

## Weekly Notices

Sunday 16th December      Sunday School at St. Francis at 3:30 pm  
   Sunday School at St. Mark's at 3:30 pm

Sunday 23rd December      Mass at St. Mark's at 6:30 am  
   Mass at St. Francis at 6:30 am  
   Holy Eucharist at St. George's at 8:30 am

1. Readings for Sunday 23rd December, 2007

**Old Testament Lesson: Youths: Isaiah 7: 10-17**

**The Epistle: Romans 1: 1-7**

**Intercession: Youths: Form B**

- Persons are kindly asked to contact Fr. Rohim at 461-3154 for inquiries of Baptism, Weddings, or any other matters of the Parish.
- Persons are kindly asked to contact Ms. Loretta Ireland at 461-0125 or Mr. Bertrand Phillip 562-0089 for sponsorship of bulletins or flowers.
- Mother's Union** meetings are held every 2nd and 4th Sundays at 4:30 pm at alternate venues every month; i.e. one month at St. Mark's Chapel and the following month at St. Francis Chapel at 4:30 pm. All members please take note and be present.
- The Brotherhood** meets at 6:00 pm every 1st and 3rd Mondays at St. Mark's Chapel. All members are asked to please take note and be present.
- The Friends of St. Francis** meets at 7:30 pm every 2nd & 4th Mondays at St. Francis Chapel. All members are asked to please take note and be present.
- StG.Com (St. George's on the Move)** meets at 7:30 pm every Tuesday at St. Mark's Chapel. All members are asked to please take note and be present.
- The St. George's Choir** meets at 7:30 pm every Thursday at St. Mark's Chapel. All members are asked to please take note and be present.

### PRAY FOR THE SICK AND SHUT-INS:



Maurice Barnes, Inez Bass (Montserrat), Ashby Benjamin, Casilda Bloodman, George Lastus Bradshaw, Carolyn Browne, Fitzroy Carr, Chanee Chalon (St. Thomas), Mildred Chiddick, Barbara Kaye Clarke-Daniel, Henry Daley, Mymin Davis (England), Cynthia Dublin, Margaret Ithmay Dublin, Olga Dublin, Glenfield Francis, Eustace Gardner, George Gloade, Carolyn Gordon (Guyana), Errol Hector, Enid Henry, Alston Isaac, Daren James, Jacqueline James (London), Rupert James, Uriel James, Eunice Jonas, Kathleen Joseph (U.S.A.), Foster King, Leonard "Reds" King, Ruth King, Viola Lawrence, Cavelle Lewis, George Lewis, Idona Lewis, Walbridge Lewis, Agatha Martin, Amanda Martin, Alfred Matthew, Enroy Matthew, Henrietta Osbourne, Kelly Paul, Enid Peters, Yvonne Peters, Charlene Phillip, Solomie Phillip, Fitzroy Ramsey (St. Maarten), Wills Richards, Doris Matthew-Robins, Frances Samuel, Mavis Samuel, Delores Solomon, Arden Thomas, Tracelyn Thomas (Canada), William Thomas, Cecilia Thompson (Blue Waters), Leona Tittle-Minette, Yvette Tomlinson, Alphonso Tonge, Gabriel Wade, Dorilyn Warner, Phyllis White, Rachel Williams, Vivianna Williams.

# St. George's Parish

With St. Mark's - Pigotts, St. Francis - Judges Hill

Advent III



RECTOR: THE REV. FR. JOHN ROHIM

DEACONS: THE REV. CATHERINE EDWARDS, THE REV. GEORGE RICHARDS  
LAY MINISTERS: MR. ALSTON ISAAC, MR. AUSTIN SMITH  
EUCARIST MINISTERS: MARK FRANCIS, JULIUS GORE & WALTER BERRIDGE  
THE VESTRY: ALSTON ISAAC, BERTRAND PHILLIP, LORRAINE DAVIS,  
LORETTA IRELAND, JULIUS GORE, AUSTIN SMITH, CAREY THOMPSON,  
CLEO HAMPSON, LESROY GRANT.

