



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: 6:00AM & 8:00AM

FAMILY SERVICE
FOURTH SUNDAY OF THE MONTH: 11:00AM

THE SECOND SUNDAY IN LENT
SUNDAY 01 MARCH 2026

YEAR A



ORDER OF SERVICE

| | | |
|---|---|------------------|
| Introit Hymn: | <i>(ALL SERVICES) O Lord, turn not thy face from me</i> | <i>CPWI #111</i> |
| Opening Sentence | | BCP, 98 |
| The Invocation & Collect for Purity | | BCP, 101 |
| The Kyrie | | |
| The Collect: Second Sunday in Lent | | BCP, 163 |

THE MINISTRY OF THE WORD

| | | |
|---------------------------|--|-------------------|
| The First Lesson: | Genesis 12:1-4a | |
| Psalm: 121 | | BCP, 499 |
| The Epistle: | Romans 4:1-5, 13-17 | |
| The Sequence Hymn: | <i>All ye who seek for sure relief</i> | <i>CPWI # 110</i> |
| The Gospel: | | |
| John 3:1-17 | | |
| The Sermon | | |
| The Nicene Creed | | BCP, 104 |
| The Intercession: | Form F | BCP, 115 |
| Act of Penitence: | Form A | BCP, 123 |
| The Greeting of Peace: | Form B | BCP, 125 |

THE PRESENTATION OF THE OFFERINGS

| | | |
|----------------------------|--|-------------------|
| The Offertory Hymn: | <i>(4:30 PM) Forty days and forty nights</i> | <i>CPWI # 114</i> |
| | <i>(6:00 & 8:00 AM) Return to the Lord</i> | <i>SNS # 34</i> |
| The Offertory Prayer: | Form A | BCP, 126 |

THE EUCHARIST

| | | |
|--|--|-------------------|
| Proper Preface: | Lent | BCP, 128 |
| The Eucharistic Prayer: | Form A | BCP, 131 |
| The Distribution of Holy Communion: | | |
| | <i>(4:30 PM) Lord Jesus, think on me</i> | <i>CPWI # 119</i> |
| | <i>(6:00 & 8:00 AM) My help</i> | |
| | <i>I am the bread of life</i> | <i>CPWI # 595</i> |
| The Post-Communion Prayer | | BCP, 148 |

THE DISMISSAL

| | | |
|--------------------------|------------------------------------|-------------------|
| The Final Blessing | | BCP, 150 |
| Recessional Hymn: | <i>Lo! Now is our accepted day</i> | <i>CPWI # 117</i> |
| | <i>I come to the cross</i> | <i>CPWI # 523</i> |

WORSHIP NOTES

The 40 days of Lent (excluding Sundays) begins with Ash Wednesday. On this first day Christians receive the imposition of ashes - a sign of our mortality, our penitence and our need for humility. It is also a sign that we intend to commit to the Lenten journey.

Sundays in Lent are considered Easter days. Lent comes from a Latin word meaning 'lengthen' – the lengthening of days from winter's short days of sunlight. It is the season during which we prepare for Easter.

As part of our preparation, we remember Jesus' forty-day sojourn in the desert as he prayed and fasted in preparation for his public ministry. We spend our time in prayer, fasting (acts of self-denial) and almsgiving. It is an opportunity to reconnect with God, to engage in spiritual house cleaning, and to focus on our spiritual growth and maturity in faith. During the time we Return, Repent and Renew.

The Liturgical colour shifts to purple or sackcloth which represents penitence and mourning. We maintain the solemnity of the season in our worship by omitting the Glorias and the Alleluias. Ash Wednesday and Fridays in Lent are usual fast days. The Stations of the Cross, more in-depth teaching, retreats, and mission services are common at this time.

THE PREPARATION

INTROIT HYMN: CPWI #111 *O Lord, turn not thy face from me*

O Lord, turn not thy face from me,
who lie in woeful state,
lamenting all my sinful life
before thy mercy-gate:

And call me not to strict account
how I have sojourned here;
for then my guilty conscience knows
how vile I shall appear.

a gate which opens wide to those
that do lament their sin;
shut not that gate against me, Lord,
but let me enter in.

