



Holy Cross
ANGLICAN CHURCH

Established 1966

Theme 2009:

***“PROCLAIMING THE GOOD NEWS
THROUGH MISSION & MINISTRY”***

Sunday June 14, 2009

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Soldier Road at Highbury Park
P.O. Box SS-5808
N.P. Bahamas

MISSION STATEMENT

***Holy Cross Anglican Church exists to bring people,
transform people, and equip people to live their full
potential within the body of Christ.***

HOLY CROSS ANGLICAN CHURCH

*Be thoughtful, be silent, be reverent, for this is the House of God.
Before the Service, speak to the Lord, during the Service,
Let the Lord speak to you; after the service, speak to one another.*

Rector:

*The Rev'd Fr. Norman D. Lightbourne
Residence: 364-4029*

Assistant Curate & Youth Director:

*The Rev'd Fr. Ethan P. J. Ferguson
Residence: 324-9813*

Catechist /Legal Advisor

*Mr. Maxwell S. A. Turner
Residence: 393-6241*

Priest Warden

*Mr. Keith Sands
Office: 323-0995*

People's Warden:

*Mr. Robert A. F. Bartlett
Office: 322-2341*

VESTRY MEMBERS

Treasurer: Reginald Saunders

Secretary: Debbie Smith

Sonia Bowe-Adderley

Craig Tony Gomez

Bernard Turner

Nickola Dawkins

Bertel Holder

Kyran Turnquest

Veronica Hanna

Quinn McCartney

Sonia Wallace

Patricia Hermanns

April Turner

Jacqueline Wells

HEADS OF ORGANIZATIONS/MINISTRIES

The Anglican Church Men

Trevor Bethel

The Parish Youth Council

Tammi Clarke

Stewardship Ministry

Sonia Beckles

The Auxiliary

Villann Johnson

Usher Ministry

Beverly Archer

The Anglican Church Women

Charlene Rodgers

Christian Achievers

April Turner

Sunday School Ministry

Brenda Cooper

Social Outreach Ministry

Jacqueline Burrows

Altar Servers' Guild

Eddie Williams

Music Ministry

Troy Sands



“YEAR OF RESTORATION”

WELCOME TO ALL VISITORS!

(Please complete the blue visitors card at the ushers desk)

SECOND SUNDAY AFTER PENTECOST

7:00 A.M. SAID EUCHARIST

ORDER OF SERVICE

Introit Hymn *O Praise Ye The Lord!* 308 A&M

Opening Sentences

Prayer of Intention.....BCP 101

Collect for Purity

The Kyries

The Gloria In Excelsis

Collect.....Proper 6 BCP 174

The First LessonEzekiel 31:1-6, 10-14
Mrs. Jacqueline Wells

Psalm 92

The Second Lesson2 Corinthians 5:1-10
Miss Nathania Taylor

Gradual Hymn *Gracious Spirit, Holy Ghost* 210 A&M

The Holy Gospel Mark 4:26-34

The Sermon

The Apostle’s CreedBCP 106

The Intercessions.....Form F - BCP 115
Mr. Wyne Taylor

The Act of Penitence

The Exchange of Peace

The Offertory Hymn*We Give Thee But Thine Own* 366 A&M

The ConsecrationForm A - BCP 131

Communion Hymns *My God, And Is Thy Table Spread* 317 A&M

Post-Communion Prayer.....BCP 148

Announcements/Notices/Birthdays

Recessional Hymn *Be Thou My Guardian And My Guide* 282 A&M

9:00 A.M. FAMILY EUCHARIST
CORPORATE COMMUNION - A.C.W.

Introit Hymn *O Praise Ye The Lord!* 308 A&M
Opening SentencesBCP 100
Collect For Purity.....BCP 101
The KyriesBCP 102
The Gloria In Excelsis



The Collects

Second Sunday after Pentecost.....BCP 174

Keep, O Lord, your household the Church in your steadfast faith and love, that through your grace we may proclaim your truth with boldness, and minister your justice with compassion; for the sake of our Savior Jesus Christ, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

A.C.W. PRAYER

Merciful God, to you we commend ourselves and all those who need your help and correction. Where there is hatred give love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope. Where there is sadness, joy. Where there is darkness, light. Grant that we may not seek so much to be consoled, as to console; to be understood, as to understand; to be loved as to love; for it is in giving we receive, in pardoning we are pardoned and it is in dying we are born into eternal life.

