

Holy Eucharist

21 January 2024 | 7.00 am, 11.00 am
Third Sunday of Epiphany



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

[Sermon Outline](#) (page 15) | [Announcements](#) (page 42)

Hymn: Guide Me O Thou Great Redeemer

William Williams 1717-1791

Guide me, O thou great Redeemer,
pilgrim through this barren land;
I am weak, but thou are mighty;
hold me with thy powerful hand:
Bread of heaven, bread of heaven,
feed me now and evermore,
feed me now and evermore.

Open now the crystal fountain,
whence the healing stream doth flow;
Let the fiery cloudy pillar
lead me all my journey through:
Strong deliverer, strong deliverer,
be thou still my strength and shield,
be thou still my strength and shield.

When I tread the verge of Jordan,
bid my anxious fears subside;
Death of death, and hell's destruction,
land me safe on Canaan's side:
Songs of praises, songs of praises,
I will ever give to Thee,
I will ever give to Thee.

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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 Third Sunday of Epiphany

**All: Almighty God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
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.**

Old Testament Reading: 2 Kings 4:38-44

(Please be seated.)

³⁸ And Elisha came again to Gilgal when there was a famine in the land. And as the sons of the prophets were sitting before him, he said to his servant, "Set on the large pot, and boil stew for the sons of the prophets." ³⁹ One of them went out into the field to gather herbs, and found a wild vine and gathered from it his lap full of wild gourds, and came and cut them up into the pot of stew, not knowing what they were. ⁴⁰ And they poured out some for the men to eat. But while they were eating of the stew, they cried out, "O man of God, there is death in the pot!" And they could not eat it. ⁴¹ He said, "Then bring flour." And he threw it into the pot and said, "Pour some out for the men, that they may eat." And there was no harm in the pot.

⁴² A man came from Baal-shalishah, bringing the man of God bread of the firstfruits, twenty loaves of barley and fresh ears of grain in his sack. And Elisha said, "Give to the men, that they may eat." ⁴³ But his servant said, "How can I set this before a hundred men?" So he repeated, "Give them to the men, that they may eat, for thus says the

LORD, 'They shall eat and have some left.'”⁴⁴ So he set it before them. And they ate and had some left, according to the word of the LORD.

At the end of the reading, the reader says,

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 107:1-3, 23-32

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

¹ Oh give thanks to the LORD, for he is good,
for his steadfast love endures forever!

² **Let the redeemed of the LORD say so,
whom he has redeemed from trouble**

³ and gathered in from the lands,
from the east and from the west,
from the north and from the south.

--

²³ **Some went down to the sea in ships,
doing business on the great waters;**

²⁴ they saw the deeds of the LORD,
his wondrous works in the deep.

²⁵ **For he commanded and raised the stormy wind,
which lifted up the waves of the sea.**

²⁶ They mounted up to heaven; they went down to the
depths;

their courage melted away in their evil plight;

²⁷ **they reeled and staggered like drunken men
and were at their wits' end.**

²⁸ Then they cried to the LORD in their trouble,
and he delivered them from their distress.

²⁹ **He made the storm be still,
and the waves of the sea were hushed.**

³⁰ Then they were glad that the waters were quiet,
and he brought them to their desired haven.

³¹ **Let them thank the LORD for his steadfast love,
for his wondrous works to the children of man!**

³² Let them extol him in the congregation of the people,
and praise him in the assembly of the elders.

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: Colossians 1:9-20

(Please be seated)

⁹ And so, from the day we heard, we have not ceased to pray for you, asking that you may be filled with the knowledge of his will in all spiritual wisdom and understanding, ¹⁰ so as to walk in a manner worthy of the Lord, fully pleasing to him: bearing fruit in every good work and increasing in the knowledge of God; ¹¹ being strengthened with all power, according to his glorious might, for all endurance and patience with joy; ¹² giving thanks to the Father, who has qualified you to share in the inheritance of the saints in light. ¹³ He has delivered us from the domain of darkness and transferred us to the kingdom of his beloved Son, ¹⁴ in whom we have redemption, the forgiveness of sins.

¹⁵ He is the image of the invisible God, the firstborn of all creation. ¹⁶ For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him. ¹⁷ And he is before all things, and in him all things hold together. ¹⁸ And he is the head of the body, the church. He is the beginning, the

firstborn from the dead, that in everything he might be preeminent. ¹⁹ For in him all the fullness of God was pleased to dwell, ²⁰ and through him to reconcile to himself all things, whether on earth or in heaven, making peace by the blood of his cross.

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 14:13-36

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

Glory to Christ our Saviour.

