

Holy Eucharist

28 January 2024 | 7.00 am, 11.00 am

Fourth Sunday of Epiphany



Synod of the Diocese of West Malaysia

St Mary's Cathedral

Making disciples of Jesus Christ

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Hymn: God Has Spoken By His Prophets

G. W. Briggs, 1875-1959

God has spoken by the prophets,
Spoken the unchanging Word;
Each from age to age proclaiming
God the One, the righteous Lord!
'Mid the world's despair and turmoil
One firm anchor holding fast:
God eternal reigns forever,
God the first and God the last.

God has spoken by Christ Jesus,
Christ, the everlasting Son,
Brightness of the Father's glory,
With the Father ever one;
Spoken by the Word incarnate,
God of God ere time was born;
Light of light, to earth descending,
Christ as God in human form.

God is speaking by the Spirit,
Speaking to our hearts again,
In the age-long word declaring
God's own message, now as then.
Through the rise and fall of nations
One sure faith is standing fast:
God abides, the Word unchanging,
God the first and God the last.

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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 Fourth Sunday of Epiphany

**All: God our creator,
who in the beginning
commanded the light to shine out of darkness:
we pray that the light
of the glorious gospel of Christ
may dispel the darkness of ignorance and unbelief,
shine into the hearts of all your people,
and reveal the knowledge of your glory
in the face of 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: Isaiah 29:11-21

(Please be seated.)

¹¹ And the vision of all this has become to you like the words of a book that is sealed. When men give it to one who can read, saying, “Read this,” he says, “I cannot, for it is sealed.” ¹² And when they give the book to one who cannot read, saying, “Read this,” he says, “I cannot read.”

¹³ And the Lord said:

“Because this people draw near with their mouth
and honour me with their lips,
while their hearts are far from me,
and their fear of me is a commandment taught by men,

¹⁴ therefore, behold, I will again
do wonderful things with this people,
with wonder upon wonder;
and the wisdom of their wise men shall perish,
and the discernment of their discerning men shall be
hidden.”

¹⁵ Ah, you who hide deep from the LORD your counsel,
whose deeds are in the dark,
and who say, “Who sees us? Who knows us?”

¹⁶ You turn things upside down!

Shall the potter be regarded as the clay,
that the thing made should say of its maker,

“He did not make me”;

or the thing formed say of him who formed it,

“He has no understanding”?

¹⁷ Is it not yet a very little while

until Lebanon shall be turned into a fruitful field,

and the fruitful field shall be regarded as a forest?

¹⁸ In that day the deaf shall hear

the words of a book,

and out of their gloom and darkness

the eyes of the blind shall see.

¹⁹ The meek shall obtain fresh joy in the LORD,

and the poor among mankind shall exult in the Holy
One of Israel.

²⁰ For the ruthless shall come to nothing

and the scoffer cease,

and all who watch to do evil shall be cut off,

²¹ who by a word make a man out to be an offender,

and lay a snare for him who reproves in the gate,

and with an empty plea turn aside him who is in the
right.

At the end of the reading, the reader says,

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 51:1-12

(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. A Psalm of David, when Nathan the prophet went to him, after he had gone in to Bathsheba.

¹ Have mercy on me, O God,
according to your steadfast love;
according to your abundant mercy
blot out my transgressions.

² **Wash me thoroughly from my iniquity,
and cleanse me from my sin!**

³ For I know my transgressions,
and my sin is ever before me.

⁴ **Against you, you only, have I sinned
and done what is evil in your sight,
so that you may be justified in your words
and blameless in your judgment.**

⁵ Behold, I was brought forth in iniquity,
and in sin did my mother conceive me.

⁶ **Behold, you delight in truth in the inward being,
and you teach me wisdom in the secret heart.**

⁷ Purge me with hyssop, and I shall be clean;
wash me, and I shall be whiter than snow.

⁸ **Let me hear joy and gladness;
let the bones that you have broken rejoice.**

⁹ Hide your face from my sins,
and blot out all my iniquities.

¹⁰ **Create in me a clean heart, O God,
and renew a right spirit within me.**

¹¹ Cast me not away from your presence,
and take not your Holy Spirit from me.

¹² **Restore to me the joy of your salvation,
and uphold me with a willing spirit.**

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: Romans 14:13-19

(Please be seated.)

¹³ Therefore let us not pass judgment on one another any longer, but rather decide never to put a stumbling block or hindrance in the way of a brother. ¹⁴ I know and am persuaded in the Lord Jesus that nothing is unclean in itself, but it is unclean for anyone who thinks it unclean. ¹⁵ For if your brother is grieved by what you eat, you are no longer walking in love. By what you eat, do not destroy the one for whom Christ died. ¹⁶ So do not let what you regard as good be spoken of as evil. ¹⁷ For the kingdom of God is not a matter of eating and drinking but of righteousness and peace and joy in the Holy Spirit. ¹⁸ Whoever thus serves Christ is acceptable to God and approved by men. ¹⁹ So then let us pursue what makes for peace and for mutual upbuilding.

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 15:1-20

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

Glory to Christ our Saviour.