ST. GEORGE'S PARISH  
WITH ST. MARK'S - PIGOTTS AND ST. FRANCIS - JUDGES HILL

Fitches Creek, Antigua. Tel. 268-461-3154      website: <http://www.dioneca.org/>

PUT ON OUR ARMOUR AS SOLDIERS OF LIGHT .... LET CHRIST JESUS HIMSELF BE THE ARMOUR THAT YOU WEAR. (ROM.: 12,14)

YEAR C                                      ADVENT III                                      16th December, 2007

Processional Hymn	MP 697
Lighting of the Advent Candle	
The Introit	MP 216
Opening Sentences	BCP pg. 97 or pg. 99 or pg 100
Collect for Purity et al	BCP pg. 101
Kyrie, Gloria	BCP pg. 102
Collect	BCP pg. 157 - Advent 3
Old Testament Lesson	Isaiah 35: 1-10
Psalms	Psalms 146 vs. 4-9 BCP pg. 662
The Epistle	James 5: 7-10
Gradual Hymn	A&M 53
Gospel	Matthew 11: 2-11
Hymn before the Sermon	MP 459 verses 1 & 4
The Sermon	
The Creed	BCP pg. 104
Intercessions	Form G BCP pg. 118
Act of Penitence	BCP pg. 123 or pg. 124
The Absolution	BCP pg. 124
The Peace	BCP pg. 124 or pg. 125
The Welcome and Notices	
<b>Children's Hymn</b>	<b>MP 539</b>
Birthday & Anniversary Blessing	
The Offertory Hymns	A&M 56, A&M 48
Presentation of the Offerings	BCP pg. 126
Sursum Corda	BCP pg. 126
Eucharistic Prayer	BCP pg. 131 (A)
The Lord's Prayer	BCP pg. 144
Agnus Dei	BCP pg. 147
Communion Hymns	MP 266, MP 249, A&M 668 in memory of Bernard Herbert
Blessing of the Children	MP 322
Walk Up Offertory	MP 320
Post Communion Prayer	BCP pg. 147 or pg. 148
The Blessing	
Recessional Hymn	A&M 304

## LISTENING TO THE SERMON

Listen to the message from God's Word. Use this sheet to make some personal notes.  
Keep them for the purpose of reference, study and remembrance.

SERMON TITLE:

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BIBLICAL TEXT:

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MAIN IDEA OF THE SERMON:

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POINT(S) TO REMEMBER:

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WHAT SHOULD I DO AS A RESULT OF HEARING THIS SERMON :

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8. Learn to recognize and reduce STRESS. Relaxation techniques can be very helpful.
9. Always push large objects, never pull them.
10. Wear comfortable, well made shoes. The higher the heels of your shoes, the greater the risk of backache.
11. Move around, do not sit in the same position for long periods of time.
12. Never lean forward without bending your knees. Lift with your legs, arms and abdomen. Avoid lifting anything heavier than (20) twenty pounds. If you must work close to the ground, squat down so that you avoid bending at the waist.
13. Do not sleep on your stomach. Instead, rest your back by lying on your side with your legs bent so that your knees are about an inch higher than your hips. Sleep on a firm mattress with your head supported on a pillow. If your mattress is not firm enough, place a board between the box spring and the mattress.
14. Maintain a healthy weight and get regular and moderate exercise. A lack of exercise can cause back pain. Activities that are good for the back includes swimming, cycling and walking.

**Caution: IF YOU HAVE SERIOUS BACK PROBLEMS, PLEASE CONSULT YOUR DOCTOR.**



Please ensure that all electronic devices are switched off so that we can honor the spirit of reverence that prevails as we, the people of God, worship together.

"Be thoughtful, be silent, be reverent, for this is the House of God.

Before the service, speak to the Lord.

During the Service,

let the Lord speak to you.

After the service, speak to one another."

### *Today's Readings*



### **Old Testament: Isaiah 35: 1-10**

<sup>1</sup> The wilderness and the dry land shall be glad, the desert shall rejoice and blossom; like the crocus <sup>2</sup> it shall blossom abundantly, and rejoice with joy and singing. The glory of Lebanon shall be given to it, the majesty of Carmel and Sharon. They shall see the glory of the LORD, the majesty of our God. <sup>3</sup> Strengthen the weak hands, and make firm the feeble knees. <sup>4</sup> Say to those who are of a fearful heart, "Be strong, fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you." <sup>5</sup> Then the eyes of the blind shall be opened, and the ears of the deaf unstopped; <sup>6</sup> then shall the lame man leap like a hart, and the tongue of the dumb sing for joy.