¹³ Now when Jesus heard this, he withdrew from there in a boat to a desolate place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴ When he went ashore he saw a great crowd, and he had compassion on them and healed their sick. ¹⁵ Now when it was evening, the disciples came to him and said, "This is a desolate place, and the day is now over; send the crowds away to go into the villages and buy food for themselves." ¹⁶ But Jesus said, "They need not go away; you give them something to eat." ¹⁷ They said to him, "We have only five loaves here and two fish." ¹⁸ And he said, "Bring them here to me." ¹⁹ Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds. ²⁰ And they all ate and were satisfied. And they took up twelve baskets full of the broken pieces left over. ²¹ And those who ate were about five thousand men, besides

women and children.²² Immediately he made the disciples get into the boat and go before him to the other side, while he dismissed the crowds.²³ And after he had dismissed the crowds, he went up on the mountain by himself to pray. When evening came, he was there alone,²⁴ but the boat by this time was a long way from the land, beaten by the waves, for the wind was against them.²⁵ And in the fourth watch of the night he came to them, walking on the sea.²⁶ But when the disciples saw him walking on the sea, they were terrified, and said, "It is a ghost!" and they cried out in fear.²⁷ But immediately Jesus spoke to them, saying, "Take heart; it is I. Do not be afraid."

²⁸ And Peter answered him, "Lord, if it is you, command me to come to you on the water."²⁹ He said, "Come." So Peter got out of the boat and walked on the water and came to Jesus.³⁰ But when he saw the wind, he was afraid, and beginning to sink he cried out, "Lord, save me."³¹ Jesus immediately reached out his hand and took hold of him, saying to him, "O you of little faith, why did you doubt?"³² And when they got into the boat, the wind ceased.³³ And those in the boat worshiped him, saying, "Truly you are the Son of God."

³⁴ And when they had crossed over, they came to land at Gennesaret. ³⁵ And when the men of that place recognized him, they sent around to all that region and brought to him all who were sick ³⁶ and implored him that they might only touch the fringe of his garment. And as many as touched it were made well.

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: Jesus our Emmanuel

Matthew 14:13-36

1. Jesus Saves the Sick (Matthew 14:13-14, 34-36)

[Principle 1] Jesus who is powerful has compassion for our weakness.

2. Jesus Satisfies the Needy (Matthew 14:15-21)

[Principle 2] Jesus who sustains all creation mercifully provides for our needs.

3. Jesus Soothes the Storm (Matthew 14:22-33)

[Principle 3] Jesus who commands the storm mightily delivers us.

[Main idea] Jesus is the compassionate Emmanuel who provides and delivers.

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: Just As I Am

Charlotte Elliott 1789-1871

Just as I am, without one plea
but that thy blood was shed for me,
and that thou bidst me come to thee,
O Lamb of God, I come.

Just as I am, though tossed about
with many a conflict, many a doubt,
fightings and fears within, without,
O Lamb of God, I come.

Just as I am, poor, wretched, blind;
sight, riches, healing of the mind,
yea, all I need, in thee to find,
O Lamb of God, I come.

Just as I am, thou wilt receive,
wilt welcome, pardon, cleanse, relieve:
because thy promise I believe,
O Lamb of God, I come.

Just as I am, thy love unknown
has broken every barrier down;
now to be thine, yea, thine alone,
O Lamb of God, I come.

Just as I am, of that free love
the breadth, length, depth, and height to prove,
here for a season, then above,
O Lamb of God, I come.

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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 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: How Firm A Foundation

Robert Keene / George Keith 1792

How firm a foundation, you saints of the Lord,
is laid for your faith in His excellent Word!
What more can He say than to you He has said,
to you who for refuge to Jesus have fled?

"Fear not, I am with you; O be not dismayed,
for I am your God and will still give you aid.
I'll strengthen you, help you, and cause you to stand,
upheld by My righteous, omnipotent hand."

"When through the deep waters I call you to go,
the rivers of sorrow shall not overflow;
for I will be with you, your troubles to bless,
and sanctify to you your deepest distress."

"When through fiery trials your pathway shall lie,
My grace, all-sufficient, shall be your supply.
The flame shall not hurt you; I only design
your dross to consume, and your gold to refine."

"The soul that on Jesus still leans for repose
I will not, I will not desert to its foes;
that soul, though all hell should endeavour to shake,
I'll never, no never, no never forsake!"

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Hymn: My Faith Has Found A Resting Place

E.E. Hewitt 1851-1920

My faith has found a resting place,
from guilt my soul is freed;
I trust the Ever-living One,
His wounds for me shall plead.

*I need no other argument,
I need no other plea,
it is enough that Jesus died,
and that He died for me.*

Enough for me that Jesus saves,
this ends my fear and doubt;
a sinful soul I come to Him,
He'll never cast me out.

