

# Holy Eucharist

19 March 2023 | 7.00 am, 11.00 am

*The Fourth Sunday of Lent*



Synod of the Diocese of West Malaysia

**St Mary's Cathedral**

*Making disciples of Jesus Christ*

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## Hymn: All People That On Earth Do Dwell

*William Kethe 1594*

All people that on earth do dwell,  
sing to the Lord with cheerful voice;  
Him serve with fear, His praise forth tell;  
come ye before Him and rejoice.

The Lord, ye know, is God indeed;  
without our aid He did us make;  
we are His folk, He doth us feed,  
and for His sheep He doth us take.

O enter then His gates with praise,  
approach with joy His courts unto;  
praise, laud, and bless His name always,  
for it is seemly so to do.

For why? The Lord our God is good,  
His mercy is forever sure;  
His truth at all times firmly stood  
and shall from age to age endure.

To Father, Son, and Holy Ghost,  
the God whom heaven and earth adore,  
from men and from the angel-host  
be praise and glory evermore.

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# Introduction

## Prayer of Preparation

*(Please kneel or be seated)*

**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.**

# The Commandments

*(Please remain kneeling or seated)*

Hear now the commandments that God gave his people, Israel. And God spoke all these words, saying,

“I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery. You shall have no other gods before me.

“You shall not make for yourself a carved image, or any likeness of anything that is in heaven above, or that is in the earth beneath, or that is in the water under the earth. You shall not bow down to them or serve them, for I the LORD your God am a jealous God.

“You shall not take the name of the LORD your God in vain, for the LORD will not hold him guiltless who takes his name in vain.

“Remember the Sabbath day, to keep it holy. Six days you shall labour, and do all your work, but the seventh day is a Sabbath to the LORD your God.

“Honour your father and your mother, that your days may be long in the land that the LORD your God is giving you.

“You shall not murder.

“You shall not commit adultery.

“You shall not steal.

“You shall not bear false witness against your neighbour.

“You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or his male servant, or his female servant, or his ox, or his donkey, or anything that is your neighbour's.”

**All: Lord, have mercy on us, and incline our hearts to keep your laws.**

# Collect for Ash Wednesday

*(Please remain kneeling or seated)*

**All: Almighty and everlasting God,  
you hate nothing that you have made  
and forgive the sins of all those who are penitent:  
create and make in us new and contrite hearts  
that we, worthily lamenting our sins  
and acknowledging our wretchedness,  
may receive from you, the God of all mercy,  
perfect remission and forgiveness;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.**

# Collect of the Day

*Collect for the Fourth Sunday of Lent*

**All: Merciful Lord,  
absolve your people from their offences,  
that through your bountiful goodness  
we may all be delivered  
from the chains of those sins  
which by our frailty we have committed;  
grant this, heavenly Father,  
for Jesus Christ's sake,  
our blessed Lord and Saviour,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.  
Amen.**

# Old Testament Reading: Genesis 1:26-2:3

*(Please be seated)*

<sup>26</sup> Then God said, “Let us make man in our image, after our likeness. And let them have dominion over the fish of the sea and over the birds of the heavens and over the livestock and over all the earth and over every creeping thing that creeps on the earth.”

<sup>27</sup> So God created man in his own image,  
in the image of God he created him;  
male and female he created them.

<sup>28</sup> And God blessed them. And God said to them, “Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the heavens and over every living thing that moves on the earth.” <sup>29</sup> And God said, “Behold, I have given you every plant yielding seed that is on the face of all the earth, and every tree with seed in its fruit. You shall have them for food. <sup>30</sup> And to every beast of the earth and to every bird of the heavens and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. <sup>31</sup> And



God saw everything that he had made, and behold, it was very good. And there was evening and there was morning, the sixth day.

<sup>2:1</sup> Thus the heavens and the earth were finished, and all the host of them. <sup>2</sup> And on the seventh day God finished his work that he had done, and he rested on the seventh day from all his work that he had done. <sup>3</sup> So God blessed the seventh day and made it holy, because on it God rested from all his work that he had done in creation.

*At the end of the reading the reader says*

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

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

# Psalm 95

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

<sup>1</sup> Oh come, let us sing to the LORD;  
let us make a joyful noise to the rock of our salvation!