Prayer for the Hurricane Season

Almighty and Eternal God sanctify and govern our hearts and bodies in the ways of your laws and the works of your Commandments; that under your protection during this hurricane season and always, we may be preserved in body and soul; through Jesus Christ our Lord. Amen.

The Liturgy of the Word

*The First LessonMrs. Jacqueline Wells (7:00 a.m.)
Mrs. Sylvia Kemp (9:00 a.m.)*

Reader : A Reading from the Word of God written in Ezekiel 31:1-6, 10-14

In the eleventh year, in the third month, on the first day of the month, the word of the LORD came to me: ² Mortal, say to Pharaoh king of Egypt and to his hordes: Whom are you like in your greatness? ³ Consider Assyria, a cedar of Lebanon, with fair branches and forest shade, and of great height, its top among the clouds. ⁴ The waters nourished it, the deep made it grow tall, making its rivers flow around the place it was planted, sending forth its streams to all the trees of the field. ⁵ So it towered high above all the trees of the field; its boughs grew large and its branches long, from abundant water in its shoots. ⁶ All the birds of the air made their nests in its boughs; under its branches all the animals of the field gave birth to their young; and in its shade all great nations lived. ¹⁰ Therefore thus says the Lord GOD: Because it towered high and set its top among the clouds, and its heart was proud of its height, ¹¹ I gave it into the hand of the prince of the nations; he has dealt with it as its wickedness deserves. I have cast it out. ¹² Foreigners from the most terrible of the nations have cut it down and left it. On the mountains and in all the valleys its branches have fallen, and its boughs lie broken in all the watercourses of the land; and all the peoples of the earth went away from its shade and left it. ¹³ On its fallen trunk settle all the birds of the air, and among its boughs lodge all the wild animals. ¹⁴ All this is in order that no trees by the waters may grow to lofty height or set their tops among the clouds, and that no

trees that drink water may reach up to them in height. For all of them are handed over to death, to the world below; along with all mortals, with those who go down to the Pit.

Reader: *The Word of the Lord.*

All: Thanks be to God.

THE PROPER PSALM.....92

Glory to the Father and to the Son and to the Holy Spirit
As it was in the beginning, is now and shall be forever. Amen.

*The Second LessonMiss Nathania Taylor (7:00 a.m.)
Miss Delores Butler (9:00 a.m.)*

Reader: A Reading from the Word of God written in 2 Corinthians 5:1-10

We know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens. 2. For in this tent we groan, longing to be clothed with our heavenly dwelling-- 3. if indeed, when we have taken it off we will not be found naked. 4. For while we are still in this tent, we groan under our burden, because we wish not to be unclothed but to be further clothed, so that what is mortal may be swallowed up by life. 5. He who has prepared us for this very thing is God, who has given us the Spirit as a guarantee. 6. So we are always confident; even though we know that while we are at home in the body we are away from the Lord-- 7. for we walk by faith, not by sight. 8. Yes, we do

have confidence, and we would rather be away from the body and at home with the Lord. 9. So whether we are at home or away, we make it our aim to please him. 10. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.



Reader: The Word of the Lord.

All: Thanks be to God.

The Gradual Hymn *How Welcome Was The Call* 351 A&M

The Holy Gospel Mark 4:26-34

Gospellor: The Lord be with you

All: And also with you

Gospellor: A Reading from the Holy Gospel According to Mark 4:26-34

All: Glory to Christ our Saviour

26. Jesus said, "The kingdom of God is as if someone would scatter seed on the ground, 27. and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. 28. The earth produces of itself, first the stalk, then the head, then the full grain in the head. 29. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come." 30. He also said, "With what can we compare the kingdom of God, or what parable will we use for it? 31. It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; 32. yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade." 33. With many such parables he spoke the word to them, as they

were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

The Gospellor: This is the Gospel of Christ

All: Praise to Christ our Lord



Praise & Worship

The Sermon

Intercessions Form F- BCP 115

Mr. Wyne Taylor (7:00 a.m.)

