

Holy Eucharist

28 July 2024 | 9.00 am

Ninth Sunday after Trinity



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

Psalm 100

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 for ever 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

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

Gloria In Excelsis

**All: Glory to God in the highest
and peace to his people on earth.
Lord God, heavenly King, almighty God and Father,
we worship you, we give you thanks,
we praise you for your glory.
Lord Jesus Christ, only Son of the Father,
Lord God, Lamb of God,
you take away the sin of the world:
have mercy on us;
you are seated at the right hand of the Father:
receive our prayer.
For you alone are the Holy One;
you alone are the Lord;
you alone are the Most High,
Jesus Christ, with the Holy Spirit,
in the glory of God the Father.
Amen.**

Collect

Collect for the Ninth Sunday after Trinity

**All: Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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: Nehemiah 7:1-6, 61-64, 8:1-3, 6-10, 13-16

(Please be seated.)

The whole text of Nehemiah 7-8 is printed below as this is the preaching passage but verses in [brackets] will not be read in the services.

^{7:1} Now when the wall had been built and I had set up the doors, and the gatekeepers, the singers, and the Levites had been appointed, ² I gave my brother Hanani and Hananiah the governor of the castle charge over Jerusalem, for he was a more faithful and God-fearing man than many. ³ And I said to them, “Let not the gates of Jerusalem be opened until the sun is hot. And while they are still standing guard, let them shut and bar the doors. Appoint guards from among the inhabitants of Jerusalem, some at their guard posts and some in front of their own homes.” ⁴ The city was wide and large, but the people within it were few, and no houses had been rebuilt.

⁵ Then my God put it into my heart to assemble the nobles and the officials and the people to be enrolled by genealogy. And I found the book of the genealogy of those who came up at the first, and I found written in it:

⁶ These were the people of the province who came up out of the captivity of those exiles whom Nebuchadnezzar the king of Babylon had carried into exile. They returned to Jerusalem and Judah, each to his town. [⁷ They came with Zerubbabel, Jeshua, Nehemiah, Azariah, Raamiah, Nahamani, Mordecai, Bilshan, Mispereth, Bigvai, Nehum, Baanah.

The number of the men of the people of Israel: ⁸ the sons of Parosh, 2,172. ⁹ The sons of Shephatiah, 372. ¹⁰ The sons of Arah, 652. ¹¹ The sons of Pahath-moab, namely the sons of Jeshua and Joab, 2,818. ¹² The sons of Elam, 1,254. ¹³ The sons of Zattu, 845. ¹⁴ The sons of Zaccai, 760. ¹⁵ The sons of Binnui, 648. ¹⁶ The sons of Bebai, 628. ¹⁷ The sons of Azgad, 2,322. ¹⁸ The sons of Adonikam, 667. ¹⁹ The sons of Bigvai, 2,067. ²⁰ The sons of Adin, 655. ²¹ The sons of Ater, namely of Hezekiah, 98. ²² The sons of Hashum, 328. ²³ The sons of Bezai, 324. ²⁴ The sons of Hariph, 112. ²⁵ The sons of Gibeon, 95. ²⁶ The men of Bethlehem and Netophah, 188. ²⁷ The men of Anathoth, 128. ²⁸ The men of Beth-azmaveth, 42. ²⁹ The men of Kiriath-jearim, Chephirah, and Beeroth, 743. ³⁰ The men of Ramah and Geba, 621. ³¹ The men of Michmas, 122. ³² The men of Bethel and Ai, 123. ³³ The men of the other Nebo, 52.

³⁴ The sons of the other Elam, 1,254. ³⁵ The sons of Harim, 320. ³⁶ The sons of Jericho, 345. ³⁷ The sons of Lod, Hadid, and Ono, 721. ³⁸ The sons of Senaah, 3,930.

³⁹ The priests: the sons of Jedaiah, namely the house of Jeshua, 973. ⁴⁰ The sons of Immer, 1,052. ⁴¹ The sons of Pashhur, 1,247. ⁴² The sons of Harim, 1,017.

