
at thy feet its treasure store.
Take myself, and I will be
ever, only, all for thee.

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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: Praise, My Soul, The King Of Heaven

Henry Francis 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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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.

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**

E-wallet

Scan the following QR code using any e-wallet app (Touch n Go/GrabPay/Boost). Please ensure “St Mary's Cathedral” is listed as the payee.



St Mary's Cathedral Main Hall

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.

Giving via Pledge Envelopes

In recent years, the church giving system has moved from a pledge envelope system to an online giving system. Those who wish to remain contributing via pledge envelopes are advised to write their pledge numbers on any blank envelopes and drop them in the allocated boxes at church.

Onsite and Online Services

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

- Liturgical Services – 7am, 9am, 11am
- Contemporary (SMACC) Services – 11am, 5pm

If you are joining us online on Sundays, the Liturgical service will be livestreamed at 9am.

More information about our services can be found here: stmarys.my/services.

Carparking

If you are attending any of the services or events at St Mary's Cathedral, please park at the Dataran Merdeka Underground Carpark across the road.

The Cathedral Carpark is reserved for women travelling alone who may feel unsafe parking in the Dataran Merdeka Underground Carpark, people with young children who would find it hard to cross the road with them, and those who are elderly, or suffering from illness

or disability who would then find it hard to walk from the carpark across the road.

If you fall into any of the categories above and wish to park in the Cathedral, please visit stmarys.my/booking to book a carpark on Sundays. There is also an option for you to indicate on the form that you would like to book a parking spot for 6 months. Your car plate number will then be given to the guards and you will be allowed in.

Bookings for carparking will open at 2pm on Sunday and close at noon on Friday.

If you miss a booking but you fall into any of the categories mentioned above and need to park in the Cathedral, you may request for a temporary paper form from the guard to allow you to park just for that day.

If you are parking in the Cathedral, please drive slowly and carefully for the sake of the safety of the many pedestrians in the Cathedral compound.

Community Meal

Next Community Meal: 18 February 2024

Kids' Church

The Kids' Church classes run on Sunday mornings. The different age groups meet at their respective classrooms on the ground floor of the Cathedral. Parents may pick up their children after the 11am church services ends.

Please email kidschurch@stmaryscathedral.org.my or speak to our Kids' Church teachers for further information.

Cathedral Office Contact Number

Kindly note that the Cathedral Office landline is now functioning. If you need to call the office, please do so on 03 2692 8672 or 011 5760 3484.

Ash Wednesday Service

You are invited to join us for our Ash Wednesday service on 14 February 2024 at 7.30pm. This service at the Cathedral is with the imposition of ashes.

If you are unable to join us for this evening service, you are invited to join the Daily Office (stmarys.my/dailyoffice) at 7.30am on the same day.

Christianity Explored

Christianity Explored is a course that helps you to explore who the God of the Bible is and what he says about life's meaning and purpose.

We invite you to join us for 7 Sundays, 2-4 pm, starting from 3 March 2024. Lunch is provided at 1.30pm. The course will be held in room GF2 (Old Office) at St Mary's Cathedral.

If you are unable to join the in-person course, you may also request for online sessions with a facilitator.

Please visit stmarys.my/findoutmore for more details on how to register.

Belonging

Belonging is our orientation programme for people who have recently started coming to our services. If you are

new with us, please do come along to find out more about our church, what it means to belong to God's kingdom, and how that is expressed in our local church.

Date: Saturday, 17 February 2024

Time: 10am – 3pm (Lunch provided)

Venue: 1st Floor Chapel, St Mary's Cathedral KL

Register: stmarys.my/belonging

(please register by Wednesday, 14 February 2024)

Being Anglican Course (Part 2 of the Adult Confirmation Programme)

The next round of Part 2 of the Cathedral's Adult Confirmation Programme, 'Being Anglican', will run for 4 Saturdays, beginning 24 February, 10am-12.30pm, in the Glass Room at St Mary's Cathedral.

If you are 18 and above and are interested in being confirmed, then please let us know at stmarys.my/adultconfirmation. If you have already done 'Just for Starters' (Part 1), let us know on the form and we will enrol you in the 'Being Anglican' course.

Fridays in Lent

We invite you to join us for our Friday Evening Lenten Service from 16 February to 22 March, at 7.30pm. These Zoom services will follow the Order for Evening Prayer of the Daily Office for each of the respective Fridays.

As with last year's Friday Lenten services, we will continue our reflection this year from the Book of Homilies of the Anglican Church in modern English, which includes teachings on true and living faith, faith and good works, and Christian love. A Lenten hymn will also be included that will help us to reflect on the love and mercy of God who sent his Son to die on the cross to save us from our sins.

Please use this link to join our Friday Evening Lenten Service: stmarys.my/fridaysinlent

Lenten Meditation – ‘At The Foot Of The Cross’

Each year, the Diocese of West Malaysia produces a booklet called ‘At The Foot Of The Cross’ to help us reflect on the cross during the Lent season. The notes this year work through the Gospel of John (chapters 1-15 and 20:1-

10) – starting on Ash Wednesday and ending on Easter Sunday.

Click [here](#) to download the PDF copy of this year's booklet.