Mercy, good Lord, mercy I ask:
this is my humble prayer;
for mercy, Lord, is all my suit:
O let thy mercy spare.

OPENING SENTENCES: LENT

Be imitators of God, as beloved children. And walk in love, as Christ loved us and gave Himself up for us, a fragrant offering and scarified to God. *Ephesians 5:1, 2*

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

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

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:

Lord, have mercy

Christ, have mercy

Lord, have mercy

Lord, have mercy

Christ, have mercy

Lord, have mercy

THE COLLECT FOR SECOND SUNDAY IN LENT: O God, whose glory it is always to have mercy: Be gracious to all who have gone astray from your ways, and bring them again with penitent hearts and steadfast faith to embrace and hold fast the unchangeable truth of your Word, Jesus Christ your Son; who with you and the Holy Spirit lives and reigns, one God, for ever and ever. *Amen.*

THE MINISTRY OF THE WORD

(The congregation sits for the readings)

THE FIRST READING: GENESIS 12:1-4A A reading from the word of God written in Genesis

4:30 PM HAZEL GUISEPPI

6:00 AM BEVERLY CHASE

8:00 AM CATHERINE VIRGIL

The Lord said to Abram, "Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed." So Abram went, as the Lord had told him; and Lot went with him.

Reader: The Word of the Lord

All: Thanks be to God

PSALM 121

Levavi oculos. (4:30PM & 6:00AM)

BCP, 499

1. I lift up my eyes to the hills; * from where is my help to come?
2. My help comes from the Lord, * the maker of heaven and earth.
3. He will not let your foot be moved * and he who watches over you will not fall asleep.
4. Behold, he who keeps watch over Israel * shall neither slumber nor sleep;
5. The Lord himself watches over you; * the Lord is your shade at your right hand,
6. So that the sun shall not strike you by day, * nor the moon by night.
7. The Lord shall preserve you from all evil; * it is he who shall keep you safe.
8. The Lord shall watch over your going out and your coming in, * from this time forth for evermore.

PSALM 121

Levavi oculos

(8:00AM)

BCP, 499

1. I lift up my' eyes. to the.' hills; *
from' where. is my.' help to' come?

2 My help' comes. from the.' Lord, *
the' maker. of heaven. and' earth.

3 He will not let your' foot be' moved *
and he who watches over you' will not' fall a' sleep.

4 Behold, he who keeps' watch. over. ' Israel *
shall' neither' slumber. nor' sleep;

5 The Lord himself' watches' over you; *
the Lord is your' shade at' your right' hand,

6 So that the sun shall not' strike you. by' day, *
- nor the' moon by' night.

7 The Lord shall preserve you from' äll evil; * it is' he. who shall.' keep you' safe.

8 The Lord shall watch over your going out and your' coming' in, *
from this time' forth for' ever' more.

THE EPISTLE: ROMANS 4:1-5, 13-17 **A reading from the word of God written in** **Romans**
4:30PM CAMILLE GREGOIRE **6:00 AM ANNETTE KELLMAN** **8:00 AM MOTHERS' UNION**

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? “Abraham believed God, and it was reckoned to him as righteousness.” Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, “I have made you the father of many nations”) —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Reader: The Word of the Lord

All: Thanks be to God

The congregation stands for the sequence hymn

Sequence Hymn: CPWI # 110

All ye who seek for sure relief

All ye who seek for sure relief
in trouble and distress,
whatever sorrow vex the mind,
or guilt the soul oppress,

Ye hear how kindly he invites;
ye hear his words so blest:
'All ye that labour come to me,
and I will give you rest.'

to thee we lift our prayer.

Wash thou our wounds in that
dear blood
which from thy heart doth flow;
a new and contrite heart on all
who cry to thee bestow.

Jesus, who gave himself for you
upon the cross to die,
opens to you his sacred heart:
O to that heart draw nigh.