¹ Then Pharisees and scribes came to Jesus from Jerusalem and said, ² “Why do your disciples break the tradition of the elders? For they do not wash their hands when they eat.” ³ He answered them, “And why do you break the commandment of God for the sake of your tradition? ⁴ For God commanded, ‘Honour your father and your mother,’ and, ‘Whoever reviles father or mother must surely die.’ ⁵ But you say, ‘If anyone tells his father or his mother, “What you would have gained from me is given to God,” ⁶ he need not honour his father.’ So for the sake of your tradition you have made void the word of God. ⁷ You hypocrites! Well did Isaiah prophesy of you, when he said:

⁸ “‘This people honours me with their lips,
but their heart is far from me;

⁹ in vain do they worship me,
teaching as doctrines the commandments of men.’”

¹⁰ And he called the people to him and said to them, “Hear and understand: ¹¹ it is not what goes into the mouth that defiles a person, but what comes out of the mouth; this defiles a person.” ¹² Then the disciples came and said to him, “Do you know that the Pharisees were offended when they heard this saying?” ¹³ He answered, “Every plant that my heavenly Father has not planted will be rooted up. ¹⁴ Let them alone; they are blind guides. And if the blind lead the blind, both will fall into a pit.” ¹⁵ But Peter said to him, “Explain the parable to us.” ¹⁶ And he said, “Are you also still without understanding? ¹⁷ Do you not see that whatever goes into the mouth passes into the stomach and is expelled? ¹⁸ But what comes out of the mouth proceeds from the heart, and this defiles a person. ¹⁹ For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false witness, slander. ²⁰ These are what defile a person. But to eat with unwashed hands does not defile anyone.”

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 Source Of True Defilement

Matthew 15:1-20

1. Introduction

2. The Pharisee's Traditions (v1-2)

3. The Problem of The Pharisee's Traditions (v3-9)

a. Making God's word void (v4-6)

b. Worshipping in vain (v7-9)

4. What Defiles a Person? (v10-11 & 15-20)

5. But what about the Pharisees? (v12-14)

6. Conclusions

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: Lord Thy Word Abideth

H.W. Baker 1821-1877

Lord, thy word abideth,
and our footsteps guideth;
who its truth believeth
light and joy receiveth.

When our foes are near us,
then thy word doth cheer us,
word of consolation,
message of salvation.

When the storms are o'er us,
and dark clouds before us,
then its light directeth,
and our way protecteth.

Who can tell the pleasure,
who recount the treasure
by thy word imparted
to the simple-hearted?

Word of mercy, giving
succour to the living;
word of life, supplying
comfort to the dying.

O that we discerning
its most holy learning,
Lord, may love and fear thee,
evermore be near thee!

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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: O For A Heart To Praise My God

Charles Wesley, 1707-1788

O for a heart to praise my God,
a heart from sin set free;
a heart that's sprinkled with the blood
so freely shed for me:

A heart resigned, submissive, meek,
my great Redeemer's throne;
where only Christ is heard to speak,
where Jesus reigns alone:

A humble, lowly, contrite heart,
believing, true, and clean,
which neither life nor death can part
from him that dwells within:

A heart in every thought renewed,
and full of love divine;
perfect and right and pure and good —
a copy, Lord, of thine.

Thy nature, gracious Lord, impart,
come quickly from above;
write thy new name upon my heart,
thy new best name of Love.

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Hymn: According To Thy Gracious Word

James Montgomery, 1771-1854

According to Thy gracious word,
In meek humility,
This will I do, my dying Lord,
I will remember Thee.

Thy body, broken for my sake,
My bread from heaven shall be;
Thy cup of blessing I will take,
And thus remember Thee.

Can I Gethsemane forget?
Or there Thy conflict see,
Thine agony and bloody sweat,
And not remember Thee?

When to the cross I turn mine eyes
And rest on Calvary,
O Lamb of God, my sacrifice,
I must remember Thee-

Remember Thee and all Thy pains
And all Thy love to me;
Yea, while a breath, a pulse remains,
I will remember Thee.

And when these failing lips grow dumb
And mind and memory flee,
When Thou shalt in Thy kingdom come,
Then, Lord, remember me.

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Hymn: Search Me, O God

J. Edwin Orr, 1912-1987

Search me, O God, and know my heart today;
Try me, O Saviour, know my thoughts, I pray.
See if there be some wicked way in me;
Cleanse me from ev'ry sin and set me free.

I praise thee, Lord, for cleansing me from sin;
Fulfill thy Word, and make me pure within.
Fill me with fire where once I burned with shame;
Grant my desire to magnify thy name.

Lord, take my life and make it wholly thine;
Fill my poor heart with thy great love divine.
Take all my will, my passion, self, and pride;
I now surrender; Lord, in me abide.

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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: Thanks To God Whose Word Was Spoken

R.T. Brooks, 1918-1985

Thanks to God whose word was spoken
in the deed that made the earth.
His the voice that called a nation,
his the fires that tried her worth.
God has spoken:
praise him for his open word.

Thanks to God whose Word Incarnate
glorified the flesh of man;
deeds and words and death and rising
tell the grace in heaven's plan.
God has spoken:
praise him for his open word.

Thanks to God whose word was written
in the Bible's sacred page,
record of the revelation
showing God to every age.
God has spoken:
praise him for his open word.

Thanks to God whose word is published
in the tongues of every race.
See its glory undiminished
by the change of time or place.
God has spoken:
praise him for his open word.

Thanks to God whose word is answered
by the Spirit's voice within.
Here we drink of joy unmeasured,
life redeemed from death and sin.
God is speaking:
praise him for his open word.

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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?

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).

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 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>