



# HOLY TRINITY CATHEDRAL

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## PARISH BULLETIN

*Come and worship with us!*

**CELEBRATION OF THE HOLY EUCHARIST & SUNDAY SCHOOL**

**SATURDAYS: 4:30PM | SUNDAY MORNING: 6AM & 8AM**

**FAMILY SERVICE**

**LAST SUNDAY OF THE MONTH: 11AM**

**THIRD SUNDAY AFTER THE EPIPHANY**  
**SUNDAY JANUARY 25, 2026**

**YEAR A**



## ORDER OF SERVICE

<b>Introit Hymn:</b>	<b>(ALL SERVICES)</b>	<i>Master, speak, thy servant heareth</i>	<i>CPWI # 530</i>
Opening Sentence			<i>BCP, 98</i>
The Invocation & Collect for Purity	<b>(4:30PM &amp; 6:00AM)</b>		<i>BCP, 101</i>
Praise and Worship Songs	<b>(8:00AM)</b>		<i>bulletin</i>
<b>Kyrie- Rochard and Gloria - Peruvian Gloria</b>			
The Collect: Third Sunday after the Epiphany			<i>BCP, 161</i>

## THE MINISTRY OF THE WORD

The First Lesson:	Isaiah 9:1-4	<b>(6:00AM &amp; 8:00AM)</b>	
<b>Psalm:</b>	<b>27:1, 5-13</b>		<i>BCP, 499</i>
The Epistle:	1 Corinthians 1:10-18		
<b>The Sequence Hymn</b>	<b>(4:30PM)</b>	<i>I, the Lord of sea and sky</i>	<i>CPWI # 416</i>
	<b>(6:00AM &amp; 8:00AM)</b>	<i>Fishers of men</i>	<i>CB # 33</i>
		<i>I have decided to follow Jesus</i>	<i>SWTS # 96</i>
The Gospel:	<b>Matthew 4:12-23</b>		
<b>The Nicene Creed</b>			<i>BCP, 104</i>
The Intercession:	<b>Form H</b>		<i>BCP, 120</i>
Act of Penitence:	<b>Form A</b>		<i>BCP, 123</i>
The Greeting of Peace:	<b>Form C</b>		<i>BCP, 125</i>

## THE PRESENTATION OF THE OFFERINGS

<b>The Offertory Hymn:</b>			
	<b>(4:30PM)</b>	<i>Take, my life, and let it be</i>	<i>CPWI # 539</i>
	<b>(6:00AM &amp; 8:00AM)</b>	<i>Will you come and follow me?</i>	<i>bulletin</i>
The Offertory Prayer:	<b>Form A</b>		<i>BCP, 126</i>

## THE EUCHARIST

### **THE DOXOLOGY**

Preface:	<b>Epiphany</b>	<i>BCP, 127</i>
The Eucharistic Prayer:	<b>Form C</b>	<i>BCP, 137</i>

### **The Distribution of Holy Communion**

	<b>(4:30PM)</b>	<i>Hark, my soul! It is the Lord</i>	<i>CPWI # 518</i>
	<b>(6:00AM &amp; 8:00AM)</b>	<i>I, the Lord of sea and sky</i>	<i>CPWI # 416</i>
The Post-Communion Prayer			<i>BCP, 148</i>

## THE DISMISSAL

The Final Blessing			<i>BCP, 150</i>
<b>Recessional Hymn:</b>	<b>(4:30PM)</b>	<i>We have a gospel to proclaim</i>	<i>CPWI # 400</i>
	<b>(6:00AM &amp; 8:00AM)</b>	<i>Down in the valley</i>	<i>CPWI # 465</i>

## WORSHIP NOTES

The Epiphany ('manifestation') is an occasion to celebrate three events in the life of Christ - The visit of the Magi, Jesus' baptism by John and the miracle at Cana in Galilee. Epiphanytide is an apt season to pray for the worldwide mission of the Church.

In western churches the focus is on the visit of the far-travelled magi, understood as the manifestation of Christ to the Gentiles. Matthew's account speaks simply of 'wise men from the east'; later tradition fixed their number at three, made them kings and recalled their resonant names – Caspar, Melchior and Balthasar. The feast of the Conversion of St Paul, the Apostle to the Gentiles, appropriately falls in the Epiphany season, as does the Week of Prayer for Christian Unity.

In the Eastern churches, the Epiphany is the celebration of Christ's baptism at the hands of John, when the heavens were opened and a voice from heaven declared Jesus to be God's beloved Son. The miracle of Cana in Galilee, where Jesus 'first manifested his glory', follows immediately. Christopher Wordsworth expresses it poetically in the hymn

Songs of Thankfulness and Praise, he writes:

Manifest at Jordan's stream,  
Prophet, Priest, and King supreme;  
and at Cana wedding-guest  
in thy Godhead manifest.

The arrangement of the Sundays of Epiphany in the Revised Common Lectionary deliberately draws out these aspects - the Sunday after the feast of Epiphany is always the Baptism of our Lord and the second Sunday after the Epiphany is always the miracle of changing water into wine.

The season of joyful celebration that begins at Christmas now continues through the successive Sundays of Epiphany, and the festal cycle ends only with the Feast of the Presentation (Candlemas - Feb 2nd. In some Christian communities this is the official end of the Christmas Season). The child who has been manifested to the magi at his birth is now recognized by Simeon and Anna, when he comes to be presented in the Temple according to the Law of Israel. He is both 'a light to lighten the Gentiles' and 'the glory of God's people Israel'. But the redemption he will bring shall be won through suffering; the Incarnation is directed to the Passion; and Simeon's final words move our attention away from the celebration of Christmas and towards the mysteries of Easter.

The liturgical colour for the Feast of the Epiphany remains white or gold. The weeks which follow are known as the Season after Epiphany or Ordinary Time which uses the liturgical colour of green. This season lasts about six - eight weeks during which we spend our time reflecting on the birth of Christ and his manifestation to all people while we prepare for lent.

*Adapted from the Church of England Prayer and Worship resources* <https://www.churchofengland.org/prayer-and-worship/worship-texts-and-resources/common-worship/churchs-year/times-and-seasons-1>

## ***PRAISE & WORSHIP***

### ***We lift our hands in the sanctuary***

We lift our hands in the sanctuary  
We lift our hands to give You the glory  
We lift our hands to give You the praise  
And we will praise You for the rest of our days;  
Yes, we will praise You for the rest of our days

### ***We have come into this place***

We have come into this place  
And gathered in His name to worship Him.  
We have come into this place  
And gathered in His name to worship Him.  
We have come into this place  
And gathered in His name to worship Christ, the Lord,  
Worship Christ, the Lord.