Mrs. Eva Hilton (9:00 a.m.)

Act of Penitence.....BCP 123

The Greeting of Peace

First Offertory Hymn *God The Father's Only Son* 519 A&M

Second Offertory Hymn *A Christian Home*

O give us homes built firm upon the Saviour
Where Christ is Head and Counselor and Guide;
Where every child is taught His love and favor
And gives his heart to Christ, the Crucified:
How sweet to know that, tho' his footsteps waver,
His faithful Lord is walking by his side!

O give us homes with godly fathers, mothers,
Who always place their hope and trust in Him;
Whose tender patience turmoil never bothers,
Whose calm and courage trouble cannot dim;
A home where each finds joy in serving others,
And love still shines, tho' days be dark and grim.

O give us homes where Christ is Lord and Master,
The Bible read, the precious hymns still sung;
Where pray'r comes first in peace or in disaster,
And praise is natural speech to every tongue;
Where mountains move before a faith that's vaster,
And Christ sufficient is for old and young.

O Lord, our God, our homes are Thine forever!
 We trust to Thee their problems, toil, and care;
 Their bonds of love no enemy can sever
 If Thou art always Lord and Master there:
 Be Thou the center of our least endeavor
 Be Thou our guest, our hearts and homes to share.

The Liturgy of the Eucharist

Sursum Corda..... BCP 126
 The Preface
 Eucharistic PrayerForm A - BCP 131
 The Lord's Prayer
 The Breaking of the Bread
 Invitation
 The Agnus Dei
 Communion Devotional.....*Take The Bread and Take The Wine*



Take the bread and take the wine, prepare for the meal of the Lord
 Let us recall the Saviour's words, "Do this in remembrance of me"
 I do believe, I do believe that Jesus died for me.
 And by his blood, His precious blood One day I will be free.

Communion Hymns *Gracious Spirit, Holy Ghost* 210 A&M
Take My Life And Let It Be

Take my life, and let it be
 Consecrated, Lord, to Thee;
 Take my moments and my days,
 Let them flow in ceaseless praise.

Take my voice, and let me sing
 Always, only, for my King;
 Take my lips, and let them be
 Filled with messages from Thee.

Take my hands, and let them move
 At the impulse of Thy Love;
 Take my feet, and let them be
 Swift and beautiful for Thee.

Take my silver and my gold
 Not a mite would I withhold;
 Take my intellect, and use
 Ev'ry power as Thou shalt choose.

Take my will and make it thine,
It shall be no longer mine;
Take my heart, it is Thine own;
It shall be Thy royal throne.

Take my love; my Lord, I pour
At Thy feet it's treasure store;
Take myself, and I will be
Ever, only, all for Thee!

May The Grace Of Christ Our Saviour 551 A&M

Post Communion Prayer.....BCP 148

The Blessing

Greetings/Announcements/Birthdays

The Recessional *Be Thou My Guardian And My Guide* 282 A&M

NO EVENSONG THIS EVENING

**PLAN TO ATTEND THE SUNDAY SCHOOL CLOSING SERVICE
AT 4:00 P.M. HERE AT HOLY CROSS.**

Altar Servers' Roster

June 14, 2009

Said Eucharist (7:00 a.m.)

Announcer—Cecilia Askew, Master of Ceremonies—Ashaki Adderley, 2nd MC—Marshowl Adderley,
Acolyte—Nicholas Darville, Crucifer—Joey Turnquest

Family Eucharist (9:00 a.m.)

Master of Ceremonies—Vernon Adderley, 2nd MC—Laish Boyd, Jr., 1st Acolytes—Kevin Minnis & Paige
Fowler, 2nd Acolytes—Delano Major & Paul Douglas, 3rd Acolytes—Danielle Turnquest & Azrae
Collins, 1st Crucifer—Joash Boyd, 2nd Crucifer—Vernon Sargent, Thurifer—Anson Gill, Boat—Nathan
Boyd.