O Jesus, joy of saints on high,
thou hope of sinners here,
attracted by those loving words

THE GOSPEL: JOHN 3:1-17

THE DEACON OF THE MASS

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, “Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.” Jesus answered him, “Very truly, I tell you, no one can see the kingdom of God without being born from above.” Nicodemus said to him, “How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?” Jesus answered, “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, ‘You must be born from above.’ The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.” Nicodemus said to him, “How can these things be?” Jesus answered him,

“Are you a teacher of Israel, and yet you do not understand these things? “Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. “Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.”

Reader: The Gospel of Christ

All: Praise to Christ our Lord

SAN JUAN 3:1-17

Había un fariseo llamado Nicodemo, que era un hombre importante entre los judíos. Éste fue de noche a visitar a Jesús, y le dijo: —Maestro, sabemos que Dios te ha enviado a enseñarnos, porque nadie podría hacer los milagros que tú haces, si Dios no estuviera con él. Jesús le dijo: —Te aseguro que el que no nace de nuevo, no puede ver el reino de Dios. Nicodemo le preguntó: —¿Y cómo puede uno nacer cuando ya es viejo? ¿Acaso podrá entrar otra vez dentro de su madre, para volver a nacer? Jesús le contestó: —Te aseguro que el que no nace de agua y del Espíritu, no puede entrar en el reino de Dios. Lo que nace de padres humanos, es humano; lo que nace del Espíritu, es espíritu. No te extrañes de que te diga: “Todos tienen que nacer de nuevo.” El viento sopla por donde quiere, y aunque oyes su ruido, no sabes de dónde viene ni a dónde va. Así son también todos los que nacen del Espíritu. Nicodemo volvió a preguntarle: —¿Cómo puede ser esto? Jesús le contestó: —¿Tú, que eres el maestro de Israel, no sabes estas cosas? Te aseguro que nosotros hablamos de lo que sabemos, y somos testigos de lo que hemos visto; pero ustedes no creen lo que les decimos. Si no me creen cuando les hablo de las cosas de este mundo, ¿cómo me van a creer si les hablo de las cosas del cielo? »Nadie ha subido al cielo sino el que bajó del cielo; es decir, el Hijo del hombre. Y así como Moisés levantó la serpiente en el desierto, así también el Hijo del hombre tiene que ser levantado, para que todo el que cree en él tenga vida eterna. »Pues Dios amó tanto al mundo, que dio a su Hijo único, para que todo aquel que cree en él no muera, sino que tenga vida eterna. Porque Dios no envió a su Hijo al mundo para condenar al mundo, sino para salvarlo por medio de él.

El Evangelio del Señor.

Te alabamos, Cristo Señor

THE SERMON

THE NICENE CREED

(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.

INTERCESSORY PRAYERS: FORM F

4:30PM LAY MINISTER

6:00 AM ANN NILES

8:00 AM MOTHERS' UNION

We Pray For:

THE ANGLICAN COMMUNION: The Right Reverend & Right Honourable Dame Sarah Mullally, Archbishop of Canterbury and The Nippon Sei Ko Kai.

THE PROVINCE: We pray the Most Reverend Philip Wright, Archbishop, The Diocese of Guyana, The Rt. Rev Charles Davidson, Diocesan Bishop.

THE DIOCESE: The Rt. Rev Claude Berkley, Diocesan Bishop, The Cathedral Church of the Holy Trinity, Port of Spain, The Very Reverend Dr. Shelley-Ann Tenia, Dean and Rector, The Reverend Fr. David Pollard, assistant curate, The Reverend Cheryl Mottley, deacon. Trinity College, Moka, Trinity Junior, Christus Rex Boys, St. Catherine's Girls Anglican Primary Schools; and Diocesan Seminarians: Maia Williams and Tishonne Francis.

THE PARISH: The Clergy, the Vestry, the Mothers' Union, schools and communities within our parish boundaries, the City Corporation, and the Mayor of Port of Spain.

THANKSGIVINGS AND ANNIVERSARIES:

Birthdays: Jace Smith and Glen Charles.

Baptism: Nicholas Chang and Giovanni Ashby.

Confirmation: Joyce Davis and Kathy Ann Toppin.

