

# SEVENTH SUNDAY after EPIPHANY (SEXAGESIMA)

24 February 2019

I tell you who hear me:  
~~LOVE~~ your enemies,  
do GOOD to those who hate you,  
BLESS those who curse you,  
PRAY for those who mistreat you.

Luke 6:27-28

## 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, Arpafelie + St Andrew's, Fortrose

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## 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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## THE PROCLAMATION OF THE WORD

### Today's Readers & Intercessors

St A : Ann B / Alison B / Ramsay M / Joan D  
St J : Donald G / Jackie M / Diana M / Susanna L

+ **The First Reading : Genesis 45:3-11,15**

+ **Psalm 37:1-6**

Commit your way to the Lord  
and put your trust in him.

**Commit your way to the Lord  
and put your trust in him.**

Do not fret yourself because of evildoers;  
do not be jealous of those who do wrong.  
For they shall soon wither like the grass,  
and like the green grass fade away.

**Commit your way to the Lord  
and put your trust in him.**

Put your trust in the Lord and do good;  
dwell in the land and feed on its riches.  
Take delight in the Lord,  
and he shall give you your heart's desire.

**Commit your way to the Lord  
and put your trust in him.**

He will make your righteousness  
as clear as the light  
and your just dealing as the noonday.  
Be still before the Lord  
and wait patiently for him.

**Commit your way to the Lord  
and put your trust in him.**

+ **Second Reading : 1 Corinthians 15:35-38,42-50**

## Gradual Hymn/Acclamation

+ **THE HOLY GOSPEL : Luke 6:27-38**

## 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 Venezuela and her people. 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 Church in  
Central American : Bishop Julio Murray  
Thompson.

## OUR DIOCESE

For all our brothers & sisters in the Porvoo  
Communion of Churches. For our Diocesan  
Synod gathering next Saturday. Peter, Jaime,  
Sandra & all who are studying for Ordination or  
Readership...for their instructors & all who  
support them. For Mark, our Bishop. For  
Inverness Street Pastors. For our brothers & sisters  
of St John's, Rothiemurchus & St Columba's,  
Grantown on Spey. Pray for our sister Dioceses  
(Quebec, Canada & Tuam, Killala and Achonry,  
Ireland).

## OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Nancy. For June. For Roberta. For Ania &  
Krystian. For Fr Arthur & Julia. For Brian. For  
Helen. For Paul & Family. For Dorothy. 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**

The world is ablaze with the glory of God, who cares for his chosen people with infinite love. In the name of the Church we pray:

– *Lord, show your love to all.*

Be mindful of your Church: keep her free from evil and make her perfect in your love.

– *Lord, show your love to all.*

Let all peoples acknowledge that you alone are God, and that Jesus Christ is your Son; give them the light of faith.

– *Lord, show your love to all.*

Grant to those around us all that they need, so that they may know thankfulness and live in peace.

– *Lord, show your love to all.*

Keep us mindful of those whose work is hard and unrewarding: may we give everyone the respect which is their right.

– *Lord, show your love to all.*

Give peace to those who have died today; grant them eternal rest.

– *Lord, show your love to all.*

*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**

#### **MONDAY**

12:15pm : Eucharist in St Andrew's Cathedral

#### **TUESDAY**

3:30pm : Fr Mel with Cromarty children

**NO TUESDAY EUCHARIST  
IN ST REG TILL MARCH**

#### **WEDNESDAY**

10:00am : Study Group in the Rectory

10:00am – 1:00pm : Charity Shop

3:30pm : Fr Mel with Fortrose/Avoch & Munlochy children

#### **THURSDAY**

10:00am : Eucharist in St Andrew's

3:30pm : Fr Mel with Fortrose/Rosemarkie children

#### **SATURDAY**

10:00am – 1:00pm : Charity Shop

### **NEXT SUNDAY – 3 March 2019 EIGHTH SUNDAY after EPIPHANY (QUINQUAGESIMA)**

#### **EUCHARIST**

8:00am & 11:30am in St Andrew's

9:45am in St John's

9:45am in St Regulus'

#### **NO EVENSONG**

#### **Readers & Intercessors**

St J : Gail S / Mairi M / Isla C / Alan D

St A : Jan M / Betty M / Lois M / Alison G

(Sir 27:4-7 / Ps 92 / 1 Cor 15:51-58 / Lk 6:39-49)

#### **BLESSED PALMS**

#### **from LAST PALM SUNDAY**

We need them to prepare ashes for Ash Wednesday (6 March)...so, if you have any you'd like to part with, please get to the Fr Mel before 5 Mar.



#### **LENTEN OPPORTUNITIES**

An assortment of Lenten growth possibilities are in the works and will be unveiled next Sunday. They include a couple of course possibilities, Stations of the Cross, times of silent prayer, and things one can do at home as well as the Bishop's Lenten Appeal which will, hopefully, be shared at Synod this coming Saturday! Lent will begin with **Ash Wednesday on the 6<sup>th</sup> of March** when there will be Eucharist and Imposition of Ashes in each of our three Churches.

**"God, who foresaw your tribulation, has specially armed you to go through it, not without pain but without stain."**

From: "Collected Letters of C. S. Lewis" (2006)