Solemn Evensong Sermon & Prayers (7:00 p.m.)

Announcer—Daphne Clarke, Master of Ceremonies—Colin Jupp, 2nd MC—Hazel Jupp,
Acolytes—Vernon Sargent & Wayne Clarke, Crucifer—Hazel Jupp, Thurifer—Kyran Turnquest,
Boat Person—Luke Gilmore



MARRIED COUPLES PRAYER

Dear Heavenly Father,

Thank you for this life, for the gift of love, and the blessing of our marriage. We give you praise for the joy you've poured into our hearts through this love, for the contentment of family, and the happiness of our home. May we always treasure the experience of loving each other in this holy union. Help us to remain forever committed to our vows, those we made to each other, and to you, Lord.

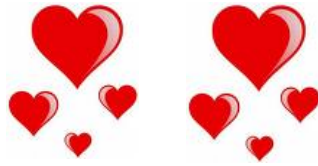
We will need your strength daily Lord, as we live together with the goal of following and serving you. Develop within us the character of your Son, Jesus, that we might love each other with the love he demonstrated - with patience, respect, understanding, honesty, forgiveness and kindness.

Let us always be a support to one another - a friend to listen and encourage, a refuge from the storm, and most importantly, a warrior in prayer.

Holy spirit, guide us through the difficult moments of life and comfort us in our grief. May our lives together bring glory to you, our Savior, and testify of your love.

In Jesus' Name. Amen.

-Mary Fairchild



MARRIAGE BEATITUDES

Blessed are the husband and wife who continue to be affectionate, considerate, and loving after the wedding bells have ceased ringing.

Blessed are the husband and wife who are as polite and courteous to one another as they are to their friends.

Blessed are they who have a sense of humor, for this attribute will be a handy shock absorber.

Blessed are they who love their mates more than any other person in the world, and who joyfully fulfill their marriage vows with a lifetime of fidelity and mutual helpfulness to each other.

Blessed are they who remember to thank God for their food before they partake of it, and who set aside some time each day for reading the Bible and for prayer.

Blessed are they who attain parenthood, for children are a heritage of the Lord.

Blessed are those mates who never speak loudly to each other and who make their home a place "where seldom is heard a discouraging word."

Blessed are the husband and wife who can work out their problems of adjustment without interference from relatives.

Blessed is the couple that has a complete understanding about financial matters and that has worked out perfect partnership with all the money under the control of them both.

Blessed are the husband and wife who humbly dedicate their lives and their home to Christ, and who practice the teachings of Christ in their home by being unselfish, loyal and loving.

PARISH NOTICES

Sunday School Closing

The Sunday School Closing Ceremony will be held this afternoon at 4:00 p.m.

Vacation Bible School - July 6th - 17th

There will be an important Vacation Bible School Meeting on Monday, 15th June 2009 at 6:00 p.m. at the parish Centre for all persons interested in participating in this year's event.

Bible Study

- Tuesday 16th June at 7:00 p.m.
- Wednesday 17th June at 7:30 p.m. Topic: *An 8 Weeks Bible Study On Living With Money*



Healthy Templers

Healthy Templers will meet on Tuesday 16th June at 10:00 a.m.

A.C.M.

Due to the Feast of Corpus Christi, the regularly scheduled A.C.M. Meeting will be held on Thursday, 18th June 2009 at 7:30 p.m. at the Parish Centre. Plan to be present and on time.

Cherubs

The Directors of the Cherubs request the presence of all present and past members of the Cherubs to attend practice on Saturdays from 2:30 p.m. to 4:00 p.m. Preparations are being made for the Concert which will take place on Saturday, June 20, 2009 at 6:30 p.m.