So forget about yourself,  
Concentrate on Him and worship Him.  
So forget about yourself,

### ***This is holy ground***

You search my heart and You know it  
Every beat, every word  
You are on high, You're below, and  
Every step leads to You  
Where can I go from Your spirit  
No place to run You can't see  
God, You need no invitation  
You're here

So I sing  
This is

Holy ground  
And I'll stand and adore You  
Always here and now  
I stand and sing holy  
Holy, holy God  
I stand and sing holy

Jesus, we give You the praise  
Emmanuel, we lift up Your name  
Heavenly Father, coming  
Messiah;  
And we will praise You for the rest of our days  
Yes, will praise You for the rest of our days

Concentrate on Him and worship Him.  
So forget about yourself,  
Concentrate on Him and worship Christ, the Lord,  
Worship Christ, the Lord.

Let us lift up holy hands  
And magnify His name and worship Him.  
Let us lift up holy hands  
And magnify His name and worship Him.  
Let us lift up holy hands

Holy, holy God  
Standing on holy ground, yeah-eh-ehhh  
Standing on holy ground, yeah-eh-ehhh

God, by Your hand You have made me  
Every beat of the heart  
All of Your thoughts, things of beauty  
Beautiful whispers of God  
Every hour, You are with me  
When I awake You are near  
God, You need no invitation  
You're here  
So I sing  
This is

Holy ground

Yes  
Yes, Lord for the rest of our days  
  
Hallelujah, hallelujah  
Hallelujah for the rest of our days  
And we will praise You for the rest of our days.

And magnify His name and worship Christ, the Lord,  
Worship Christ, the Lord.

We have bonded as His church,  
And in our unity we worship Him.  
We have bonded as His church,  
And in our unity we worship Him.  
We have bonded as His church,  
And in our unity we worship Christ, the Lord,  
Worship Christ, the Lord.

And I'll stand and adore You  
Always here and now  
I stand and sing holy  
Holy, holy God  
I stand and sing holy  
Holy, holy Go  
Standing on holy ground, yeah-eh-ehhh  
Standing on holy ground, yeah-eh-ehhh

Holy, holy, holy  
There is none beside Thee  
Merciful and mighty God  
Ever-present, three-in-one  
Holy, holy, holy  
Though the darkness hide Thee  
What is dark that I should fear  
The risen Son of God is here  
Holy, holy, holy



There is none beside Thee  
Merciful and mighty God  
Ever-present, three-in-one  
Holy, holy, holy  
Though the darkness hide Thee  
What is dark that I should fear  
The risen Son of God is here on

Holy ground  
And I'll stand and adore You  
Always here and now  
I stand and sing holy  
Holy, holy God  
I stand and sing holy

Holy, holy God  
Standing on holy ground, yeah-  
eh-ehhh  
Standing on holy ground, yeah-  
eh-ehhh  
Standing on holy ground

### THE PREPARATION

**INTROIT HYMN:**      *CPWI # 530 Master, speak, thy servant heareth*      **(ALL SERVICES)**

Master, speak! Thy servant  
heareth,  
waiting for thy gracious word,  
longing for thy voice that  
cheereth;  
Master, let it now be heard,  
I am listening, Lord, for thee;  
what hast thou to say to me?

Speak to me by name, O  
Master!  
Let me know it is to me;

speak, that I may follow faster,  
with a step more firm and free,  
where the shepherd leads the  
flock  
in the shadow of the rock.

Master, speak! Though least and  
lowest,  
let me not unheard depart;  
Master, speak! For O thou  
knowest  
all the yearning of my heart;

knowest all its truest need;  
speak, and make me blest  
indeed.

Master, speak! And make me  
ready,  
when thy voice is truly heard,  
with obedience glad and steady  
still to follow every word.  
I am listening, Lord, for thee;  
Master, speak, O speak to me!

### **OPENING SENTENCES:**

God chose to make known how great among the nations are the riches of the glory of this mystery, which is Christ in you, the hope of glory. *Colossians 1: 27*

**PRESIDENT:** Blessed be God: Father, Son and Holy Spirit. Alleluia! Alleluia!

**ALL:** And blessed be His Kingdom, now and forever. Amen. Alleluia! Alleluia!

**COLLECT FOR PURITY:** Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: 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.

### **THE KYRIE: (4:30PM & 6:00AM)**

Lord, have mercy  
**Lord, have mercy**

Christ, have mercy  
**Christ, have mercy**

Lord, have mercy  
**Lord, have mercy**

### **GLORIA IN EXCELSIS (4:30PM & 6:00AM)**

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.

### **GLORIA- PERUVIAN GLORIA (8:00AM)**

Leader: Glory to God, Glory to God, Glory to the Father

**Congregation: Glory to God, Glory to God, Glory to the Father**

Leader: To Him be glory forever

**Congregation: To Him be glory forever**

Leader: Alleluia, Amen

**Congregation: Alleluia, Amen. Alleluia, Amen!**

Leader: Glory to God, Glory to God, Son of the Father

**Congregation: Glory to God, Glory to God, Son of the Father**

Leader: To Him be glory forever

**Congregation: To Him be glory forever**

Leader: Alleluia, Amen

**Congregation: Alleluia, Amen. Alleluia, Amen!**

Leader: Glory to God, Glory to God, Glory to the Spirit

**Congregation: Glory to God, Glory to God, Glory to the Spirit**

Leader: To Him be glory forever

**Congregation: To Him be glory forever**

Leader: Alleluia, Amen

**Congregation: Alleluia, Amen. Alleluia, Amen!**

**THE COLLECT FOR THE THIRD SUNDAY AFTER THE EPIPHANY:** Give us grace, O Lord, to answer readily the call of our Savior Jesus Christ and proclaim to all people the Good News of His salvation, that we and the whole world may perceive the glory of His marvellous works; who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*

### **THE MINISTRY OF THE WORD**

*(The congregation sits for the readings)*

#### **THE FIRST READING: ISAIAH 9:1-4**

**A reading from the word of God written in Isaiah**

**4:30PM SURAYYA CARRINGTON**

**6:00AM TEVIN TITUS**

**8:00AM NYLA PETERS**

There will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations. The people who walked in darkness have seen a great light; those who lived in a land of deep darkness-- on them light has shined. You have multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden, and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

Reader: The Word of the Lord.

*All: Thanks be to God*

#### **PSALM 27:1, 5-13**

**(4:30PM & 6:00AM)**

**BCP, 499**

1 The Lord is my light and my salvation; whom then shall I fear? \* the Lord is the strength of my life; of whom then shall I be afraid?

