

Holy Eucharist

28 May 2023 | 9.00 am

Day of Pentecost



Synod of the Diocese of West Malaysia

St Mary's Cathedral

Making disciples of Jesus Christ

Livestream of the 9am Liturgical Service: Privacy Notice

Kindly note that the 9am Liturgical Service is being livestreamed on the internet and that your image may be captured during the church service and when you come forward to receive the bread and wine during Holy Communion.

If you do not consent to this, please inform the welcomer who will sit you away from the cameras and arrange for the bread and wine to be brought to you. Alternatively, you can come back at 11am as there is no livestream at the 11am service.

Hymn: God Has Spoken By The Prophets

G. W. Briggs 1952

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 Day of Pentecost

**All: God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.
Amen.**

Old Testament Reading: Numbers 11:24-30

(Please be seated)

²⁴ So Moses went out and told the people the words of the LORD. And he gathered seventy men of the elders of the people and placed them around the tent. ²⁵ Then the LORD came down in the cloud and spoke to him, and took some of the Spirit that was on him and put it on the seventy elders. And as soon as the Spirit rested on them, they prophesied. But they did not continue doing it.

²⁶ Now two men remained in the camp, one named Eldad, and the other named Medad, and the Spirit rested on them. They were among those registered, but they had not gone out to the tent, and so they prophesied in the camp. ²⁷ And a young man ran and told Moses, "Eldad and Medad are prophesying in the camp." ²⁸ And Joshua the son of Nun, the assistant of Moses from his youth, said, "My lord Moses, stop them." ²⁹ But Moses said to him, "Are you jealous for my sake? Would that all the LORD's people were prophets, that the LORD would put his Spirit on them!" ³⁰ And Moses and the elders of Israel returned to the camp.

At the end of the reading the reader says

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Psalm 104:26-35

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

²⁶ There go the ships,
and Leviathan, which you formed to play in it.

²⁷ **These all look to you,
to give them their food in due season.**

²⁸ When you give it to them, they gather it up;
when you open your hand, they are filled with good
things.

²⁹ **When you hide your face, they are dismayed;
when you take away their breath, they die
and return to their dust.**

³⁰ When you send forth your Spirit, they are created,
and you renew the face of the ground.

³¹ **May the glory of the LORD endure forever;
may the LORD rejoice in his works,**

³² who looks on the earth and it trembles,
who touches the mountains and they smoke!

³³ **I will sing to the LORD as long as I live;
I will sing praise to my God while I have being.**

³⁴ May my meditation be pleasing to him,
for I rejoice in the LORD.

³⁵ **Let sinners be consumed from the earth,
and let the wicked be no more!**

Bless the LORD, O my soul!

Praise the LORD!

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 8:1-17

(Please be seated)

¹ There is therefore now no condemnation for those who are in Christ Jesus. ² For the law of the Spirit of life has set you free in Christ Jesus from the law of sin and death.

³ For God has done what the law, weakened by the flesh, could not do. By sending his own Son in the likeness of sinful flesh and for sin, he condemned sin in the flesh, ⁴ in order that the righteous requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵ For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶ For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷ For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. ⁸ Those who are in the flesh cannot please God.

⁹ You, however, are not in the flesh but in the Spirit, if in fact the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰ But if Christ is in you, although the body is dead because of sin,

the Spirit is life because of righteousness. ¹¹ If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you.

¹² So then, brothers, we are debtors, not to the flesh, to live according to the flesh. ¹³ For if you live according to the flesh you will die, but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴ For all who are led by the Spirit of God are sons of God. ¹⁵ For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, “Abba! Father!” ¹⁶ The Spirit himself bears witness with our spirit that we are children of God, ¹⁷ and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.

At the end of the reading the reader says

Reader: This is the Word of the Lord.

All: **Thanks be to God.**

Gospel Reading: John 14:15-24

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

Glory to Christ our Saviour

¹⁵ “If you love me, you will keep my commandments.