⁴³ The Levites: the sons of Jeshua, namely of Kadmiel of the sons of Hodevah, 74. ⁴⁴ The singers: the sons of Asaph, 148. ⁴⁵ The gatekeepers: the sons of Shallum, the sons of Ater, the sons of Talmon, the sons of Akkub, the sons of Hatita, the sons of Shobai, 138.

⁴⁶ The temple servants: the sons of Ziha, the sons of Hasupha, the sons of Tabbaoth, ⁴⁷ the sons of Keros, the sons of Sia, the sons of Padon, ⁴⁸ the sons of Lebana, the sons of Hagaba, the sons of Shalmal, ⁴⁹ the sons of Hanan, the sons of Giddel, the sons of Gahar, ⁵⁰ the sons of Reaiah, the sons of Rezin, the sons of Nekoda, ⁵¹ the sons of Gazzam, the sons of Uzza, the sons of Paseah, ⁵² the sons of Besai, the sons of Meunim, the sons of Nephushesim, ⁵³ the sons of Bakbuk, the sons of Hakupha, the sons of Harhur, ⁵⁴ the sons of Bazlith, the sons of

Mehida, the sons of Harsha, ⁵⁵ the sons of Barkos, the sons of Sisera, the sons of Temah, ⁵⁶ the sons of Neziah, the sons of Hatipha.

⁵⁷ The sons of Solomon's servants: the sons of Sotai, the sons of Sophereth, the sons of Perida, ⁵⁸ the sons of Jaala, the sons of Darkon, the sons of Giddel, ⁵⁹ the sons of Shephatiah, the sons of Hattil, the sons of Pochereth-hazzebaim, the sons of Amon.

⁶⁰ All the temple servants and the sons of Solomon's servants were 392.]

⁶¹ The following were those who came up from Tel-melah, Tel-harsha, Cherub, Addon, and Immer, but they could not prove their fathers' houses nor their descent, whether they belonged to Israel: ⁶² the sons of Delaiah, the sons of Tobiah, the sons of Nekoda, 642. ⁶³ Also, of the priests: the sons of Hobaiah, the sons of Hakkoz, the sons of Barzillai (who had taken a wife of the daughters of Barzillai the Gileadite and was called by their name).

⁶⁴ These sought their registration among those enrolled in the genealogies, but it was not found there, so they were excluded from the priesthood as unclean. [⁶⁵ The governor

told them that they were not to partake of the most holy food until a priest with Urim and Thummim should arise.

⁶⁶ The whole assembly together was 42,360, ⁶⁷ besides their male and female servants, of whom there were 7,337. And they had 245 singers, male and female. ⁶⁸ Their horses were 736, their mules 245, ⁶⁹ their camels 435, and their donkeys 6,720.

⁷⁰ Now some of the heads of fathers' houses gave to the work. The governor gave to the treasury 1,000 darics of gold, 50 basins, 30 priests' garments and 500 minas of silver. ⁷¹ And some of the heads of fathers' houses gave into the treasury of the work 20,000 darics of gold and 2,200 minas of silver. ⁷² And what the rest of the people gave was 20,000 darics of gold, 2,000 minas of silver, and 67 priests' garments.

⁷³ So the priests, the Levites, the gatekeepers, the singers, some of the people, the temple servants, and all Israel, lived in their towns.

And when the seventh month had come, the people of Israel were in their towns.]

8:1 And all the people gathered as one man into the square before the Water Gate. And they told Ezra the scribe to bring the Book of the Law of Moses that the LORD had commanded Israel. ² So Ezra the priest brought the Law before the assembly, both men and women and all who could understand what they heard, on the first day of the seventh month. ³ And he read from it facing the square before the Water Gate from early morning until midday, in the presence of the men and the women and those who could understand. And the ears of all the people were attentive to the Book of the Law. [⁴ And Ezra the scribe stood on a wooden platform that they had made for the purpose. And beside him stood Mattithiah, Shema, Anaiah, Uriah, Hilkiah, and Maaseiah on his right hand, and Pedaiah, Mishael, Malchijah, Hashum, Hashbaddanah, Zechariah, and Meshullam on his left hand. ⁵ And Ezra opened the book in the sight of all the people, for he was above all the people, and as he opened it all the people stood.] ⁶ And Ezra blessed the LORD, the great God, and all the people answered, "Amen, Amen," lifting up their hands. And they bowed their heads and worshiped the LORD with their faces to the ground. ⁷ Also Jeshua, Bani, Sherebiah, Jamin, Akkub, Shabbethai, Hodiah, Maaseiah, Kelita, Azariah, Jozabad, Hanan, Pelaiah, the Levites,

helped the people to understand the Law, while the people remained in their places. ⁸ They read from the book, from the Law of God, clearly, and they gave the sense, so that the people understood the reading.