5 One thing have I asked of the Lord; one thing I seek; \* that I may dwell in the house of the Lord all the days of my life;

6 To behold the fair beauty of the Lord \* and to seek him in his temple.

7 For in the day of trouble he shall keep me safe in his shelter; \* he shall hide me in the secrecy of his dwelling and set me high upon a rock.

8 Even now he lifts up my head \* above my enemies round about me.

9 Therefore I will offer in his dwelling an oblation with sounds of great gladness; \* I will sing and make music to

the Lord.

10 Hearken to my voice, O Lord, when I call; \* have mercy on me and answer me.

11 You speak in my heart and say, "Seek my face." \* Your face, Lord, will I seek.

12 Hide not your face from me, \* nor turn away your servant in displeasure.

13 You have been my helper; cast me not away; \* do not forsake me, O God of my salvation.

**PSALM 27:1, 5-13**

***Dominus illuminatio***

**(8:00AM)**

**BCP, 499**

1 The Lord is my light and my salvation;  
whom then' shall I' fear? \*  
the Lord is the strength of my life;  
of whom then' shall I' be a'fraid?

5 One thing have I asked of the Lord;  
one thing. I seek; \*  
that I may dwell in the house of the' Lord. all the.' days of. my' life;

6 To behold the fair' beauty. of the.' Lord \*  
and to' seek him' in his' temple.

7 For in the day of trouble he shall keep me' safe in. his' shelter; \*  
he shall hide me in the secrecy of his dwelling  
and set me' high up' on a' rock.

8 Even now he lifts' up my' head \*  
above my' ene.mies' round a' bout me.

9 Therefore I will offer in his dwelling an oblation  
with' sounds of. great' gladness; \*  
I will sing and make' music' to the' Lord.

10 Hearken to my voice, O' Lord, when I.' call; \*  
have' mercy. on' me and' answer me.

11 You speak in my heart and say, ' "Seek my' face." \*  
Your' face, Lord,' will I seek.

12 Hide not your' face from me, \*  
nor turn away your' servant' in dis'pleasure.

13 You have been my helper;  
cast me' not a' way; \*  
do not forsake me, O' God of' my sal' vation.



**THE EPISTLE: 1 CORINTHIANS 1:10-18      A reading from the word of God written in 1 Corinthians**

**4:30PM LAY MINISTER**

**6:00AM BRENDON TAYLOR**

**8:00AM JAELE CRICLOW**

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you be in agreement and that there be no divisions among you, but that you be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, "I belong to Paul," or "I belong to Apollos," or "I belong to Cephas," or "I belong to Christ." Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Reader: The Word of the Lord

*All: Thanks be to God*

*The congregation stands for the sequence hymn*

***Sequence Hymn: CPWI # 416 I, the Lord of sea and sky    (4:30PM)***

I, the Lord of sea and sky,  
I have heard my people cry.  
All who dwell in dark and sin,  
my hand will save.  
I, who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

***Refrain:***

***Here I am, Lord. Is it I, Lord?  
I have heard you calling in the  
night.***

***I will go, Lord, if you lead me.  
I will hold your people in my  
heart.***

I, the Lord of snow and rain,  
I have borne my people's pain,  
I have wept for love of them,  
they turn away.  
I will break their hearts of stone,  
give them hearts for love alone,  
I will speak my word to them.  
Whom shall I send?

***Refrain***

I, the Lord of wind and flame,  
I will tend the poor and lame,  
I will set a feast for them,  
my hand will save.  
Finest bread I will provide  
till their hearts be satisfied,  
I will give my life to them.  
Whom shall I send?

***Refrain***

***Caravan Booklet # 33 Fishers of men***

I will make you fishers of men,  
Fishers of men, fishers of men,  
I will make you fishers of men  
If you follow Me;  
If you follow Me,  
If you follow Me,  
I will make you fishers of men  
If you follow Me.

**(6:00AM & 8:00AM)**

Hear Christ calling, Come unto Me,  
Come unto Me, Come unto Me;  
Hear Christ calling, Come unto Me,  
I will give you rest;  
I will give you rest,  
I will give you rest;  
Hear Christ calling, Come unto Me,  
I will give you rest.

***SWTS # 96 I have decided to follow Jesus***

**(6:00AM & 8:00AM)**

I have decided to follow Jesus;  
I have decided to follow Jesus;  
I have decided to follow Jesus;  
No turning back; no turning back.

If no one joins me, still I will follow;  
If no one joins me, still I will follow;

If no one joins me, still I will follow;  
No turning back; no turning back.

The cross before me, the world behind me;  
The cross before me, the world behind me;  
The cross before me, the world behind me;  
No turning back, no turning back.

#### **GOSPEL ACCLAMATION: THE ALLELUIA CHORUS**

*ALL stand for the Gospel*

#### **THE GOSPEL: MATTHEW 4:12-23**

#### **THE DEACON OF THE MASS**

When Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the sea, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: “Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.” From that time Jesus began to proclaim, “Repent, for the kingdom of heaven has come near.” As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the sea—for they were fishermen. And he said to them, “Follow me, and I will make you fish for people.” Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him. Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

#### **SAN MATEO 4:12-23**

Cuando Jesús oyó que habían metido a Juan en la cárcel, se dirigió a Galilea. Pero no se quedó en Nazaret, sino que se fue a vivir a Cafarnaúm, a orillas del lago, en la región de las tribus de Zabulón y Neftalí. Esto sucedió para que se cumpliera lo que había escrito el profeta Isaías: «Tierra de Zabulón y de Neftalí, al otro lado del Jordán, a la orilla del mar: Galilea, donde viven los paganos. El pueblo que andaba en la oscuridad vio una gran luz; una luz ha brillado para los que vivían en sombras de muerte.» Desde entonces Jesús comenzó a proclamar: «Vuélvanse a Dios, porque el reino de los cielos está cerca.» Jesús iba caminando por la orilla del Lago de Galilea, cuando vio a dos hermanos: uno era Simón, también llamado Pedro, y el otro Andrés. Eran pescadores, y estaban echando la red al agua. Jesús les dijo: —Sígueme, y yo los haré pescadores de hombres. Al momento dejaron sus redes y se fueron con él. Un poco más adelante, Jesús vio a otros dos hermanos: Santiago y Juan, hijos de Zebedeo, que estaban con su padre en una barca arreglando las redes. Jesús los llamó, y en seguida ellos dejaron la barca y a su padre, y lo siguieron. Jesús recorría toda Galilea, enseñando en la sinagoga de cada lugar. Anunciaba la buena noticia del reino y curaba a la gente de todas sus enfermedades y dolencias.