¹⁶ And I will ask the Father, and he will give you another Helper, to be with you forever, ¹⁷ even the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, for he dwells with you and will be in you.

¹⁸ “I will not leave you as orphans; I will come to you.

¹⁹ Yet a little while and the world will see me no more, but you will see me. Because I live, you also will live. ²⁰ In that day you will know that I am in my Father, and you in me, and I in you. ²¹ Whoever has my commandments and keeps them, he it is who loves me. And he who loves me will be loved by my Father, and I will love him and manifest myself to him.” ²² Judas (not Iscariot) said to him, “Lord, how is it that you will manifest yourself to us, and not to the world?” ²³ Jesus answered him, “If anyone loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.

²⁴ Whoever does not love me does not keep my words.
And the word that you hear is not mine but the Father's
who sent me.

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: What Does It Mean To Be Indwelt By The Holy Spirit?

Romans 8:1-17

Work of Christ (v1-4)

Living under the Spirit (v5-8)

Resurrection of the Body (v9-11)

Killing Sin (v12-13)

Children of God (v14-17)

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: The Spirit Came, As Promised

James E Seddon 1915-1983

The Spirit came, as promised,
in God's appointed hour;
and now to each believer
he comes in love and power:
and by his Holy Spirit,
God seals us as his own;
and through the Son and Spirit
makes access to his throne.

The Spirit makes our bodies
the temple of the Lord;
he binds us all together
in faith and true accord:
the Spirit in his greatness,
brings power from God above;
and with the Son and Father
dwells in our hearts in love.

He bids us live together
in unity and peace,
employ his gifts in blessing,
and let base passions cease:
we should not grieve the Spirit
by open sin or shame;
nor let our words and actions
deny his holy name.

The word, the Spirit's weapon,
will bring all sin to light;
and prayer, by his directing,
will add new joy and might:
be filled then with his Spirit,
live out God's will and word;
rejoice with hymns and singing,
make music to the Lord!

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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.

(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.

And now we give you thanks
that, after he had ascended far above all heavens,
and was seated at the right hand of your majesty,
he sent forth upon the universal Church
your holy and life-giving Spirit;
that through his glorious power
the joy of the everlasting gospel might go forth
into all the world.

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: O Love, How Deep, How Broad, How High!

Thomas A Kempis 1379-1471

O love, how deep, how broad, how high!
It fills the heart with ecstasy,
that God, the Son of God, should take
our mortal form for mortals' sake.

He sent no angel to our race
of higher or of lower place,
but wore the robe of human frame,
himself, and to this lost world came.

For us he was baptized, and bore
his holy fast, and hungered sore;
for us temptation sharp he knew,
for us the tempter overthrew.

For us to wicked men betrayed,
scourged, mocked, in purple robe arrayed,
he bore the shameful cross and death;
for us at length gave up his breath.

For us he rose from death again,
for us he went on high to reign;
for us he sent his Spirit here
to guide, to strengthen, and to cheer.

To him whose boundless love has won
salvation for us through his Son,
to God the Father, glory be
both now and through eternity.

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Hymn: O Thou Who Camest From Above

Charles Wesley 1707-1788

O thou who camest from above
the fire celestial to impart,
kindle a flame of sacred love
on the mean altar of my heart!

There let it for thy glory burn
with inextinguishable blaze,
and trembling to its source return
in humble prayer and fervent praise.

Jesus, confirm my heart's desire
to work, and speak, and think for thee;
still let me guard the holy fire,
and still stir up the gift in me.

Ready for all thy perfect will,
my acts of faith and love repeat;
till death thy endless mercies seal,
and make the sacrifice complete.

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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: May God the Holy Spirit give you grace
to confess that Jesus Christ is Lord,
and to proclaim the word and works of God
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: Standing On The Promises

Russell Kelso Carter 1849-1928

Standing on the promises of Christ, my King,
Through eternal ages let his praises ring;
Glory in the highest, I will shout and sing,
Standing on the promises of God.