Thank You

- **Mrs. Cleomi Deane** wishes to give special thanks and appreciation to Frs. Lightbourne and Ferguson for their love, visits and prayers. She also wishes to thank the members and friends of Holy Cross Church for their telephone calls, cards of sympathy and words of encouragement during the time of her bereavement - the loss of her dear husband, Mr. Vernon Deane. God bless you all.
- The **Darrell and Fox Families** would like to say "thank you" to the entire congregation of Holy Cross Parish, especially Frs. Lightbourne, Fr. Ferguson and the A.C.W. for their prayers and words of encouragement during their time of the passing of their brother and uncle, Mr. Lloyd Whyms.

Parish Youth Council

The Parish Youth Council of Holy Cross will be honouring all young persons graduating from Secondary School. Two events will take place in this regard:-

19th June - Celebration Dinner for Graduates.

21st June - Corporate Worship for the Graduates.

All Graduates must complete Information Forms which may be obtained from the Parish Office. If there are any questions, please contact Miss Pamela Lightbourne, Chairperson, or Mr. Kyran Turnquest.

Dates for Holy Baptism

June 28th, July 19, August 16, 2009

All applications should be submitted at least 3 weeks prior to the Baptism date.

Vandyke Bethel's Soccer Academy

The Summer Camp will take place **22nd June to 3rd July 2009** at Kingsway Academy High School playing field. Camp starts at 9 a.m. and finishes at 1 p.m.

Registration is \$125.00 (includes ball & T-shirt).

Registration deadline is 30th May.

After this date a \$15.00 fee will be added to the Registration.

Registration forms are available at the Parish Office.

For more information contact Vandyke Bethel at telephone No. 454-6613 or

E-Mail: vandykebethel@hotmail.com.



Junkanoo Land Summer Cultural Workshop

The Ninth Annual Junkanoo Land Summer Workshop for children, a two and a half week educational program designed to educate our children more about the culture of the Bahamas, in particular Junkanoo, will be held June 9 - July 10, 2009 at Silhouette, Broadfields Ave. Winton Heights for children between the ages of 5 and 15 years 9 a.m. - 2 p.m. each day, Monday – Friday.

Registration Fee: \$25.00. Tuition Fees \$260.00.

Camp Executive Director: Mrs. Arlene Nash Ferguson.

Junkanoo Land workshop Hotline: 328-DRUM



CHERUBS CONCERT



This year, the Cherubs will celebrate their 10th Anniversary! To commemorate this milestone, a Concert will be held on **Saturday, 20th June at 6:30 p.m.** at Holy Cross Church under the theme: ***“Remembering our Past, Celebrating Our Future”***. The Concert is under the patronage of Bishop Laish and Mrs. Joann Boyd and Fr. Norman and Mrs. Wendy Lightbourne. All are invited to attend this grand event. Come and support our children as they celebrate and continue to sing God’s praises.

PARISH CALENDAR



- | | |
|--------------|------------------------------------|
| June 19 | - Graduates Dinner 7:00-10:00 p.m. |
| June 20 | - Cherubs Concert at 6:30 p.m. |
| June 21 | - Corporate Worship for Graduates |
| June 26 & 27 | - Annual Prayer Conference |
| July 4 | - A.C.W. Walk-a-thon |
| July 6-17 | - Vacation Bible School |
| Nov. 7 | - A.C.W Steak-Out |
| Oct. 3 | - Auxiliary Retreat |

NAVIGATING YOUR PATH TO FINANCIAL WHOLENESS

The news screaming at us is, gloom and doom about the Bahamas and the wider world’s economy. Tourist arrivals falling, job layoffs, worst unemployment in fifteen years in the Bahamas., living expenses rising and everybody struggling to make ends meet.

To help meet these challenges Holy Cross Parish is planning a number of activities in the month of July under the theme ***“Navigating Your Path to Financial Wholeness”***. In order to make the month of July’s activities more meaningful to you, please advise the Church office on any area of financial concern and/or issue you would wish to have addressed.