*El Evangelio del Señor. Te alabamos, Cristo Señor*

### **THE SERMON**

**THE NICENE CREED (4:30PM & 6:00AM)**

*(Everyone stands for the Creed and the Prayers)*

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen or 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. 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.**

#### **THE NICENE CREED**

We believe in God the Father,  
God almighty, by whose plan  
earth and heaven sprang to  
being,  
all created things began.  
We believe in Christ the  
Saviour,  
Son of God in human frame,  
virgin born, the child of Mary  
upon whom the Spirit came.

Christ, who on the cross  
forsaken,  
like a lamb to slaughter led,  
suffered under Pontius Pilate,  
he descended to the dead.  
We believe in Jesus risen,  
heaven's king to rule and reign,  
to the Father's side ascended  
till as judge he comes again.

We believe in God the Spirit;

#### **CPWI # 561**

in one church, below, above:  
saints of God in one  
communion,  
one in holiness and love.  
So by faith, our sins forgiven,  
Christ our Saviour, Lord and  
friend,  
we shall rise with him in glory  
to the life that knows no end.

**INTERCESSORY PRAYERS: Form H**

**6:00AM JEAN-PAUL BARRIMOND**

**4:30PM CARLA-ANN TAYLOR**

**8:00AM RODNEY CRAWFORD**

#### **We Pray For:**

**THE ANGLICAN COMMUNION:** The Right Reverend & Right Honourable Dame Sarah Mullally, Archbishop of Canterbury designate and Iglesia Anglicana de Chile.

**THE PROVINCE:** We pray the Most Reverend Philip Wright, Archbishop; and The Diocese of Trinidad and Tobago; The Rt. Rev Claude Berkley, Diocesan Bishop.

**THE DIOCESE:** The Parish of St. Andrew, Scarborough, Tobago, The Rev Patricia St. Bernard, priest in charge; Bishop's High School, Scarborough General Hospital; and Diocesan Seminarians: Maia Williams and Tishonne Francis.

**THE PARISH:** The Clergy, the Vestry, Y.O.T.M, Servers, Sunday School, TAGS, schools and communities within our parish boundaries, the City Corporation, and the Mayor of Port of Spain.

#### **THOSE PREPARING FOR SACRAMENT:**

**Baptism:** Rodney Adrian Alexander

#### **THANKSGIVINGS AND ANNIVERSARIES:**

**Recently Received First Holy Communion:** Andrea Cardoza, Antonio Crawford, Christopher Crawford, La Shauna Edwards, Aydeen Hipplewith, Aaliyah Martinez, Shermikia McKenzie, Maya Mitchell, Julian Paul, Nyla Peters, Na'ima Pierre, Nijhemma Reyes, Chaia Ryan, Aidan Stewart, Amaia Stewart, Malia Taylor, Isabella Williams, Isaiah Williams.

**Birthdays:** Janiel Williams, Kurbanali Charles, Xane Graham, Lucia Hessic, Ann Marie Batancourt-Wilson

**Baptism:** Beverly Horsham, Naomi Brathwaite, Amari Robinson, Soriyah Serapio, Karen Guedez

**Recently Departed:** Ian Gibson, Lennox Akan, Christopher Wint, Jacqueline Dickerson, Nicole Clark-Martin, Jacqueline Yorke and Angela Mendoza, Cedric Joefield, Shirley Lord, Hubert Phillips. May they rest in peace.

**INTERCESSORY PRAYERS:**

**Form H**

**BCP, 120**

LEADER: Let us pray for the Church and for the world.

Grant, Almighty God, that all who confess your Name may be united in your truth, live together in your love, and reveal your glory in the world. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

LEADER: Guide the people of this land, and of all the nations, in the ways of justice and peace; that we may honour one another and serve the common good. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

LEADER: Give us all a reverence for the earth as your own creation, that we may use its resources rightly in the service of others and to your honour and glory. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

LEADER: Bless all whose lives are closely linked with ours, and grant that we may serve Christ in them, and love one another as He loves us. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

LEADER: Comfort and heal all those who suffer in body, mind, or spirit; give them courage and hope in their troubles, and bring them the joy of your salvation. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

LEADER: We commend to your mercy all who have died, that your will for them may be fulfilled; and we pray that we may share with all your saints in your eternal kingdom. *Silence*

LEADER: Lord in your mercy

**ALL: Hear our prayer.**

**Y.O.T.M PRAYER:** God our Father, we pray for our young people growing up in an unstable and confusing world. Show them that your ways give more meaning to life than the ways of the world, and that following you is better than chasing after selfish goals. Help them to take failure not as a measure of their worth, but as a chance for a new start. Give them strength to hold their faith in you, and to keep alive their joy in your creation; through Jesus Christ our Lord. **Amen.**

**PRAYER FOR RESTORATION:** O Lord, God of heaven, how great and awesome You are. You keep your covenant of love with those who love you and obey your commands. Let your ear be attentive and your eyes open to hear the cry of your servants, day and night, for the restoration of this Cathedral Church. Gracious Lord, give us success by granting us favour with international donors, corporate entities, government officials, citizens and all persons of faith and good will as we gather the resources needed for the complete work of restoration. Help us to also strive for full restoration by encouraging one another, being of one mind and living in peace. Guide every aspect of this process so that soon your beloved community will congregate in your house of prayer as a new creation in true righteousness and holiness. May your kingdom come and your will be done in us. **Amen**

**PRAYER FOR THE SICK:** Heavenly Father, giver of life and health, comfort and relieve your sick servants and give your power of healing to those who minister to their needs. We pray that those for whom our prayers are offered may be strengthened in their weakness and have confidence in your loving care and experience your healing grace; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, One God, now and forever. **Amen.**

**THE SICK, HOMEBOUND, THE DISTRESSED OR THOSE IN TROUBLE**

Amryl Kellar	Gertrude Roberts	Valarie Baptiste
Alona Edwards	Ernest Motley	Patrick Mikhail Roberts
Angela Sealy	Gordon Howell	Lorna Dowers
Arlene St. Louis	Gregory Bailey	Lorna Skinner
Barbara Brereton	Greta Julien	Lovetta Brizan
Barbara Hull	Yolanda Drayton	Marlene Jacob
Bernice Felix	Wesley Phillip	Mertie Dash
Brendon Taylor	Jean Cadogan	Michele Clavery
Carole Clyne	Jenifer Dick	Mr. & Mrs. Doyle
Celia Jack	Jennifer Francis	Myrtle Gomes
Charles Sutherland	Julianna Amarali	Neila Tidd
Che Bernard	Keith Dick	Nolder Pierre
Christine Davis	Kizzy David	Yolande Gooding
David Thomas	Sylma Smith	Akesha Edwards
Doreen Bayley	The Rev Canon Ronald Branche	Mona Charles
Eastlyn Brathwaite	Ulric Munroe	Norma James
Eileen Alphonse	Pearl Darmanie	Olga Went
Eileen Cuffy	Reomero Roopsingh	Otis Boxhill
Eileen Staple	Rev. Cheryl Mottley	Simone Bailey
Esmie Bruce	Patricia Thomas-Williams	Norma Lewis
Esther Marie Jones-Moore	Wendell John	Rev. Agnes Bacchus
Florencia Maharaj		Rev. Mervyn Richardson

#### CONCLUDING COLLECTS

BCP, 122

#### THE ACT OF PENITENCE

#### FORM A

BCP, 123

**PRESIDENT:** If we say we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, God is faithful and just, and will forgive our sins, and cleanse us from all unrighteousness.

