

# FOURTH SUNDAY of ADVENT

23 December 2018



**Eaglais Easbaigeach na h-Alba san Eilean Dubh**  
**The Scottish Episcopal Church on the Black Isle**

Charity Number SC010781

St Regulus' Cromarty + St John's, Arpafeelie + St Andrew's, Fortrose

The Rev'd Canon (Father) Mel Langille

Priest & Rector

**Phone: 01381 622 241**

**Email: melsagart@gmail.com**

**Charge Website : episcopalblackisle.scot**

For a fuller newsletter, please contact Ramsay McGhee :  
w.r.mcghee@btinternet.com

## RECEIVING HOLY COMMUNION

**EVERYONE WHO IS BAPTISED IS WELCOME**

to share with us in Communion at all services.  
There is no need to be a member of the Episcopal Church. Please feel free to celebrate with us.  
If you are not baptised or would prefer, you are welcome to come forward and receive a blessing (simply come forward with hands together and head bowed as a sign to the priest).

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## LIGHTING the ADVENT CANDLES

Jesus is the Light of the world.

**A Light no darkness can extinguish.**

*Sing*

**A candle is burning, a candle of Love;  
A candle to point us to heaven above.  
A baby for Christmas, a wonderful birth;  
For Jesus is bringing**

**God's Love to our earth.**

*Pray*

**Father, all-powerful God, your eternal Word took flesh on our earth when the Virgin Mary placed her life at the service of your plan. Lift our minds in watchful hope to hear the voice which announces his glory**

**and open our minds to receive the Spirit who prepares us for his coming. We ask this through Christ our Lord. AMEN.**

## THE PROCLAMATION OF THE WORD

**Readers & Intercessors**

St And : Angus F / Michael H / Anna G / Simon S

St Jn : Ann D / Isla C / Bridie G / Donald G

+ **The First Reading : Micah 5:2-5a**

+ **Psalm 80:1-7**

Stir up your strength, O Lord, and come.

**Stir up your strength, O Lord, and come.**

Hear, O Shepherd of Israel,  
leading Joseph like a flock;  
shine forth, you that are enthroned  
upon the cherubim.

**Stir up your strength, O Lord, and come.**

In the presence of  
Ephraim, Benjamin, and Manasseh,  
stir up your strength and come to help us.

**Stir up your strength, O Lord, and come.**

Restore us, O God of hosts;  
show the light of your countenance,  
and we shall be saved.

**Stir up your strength, O Lord, and come.**

O LORD God of hosts,  
how long will you be angered  
despite the prayers of your people?

**Stir up your strength, O Lord, and come.**

You have fed them with the bread of tears;  
you have given them bowls of tears to drink.

**Stir up your strength, O Lord, and come.**

Restore us, O LORD God of hosts;  
show the light of your countenance,  
and we shall be saved.

**Stir up your strength, O Lord, and come.**

+ **Second Reading : Hebrews 10:5-10**

**Gradual Hymn/Acclamation**

+ **THE HOLY GOSPEL : Luke 1:39-55**

## PRAYER REQUESTS

We pray...for grace to be Jesus' hands, feet, voice, eyes & heart in the world...that we all may LIVE and BE the GOOD NEWS.

## OUR WORLD

For the situation between Ukraine & Russia. For justice and peace in Yemen, the Holy Land and, indeed, the world over. For an end to hatred in all its forms. For our fellow Christians and all who are persecuted for their faith.

## OUR COMMUNION

Pray for the peace and unity of the Church. Pray for our brothers and sisters of the Diocese of Kubwa, Nigeria : Bishop Duke Akamisoko.

## OUR DIOCESE

For Mark, our Bishop and for our brothers and sisters who work in & support our Foodbanks...and for all whom the benefit. For the Highlands Supports Refugees and all who help. For our brothers & sisters of St John's & St Michael's, Inverness. Pray for our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

## THE SCOTTISH EPISCOPAL INSTITUTE

(Those studying for ordination, layreadership & those who support them)  
(23) Ordinand Susan Ward, Ed (24) Ordinand Peter Woodfield, Ed (25) Ordinand Jaime Wright, Edin (26) Layreader Sandra Wright, Ed (27) Diocesan Advisors (28) Bp Kevin & Institute Council (29) Associate Tutors & Management Comm

## OUR CHURCH & COMMUNITY

### FAMILY & FRIENDS

For June. For Roberta. For Ania & Krystian. For Fr Arthur & Julia. For Brian. For Helen. For Paul & Family. For Dorothy. For Anne Maria. For Loretta & loved ones. For Cameron M., For Diana S. For R. For Ann & Ray N. For Marjorie T. For Tom McC. For Mark W & loved ones. For Janet S as she studies for ordination. For Louise & Hayden J. For those whose relationships / marriages are struggling. Pray for our Sunday Club in St Regulus'. For our Teen Gatherings. For Karen & her family in Guatemala. For James and his work in Biblical translation in Nigeria. For all we know to be in need of our prayers.