<sup>2</sup> **Let us come into his presence with thanksgiving;  
let us make a joyful noise to him with songs of  
praise!**

<sup>3</sup> For the LORD is a great God,  
and a great King above all gods.

<sup>4</sup> **In his hand are the depths of the earth;  
the heights of the mountains are his also.**

<sup>5</sup> The sea is his, for he made it,  
and his hands formed the dry land.

<sup>6</sup> **Oh come, let us worship and bow down;  
let us kneel before the LORD, our Maker!**

<sup>7</sup> For he is our God,  
and we are the people of his pasture,  
and the sheep of his hand.

Today, if you hear his voice,

<sup>8</sup> **do not harden your hearts, as at Meribah,  
as on the day at Massah in the wilderness,**

<sup>9</sup> when your fathers put me to the test  
and put me to the proof, though they had seen my  
work.

<sup>10</sup> **For forty years I loathed that generation  
and said, “They are a people who go astray in their  
heart,  
and they have not known my ways.”**

<sup>11</sup> Therefore I swore in my wrath,  
“They shall not enter my rest.”

*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: Hebrews 4:4-11

*(Please be seated)*

<sup>4</sup> For he has somewhere spoken of the seventh day in this way: “And God rested on the seventh day from all his works.” <sup>5</sup> And again in this passage he said,

“They shall not enter my rest.”

<sup>6</sup> Since therefore it remains for some to enter it, and those who formerly received the good news failed to enter because of disobedience, <sup>7</sup> again he appoints a certain day, “Today,” saying through David so long afterward, in the words already quoted,

“Today, if you hear his voice,  
do not harden your hearts.”

<sup>8</sup> For if Joshua had given them rest, God would not have spoken of another day later on. <sup>9</sup> So then, there remains a Sabbath rest for the people of God, <sup>10</sup> for whoever has entered God’s rest has also rested from his works as God did from his.

<sup>11</sup> Let us therefore strive to enter that rest, so that no one may fall by the same sort of disobedience.

*At the end of the reading the reader says*

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

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

## Gospel Reading: Luke 13:10-17

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

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

<sup>10</sup> Now he was teaching in one of the synagogues on the Sabbath. <sup>11</sup> And behold, there was a woman who had had a disabling spirit for eighteen years. She was bent over and could not fully straighten herself. <sup>12</sup> When Jesus saw her, he called her over and said to her, “Woman, you are freed from your disability.” <sup>13</sup> And he laid his hands on her, and immediately she was made straight, and she glorified God. <sup>14</sup> But the ruler of the synagogue, indignant because Jesus had healed on the Sabbath, said to the people, “There are six days in which work ought to be done. Come on those days and be healed, and not on the Sabbath day.” <sup>15</sup> Then the Lord answered him, “You hypocrites! Does not each of you on the Sabbath untie his ox or his donkey from the manger and lead it away to water it? <sup>16</sup> And ought not this woman, a daughter of Abraham whom Satan bound for eighteen years, be loosed from this bond on the Sabbath day?” <sup>17</sup> As he said these things, all his adversaries were put to shame, and all the people rejoiced at all the glorious things that were done by him.

*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: The Fourth Commandment**

## ***Exodus 20:8-11***

### **Introduction:**

- The Fourth Commandment
- 3 Christian views on the Sabbath

### **1. The Rest of the Sabbath**

- Genesis 2:1-3
- Exodus 20:8-11
- Exodus 34:21
- Exodus 16
- Exodus 23:12

### **[Principle 1] The Sabbath is God's Wisdom.**

- To the Work-a-holic
- To the Rest-a-holic

### **2. The Worship of the Sabbath**

- Deuteronomy 5:15
- Amos 8:4-6



## **[Principle 2] The Sabbath is God's Blessing.**

- Beware the heart
  - Isaiah 58:13-14
- Beware legalism
  - Mark 2:27-28

### **3. The Lord of the Sabbath**

- Rest (OT & Now)
  - Matthew 11:28
- Worship (OT & Now)
  - John 14:6

## **[Principle 3] The Sabbath is Christ's shadow.**

- Colossians 2:16-17
- Hebrews 4:9-11

**[main idea] The Sabbath is about Restful Worship in Christ**

# 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: Jerusalem The Golden

*Bernard of Cluny (tr. J. M. Neale), 1818-1866*

Jerusalem the golden,  
with milk and honey blest,  
beneath thy contemplation  
sink heart and voice opprest.  
I know not, O I know not  
what joys await us there,  
what radiancy of glory,  
what bliss beyond compare.