*A period of silence shall be kept.*

**PRESIDENT:** Let us therefore confess our sins.

**Almighty God, our Heavenly Father, we have sinned against you and one another, in thought, word and deed, and in what we have left undone. We are sorry and repent of all our sins. For your Son, our Lord Jesus Christ's sake, forgive us all that is past, and grant that we may serve you in newness of life to the glory of**  
**of your Name. Amen.**

#### THE ABSOLUTION

*Everyone stands*

**PRESIDENT:** Almighty God, 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.**

#### THE GREETING OF PEACE

#### Form C

BCP, 125

**PRESIDENT:** The Kingdom of God is justice, peace, and joy, inspired by the Holy Spirit.

**ALL: They who thus serve Christ are acceptable to God and approved by others.**

**PRESIDENT:** The peace of the Lord be always with you.

**ALL: And also with you.**

**PEACE: Greet somebody (8:00AM)**



Greet somebody in Jesus' name

Everybody smile, Jesus loves you

Tell them that you love them in Jesus' name

I love you and God loves you and that's the way it should be

Tell them we can work together in Jesus' name

I love you and God loves you and that's the way it should be

Everybody smile, Jesus loves you

### **THE PRESENTATION OF THE OFFERINGS**

***The Offertory Hymn: CPWI # 539 Take, my life, and let it be***

**(4:30PM)**

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 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 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  
every power as thou shalt  
choose.

Take my love; my Lord, I pour  
at thy feet its treasure .... store.  
Take myself, and I will be  
ever, only, all for thee.

***The Offertory Hymn: Will you come and follow me?***

**(6:00AM & 8:00AM)**

Will you come and follow me  
If I but call your name?  
Will you go where you don't  
know  
And never be the same?  
Will you let my love be shown,  
Will you let my name be known,  
Will you let my life be grown  
In you and you in me?

Will you let the blinded see  
If I but call your name?  
Will you set the prisoners free  
And never be the same?  
Will you kiss the leper clean,  
And do such as this unseen,  
And admit to what I mean  
In you and you in me?

Through my sight and touch and  
sound  
In you and you in me?

Will you leave yourself behind  
If I but call your name?  
Will you care for cruel and kind  
And never be the same?  
Will you risk the hostile stare  
Should your life attract or scare?  
Will you let me answer prayer  
In you and you in me?

Will you love the 'you' you hide  
If I but call your name?  
Will you quell the fear inside  
And never be the same?  
Will you use the faith you've  
found  
To reshape the world around,

Lord, your summons echoes true  
When you but call my name.  
Let me turn and follow you  
And never be the same.  
In your company I'll go  
Where your love and footsteps  
show.  
Thus I'll move and live and  
grow  
In you and you in me.

**ABSOLUTELY NO MOVING AROUND OR IDLE CHATTER AT THIS TIME. SILENCE AND**

## **REVERENCE ARE REQUIRED AS THIS IS THE MOST SACRED TIME OF OUR WORSHIP**

**The Offertory Prayer: Form A**

*Everyone stands*

**BCP, 126**

**PRESIDENT:** Through your goodness, Lord, we have this bread and wine to offer, the fruit of the earth and the work of human hands. They will become our spiritual food.

**ALL:** All things come from you, O Lord, and of your own do we give you. Blessed be God for ever. Amen.

### **THE EUCHARIST**

**THE DOXOLOGY:** Praise God, from whom all blessings flow; Praise Him, all creatures here below;  
Praise Him above, ye heav'nly host; Praise Father, Son, and Holy Ghost. AMEN.

**PRESIDENT:** The Lord be with you.

**All:** And also with you.

**PRESIDENT:** Lift up your hearts.

**All:** We lift them up to the Lord.

**PRESIDENT:** Let us give thanks to the Lord our God.

**All:** It is right to give God thanks and praise.

**PRESIDENT:** It is right, and a good and joyful thing, always and everywhere to give you thanks, Father almighty, everlasting God:

Through Jesus Christ our Lord. Because in coming to dwell among us as man, He revealed the radiance of His glory, and brought us out of darkness into His own marvellous light. Therefore we praise you, joining our voices with angels and archangels and with all the company of heaven, who forever sing this hymn to proclaim the glory of your Name:

**(4:30PM & 6:00AM) 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.

**(8:00AM) Sanctus- Folk**

**Holy, Holy, Holy Lord (Holy Lord)**

**Hosanna (Hosanna) x4**

**Blessed is He who comes (He who comes)**

**Lord God of power and might (power and might)**

**Blessed is He who comes (He who comes)**

**In the name of the Lord, our God**

**Heaven and earth are full, are full of Your glory**

**In the name of the Lord our God (Lord our God)**

**Hosanna (Hosanna) x4**

**Form C**

**BCP, 137**

**PRESIDENT:** We give thanks to you Lord our God, for the goodness and love you have made known to us in creation; in calling Israel to be your people; in your Word spoken through the prophets: and above all in the. Word made flesh, Jesus your Son. For in these last days you sent Him to be incarnate from the Virgin Mary, to be the Saviour and Redeemer of the world. In Him, you have delivered us from evil, and made us worthy to stand before you. In Him, you have brought us out of error into truth, out of sin into righteousness, out of death into life. For, on the night that he was betrayed He took bread, and when He had given thanks to you, He broke it and gave it to His disciples and said: "Take this and eat it: This is my Body which is given for you. Do this for the remembrance of me." And after supper He took the cup of wine: and when He had given thanks, He gave it to them and said: "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. Whenever you drink it, do this for the remembrance of me."

**PRESIDENT:** Therefore, Father, according to His command;

**ALL:** We remember His death, We proclaim His resurrection we await, His coming in glory.

PRESIDENT: And we offer our sacrifice of praise and thanksgiving to you, Lord of all; presenting to you, from your creation, this bread and this wine. We pray you, gracious God, to send your Holy Spirit upon these gifts that they may be the sacrament of the Body of Christ and His Blood of the New Covenant. Unite us to your Son in His sacrifice that we, made acceptable in Him, may be sanctified by the Holy Spirit. In the fullness of time, reconcile all things in Christ, and make them new, and bring us to that city of light where you dwell with all your sons and daughters; through Jesus Christ our Lord, the firstborn of all creation, the head of the Church, and the author of our salvation: By whom, and with whom, and in whom, in the unity of the Holy Spirit, all honour and glory are yours, Almighty Father, now and ever.