LET US PRAY FOR

- ◆ The Strategic Planning Project for the Diocese on Mission & Ministry
- ◆ The Development of Ministries within our Parish and Diocese
- ◆ The Mission of our Parish
- ◆ The Vision for our Parish
- ◆ Our Companion School, Claridge Primary
- ◆ The Full Utilization of our Parish Centre



THE SICK: GAIL BOWE, Bishop Laish Boyd, Sybil Butler, ANNIE CHINAFAT, PHILIP CLARKE, Hilda Dorsette, CLUNIS DUVENEY, GEORGE EDWARDS, Bishop Michael Eldon, FR. STEPHEN GRANT, INEZ KING, Eldridge Knowles, Christie Knowles, MARSHA KNOWLES, KENWARD MAYCOCK, BERNARD MORTIMER, WILSON PIERRE, Mary Hilton Pinder, Fr. Marlin Poitier of North Carolina, FLORENCE PRATT, BLONEVA RAHMING, ANTOINETTE ROLLE, Claude Smith, DUKE SMITH, Eric Smith, Elizabeth Taylor, Marina Thompson, ROCHELLE NAIRN THURSTON, Ethlyn Wells, BRADLEY WILLIAMS.

AT HOME: Lena Armbrister, Dorton & Elsie Chandler, Roscoe Cleare, William Cox, Eldridge Knowles, Iva Knowles, Prescola Lockhart, Franklin Martin, William Mortimer, Vera Petrie, Bloneva Rahming, Patricia Thompson, Eloise Wilson.

OUR OVERSEAS STUDENTS: Christopher Bethel, Travis Bethel, Wilshire Bethel, Erica Bonaby, Adam Burrows, Ernest Burrows Jr., Thane Campbell, Winston Campbell, Aria Chandler, Alithia Clarke, Rasheeda Darville, Verron Darville, Gabrielle Dawkins, Jamaal Ferguson, Lenae Foulkes, Lisa Fox, Anthony Gomez, Jarrel Hall, Yasmin Hanna, Christina Hermanns, Geanne Hilton, Shani Holland, Zachary Hume, Scott Jupp, Danswell Lightbourne, Jannele Lightbourne, Tempara Lockhart, Anwar McCartney, SeDale McKenzie, Selwyn McKenzie, Gabrielle McKinney, Elam Moxey, Shari Moxey, Ava Rodland, Kenya Rolle, Bratisha Smith, Karla Wells, Kristina Wallace Whitfield, Charmaine Williams.

OUR SEMINARIANS ABROAD: Alvarado Adderley. Lynden Douglas, Whitfield Hutchison, Richard Wood.

R.I.P.

Marilyn Collins - Aunt of Princess Taylor

EXPRESSIONS OF SYMPATHY

The Clergy and Parish Family of Holy Cross extend heartfelt condolences to the Collins and Taylor families on the passing of their loved one, Mrs. Marilyn Collins.

HAPPY BIRTHDAY!!

- June 14 - Tenia Wallace
- June 15 - Trevisa Bethel
- June 16 - Albertho Armbrister
- June 17 - Lisa Bethel, Deena Godet
- June 18 - Sylvia Kemp, Debbie Smith
- June 19 - Althea Rodgers
- June 20 - Tommel Roker



HAPPY ANNIVERSARY!!

- June 15 - Trevor & Gina MacKenzie
- June 17 - Maxwell & Gwendolyn Turner



THOUGHT FOR THE WEEK

Until you make peace with who you are,
you'll never be content with what you have.



But godliness with contentment is great gain.

1 Timothy 6:6

DIOCESAN NOTICES

Parish of St. Mary The Virgin

- **Usher Ministry Anniversary Service**

The Usher Ministry of Holy Cross is cordially invited to join the Greeters Board of St. Mary The Virgin in their Anniversary Service on Monday, 15th June 2009 at 7:00 p.m.

The Theme is “*Service to God*”.

Preacher: Fr. Theodore Hunt

- **165th Anniversary of Dedication**

The Parish of St. Mary The Virgin will celebrate its 165th Anniversary of Dedication with a luncheon at Sandals, Royal Bahamian Resort on Sunday, 5th July 2009 at 1:00 p.m. Tickets are priced at \$60.00 for adults and \$30.00 for children, and are available at the Parish Office.