⁹ And Nehemiah, who was the governor, and Ezra the priest and scribe, and the Levites who taught the people said to all the people, “This day is holy to the LORD your God; do not mourn or weep.” For all the people wept as they heard the words of the Law. ¹⁰ Then he said to them, “Go your way. Eat the fat and drink sweet wine and send portions to anyone who has nothing ready, for this day is holy to our Lord. And do not be grieved, for the joy of the LORD is your strength.” [¹¹ So the Levites calmed all the people, saying, “Be quiet, for this day is holy; do not be grieved.” ¹² And all the people went their way to eat and drink and to send portions and to make great rejoicing, because they had understood the words that were declared to them.]

¹³ On the second day the heads of fathers' houses of all the people, with the priests and the Levites, came together to Ezra the scribe in order to study the words of the Law. ¹⁴ And they found it written in the Law that the

LORD had commanded by Moses that the people of Israel should dwell in booths during the feast of the seventh month, ¹⁵ and that they should proclaim it and publish it in all their towns and in Jerusalem, “Go out to the hills and bring branches of olive, wild olive, myrtle, palm, and other leafy trees to make booths, as it is written.” ¹⁶ So the people went out and brought them and made booths for themselves, each on his roof, and in their courts and in the courts of the house of God, and in the square at the Water Gate and in the square at the Gate of Ephraim. [¹⁷ And all the assembly of those who had returned from the captivity made booths and lived in the booths, for from the days of Jeshua the son of Nun to that day the people of Israel had not done so. And there was very great rejoicing. ¹⁸ And day by day, from the first day to the last day, he read from the Book of the Law of God. They kept the feast seven days, and on the eighth day there was a solemn assembly, according to the rule.]

At the end of the reading, the reader says,

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 134

(Please stand: the Psalm will be said responsively.)

A Song of Ascents

¹ Come, bless the LORD, all you servants of the LORD,
who stand by night in the house of the LORD!

² **Lift up your hands to the holy place
and bless the LORD!**

³ May the LORD bless you from Zion,
he who made heaven and earth!

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: James 1:19-25

(Please be seated.)

¹⁹ Know this, my beloved brothers: let every person be quick to hear, slow to speak, slow to anger; ²⁰ for the anger of man does not produce the righteousness of God.

²¹ Therefore put away all filthiness and rampant wickedness and receive with meekness the implanted word, which is able to save your souls.

²² But be doers of the word, and not hearers only, deceiving yourselves. ²³ For if anyone is a hearer of the word and not a doer, he is like a man who looks intently at his natural face in a mirror. ²⁴ For he looks at himself and goes away and at once forgets what he was like. ²⁵ But the one who looks into the perfect law, the law of liberty, and perseveres, being no hearer who forgets but a doer who acts, he will be blessed in his doing.

At the end of the reading, the reader says,

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Gospel Reading: Mark 1:4-14

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

Glory to Christ our Saviour.

⁴ John appeared, baptizing in the wilderness and proclaiming a baptism of repentance for the forgiveness of sins. ⁵ And all the country of Judea and all Jerusalem were going out to him and were being baptized by him in the river Jordan, confessing their sins. ⁶ Now John was clothed with camel's hair and wore a leather belt around his waist and ate locusts and wild honey. ⁷ And he preached, saying, "After me comes he who is mightier than I, the strap of whose sandals I am not worthy to stoop down and untie. ⁸ I have baptized you with water, but he will baptize you with the Holy Spirit."

⁹ In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. ¹⁰ And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove. ¹¹ And a voice came from heaven, "You are my beloved Son; with you I am well pleased."