**PEOPLE: Amen.**

As our Saviour has taught us, so we pray:

*Everyone stands*

**THE LORD'S PRAYER (4:30PM & 6:00AM)**

**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. Save us from the time of trial and deliver us from evil. For the kingdom, the power, and the glory are yours now and forever. Amen.**

**The Lord's Prayer- Mento Mass (8:00AM)**

**Our Father, who art in heaven  
Holy, holy, holy be thy name  
Our Father who art in heaven  
Holy be thy name**

**Thy kingdom come on earth  
Thy will be done on earth  
Thy kingdom come on earth  
As it is in heaven**

**Give us this day our daily  
bread  
Give us this day our daily  
bread  
Give us this day our daily  
bread  
Give us this day our daily  
bread**

**And forgive us our trespasses**

**And forgive us our trespasses  
As we forgive those who  
trespass against us  
Forgive us our trespasses**

**Our Father, who art in heaven  
Holy, holy, holy be thy name  
Our Father who art in heaven  
Holy be thy name  
Thy kingdom come on earth  
Thy will be done on earth  
Thy kingdom come on earth  
As it is in heaven**

**Do not lead us into temptation  
Do not lead us into temptation  
And deliver us from all evil  
Deliver us from all evil**

**And forgive us our trespasses**

**And forgive us our trespasses  
As we forgive those who  
trespass against us  
Forgive us our trespasses**

**Our Father, who art in heaven  
Holy, holy, holy be thy name  
Our Father who art in heaven  
Holy be thy name  
Thy kingdom come on earth  
Thy will be done on earth  
Thy kingdom come on earth  
As it is in heaven**

**Amen, amen, amen  
Amen, amen, amen  
Amen, amen, amen  
Amen, amen, amen**

**THE BREAKING OF THE BREAD**

PRESIDENT: We break this bread to share in the body of Christ.

**ALL: Though we are many, we are one body, because we all share in one bread.**

**THE AGNUS DEI (4:30PM & 6:00AM)**

**Lamb of God, you take away the sin of the world: have mercy on us.  
Lamb of God, you take away the sin of the world: have mercy on us.**

**Lamb of God, you take away the sin of the world: grant us peace.**

**THE AGNUS DEI- LAMB OF GOD (8:00AM)**

**O&N 377**

**Lamb of God, Holy One  
Jesus Christ, Son of God  
Lifted up, willingly to die  
That I, the guilty one, may know the blood, once  
shed,**

**Still freely flowing, still cleansing, still healing  
I exalt You, Jesus my sacrifice  
I exalt You, my Redeemer and my Lord  
I exalt You, worthy Lamb of God  
And in honour I bow down before Your throne**

**PRESIDENT: The Gifts of God for the People of God.**

**ALL: Our souls will feast and be satisfied and we will sing glad songs of praise to Him.**

**Communion Hymns: CPWI # 518 Hark, my soul! It is the Lord (4:30PM)**

Hark, my soul! It is the Lord;  
'tis thy Saviour, hear his word;  
Jesus speaks, and speaks to thee,  
'say, poor sinner, lovest thou  
me?

'Can a woman's tender care  
cease toward the child she bare?  
Yes, she may forgetful be,  
yet will I remember thee.

'Thou shalt see my glory soon,  
when the work of grace is done;  
partner of my throne shalt be;  
say, poor sinner, lovest thou  
me?'

'I delivered thee when bound,  
and, when bleeding, healed thy  
wound;  
sought thee wandering, set thee  
right,  
turned thy darkness into light.

'Mine is an unchanging love,  
higher than the heights above,  
deeper than the depths beneath,  
free and faithful, strong as  
death.

Lord, it is my chief complaint  
that my love is weak and faint;  
yet I love thee, and adore;  
O for grace to love thee more.

**CPWI # 416 I, the Lord of sea and sky (4:30PM)**

I, the Lord of sea and sky,  
I have heard my people cry.  
All who dwell in dark and sin,  
my hand will save.  
I, who made the stars of night,  
I will make their darkness bright.  
Who will bear my light to them?  
Whom shall I send?

***I will go, Lord, if you lead me.  
I will hold your people in my  
heart.***

I, the Lord of snow and rain,  
I have borne my people's pain,  
I have wept for love of them,  
they turn away.  
I will break their hearts of stone,  
give them hearts for love alone,  
I will speak my word to them.  
Whom shall I send?

I, the Lord of wind and flame,  
I will tend the poor and lame,  
I will set a feast for them,  
my hand will save.  
Finest bread I will provide  
till their hearts be satisfied,  
I will give my life to them.  
Whom shall I send?

***Refrain:***

***Here I am, Lord. Is it I, Lord?  
I have heard you calling in the  
night.***

***Refrain***

***Refrain***

**ABSOLUTELY NO MOVING AROUND OR IDLE CHATTER AT THIS TIME. SILENCE AND  
REVERENCE ARE REQUIRED AS THIS IS THE MOST SACRED TIME OF OUR WORSHIP**

**The Post Communion Prayer:**

*Everyone stands*

**BCP, 148**

**Eternal God and Heavenly Father, we thank you for feeding us with the Body and Blood of your Son Jesus Christ. Send us now into the world in peace and grant us strength and courage to love and serve you, and all persons in you, with gladness and singleness of heart, through your Son Jesus Christ our Lord. Amen.**

**The Blessing:** Christ the Son of Righteousness shine upon you and scatter the darkness from before your path; and the blessing of God Almighty, the Father, the Son and the Holy Spirit, be among you and remain with you always.

**ALL: Amen.**

***Closing Hymn: CPWI # 400 We have a gospel to proclaim (4:30PM)***

We have a gospel to proclaim,  
good news for men in all the  
earth;  
the gospel of a saviour's name;  
we sing his glory, tell his worth.

Tell of his birth at Bethlehem,  
not in a royal house or hall  
but in a stable dark and dim:  
the word made flesh, a light for  
all.

Tell of his death at Calvary,

hated by those he came to save;  
in lonely suffering on the cross  
for all he loved, his life he gave.

Tell of that glorious Easter  
morn:  
empty the tomb, for he was free;  
he broke the power of death and  
hell  
that we might share his victory.

Tell of his reign at God's right  
hand,

by all creation glorified;  
he sends his Spirit on his church  
to live for him, the Lamb who  
died.