*Standing, standing,
Standing on the promises of God my Saviour,
Standing, standing,
I'm standing on the promises of God.*

Standing on the promises that cannot fail,
When the howling storms of doubt and fear assail,
By the living word of God I shall prevail,
Standing on the promises of God.

Standing on the promises I now can see,
Perfect, present cleansing in the blood for me;
Standing in the liberty where Christ makes free,
Standing on the promises of God.

Standing on the promises of Christ, the Lord,
Bound to him eternally by love's strong cord,
Overcoming daily with the Spirit's sword,
Standing on the promises of God.

Standing on the promises I cannot fall,
List'ning ev'ry moment to the Spirit's call,
Resting in my Saviour, as my all in all,
Standing on the promises of God.

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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). Be sure to confirm "St Mary's Cathedral" is listed as the payee.



St Mary's Cathedral

Note: This method of giving is analogous to putting cash into the offertory bag/box. Your donation will go to the General Fund. You will not be given a receipt. Do not use this to give a pledge.

Details on our webpage: stmarys.my/give

Onsite & Online Services

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

- Liturgical Services – 7.00 am, 9.00 am, 11.00 am
- Contemporary (SMACC) Services – 11.00 am, 5.00 pm

If you are joining us online on Sundays, the Liturgical service will be livestreamed at 9.00 am.

More information about our services can be found here:

stmarys.my/services

Carpark Booking

Please visit stmarys.my/booking to book a carpark on Sundays at the Royal Selangor Club or at the Cathedral, if you need to. There is also an option for you to indicate on the form that you would like to book a parking spot for 6 months. Your car plate number will then be given to the guards. Please note that you will only be allowed in if your car plate number is on the list given to the guards. If you are parking at the Dataran Merdeka Carpark, you do not need to book a carpark. Carparking is free.

Bookings for carparking will open at 2.00 pm on Sunday and close at noon on Friday.

Community Meal

Next Community Meal: 11 June 2023

Service Volunteers

We are looking for volunteers to help out at our services. If you are a regular at St Mary's Cathedral and would like to volunteer, please fill in the form at stmarys.my/volunteer

Kids' Church

The Kids' Church classes run on Sunday mornings. The different age groups meet at their respective classrooms on the ground floor of the Cathedral. Parents can pick up their children after the 11.00 am church service ends.

For more information, you could speak to the Kids' Church teachers or email kidschurch@stmaryscathedral.org.my

Church Camp (SMAGLOW)

Our camp for the English Liturgical and SMACC congregations will be held from 29 September – 1 October 2023 (Friday – Sunday) in Janda Baik. The theme is "Running Well". Please register at stmarys.my/smaglow

10 Commandments Forum

We are grateful for how many have shared that this recent series on the 10 Commandments have helped and benefited our congregation. And yet, we have also realized that perhaps there may yet remain unanswered questions arising from the sermons.

As such, we will be having a forum discussing issues on Christian Ethics to hopefully help us think through how we live out what we have learnt from this entire series.

There will be Q&A at the end of the Forum moderated via Menti. Please submit your questions BEFORE 26 May (Friday).

Go to www.menti.com and use the code 52 36 22 2
<https://www.menti.com/ale122tpwg35>

Date: Sunday, 28 May 2023

Time: 2.00 – 4.00 pm

Location: MPH

Note: Lunch is not provided, but you are encouraged to either have lunch nearby the cathedral, or feel free to order food delivered to the Cathedral.

Golden Circle: Trip to Kuala Selangor / Skinchan

The Golden Circle is organizing a day trip to Kuala Selangor / Skinchan on Saturday, 17 June 2023. Cost per pax is RM 30, which is inclusive of transport and lunch. This day trip is subsidized by the GC.

Please register early to avoid disappointment. The closing date is Monday, 12 June or the bus is filled – whichever comes first. Please call Mrs Thilly Abraham at 012-3756165 to book a seat.