Recently Departed: Terrence Elder, Robert Cordner, Terrence Alleyne.

Anniversary of Death: Karen Boodram 8th, Lennox Solomon 7th, Linda Inniss & Valmon Gittens 5th, Aldwyn St. Cyr 2nd, Hubert Phillips 40days. May they rest in peace

INTERCESSORY PRAYERS:

FORM F

BCP, 115

Let us pray for the Church and for all people according to their needs.

Lord in your love,

ALL: Hear our prayer.

LEADER: Bless and inspire all members of the clergy, especially Phillip, our Archbishop; Claude, our Bishop; and Shelley-Ann and David, our Priests.

ALL: That their lives may be examples of their teaching, and that they may rightly and faithfully administer your holy Sacraments.

LEADER: Guide and protect all Heads of State and all who bear rule, especially those in this land: Christine our President, Kamla the Prime Minister, all members of Parliament, and all persons serving in Local Government.

ALL: That our people may be godly and peacefully governed.

LEADER: Direct those who administer justice; and strengthen those who guard and protect the land.

ALL: That our people may dwell in peace.

LEADER: Reveal the common good to those in positions of public trust and to decision-makers in industry and commerce.

ALL: That freedom and dignity may prevail among us.

LEADER: Enlighten with your Spirit all places of education and learning.

ALL: That the whole world may be filled with the knowledge of your truth.

LEADER: Comfort and help all persons who are in any trouble, sorrow, need, sickness, or any other adversity.

ALL: Help us to help them, O Lord.

LEADER: Remember our brothers and sisters, especially Hubert and all others who have died in your faith and

fear.

ALL: Grant them peace and eternal life.

LEADER: We thank you, heavenly Father, for the witness of the Blessed Virgin Mary, Mother of Jesus, our Lord and Saviour; for the holy Patriarchs, Prophets, Apostles and Martyrs; and all the Saints who have been good examples in their several generations.

PRIEST: And finally let us pray for our own needs and those of others.

A period of silence may be kept.

ALL: Accept our prayers and intercessions, Father, according to your wisdom, for the sake of your Son, Jesus Christ. Amen.

MOTHER’S UNION PRAYER: Loving God, we thank you for your love so freely given to us all. We pray for families around the world. Bless the work of the Mother’s Union as we seek to share your love through encouragement, strengthening and support of marriage and family life. Empowered by Your spirit, may we be united in prayer and worship and in love and service reach out as hands across the world. **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 |

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.

FORM A

ALL: 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 your Name. Amen

THE ABSOLUTION

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 B

BCP, 125

PRESIDENT: If you are offering your gift at the altar, and there remember that your brother or sister has something against you,

ALL: Leave your gift there before the altar and go; first be reconciled to your brother or sister and then come and offer your gift.

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

ALL: And also with you.

PEACE: Let there be peace on earth (8:00AM)

Let there be peace on earth

And let it begin with me

Let there be peace on earth

The peace that was meant to be

Let peace begin with me

Let this be the moment now

With every step I take

Let this be my solemn vow

Let there be peace on earth

And let it begin with me

Let there be peace on earth

And let it begin with me

With God as our father

Children all are we

Let us walk with each other

In perfect harmony

To take each moment

And live each moment

In peace eternally

Let there be peace on earth

The peace that was meant to be

With God as our father

Brothers are all we
Let us walk with each other
In perfect harmony
Let peace begin with me
Let this be the moment now

Let peace begin with me
Let this be the moment now
With every step I take
Let this be my solemn vow
To take each moment
And live each moment

In peace eternally
Let there be peace on earth
And let it begin with me

THE PRESENTATION OF THE OFFERINGS

The Offertory Hymn: CPWI # 114 Forty days and forty nights (4:30 PM)

Forty days and forty nights
thou wast fasting in the wild;
forty days and forty nights
tempted, and yet undefiled.

Shall not we thy sorrow share,
and from earthly joys abstain,
fasting with unceasing prayer,
glad with thee to suffer pain?

So shall we have peace divine;
holier gladness ours shall be:
round us too shall angels shine,
such as ministered to thee.