Mericha Walker Live Album Release Concert

Join Mericha, Shabach, Denczil Rolle, Sister C and others in a night of free worship and the release of Mericha’s new Live Album and DVD on Friday, 17th July 2009 at Holy Trinity Activities Centre, Stapledon Gardens at 7:30 p.m. Admission is free but a love offering will be taken.

PRAYER BOX AND PRAYER REQUEST FORMS

The Prayer Box is situated at the left of the Church as you enter, and the Prayer Request forms are on the Usher Stand. Please use the Prayer Request Form, when in need, and drop it into the Prayer Box, which is opened when the Prayer Group meets on Mondays.

PRAYER CHAIN

The Prayer Chain is designed to get a continuous chain of prayer going in the event of a crisis. In case of an emergency or crisis you may contact the following persons to activate the Prayer Chain:

Mrs. Eva Hilton	393-1804	Mrs. Rose Mae Thompson	393-2747
Mr. Frank Reid	393-2274	Parish Office	393-2428

LIVING AN ABUNDANT LIFE

"If I am guilty— woe to me! Even if I am innocent, I cannot lift my head, for I am full of shame..." Job 10:15 (NIV)

While dealing with a financial crisis one human emotion we often experience is "shame". When the Bahamas Government began the Unemployment Programme the low initial response was in part blamed on people feeling too ashamed to publicly come forward for financial assistance. Even in the Bible we see Job feeling ashamed and disgraced about his financial condition.

Dr. Brené Brown in her book "I Thought It Was Just Me (But It Isn't)" writes "Shame is this feeling we get that something is wrong with us and that somehow we are flawed or inadequate in a way that makes us unworthy. Many people feel shame because they feel like they are not living up to the standards set by today's society, whether it's related to beauty, career or wealth."

There are three steps we can take to help us overcome this shame. First, we must learn to forgive ourselves. Self-forgiveness involves recognizing our imperfections and mistakes and accepting ourselves, shortcomings and all.

Second, we must break the silence and secretiveness surrounding shame. No one should feel ashamed about collecting an unemployment benefit. Remember it is called a benefit that those who worked and contributed to National Insurance are now entitled to. The need to keep silent is often based on the anticipation that revealing the secret will result in condemnation, criticism or rejection by others. The person facing the challenge should always reach out to trustworthy persons. Also the society at large should always be trying to create safe environments where people can share and seek help without fear of recrimination or being negatively stigmatized.

Finally, we must use these challenges as ways to get a deeper understanding of our true God-given worth. We must come to realize we are not defined by crises; but by how we deal with them. Despite Adam and Eve's shame in the Garden of Eden, God still came looking for them, also God never left Job!

"Shame is the leading cause of death of the potential for actualizing giftedness."~
Maria Rocamora

Roswell Thompson

SERMON NOTES

PREACHER: _____

SERMON TEXT: _____

Points I Want to Remember:

Illustrations I Want to Remember:

How Does This Word from God apply to My Life:



ALTAR SERVERS' ROSTER

Sunday 21st June 2009 - Pentecost III

Said Eucharist (7:00 a.m.)

Announcer - Ken Mortimer
Master of Ceremonies - Marshowl Adderley
2nd MC - Sandra Johnson
Acolytes - Nicholas Darville & Ashaki Adderley
Crucifer - Ernest Clarke

Family Eucharist (9:00 a.m.)

Master of Ceremonies - Dania Holder
2nd MC - John Alao
1st Acolytes - Ilka Rodgers & Jamaal Foulkes
2nd Acolytes - Christia Fowler & Nathan Boyd
3rd Acolytes - Tyler Gray & Michael Wallace
1st Crucifer - Colin Jupp
2nd Crucifer - Gabrielle Greene
Thurifer - Joash Boyd
Boat Person - Brian Higgs, Jr.

Solemn Evensong, Sermon & Benediction (7:00 p.m.)