## A DAILY PRAYER for the WEEK

Let us turn in prayer to Christ who emptied himself to assume the condition of a slave. He was tempted in every way that we are, but did not sin.

– *Save us through your birth.*

Coming into our world, Lord Jesus, you open the new age which the prophets foretold. In every age, may the Church come again to new birth.

– *Save us through your birth.*

You took on our human weakness. Be the eyes of the blind, the strength of the weak, the friend of the lonely.

– *Save us through your birth.*

Lord, you were born among the poor: show them your love.

– *Save us through your birth.*

Your birth brings eternal life within man's reach; comfort the dying with hope of new life in heaven.

– *Save us through your birth.*

Gather the departed to yourself; and make them radiant in your glory.

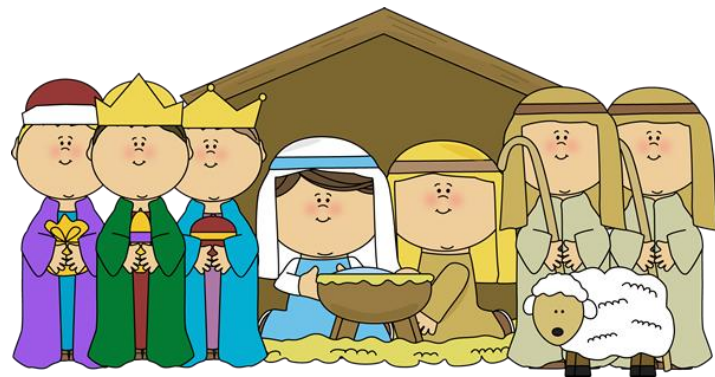
– *Save us through your birth.*

*In a moment of silence, call to mind the concerns of your own heart with those listed above and lift them up to God.*

*Conclude with the Lord's Prayer.*

## THIS WEEK

# CHRISTMAS SERVICES!!!



## MONDAY

### Christmas Eve

**5:30pm : Crib Service in St John's**

**11:15pm : Carolling & Midnight Mass  
in St Andrew's**

## TUESDAY

### Christmas Day

**8am : Eucharist in St Andrew's**

(Is 9:2-7 / Tit 2:11-14 / Lk 2:1-14)

**9:45am : Eucharist in St Regulus'**

(Is 62:6-12 / Ps (7) / Tit 3:4-7 / Lk 2:1-14)

**9:45am : Eucharist in St John's**

(Is 52:7-10 / Ps 9s / Heb 1:1-4 (5-12) / Jn 1:1-14)

**11:30am : Eucharist in St Andrew's**

(Is 52:7-10 / Ps 9s / Heb 1:1-4 (5-12) / Jn 1:1-14)

## WEDNESDAY

### St Stephen's Day

10:00am : Eucharist in St Andrew's

## THURSDAY

### St John's Day

10:00am : Eucharist in St Andrew's

## FRIDAY

### Holy Innocents' Day

10:00am : Eucharist in St Andrew's

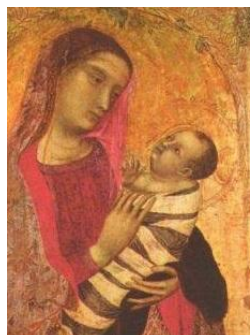
## NEXT SUNDAY : 30 DECEMBER CHRISTMAS 1 / THE HOLY FAMILY Eucharist

11:30am in St Andrew's (Fr Mel)

9:45am in St Regulus' (Rev Moira)

9:45am in St John's (Bp Mark)

(1 Sam 2:18-20,26 / Ps 148 / Col 3:12-17 / Lk 2:41-52)



Gracious and loving God,  
cut through the tinsel  
and glitter of Christmas  
to remind us of this -  
The most precious gift  
that we can be given  
will never be wrapped  
in anything more lavish  
than swaddling bands.

## CONGRATS!!!

**Fine Articles in the Chatterbox by our own Tom Leslie & Graham Law as well as Diana Hamilton-Jones & Betty Marshall !!!!!**