For waters shall break forth in the wilderness, and streams in the desert; <sup>7</sup> the burning sand shall become a pool, and the thirsty ground springs of water; the haunt of jackals shall become a swamp, the grass shall become reeds and rushes. <sup>8</sup> And a highway shall be there, and it shall be called the Holy Way; the unclean shall not pass over it, and fools shall not err therein. <sup>9</sup> No lion shall be there, nor shall any ravenous beast come up on it; they shall not be found there, but the redeemed shall walk there. <sup>10</sup> And the ransomed of the LORD shall return, and come to Zion with singing; everlasting joy shall be upon their heads; they shall obtain joy and gladness, and sorrow and sighing shall flee away.



### **The Epistle: James 5: 7-10**

<sup>7</sup> Be patient, therefore, brethren, until the coming of the Lord. Behold, the farmer waits for the precious fruit of the earth, being patient over it until it receives the early and the late rain. <sup>8</sup> You also be patient. Establish your hearts, for the coming of the Lord is at hand. <sup>9</sup> Do not grumble, brethren, against one another, that you may not be judged; behold, the Judge is standing at the doors.

2. When pain hits immediately drink two (2) glasses of water. This often gives relief within minutes. Muscle aches and back pain is frequently connected to dehydration. The body needs a maximum of ten 8-ounce glass of water daily to keep acidic waste from building up in muscles and other tissues.
3. If pain follows an injury or sudden movement, apply ice for the first forty-eight hours, and then apply heat. Rest on a firm bed. When getting up, roll to your side, draw your knees up, push up to a sitting position, and stand by pushing up with your legs.
4. To relieve back muscle pain, soak in a very warm bath or apply a heating pad directly to your back. Be careful not to set the heat too high.
5. Once the acute pain has subsided, doing exercises to strengthen the abdominal muscles may help to prevent recurrences. These muscles help to support the back. Sit-ups are good for this purpose. Always do sit-ups with your knees bent, not with your feet flat on the floor.
6. When sitting try to keep your knees a little higher than your hips and keep your feet flat on the floor. Placing your feet on a pillow or other support to hold this position might be helpful.
7. When carrying things on your shoulder, switch the weight to the other side from time to time. Carrying heavy shoulder bags may produce neck, back and shoulder pain.

## Do You Know!

### \* BACKACHE

Nearly 80% of adults are affected by backache at some point of their lives, most often in the lower back. It can be either acute or chronic.

Acute backache starts suddenly and is usually the result of misusing the body in some way.

Chronic backache keeps recurring and can be brought on by almost any movement, for no particular reason. It is one of the most common reasons for hospitalization. Attempting to move or lift heavy objects is said to be the primary cause of back problems, sometimes because of damage done to a spinal disk.

If you are suffering from back problems, here are some helpful hints.

1. Avoid all meats and animal protein products until you are healed. Animal proteins contain Uric Acid, which puts undue strain on the kidneys that can contribute to back pain. Do not eat gravies, oils, fats, sugar, or rich or highly processed foods.

<sup>10</sup> As an example of suffering and patience, brethren, take the prophets who spoke in the name of the Lord.



## The Gospel: Matthew 11: 2-11

<sup>2</sup> Now when John heard in prison about the deeds of the Christ, he sent word by his disciples <sup>3</sup> and said to him, "Are you he who is to come, or shall we look for another?" <sup>4</sup> And Jesus answered them, "Go and tell John what you hear and see: <sup>5</sup> the blind receive their sight and the lame walk, lepers are cleansed and the deaf hear, and the dead are raised up, and the poor have good news preached to them. <sup>6</sup> And blessed is he who takes no offense at me." <sup>7</sup> As they went away, Jesus began to speak to the crowds concerning John: "What did you go out into the wilderness to behold? A reed shaken by the wind? <sup>8</sup> Why then did you go out? To see a man clothed in soft raiment? Behold, those who wear soft raiment are in kings' houses. <sup>9</sup> Why then did you go out? To see a prophet? Yes, I tell you, and more than a prophet. <sup>10</sup> This is he of whom it is written, 'Behold, I send my messenger before thy face, who shall prepare thy way before thee.' <sup>11</sup> Truly, I say to you, among those born of women

there has risen no one greater than John the Baptist; yet he who is least in the kingdom of heaven is greater than he.