Now we rejoice to name him  
king:  
Jesus is Lord of all the earth;  
this gospel ... message we  
proclaim:  
we sing his glory, tell his worth.

***CPWI # 465 Down in the valley***

***(6:00AM & 8:00AM)***

Down in the valley with my Saviour I would go,  
where flowers are blooming and the sweet  
waters flow,  
everywhere he leads me I would follow, follow on,  
walking in his footsteps till the crown be won.

***Refrain:***

***Follow, follow, I will follow Jesus,***

***anywhere, everywhere, I will follow on.***

***Follow, follow, I will follow Jesus.***

***Everywhere he leads me I will follow on.***

Down in the valley with my Saviour I would go,

where the storms are sweeping and the dark  
waters flow,  
with his hand to lead me I will never, never fear;  
danger cannot fright me if my Lord is near.

***Refrain***

Down in the valley or upon the mountain steep,  
close beside my Saviour would my soul ever  
keep.

He will lead me safely in the path that he has  
trod,

up to where they gather on the hills of God.

***Refrain***



# NOTICES AND REMINDERS

## GENERAL PARISH NOTICES

- + The Very Reverend Shelley-Ann Tenia is out of the Parish on vacation, please keep her in your prayers. The Reverend David Pollard oversees the Parish with the assistance of the Wardens.
- + **ANNUAL GENERAL MEETING:** Will be held March 22, 2026, groups are to send all reports to [parishsec@htctt.org](mailto:parishsec@htctt.org) on or before **FEBRUARY 22, 2026 4:00PM**. Reports not submitted on time will not be acknowledged.
- + **DIOCESAN CALENDARS:** are now available from the Parish Office or Ushers. Cost \$30.00
- + **INFORMATION FOR THE BULLETIN:** ALL entries or requests **must** be forwarded to the Parish Office via [parishsec@htctt.org](mailto:parishsec@htctt.org) or **623-7271 Ext 2000** on or before **Wednesday 2pm** of the week of publication.
- + **ANGLICAN PRAYER BEADS:** are available for sale at \$100 per item. Interested people can place their order with Donna (767-7778) or Brenda (797-0543). Payment in part or in full is encouraged when the order is made.
- + **REDEEM COTTON NOTES:** Persons that are holders of cotton notes \$1, \$5, \$10, \$20, \$50 can bring them into the Parish Office and your donation will go towards the Cathedral Restoration.

### Ways To Give

1. **Time:** call parishioners and check on them. Do a drive by visit.
  2. **Food:** non-perishable food & toiletries.
  3. **Finance** – tithes, thanksgiving offerings and general donations
- Bank Name: First Citizens Bank, Independence Square  
Account Name: INCOR TRUSTEES ANGLICAN DIOCESE T&T/HTC  
Account Number: 1841214 **Note: Type the name as is: capitals, symbols and spacing.**

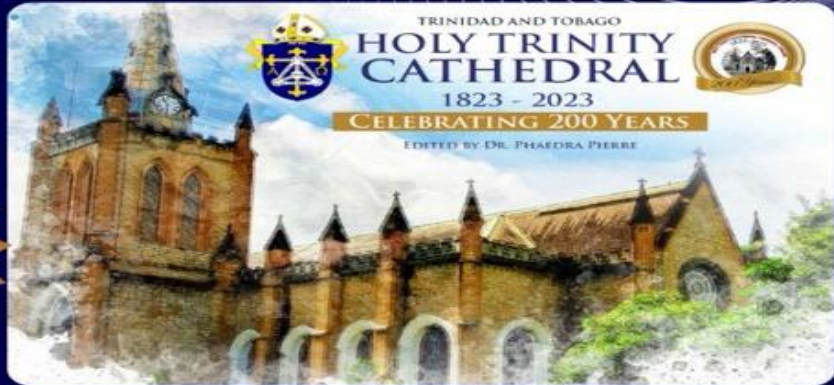
### JANUARY MEETINGS & ACTIVITIES:

27<sup>th</sup> 6:00pm Finance Meeting – Virtual

### FEBRUARY MEETINGS & ACTIVITIES

3<sup>rd</sup> 5:30pm NWRC Meeting – Virtual  
6<sup>th</sup> 5:30pm Worship Preparation Meeting – HTC Chapel  
12<sup>th</sup> 7:00pm Buildings and Lands Committee Meeting – Virtual (Zoom)  
13<sup>th</sup> 5:30pm Worship Preparation Meeting – HTC Chapel  
20<sup>th</sup> 6:00pm Worship Preparation Session – HTC Chapel  
19<sup>th</sup> 5:30pm Vestry Meeting – Virtual  
24<sup>th</sup> 6:00pm Finance Committee Meeting - Virtual

# HOLY TRINITY CATHEDRAL BICENTENNIAL BOOK




**ONLY  
TTD \$400.00!**

**Reserve your copy today**

 **Call Us**

**620-4717 (West)  
487-2909 (South)**

**689-9410 (East)  
342-6213 (Tobago)**

+ **GRAB YOUR COPY OF THIS HISTORICAL PUBLICATION**  : A Legacy of Faith and Culture: Explore the historical and cultural significance of the Holy Trinity Cathedral (the Mother Church) in its bicentennial publication! This keepsake is available now for only **TTD \$400.00**.

Contact 620-4717 (West), 689-9410 (East), 487-2909 (South) and 342-6213 (Tobago) for purchases. Hurry before they're all gone! **#historicalvoice #theologicalchoice #culturallyrejoice"**

+ **BICENTENNIAL MEMORABILIA:** are still available: T-shirts (\$65), Dri-fit Polos (\$150.00), Magnets (\$25), 4-port USB hubs (\$50), Rosaries (\$150, \$200, \$275 and \$460), Snippets & Secrets Booklet (\$20.00). Call 620-4717 or 683-2261 to order.

## OSH CORNER

The Dry season has begun. We must try to keep hydrated at all times Please be aware of your surroundings.

### Heat Stroke or Heat Exhaustion

Heat exhaustion will develop into heat stroke if the victim is not cooled and given water. When sweating stops, heat stroke is occurring – a life-threatening emergency.

#### Heat Exhaustion

##### SIGNS AND SYMPTOMS:

Heavy sweating, thirst, fatigue, heat cramps; later, headache, dizziness, nausea or vomiting; may develop into heat stroke.

1. Move the victim out of the heat to lie down in a cool place, and loosen or remove outer clothing.
2. Cool the victim with a cool water spray or wet cloths on the forehead and body.
3. Give the victim a carbohydrate-electrolyte drink, such as a sports drink, to promote rehydration. (Other beverages, such as 2% milk and coconut water, are also effective.) If a carbohydrate-electrolyte drink is not available, give the victim water.