Announcer - W. Patrick Edwards
Master of Ceremonies - Kyran Turnquest
2nd MC - Leonard McPhee
Acolytes - Albertho Armbrister & Vernon Sargent
Crucifer - Colin Jupp
Thurifer - Jamaal Turnquest
Boat Person - Christopher McPhee

JUNE 21, 2009
THIRD SUNDAY AFTER PENTECOST
FATHER'S DAY, YOUTH SUNDAY
YEAR B

7:00am Said Mass

Collect			Proper 7 Pg. 174
1st Lesson	-	Ronald Thompson	- Job 38:1-11, 16-18
Psalm			107:1-32
2nd Lesson	-	Arlene Ferguson	- 2 Corinthians 5:14-21
Gospel			Mark 4:35-41
Intercessions	-	Vivian Dean	- Form H Pg 120

9:00am Family Eucharist

1st Lesson	-	Sunday School
2nd Lesson	-	Brownies
Intercessions	-	Cubs



Chalice Assistants

7:00 a.m. - Cecilia Askew, Sandra Johnson, Ernest Clarke, Kenneth Mortimer
 9:00 a.m. - Robert Bartlett, Daphne Clarke, Bernard Turner, Janet Sargent

Ushers

7:00 a.m. - Wyne Taylor, Valencia Thompson, Selwyn McKenzie, Sr.
 9:00 a.m. - Beth Burrows, Deidra Sands, Carla Sweeting, Patricia Fowler,
 Donna Darville, Laverne Thompson, Amanda Johnson

7:00 P.M. EVENSONG AND PRAYERS

Psalms			19, 46
First Lesson	-	Sunday School	- Numbers 14:26-45
Second Lesson	-	Sunday School	- Matthew 19:23-30

MASS**MORNING
PRAYERS****EVENING
PRAYERS**

<p><u>Monday, June 15</u> Collect: Pg. 174 2 Corinthians 6:1-10 Ps. 98 Matthew 5:38-42 Common Preface</p>	<p>Ps. 80 1 Samuel 1:20 Acts 1:1-14</p>	<p>Ps. 77(79) Numbers 9:15-23; 10:29-36 Luke 20:9-19</p>
<p><u>Tuesday June 16</u> Collect: Pg. 174 2 Corinthians 8:1-9 Ps. 146 Matthew 5:43-48 Common Preface</p>	<p>Ps. 78:1-39 1 Samuel 1:21-2:11 Acts 1:15-26</p>	<p>Ps. 78:40-72 Numbers 11:1-23 Luke 20:19-26</p>
<p><u>Wednesday, June 17</u> Collect: Proper 6 Pg. 174 2 Corinthians 9:6-11 Ps. 112:1-9 Matthew 6:1-6, 16-18 Common Preface</p>	<p>Ps. 119:97-120 1 Samuel 2:12-26 Acts 2:1-21</p>	<p>Ps. 81, 82 Numbers 11:24-33 (34-35) Luke 20:27-40</p>
<p><u>Thursday, June 18</u> Collect: Pg. 174 2 Corinthians 11:1-11 Ps. 111 Matthew 6:7-15 Common Preface</p>	<p>Ps. (83) or 34 1 Samuel 2:27-36 Acts 2:22-36</p>	<p>Ps. 85, 86 Numbers 12:1-16 Luke 20:41-21:4</p>
<p><u>Friday, June 19</u> Collect: Proper 6 Pg. 174 2 Corinthians 11:18, 21b-30 Ps. 34:1-6 Matthew 6:19-23 Common Preface</p>	<p>Ps. 88 1 Samuel 3:1-21 Acts 2:37-47</p>	<p>Ps. 91, 92 Numbers 13:1-3, 21-30 Luke 21:5-19</p>
<p><u>Saturday, June 20</u> Collect: Proper 6 Pg. 172 2 Corinthians 12:1-10 Ps. 34:7-14 Matthew 6:24-34 Common Preface</p>	<p>Ps. 87, 90 1 Samuel 4:1b-11 Acts 4:32-5:11</p>	<p>Ps. 136 Numbers 13:31-14:25 Luke 21:20-28 Collect: Proper 7</p>