¹² The Spirit immediately drove him out into the wilderness. ¹³ And he was in the wilderness forty days, being tempted by Satan. And he was with the wild animals, and the angels were ministering to him.

¹⁴ Now after John was arrested, Jesus came into Galilee, proclaiming the gospel of God, ¹⁵ and saying, “The time is fulfilled, and the kingdom of God is at hand; repent and believe in the gospel.”

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: Starting Over Again As God's People

Nehemiah 7-8

Starting over again...

Coming to God on his terms

Have we come to God on his terms?

Rejoicing in the Lord who is our strength

Is the Lord Jesus our strength?

Responding in joyful obedience

We started well but?

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.

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.
Hosanna in the Highest!**

**[Blessed is he who comes in the name of the
Lord; Hosanna in the Highest!]**

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.

**All: Jesus, Lamb of God,
have mercy on us.**

**Jesus, bearer of our sins,
have mercy on us.**

**Jesus, redeemer of the world,
give us your peace.**

The Distribution

Minister:

Jesus is the Lamb of God who takes away the sins of the world.

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

Hymn: In The Cross Of Christ I Glory

John Bowring 1792-1872

In the cross of Christ I glory,
tow'ring o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.

When the woes of life o'ertake me,
hopes deceive, and fears annoy,
never shall the cross forsake me;
Lo! it glows with peace and joy.

When the sun of bliss is beaming
light and love upon my way,
from the cross the radiance streaming
adds more lustre to the day.

Bane and blessing, pain and pleasure,
by the cross are sanctified;
peace is there that knows no measure,
joys that through all time abide.

In the cross of Christ I glory,
towering o'er the wrecks of time;
all the light of sacred story
gathers round its head sublime.

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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,
Will I 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: Blessed Assurance

Fanny Crosby 1820-1915

Blessèd assurance, Jesus is mine:
O what a foretaste of glory divine!
Heir of salvation, purchase of God;
born of his Spirit, washed in his blood:

*This is my story, this is my song,
praising my Saviour all the day long.*

Perfect submission, perfect delight,
visions of rapture burst on my sight;
angels descending bring from above
echoes of mercy, whispers of love:

Perfect submission, all is at rest,
I in my Saviour am happy and blest,
watching and waiting, looking above,
filled with his goodness, lost in his love:

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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: Be Thou My Vision, O Lord Of My Heart

Mary Byrne 1880-1931

Be Thou my Vision, O Lord of my heart;
be all else but naught to me, save that Thou art;
be Thou my best thought in the day and the night,
both waking and sleeping, Thy presence my light.

Be Thou my Wisdom, and Thou my true Word;
be Thou ever with me, and I with Thee, Lord;
be Thou my great Father, and I Thy true son;
be Thou in me dwelling, and I with Thee one.

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

Riches I heed not, nor man's empty praise;
be Thou mine inheritance, now and always;
be Thou and Thou only the first in my heart,
O Sovereign of heaven, my Treasure Thou art.

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

Public Domain

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 the service you normally attend.
 If giving to the Ministry Workers Fund, please put **“MWF”**.

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 banking or 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.

Giving to the Ministry Workers Fund

If you would like to give to the Ministry Workers Fund, please scan the following QR code using any banking or e-wallet app (Touch n Go/GrabPay/Boost). Please ensure “**MWF**” is listed as the payee.



MWF

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: 11 August 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.

Opportunities to Serve

Do you have a heart for service and a desire to be part of a vibrant community? St Mary's Cathedral is looking for dedicated people to help us in various roles. If you're a regular at the Cathedral and would like to lend a hand, we encourage you to register your interest today! Simply visit stmarys.my/serve to learn more and fill out the serving form. We look forward to welcoming you onto our team!

Cathedral Women's Fellowship Talk: Intimacy

We are designed for relationships, but sometimes struggle most with those we are closest to. Come and explore the problems and promise of intimacy and find hope for our relationships with friends, husbands, and God himself.

Date: Saturday, 3 August 2024

Time: 9.30am - 2.00pm

Venue: MPH, St Mary's Cathedral

Fee: RM10 (for lunch)

Speakers: Judi Cheah and Frances Lim (clinical psychologist)

Note: Only for women ages 18 and above.