They stand, those halls of Sion,  
conjugilant with song,  
and bright with many an angel,  
and all the martyr throng;  
the Prince is ever with them,  
the daylight is serene,  
the pastures of the blessed  
are decked in glorious sheen.

There is the throne of David;  
and there, from care released,  
the shout of them that triumph,  
the song of them that feast;  
and they, who with their leader  
have conquered in the fight,  
for ever and for ever  
are clad in robes of white.

O sweet and blessed country,  
the home of God's elect!  
O sweet and blessed country  
that eager hearts expect!  
Jesu, in mercy bring us  
to that dear land of rest;  
who art, with God the Father  
and Spirit, ever blest.

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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 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 95:1-7

*The Scottish Psalter*

O come, let us sing to the Lord:  
come, let us ev'ry one  
A joyful noise make to the Rock  
of our salvation.

Let us before his presence come  
with praise and thankful voice;  
Let us sing psalms to him with grace,  
and make a joyful noise.

For God, a great God, and great King,  
above all gods he is.  
Depths of the earth are in his hand,  
the strength of hills is his.

To him the spacious sea belongs,  
for he the same did make;  
The dry land also from his hands  
its form at first did take.

O come, and let us worship him,  
let us bow down withal,  
And on our knees before the Lord  
our Maker let us fall.

For he's our God, the people we  
of his own pasture are,  
And of his hand the sheep; to-day,  
if ye his voice will hear.

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# Hymn: Rock Of Ages

*A.M. Toplady 1740-1778*

Rock of Ages, cleft for me,  
let me hide myself in Thee;  
let the water and the blood  
from Thy riven side which flowed,  
be of sin the double cure;  
cleanse me from its guilt and pow'r.

Not the labours of my hands  
can fulfil Thy Law's demands;  
could my zeal no respite know,  
could my tears forever flow,  
all for sin could not atone;  
Thou must save, and Thou alone.

Nothing in my hand I bring,  
simply to Thy cross I cling.  
Naked, come to Thee for dress;  
helpless, look to Thee for grace;  
foul, I to the fountain fly;  
wash me, Saviour, or I die!

While I draw this fleeting breath,  
when my eyelids close in death,  
when I soar through tracts unknown,  
see Thee on Thy judgment throne,  
Rock of Ages, cleft for me,  
let me hide myself in Thee.

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# Prayer 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:* Christ give you grace to grow in holiness,  
to deny yourselves,  
take up your cross,  
and follow him;  
and the blessing of God almighty,  
the Father, the Son, and the Holy Spirit,  
be upon 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: Glorious Things Of Thee Are Spoken

*John Newton 1725-1807*

Glorious things of thee are spoken,  
Zion, city of our God.

He whose Word cannot be broken  
formed thee for His own abode.

On the Rock of Ages founded,  
what can shake thy sure repose?

With salvation's walls surrounded,  
thou may'st smile at all thy foes.

See, the streams of living waters,  
springing from eternal love,  
well supply thy sons and daughters  
and all fear of want remove.

Who can faint while such a river  
ever flows their thirst to assuage?

Grace, which like the Lord, the Giver,  
never fails from age to age.

Saviour, if of Zion's city  
I through grace a member am,  
let the world deride or pity,  
I will glory in Thy name.  
Fading is the worldling's pleasure,  
all his boasted pomp and show;  
solid joys and lasting treasure  
none but Zion's children know.

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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**

### E-wallet

Scan the following QR code using any e-wallet app (Touch n Go / GrabPay / Boost). 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 classes run on Sunday mornings. The different age groups meet at their respective classrooms on the ground floor of the Cathedral. Parents can pick up their children 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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## Church Camp

Our camp for the English Liturgical and SMACC congregations will be held from 28-30 September 2023. Please mark those dates in your calendar. More details to follow.