Sunbeams scorching all the day;
chilly dew-drops nightly shed;
prowling beasts about thy way;
stones thy pillow; earth thy bed.

And if Satan, vexing sore,
flesh or spirit should assail,
thou, his Vanquisher before,
grant we may not faint nor fail.

Keep, O keep us, Saviour dear,
ever constant by thy side;
that with thee we may appear
at th' eternal Eastertide.

SING A NEW SONG # 34 Return to the Lord

(6:00 & 8:00 AM)

Chorus

disappears

***Return to the Lord, return, O
Israel!***

He calls to you

When will you share your
bread with the hungry?

***For the Lord is full of love
and tender mercy***

When will you welcome in the
homeless poor? ***_Chorus_***

He waits for your heart

And I will plant my law deep
within you
Deep in your heart will I
inscribe my Name ***_Chorus_***

What shall I do with you, O my
people?
This love of yours so quickly

I do not take delight in burnt
offring

Give me yourself, your crushed
and broken heart ***_Chorus_***

I love you with a love
everlasting
I hold you constantly close to
my heart. ***_Chorus_***

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

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: For you bid your faithful people cleanse their hearts, and prepare with joy for the Paschal feast; that, fervent in prayer and in works of mercy, and renewed by your Word and Sacraments, they may come to the fullness of grace which you have prepared for those who love you. 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:

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.

Form A

BCP, 131

PRESIDENT: All Holy and glorious Father, our Creator God, we give you thanks because in your loving wisdom you brought all things into being, and are truly worthy of praise from every creature you have made. Again and again we have turned away from you; yet in every age your steadfast love has called us to return, to live in union with you: for it is your eternal purpose to put new life into all things and make them holy. Through your Son, Jesus Christ who took our human nature upon Him you have redeemed the world from the bondage of sin: and by the power of your Holy Spirit you have gathered a people to yourself, to make known in every place His perfect offering which He made to the glory of your Name. Hear us, therefore, Father, through your Son, Jesus Christ our Lord; And grant that these gifts of bread and wine may be unto us His Body and Blood. For, on the night 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: Let us proclaim the mystery of our faith.

ALL: Christ has died. Christ is risen. Christ will come again.

PRESIDENT: And so, Heavenly Father, rejoicing in His Holy Incarnation; His Blessed Passion and His Perfect Sacrifice made once for all upon the Cross; His Mighty Resurrection from the dead; His Glorious Ascension into heaven; and looking for His Coming in glory; we offer to you this Bread and this Cup. We pray that you will accept this sacrifice of praise and thanksgiving; and grant that all who eat and drink of the Body and Blood, of your Son, our great High Priest, may be renewed by your Holy Spirit, and be one Body, one Spirit, in Him. Let faith and love increase in us. Unite us with all Bishops, all other ministers of your Word and Sacraments, and with the whole people of God, living and departed, whom you have made for yourself. Confirm us in holiness, that we may be found ready to join the company of the Blessed Virgin Mary, the Holy Apostles, and all your saints, when our Lord Jesus Christ comes again: Forever giving you thanks and praise through Him from whom all good things do come. With Him and in Him and through Him, by the power of the Holy Spirit, we worship you, Father Almighty, with all who stand before you in earth and heaven, in songs of everlasting praise:

ALL: Blessing and honour and glory and power be yours for ever and ever. Amen.

As our Saviour has taught us, so we pray:

Everyone stands

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 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.

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.

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 # 119 Lord Jesus, think on me

(4:30 PM)

Lord Jesus, think on me,
and purge away my sin;
from earthborn passions set me
free,
and make me pure within.

with many a care opprest;
let me thy loving servant be,
and taste thy promised rest.

point thou the heavenly way.

Lord Jesus, think on me,

Lord Jesus, think on me,
nor let me go astray;
through darkness and perplexity

Lord Jesus, think on me,
that, when the flood is past,
I may the eternal brightness see,
and share thy joy at last.