If interested, please register here: stmarys.my/cwf

If you need more information, please contact Judi Cheah (012 375 7694).

Sunday Afternoon Live with Dr Peter Jensen

Please join us as we interview Dr Peter Jensen, the former Archbishop of Sydney on Sunday, 4 August, 2.30-4pm at the Cathedral. Interview topics: Why I am a Christian, Following Jesus in Old Age, Loving God with your Mind, Being Faithful in Ministry.

An Overview of the Book of Revelation

Rev Dr Michael Jensen, the rector of St Mark's Church in Sydney and former lecturer at Moore College, will be giving an overview of the book of Revelation on Sunday, 11 August, 2.30-4pm at the Cathedral. All are welcome.

SMAGLOW 2024: Prayers of Pilgrimage

SMAGLOW, our camp for the English congregations of the Cathedral, is happening from 15-17 September in Ancasa Residences, Port Dickson! Our speaker, Rev. John Warner, will take us through the Psalms and how it can be a source of encouragement for us daily through the different seasons of our lives.

Camp fees are subsidised by the church and are priced at RM420 per person for a twin room sharing with different rates for children pending their ages. If anyone needs an extra mattress, it is RM300 per adult/child.

The camp form and details are available at stmarys.my/smaglow, which will be updated from time to time. We are also looking for volunteers in some areas. Do check out the website above for more details. If anyone has any questions, can reach out to the organisers via smaglow@stmaryscathedral.org.my

Klang Valley Bible Conference (KVBC)

KVBC is an annual platform to encourage godliness through faithful Bible exposition. This year's theme is "The Spirit of Truth" with Dr Peter Jensen as the speaker.

Date: 5-7 August 2024 (Monday – Wednesday)

Time: 7.30-10pm

Venue: Hall 1, Dream Centre PJ

Register for the free conference [here](#).

Ministry Partners News 2024

We are excited to share this new annual booklet in which you can read about the ministries that take place in St Mary's Cathedral and learn about how you can be involved in this gospel partnership. Download the booklet here: stmarys.my/mpn

Personal Details Update

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

Here is a form to update your contact details on our church management system, for us to stay in touch with you. This will also help the pastoral and admin teams to have details of those whom we are seeking to serve.

stmarys.my/survey2024

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

Building Roof & External Walls

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

Seminars

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

Golden Circle: Chair Exercise

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

Day: Fridays

Time: 9.30-10.30am

Venue: MPH

Donation for Flowers

If you would like to donate flowers to commemorate occasions (such as anniversary, memorial, baptism, birthday), you can let us know by indicating on the spreadsheet on the notice board at the Cathedral entrance. Please send a WhatsApp message to Janet Chan (017 213 3418) and she will contact you to discuss the type, colour and cost of flowers. Payment for the flowers can be made by placing it in an envelope and writing on the envelope the purpose for the payment (in this case 'Flowers'). Please drop the envelope in one of the allocated collection boxes at church. If you would like a receipt to be issued to you, please write your name and

contact number on the envelope, and we will send the receipt to you.

St Mary's Agape Mission School

St Mary's Agape Mission School is always on the lookout for volunteers or anyone looking to sponsor a refugee child's education for the short / long term. No prerequisites required.

As a number of students are resettling in the next few months, if anyone has cold weather clothes you no longer need and wish to give them away, please contact Dr Mei Tan at agapeschool@stmaryscathedral.org.my

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 at 011 5760 3484.

If there is a pastoral emergency, you can reach the pastoral team on our Emergency Pastoral Care Hotline: 011 2091 4458.

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.

Car Sign for Road Closures

You can pick up a car sign at the back of the Jubilee Hall to let the police know that you are heading to the church and you will be let through in case there are road closures on Sundays. This is not an entry pass but simply a sign to facilitate communication with the police.

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 join by clicking the links below. 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 7am](#)



[Liturgical 9am](#)



[Liturgical 11am](#)



[Liturgical Online](#)



[SMACC 1](#)



[SMACC 2](#)