My heart is leaning on the Word,
the written Word of God,
salvation by my Saviour's name,
salvation through His blood.

My great Physician heals the sick,
the lost He came to save;
for me His precious blood He shed,
for me His life He gave.

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Hymn: Lead Us Heavenly Father

James Edmeston 1791-1867

Lead us, heavenly Father, lead us
o'er the world's tempestuous sea;
guard us, guide us, keep us, feed us,
for we have no help but thee;
yet possessing every blessing,
if our God our Father be.

Saviour, breathe forgiveness o'er us:
all our weakness thou dost know;
thou didst tread this earth before us,
thou didst feel its keenest woe;
lone and dreary, faint and weary,
through the desert thou didst go.

Spirit of our God, descending,
fill our hearts with heavenly joy,
love with every passion blending,
pleasure that can never cloy:
thus provided, pardoned, guided,
nothing can our peace destroy.

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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: All Praise To Thee, For Thou, O King Divine

F. Bland Tucker 1895-1984

All praise to thee, for thou, O King divine,
didst yield the glory that of right was thine,
that in our darkened hearts thy grace might shine:

Alleluia!

Alleluia!

Thou cam'st to us in lowliness of thought;
by thee the outcast and the poor were sought,
and by thy death was God's salvation wrought:

Alleluia!

Alleluia!

Let this mind be in us which was in thee,
who wast a servant that we might be free,
humbling thyself to death on Calvary:

Alleluia!

Alleluia!

Wherefore, by God's eternal purpose,
Thou art high exalted o'er all creatures now,
and given the name to which all knees shall bow:

Alleluia!

Alleluia!

Let every tongue confess with one accord
in heaven and earth that Jesus Christ is Lord;
and God the Father be by all adored:

Alleluia!

Alleluia!

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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 not functioning at the moment. If you need to call the office, please do so on 011 5760 3484 for now. We will let you know when we get a new landline.

The Reason For God

Please join us for 4 discussion sessions as we look at some of the biggest objections to Christianity through Tim Keller's 'Reason for God'.

Day: 4 Sundays in January 2024

Time: 2-4pm

Venue: GF2 (Old Office), St Mary's Cathedral

Free of charge.

Please register at stmarys.my/reasonforgod

7 January Isn't the Bible a myth?

14 January How can you say there is only one way to God?

21 January What gives you the right to tell me how to live my life?

28 January Why does God allow suffering?

Just For Starters

Just for Starters is a course that helps you to establish a deeper relationship with God through exploring truths found in the Bible and what it teaches about living for Christ in our world today.

It can also double up as part of our Adult Baptism preparation. This course is also part 1 of our Adult Confirmation Programme.

When you sign up for this course, you will be paired up with someone who will work through the 7 studies with you. The default time is 2.00 pm on Sunday afternoons, beginning 21 January 2024 – but you can always change it to a time that is convenient for you, once you are paired up with your mentor.

Click on this link to register: stmarys.my/jfs

CWF Talk: At The Feet Of Jesus

Come and spend a morning with women in the Word. We will meet in Luke's Gospel two different women who spent time at Jesus' feet, and discover who they found him to be.

Date: Saturday, 27 January 2024

Time: 10am – 12pm

Venue: Lady Chapel, St Mary's Cathedral

Donation: RM10 (for lunch)

Please register here: stmarys.my/cwf

For more information, please contact Judi Cheah (012 375 7694).

Tuesday Night Training

Tuesday Night Training (TNT) is a good and systematic way for all of us to keep studying God's Word and to be trained for ministry. The first term for 2024 begins on 30 January.

Theological courses on offer are Bible Overview, Ephesians, Doctrine 2 and Apologetics. There is also a Ministry Skills course entitled 'Cross Cultural Conversations'.

If you are new to TNT, we encourage you to consider taking our Bible Overview course. This is a great way to learn how the whole Bible fits together and points to Jesus.

Find out more about the courses and register here:
stmarys.my/tnt

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)

Cathedral Women's Bible Study

Is spending more time in God's Word one of your goals for 2024? Our ladies' bible study groups can help you do just that and they are up and running. Come and join with other women from across the Cathedral community to dig deeper into our preaching passages each week. We meet in-person on Thursdays, 10am-12pm in the MPH, and have online groups for those who can't travel in. For more information, please contact Judi Cheah (012 375 7694).

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 and Floor Exercises

The Golden Circle conducts a fitness programme for seniors at the Cathedral. Movements consist of chair and floor 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/KK2bI0HRZsdCmRWXOiPdfK>

SMACC 1:

<https://chat.whatsapp.com/GqLRkLZgvlF4e5Ht4GktnF>

SMACC 2:

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