My help (6:00 & 8:00 AM)

I will lift up mine eyes to the
hills
From whence cometh my help
My help cometh from the Lord
The Lord which made Heaven
and Earth
He said He would not suffer thy
foot
Thy foot to be moved
The Lord which keepeth thee

He will not slumber nor sleep

[Pre-Chorus]

Oh the Lord is thy keeper
The Lord is thy shade
Upon thy right hand
Upon thy right hand
No, the sun shall not smite thee
by day
Nor the moon by night

He shall preserve thy soul
Even forever more

[Chorus]

My help

My help

My help

**All of my help cometh from the
Lord**

(Repeat Verse and Chorus)

CPWI # 595 I am the bread of life (6:00 & 8:00 AM)

I am the bread of life;
they who come to me shall not
hunger;
they who believe in me shall not
thirst.

No one can come to me unless
the Father draw
them.

**And I will raise them up,
and I will raise them up,
and I will raise them up on the
last day.**

Refrain:

The bread that I will give is my
flesh
for the life of the world,
and they who eat of this bread,
they shall live for ever. **Refrain**

Unless you eat of the flesh of
the Son of Man
and drink of his blood,

you shall not have life within
you,
you shall not have life within
you. **Refrain**

I am the resurrection, I am the
life;
they who believe in me,
even if they die,

they shall live for ever. **Refrain**

Yes, Lord we believe
that you are the Christ,
the Son of God
who has come into the world.
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 give you grace to grow in holiness, to deny yourselves, take up your cross, and follow Him; 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 # 117 Lo! Now is our accepted day (4:30 PM)

All hail the power of Jesus'
name!
Let angels prostrate fall;
bring forth the royal diadem
and crown him Lord of all.

Crown him, ye martyrs of your
God,
who from his altar call;
extol the Stem of Jesse's Rod,
and crown him Lord of all.

forget
the wormwood and the gall,
go spread your trophies at his
feet,
and crown him Lord of all.

Crown him, ye morning stars of
light,
who fixed this floating ball;
now hail the strength of Israel's
might,
and crown him Lord of all.

Ye seed of Israel's chosen race,
ye ransomed of the fall,
hail him who saves you by his
grace,
and crown him Lord of all.

Let every tribe and every
tongue
before him prostrate fall,
and shout in universal song
the crowned Lord of all.

Sinners, whose love can ne'er

CPWI # 523 I come to the cross

(6:00 & 8:00 AM)

I come to the cross like a small
boat
sailing across the reef,
and the calm of my Christ is
waiting
behind the waves of grief.

Coming home, Jesus, coming
home,
not going to sail no more.
Coming home, Lord, into
heaven,
sailing to the promised shore.

I come to the cross like a sea-
stone
wet in the Saviour's hand;
he will polish me for his glory
safe in the promised land.

Coming home, Jesus, coming home!
Not going to drown no more;
Coming home, Lord, into heaven,
home and dry on the shore.

I come to the cross like a river
folding down to the sea,
and the tide of love washes red-
red
down from the cross to me.
Coming home, Jesus, coming home!

Not running down no more;
coming home, Lord, into heaven,
singing on the promised shore.

NOTICES AND REMINDERS

GENERAL PARISH NOTICES

- + **LENTEN TEACHINGS:** Wednesday March 04, 2026 at 5:00pm in the HTC Chapel. **Theme:** Reengaging Ministry and Stewardship – Reenergize thought the Holy Spirit to reengage. **Topic:** Embracing the diversity of gifts and the shared work of ministry. **Scripture passages:** Romans 12:3-8; 1 Corinthians 12:4-27; Ephesians 4:11-16
- + Join the Prayer Group at 5pm on Thursday's in the Virtual Chapel during Lent when we would be doing the Examen, a proven daily method to help us prayerfully reflect on each day, making us more aware of God's presence in our daily activity, and spiritually prepare for the next day.
- + The Very Reverend Shelley-Ann Tenia is out of the Parish on vacation, please keep her in your prayers. The Reverend David Pollard is in charge of the Parish with the assistance of the Wardens.
- + **ANNUAL GENERAL MEETING:** Will be held March 22, 2026.
- + **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 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