Today we would like to extend a warm St. George's welcome to all those who are visiting with us for the first time or the first in a long time.



*"We embrace you all with enthusiasm, with open hearts, open minds, open doors; and we hope that you will enjoy sharing in fellowship with us."*

If you are **curious** and have come to **see**, if you are **weary** and have come to find **rest**, if you are **grateful** and have come to give **thanks**, if you are **hurting** and have come for **solace**, if you are **listening** and have come to **pray**, if you are **seeking** and have come for **answers**, **WELCOME**.

### CONGRATULATIONS

to all celebrating Birthdays & Anniversaries today or during the week.

*"MAY YOU HAVE ALL THE JOY YOUR HEART CAN HOLD  
ALL THE SMILES A DAY CAN BRING .....  
ALL THE BLESSINGS A LIFE CAN UNFOLD.  
MAY YOU HAVE GOD'S BEST IN EVERYTHING"*



**MAY THE LORD BLESS YOUR BIRTHDAY AND ANNIVERSARY.**

There will be a meeting of the Vestry on Wednesday 19th December, 2007 at 6:30 pm at the St. Francis Chapel. All Vestry Members are asked to please take note and to please be on time.

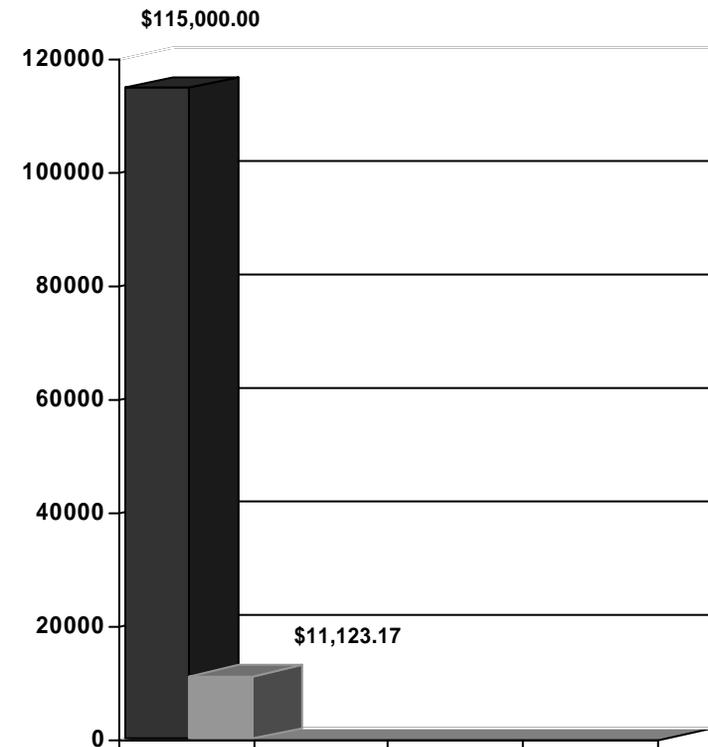
Our Walk-Up Collection goes to the Organ Fund.  
Please give generously.

### ORGAN FUND

PLEASE GIVE GENEROUSLY.

Cost of New Organ: \$115,000.00.

Amount collected to date \$ 11,123.17



Please be advised that No Lunch will be prepared for the Senior Citizens on Wednesday 19th December and Wednesday 26th December, 2007. Kindly be guided accordingly.

### Treasurer's Corner

Sunday 9th December, 2007

The Treasurer's Corner is designed to provide weekly information on church offerings as well as attendance. It is also intended to apprise parishioners of the importance of supporting the various ministries within the Church.