STEP 3



### Heat Stroke

#### IMMEDIATE MEDICAL HELP IS NEEDED!

##### SIGNS AND SYMPTOMS:

Skin is flushed and very hot to the touch; sweating has usually stopped; fast breathing; headache, dizziness, confusion, irrational behavior; possible convulsions or unresponsiveness.

1. **Call 9-1-1.**
2. Move the victim to a cool place.
3. Remove outer clothing.
4. Immediately cool the victim with any means at hand, preferably by immersing the victim up to the neck in cold water (with the help of a second rescuer). If immersion in cold water is not possible, place the victim in a cold shower or move to a cool area and cover as much of the body as possible with cold, wet towels.
5. Do not try to force the victim to drink liquids.
6. Monitor the victim's breathing and be ready to give CPR (p. 20) if needed.

STEP 4



**ENROLL NOW...  
JOIN OUR FAMILY TREE**

Trinity Junior School is a premier private Anglican School rooted in the Christian faith and grounded in family values. We pride ourselves on having a robust curriculum, qualified teachers and a stellar student/teacher ratio.

We welcome applications from children who will turn five years old on or before December 31st, 2026.

Application forms are available online or at school.

**Non-refundable application fee: \$250.**



**2026-2027  
OPEN ENROLLMENT**

Email:  
[enrollment@trinityjuniorschool.edu.tt](mailto:enrollment@trinityjuniorschool.edu.tt)



<https://bit.ly/TJS2025Application>

#### REQUIRED DOCUMENTS:

- Birth certificate
- Immunization card
- Referral letter from ECCE
- Proof of residency
- 2 recent passport-sized photos

**TRINITY JUNIOR SCHOOL**  
5 MELBOURNE STREET, PORT OF SPAIN  
Telephone: (868) 625 - 1720 Website: [trinityjuniorschool.edu.tt](http://trinityjuniorschool.edu.tt)





### REGIONAL AND DIOCESAN NOTICES

+ **THE NORTH-WEST REGION CURRY-QUE FUNDRAISER:** From January 19<sup>th</sup> – February 4<sup>th</sup>, 2026. Monday – Wednesday ONLY 10:00am – 3:00pm. Patraj – 161 Tragarete Road, Port of Spain or Backchain Street, San Juan, or Patraj Express – Xtra Plaza, Aranguez South. Cost \$65.00 from the Parish Office or Ushers.



MOTHERS' UNION OF TRINIDAD AND TOBAGO

# CARNIVAL BRUNCH

CALYPSO . PAN . COMEDY

11AM TO 5PM

**\$400 | NAPARIMA BOWL, SAN FERNANDO**

\$350 EARLY BIRD TIL DEC. 30, 2025

FEB | 01 | 2026

FEATURING

**TT PRISON SERVICES BAND . AVION CROOKS  
SOUTHERN MARINES STEELBAND . DJ CRAWFORD + MORE**

**A FUNDRAISER FOR THE MOTHERS' UNION CHILDREN'S HOME**



*Notice*

**THE PARISH OFFICE IS  
CLOSED ON **MONDAYS.****

**NEW OPENING HOURS  
**TUE-FRI (8AM-4PM)****

**2ND & 4TH SATURDAYS  
(9AM -12NOON)**



HOLY TRINITY  
CATHEDRAL

BY ORDER OF MANAGEMENT

# Weekly Worship

**MONDAY - FRIDAY | 6:30 AM**

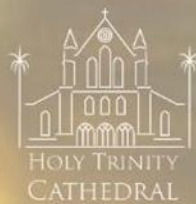
*Morning Prayer (Facebook Online)*

**MONDAY - FRIDAY | 12 NOON**

*Midday Mass - HTC Main Chapel*

**SUNDAY - FRIDAY | 9 PM**

*Compline (Facebook Online)*



## SMALL GROUP ACTIVITIES

*Join us in the All-Souls Virtual Chapel*

Zoom Meeting ID: **875 0223 3875** | Password: **Worship**

- Mondays at 5:00 PM
  - Thursdays at 5:00 PM
  - Fridays at 1:30 PM
- Bible Study  
Prayer Group
- Bible Study - In person at the Parish Chapel

# DIVINE OFFICE READINGS

DATE	MORNING	EVENING
<b>SUNDAY 25<sup>TH</sup></b> <i>The Third Sunday after the Epiphany</i> <i>The Conversion of Saint Paul the Apostle</i>	± Psalms 63:1-8(9-11); 98 ± Genesis 13:2-18 ± Mark 7:31-37	± Psalm 103 ± Isaiah 47:1-15 ± Galatians 2:1-10
<b>MONDAY 26<sup>TH</sup></b> <i>Timothy and Titus, Companions of Saint Paul</i>	• Psalm 19 • Isaiah 45:18-25 • Philippians 3:4b-11	• Psalm 119:89-112 • Ecclesiasticus 39:1-10 • Acts 9:1-22
<b>TUESDAY 27<sup>TH</sup></b> <i>John Chrysostom, Bishop and Teacher, 407</i>	± Psalm 45 ± Genesis 15:1-11, 17-21 ± John 5:1-18	± Psalms 47,48 ± Isaiah 48:12-21 ± Hebrews 9:1-14
<b>WEDNESDAY 28<sup>TH</sup></b> <i>Thomas Aquinas, Teacher of the Faith, 1274</i>	• Psalm 119:49-72 • Genesis 16:1-14 • John 5:19-29	• Psalms 49, [53] • Isaiah 49:1-12 • Hebrews 9:15-28
<b>THURSDAY 29<sup>TH</sup></b>	± Psalm 50 ± Genesis 16:15-17:14 ± John 5:30-47	± Psalms [59, 60] or 118 ± Isaiah 49:13-23 ± Hebrews 10:1-10
<b>FRIDAY 30<sup>TH</sup></b>	• Psalms 40,54 • Genesis 17:15-27 • John 6:1-15	• Psalm 51 • Isaiah 50:1-11 • Hebrews 10:11-25
<b>SATURDAY 31<sup>ST</sup></b>	± Psalm 55 ± Genesis 18:1-16 ± John 6:16-27	± Psalms 138, 139:1-17(18-23) ± Isaiah 51:1-8 ± Hebrews 10:26-39 <i>Collect for 4 Epiphany</i>

## LITURGY OF THE WORD READINGS (Weekends)

### EUCCHARIST READINGS FOR SUNDAY February 01, 2026

#### *Fourth Sunday after the Epiphany — Year A*

± **1<sup>st</sup> Reading:** Micah 6:1-8

**Psalm:** 15

± **2<sup>nd</sup> Reading:** 1 Corinthians 1:18-31

**Gospel:** Matthew 5:1-12