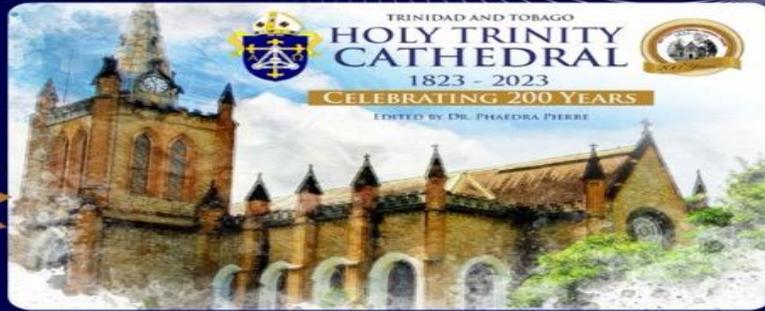
1. **Time:** call parishioners and check on them. Do a drive by visit.
2. **Food:** non-perishable food & toiletries.
3. **Finance** – tithes, thanksgiving offerings and general donations
Bank Name: First Citizens Bank, Independence Square
Account Name: INCOR TRUSTEES ANGLICAN DIOCESE T&T/HTC
Account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

MARCH MEETINGS & ACTIVITIES

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

HOLY TRINITY CATHEDRAL BICENTENNIAL BOOK

▶▶▶
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+ **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

HSE GUIDE: How to Improve Safety Culture

A strong safety culture is built on shared values, attitudes, and behaviors that place health and safety at the center of daily work. Improving safety culture is not a one-time action; it requires consistent leadership, engagement, and accountability at all levels of the organization.

1. Demonstrate Leadership Commitment

Safety culture starts at the top. The Clergy, OSH, Ushers, Principal and teachers must lead by example by following rules, wearing required PPE, and actively participating in safety activities. Visible leadership involvement sends a clear message that safety is a priority, not just a policy requirement.

2. Encourage Employee Involvement

Workers should feel confident to speak up about hazards, unsafe conditions, and near misses without fear of blame. Involving employees in risk assessments, toolbox talks, and safety committees helps build ownership and responsibility for safety.

3. Improve Training and Competence

Provide regular, role-specific HSE training to ensure everyone understands hazards and safe work practices. Training should be practical, refreshed periodically, and updated when work conditions, equipment, or risks change.

4. Strengthen Communication

Clear, open, and consistent communication is essential. Share safety expectations, lessons learned from incidents, and corrective actions. Encourage two-way communication so feedback from the workforce is heard and acted upon.

5. Promote Reporting and Learning

Make incident and near-miss reporting simple and non-punitive. Focus on learning rather than blame by identifying root causes and implementing corrective actions. Share lessons learned across the organization to prevent repeat incidents.

6. Set Clear Accountability

Define safety roles and responsibilities for all levels of staff. Hold everyone accountable for unsafe behavior while recognizing and rewarding positive safety actions. Fair and consistent enforcement builds trust and credibility.

7. Drive Continuous Improvement

Regularly review safety performance, procedures, and controls. Use audits, inspections, and workforce feedback to identify gaps. Continuous improvement ensures safety culture grows stronger over time rather than becoming complacent.

Key Message: A positive safety culture is created when management and workers work together, communicate openly, and consistently act safely. When safety becomes “how we do things every day,” incidents reduce, and overall performance improves



**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



<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

The Anglican Church in the Diocese of Trinidad and Tobago
Diocesan Retreat Committee Presents:

Annual Lenten Spiritual Retreat

"Let us prepare with Joy for the Paschal Feast"

FRIDAY 20TH - SUNDAY 22ND MARCH 2026
 EMMAUS RETREAT CENTRE, ARIMA.
 FACILITATED BY: THE REV. CANON ASHTON GOMEZ

\$900
per person

RESIDENT
(2 NIGHT STAY)
Cost includes double occupancy, air-conditioned bedrooms, meals and all retreat sessions.



FACILITATOR
THE REV. CANON ASHTON GOMEZ

Spend time in prayer, reflection and shared fellowship as we prepare our hearts for the Paschal Feast that nourishes and sustains the soul.