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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, 9 April 2023, at 2.30 pm. You can register using the form here: [stmarys.my/findoutmore](https://stmarys.my/findoutmore)

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## Palm Crosses for Palm Sunday

Volunteers are needed to make palm crosses on Saturday, 1 April at 9.00 am in room GF6 (Fish Bowl). Those interested please inform the Cathedral Office on 03 2692 8672.

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# Annual General Meeting

This year's AGM is scheduled to be held on Saturday, 15 April 2023 at 10.30 am in the Multi-Purpose Hall, St Mary's Cathedral.

More details will become available over the next couple of weeks.

Only electoral roll members and a few non-voting helpers are invited to attend the AGM. You are entitled to come to the AGM and to vote if you joined the electoral roll before it closed on 31 December 2022.

If you would like to check your status on the New Roll, please call the office on 03 2692 8672 during office hours from 13 until 24 March 2023 to make sure your name is there, and your details are up to date. It is especially important that people who think they enrolled last year check that their names are actually there.

A copy of the New Roll\* as prepared by the Dean will be posted within the porch of the Cathedral on 31 March 2023. No name shall be entered and deleted from the Electoral Roll from 31 March and the close of the Annual General Meeting.

(\*Notice was given on 4 December 2022 that the preparation of the new roll will begin on 18 December 2022)

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## **Cathedral Women's Fellowship (CWF) AGM**

The CWF Annual General Meeting is scheduled to be held on Saturday, 25 March 2023 at 10.00 am physically in the MPH. All women of the Cathedral are invited to attend. Please register at [stmarys.my/cwf.agm](https://stmarys.my/cwf.agm) by Thursday, 23 March 2023.

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## **Golden Circle AGM**

Please be informed that the St Mary's Cathedral Golden Circle AGM will be held on Saturday, 25 March 2023 at 11.30 am at the Multi Purpose Hall. All electoral roll members above the age of 50 are invited to attend this AGM. Notice and agenda of the meeting can be collected from our committee members in your respective service.

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## **Volunteer with the Social Concerns Team**

The Social Concerns Team of St Mary's Cathedral is the first point of referral for members and other St Mary's contacts who may require care, support and/or practical assistance, and seek to organize, facilitate and oversee these needs. This ministry is limited by the availability of more hands to assist with the various needs that arise. If you have a heart for people who are struggling and are willing and able to assist us, please consider and complete the form below to partner with us in any way you are able to show the love of Christ more practically:

[stmarys.my/socialconcerns.volunteer](https://stmarys.my/socialconcerns.volunteer)

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## **Fridays in Lent**

We invite you to join us for our Friday Evening Lenten Service from 24 February to 31 March, at 7.00 - 8.00 pm. 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](http://stmarys.my/fridaysinlent)

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## **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 Minor Prophets – starting on Ash Wednesday and ending on Easter Sunday.

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

There are limited numbers of hardcopies of the booklet available at the Book Corner.

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# Turkiye-Syria Earthquake Relief Fund

If you would like to make a donation towards the relief and rebuilding work in Turkiye and Syria, you may send it to the Diocesan account:

Account Name: Synod of the Diocese of West Malaysia

Account Number: 5140 1139 4072 (Maybank)

For online transfer, kindly key in “Turkiye Earthquake” or “Syria Earthquake” under Reference

Please email your bank-in slip/transfer receipt to [anglicandwm@gmail.com](mailto:anglicandwm@gmail.com) stating the name of the donor and the purpose of the donation “Turkiye Earthquake” or “Syria Earthquake”

Closing date for donations: 31 March 2023

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## 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.

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## **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.

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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](http://stmarys.my/connect) or let the Cathedral Office know on 03 2692 8672. You will be contacted and furnished with more details by those in charge from the Cathedral.

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## **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.

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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. (Retired teachers are preferred).

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 03 2692 8672.

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 03 2692 8672.

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)

Starting from 16 April, the Youth Fellowship will meet on Sundays at 9.00 am in the GF3 room (the room between the Pantry and the Old Office).

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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.