Diocesan English Young Adults' Conference

This year's Diocesan Young Adults' Conference (also known as Persidangan Belia Anglikan, PBA) will be on the theme of 'Speak Up, Grow Up, Build Up!' from Ephesians 4:15-16.

Date: 17 – 18 June 2023

Venue: St Barnabas, Klang

Contribution: RM 50

Please click this [link](#) to register.

Intentional Disciple-Making Conference

The Malaysia Bible Seminary is hosting and organizing the Intentional Disciple-Making Conference entitled “A Certain Kind – See the Critical Needs, Understand the Biblical Strategy, Accomplish the Mission”.

Date: 12-15 July 2023

Main Plenary Speaker: Rev Edmund Chan

Please click this [link](#) to register.

Diocesan Anglican Sports Carnival

St James Church Sentul will be organizing the carnival on the 90th anniversary of the church, to encourage healthy lifestyle as well as to have a meaningful fellowship together as fellow Anglican Christians.

Date: Saturday, 9 September 2023

Time: 8.00 am – 5.00 pm

Venue: Pusat Sukan University Malaya, KL

Please click this [link](#) to register by 14 August 2023.

Golden Circle: Chair & Floor Exercise

The Golden Circle has embarked on some staying fit programme for the seniors in the Cathedral.

Chair & floor exercise on Fridays at 9.30 – 10.30 am at the MPH.

Objective:

To strengthen & tone up muscles, improve balancing, improve lung function and improve circulation & cardiac output.

Volunteer with the Social Concerns Team

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

stmarys.my/socialconcerns.volunteer

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.

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.

Music Ministry

If you are someone who is following Jesus as your Lord and Saviour, committed to serving him in St Mary's and interested in serving either in the choir or as an organist at the Liturgical services, please fill in the Connection Card

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

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 9th year of operation and currently has over 100 students. As such, the school is always on the lookout for volunteers who might be keen to teach the children. If you have a heart for seeing vulnerable children receive an education and would like to find out more about what is involved, please contact Mei Tan on 012 387 3408. (Retired teachers are preferred).

The school is located near Ampang, and the time for volunteering is 9.00 am – 12.00 pm and/or 1.00 – 3.00 pm from Mondays to Thursdays.

The Daily Office

We invite you to join us for the Daily Office – a short daily service with systematic Bible readings and set prayers. This will take place every day at 7.30 am by Zoom (except Sunday).

If you think this would be a helpful part of your daily routine, please join us by simply going to stmarys.my/dailyoffice at about 7.25 am each day for a 7.30 am start. That will take you directly to the Zoom room where the service takes place. The service will finish before 8.00 am.

Pastoral Needs

If you are a regular at St Mary's Cathedral and would like to make an appointment to talk to a pastor, please let us know by filling in a Connection Card at stmarys.my/connect or call the Cathedral Office on 03 2692 8672.

If you are a woman and there are pastoral matters you prefer to talk about with another woman, you can contact Mrs Christine Rajaratnam or Miss Danielle Cheng. If you would like one of them to contact you, please let us know

in the same way – you can fill in a Connection Card at stmarys.my/connect or call the Cathedral Office on 03 2692 8672.

If there is a pastoral emergency, you can reach the pastoral team on our Emergency Pastoral Care Hotline: 011 5762 8524.

Small Groups

Looking to connect with a Christian community? We encourage you to consider joining one of our online or in-person small groups. This is one of the important ways we grow together as a community of God's people as we gather under His Word and seek to encourage one another to persevere in following Jesus.

If you would like to join a small group, please fill in a form at stmarys.my/smallgroups and we'd be happy to help find you one.

Youth Fellowship

Our Youth Fellowship (ages 13-18) meets on Sundays at 9.00 am 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/youthconfirmation 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

There is currently free parking at the Dataran Merdeka Underground Carpark until further notice. Please take note that this free parking is available to the public and therefore, no special pass from the Cathedral is needed to park there. If anyone requires you to pay for parking, please take a picture or video of the incident and forward it to office@stmaryscathedral.org.my.

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.