Preparatory Reflection: 1 Corinthians 10: 14-18

REGISTRATION

↓

Online Registration via www.bit.ly/retreat-lent

PAYMENTS

↓

Payments can be made via Bank Transfer to: **Republic Bank**
 Account Number: 290 191 519 101
 WhatsApp receipt to: 681-4543

CALL FOR INFO

↓

Tobago: 472-7350
 North: 789-2899
 South: 760-5508

This Retreat is open to any person over the age of 18 years.

LENTEN SPIRITUAL: - Friday, March 20 to Sunday, March 22, 2026. <https://bit.ly/retreat-lent>





REENGAGING COLLABORATIVE MINISTRY IN COMMUNITY

Using Our Gifts

CELEBRATION OF THE HOLY EUCHARIST
 HTC CHAPEL: 12NOON

CELEBRANT & PREACHER
Canon Ashton Gomez

March 02nd - 6th

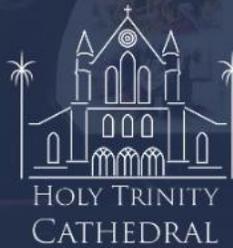
WEEK 2

Notice

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

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

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



BY ORDER OF MANAGEMENT

Weekly Worship

MONDAY - FRIDAY | 6:30 AM

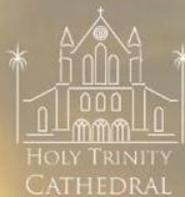
Morning Prayer (Facebook Online)

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

Bible Study
Prayer Group

Fridays at 1:30 PM

Bible Study - In person at the Parish Chapel

DIVINE OFFICE READINGS

| DATE | MORNING | EVENING |
|--|---|---|
| SUNDAY 1ST <i>The Second Sunday of Lent</i> <i>David, Bishop of Menevia, Wales, c. 544</i> | ± Psalms 24, 29 ± Genesis 41:14-45 ± John 5:19-24 | ± Psalms 8,84 ± Jeremiah 1:1-10 ± Romans 6:3-14 |
| MONDAY 2ND <i>Chad, Bishop of Lichfield, Missionary, 872</i> | • Psalms 56,57, [58] • Genesis 41:46-57 • Mark 3:7-19a | • Psalms 64,65 • Jeremiah 1:11-19 • 1 Corinthians 4:8-20(21) |
| TUESDAY 3RD | ± Psalms 61, 62 ± Genesis 42:1-17 ± Mark 3:19b-35 | ± Psalm 68:1-20(21-23)24-36 ± Jeremiah 2:1-13 ± 1 Corinthians 5:1-8 |
| WEDNESDAY 4TH | • Psalm 72 • Genesis 42:18-28 • Mark 4:1-20 | • Psalms m 119:73-96 • Jeremiah 3:6-18 • 1 Corinthians 5:9—6:8 |
| THURSDAY 5TH | ± Psalms [70], 71 ± Genesis 42:29-38 ± Mark 4:21-34 | ± Psalm 74 ± Jeremiah 4.9-10, 19-28 ± 1 Corinthians 6:12-20 |
| FRIDAY 6TH | • Psalms 95 (Invitatory) & 69:1-23(24-30)31-38 • Genesis 43:1-15 • Mark 4:35-41 | • Psalm 73 • Jeremiah 5:1-9 • 1 Corinthians 7:1-9 |
| SATURDAY 7TH <i>Perpetua and her Companions, Martyrs, 202</i> | ± Psalm 75,76 ± Genesis 43:16-34 ± Mark 5:1-20 | ± Psalms 23, 27 ± Jeremiah 5:20-31 ± 1 Corinthians 7:10-24 <i>Collect for 3 Lent</i> |

LITURGY OF THE WORD READINGS (Weekends)

EUCHARIST READINGS FOR SUNDAY March 08, 2026

Third Sunday in Lent— Year A

± **1st Reading:** Exodus 17:1-7

Psalm 95

± **2nd Reading:** Romans 5:1-11

Gospel: John 4:5-42