Your generous contribution is most appreciated.

#### Attendance at St. George's Parish Church:

<b>Congregation</b>	<b>228</b>
<b>Communicants</b>	<b>91</b>
Stewardship	\$ 2,886.60
Loose	971.80
Walk-Up	482.56
Loan	470.00
Harvest	110.00
In Thanksgiving For (ITGF)	100.00
*Others	135.00

Total church offerings for Sunday 9th December, 2007 was \$5,155.96. \*Others represent:- Parish Projects, Harvest, St. Mark's Sunday School, Loan.

### LIGHTING OF THE ADVENT CANDLE

Leader: Light and peace, in Jesus Christ our Lord

All: **Thanks be to God**

Leader: Today is the Third Sunday of Advent and we will light the Candle of Love.

Last Sunday we lit the Candle of Peace. We light it and the Candle of Hope again as we remember Jesus, born in Bethlehem, our hope and our peace.

*(A person lights the Candles of Hope, and Peace.)*

**TODAY WE LIGHT THE THIRD CANDLE OF ADVENT, THE CANDLE OF LOVE.** In their old age God gave to Zachariah and Elizabeth a son called John. John spoke to the people bravely in the desert denying his own comforts and prepared to die for what he believed. John taught that we should share what we have with others, treat each other kindly and show Gods love. He did this because he cared for people and wanted them to repent and find God's forgiveness.

*(A person lights the Third Candle, the Candle of Love here)*

Love is like a candle shining in a dark place. As we look at the light of this candle we celebrate the love we have in Christ.

Leader: Let us pray:

**All:** Lord God, Your witness John the Baptist grew up strong in spirit and prepared people for the coming of the Lord. He loved your people and baptized them in the River Jordan to wash away their sins. Help us to have the same love that we would be witnesses to him and spread the good news of your love. As Christmas draws closer day by day, help us to be ready to welcome him. **Amen**

The Flowers on the Altar are sponsored by Mr. & Mrs. James Herbert and family in loving memory of their son Bernard Herbert who passed away on the 20th of December, 1989.



God saw him getting tired  
a cure was not to be  
So He wrapped His arms around him  
and whispered, "Come with Me"  
With tearful eyes we watched him  
suffer  
and saw him fade away  
Although we loved him dearly  
we could not make him stay  
A precious heart stopped beating  
little hands now rest  
God broke our hearts to prove to us  
He only takes the best.

The steadfast love of God never ceases, His compassion never fails; every morning they are renewed.

Lamentations 3: 22-23

May his soul continue to rest in peace.

**SCHEDULE OF SERVICE FOR CHRISTMAS  
AND OLD YEAR'S NIGHT**

**MONDAY 24TH DECEMBER, 2007**

**ST. FRANCIS - 7:30 PM - NATIVITY MASS**

**TUESDAY 25TH DECEMBER, 2007**

**ST. GEORGE'S - 8:30 AM - NATIVITY OF OUR LORD**

**FRIDAY 28TH DECEMBER, 2007**

**ST. GEORGE'S - 10:00 AM - HOLY INNOCENTS DAY  
CHILDREN'S SERVICE**

(Children are encouraged to bring their toys for blessing.)

**SUNDAY 30TH DECEMBER, 2007**

**ST. MARK'S - 6:30 AM - HOLY EUCHARIST**

**ST. FRANCIS - 6:30 AM - HOLY EUCHARIST**

**ST. GEORGE'S - 8:30 AM - HOLY EUCHARIST**

**MONDAY 31ST DECEMBER, 2007**

**( OLD YEAR'S NIGHT)**

**ST. GEORGE'S - 10:30 PM - SERVICE OF REDEDICATION**

Condolences to Ursula Williams and her family as they mourn the death of Dennis Williams. Dennis was buried on Thursday 13th December, 2007 at St. Peter's Church, in Parham. May he rest in Peace.

Your sponsorship of the weekly Bulletins and flowers are always appreciated. This can be done on the anniversary of Marriage and Birth as a memorial gift on the anniversary of a departed relative. Please contact Bertrand Phillip at 562-0089 or Loretta Ireland at 461-0125 for further information.