Personal Details Update

Thank you for being here with us at St Mary's Cathedral and we would like to get to know you better.

Here is a form to update your contact details on our church management system, for us to stay in touch with you: stmarys.my/survey2024

Rest assured that we will be safeguarding the information and it will not be used for any commercial purposes.

UCA Golden Circle – Thanksgiving Tea Fellowship

UCA Golden Circle Committee is organizing a Thanksgiving Tea Fellowship event as follows:

Date: Saturday, 24 February 2024

Time: 3-5pm

Venue: Emmanuel Church Cheras

All seniors in the Cathedral are invited to attend. There will be a talk on Cyber Crime and Scam. So do come for a time of fellowship.

Please call the Cathedral office on 03 2692 8672 to register your participation by 4pm on Monday, 19 February.

Volunteers Needed

We are seeking for secondary and tertiary students on holiday/semester break to help scan and digitalize files. Goodie bags will be offered. The volunteering times are between Tuesdays-Fridays (10am–5pm).

Please contact your congregational pastor or Rev Andy Ng for more details.

Building Roof & External Walls

The main roof and external walls of the Cathedral are in need of major repairs to address leaks that are threatening the comfort and safety of the building. We will need to raise funds for the repair and restoration works. For more information on the extent of damage and works, and for occasional updates on the funds collected, please visit stmarys.my/building.

Seminars

Our website has a page dedicated to seminars that we ran in the past. Topics include gender identity, parenting, relationships and church history. If you would like to listen to or watch videos of these seminars, you can find them at stmarys.my/seminars.

Golden Circle: Chair Exercise

The Golden Circle conducts a fitness programme for seniors at the Cathedral. Movements consist of chair exercises to strengthen and tone muscles, improve balance, improve lung function, and improve circulation and cardiac function.

Day: Fridays

Time: 9.30-10.30am

Venue: MPH

Donation for Flowers

If you would like to donate flowers to commemorate occasions (such as anniversary, memorial, baptism, birthday), you can let us know by indicating on the spreadsheet on the notice board at the Cathedral entrance. Please contact Janet Chan (017 213 3418) for the type, colour and cost of flowers. Payment for the flowers can be made to Jessica Hoh at the Book Corner.

Lost And Found

If you left something in the Cathedral, you can look for it at the 'Lost and Found' section in the Book Corner. Items will be kept for a month for people to claim before they are disposed of.

St Mary's Agape Mission School

St Mary's Agape Mission School is now in its 10th 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. (Retired teachers are preferred.)

The school is located near Ampang, and the time for volunteering is 9am-12pm and/or 1-3pm from Mondays to Thursdays.

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 7.30am 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 at about 7.25am each day for a 7.30am start. That will take you directly to the Zoom room

where the service takes place. The service will finish before 8am.

Pastoral Needs

If you are a regular at St Mary's Cathedral and would like to make an appointment to talk to a member of the pastoral team, please let us know by filling in a Connection Card at 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.

Small Groups

Looking to connect with a Christian community? We encourage you to consider joining one of our in-person or online 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 and we'd be happy to help find you one.

Youth Fellowship

Our Youth Fellowship (ages 13-18) meets on Sundays at 9am in the GF3 room (the room between the Pantry and the Old Office). If you would like to join us, please sign up at stmarys.my/youth.

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/youthbaptismconfirmation and we will inform you when the next one starts.

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.

Dataran Merdeka Underground Carpark

Here are the weekend parking rates (Saturday & Sunday):

12am-9.59am – RM 4.00 per entry

10am-11.59pm – RM 5.00 per entry

For more information on payment methods, you can find them at stmarys.my/dataran.

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, indicating that you would like someone from the Work Care Panel to contact you.

Photography/Video Recordings during Services

Please note that taking photographs and/or recording videos are not allowed during our services without prior permission. If you would like to have footage of the service, you may look up our [YouTube channel](#).

WhatsApp Announcement Groups

We have new WhatsApp announcement groups! Do join your service community to receive the appropriate updates on the goings-on here at the cathedral. You can either click the links here or follow the QR code by the entrances for each hall. Only admins will be able to post and to see the phone numbers of everyone in the group. You will get the order of service for the congregation you are in each week (with all the announcements within the document). Admins will carefully limit the number of other announcements sent out to avoid overloading your WhatsApp inbox.

Liturgical Online:

<https://chat.whatsapp.com/GdKJ70hOT4p7UTZUD2RxpP>

Liturgical 7am:

<https://chat.whatsapp.com/FzoyrkZOMcBFUuA5EGygFT>

Liturgical 9am:

<https://chat.whatsapp.com/BCd6szYiXlk7iyu1VT8s8N>

Liturgical 11am:

<https://chat.whatsapp.com/KK2bl0HRZsdCmRWXOiPdfK>

SMACC 1:

<https://chat.whatsapp.com/GqLRkLZgvIF4e5Ht4GktnF>

SMACC 2:

<https://chat.whatsapp.com/EXCHpSflvDv8NRGgxqgPhE>

In Memoriam

Give thanks for the life of Mr Adrian Lee Jee Keng who passed away on 6 February 2024. Thank God for his promise that all who depart in the faith of Christ rest now in peace and will surely rise in glory.