

SUNDAY
10th March 2019
Lent 1
Charity Number
SC010781

The Scottish Episcopal Church

St John's, Arpafelie: St Andrew's, Fortrose: St Regulus, Cromarty

The Black Isle Family of Congregations

The Rev'd Canon (Father) Mel Langille
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EVERYONE WHO IS BAPTISED is welcome to share with us in Communion this morning. 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).



THE PROCLAMATION OF THE WORD

+ The First Reading : Deuteronomy 26:1-11



◆ Psalm 91 (verses)

◆ He shall give his angels charge over you, to keep you in all your ways.

He shall give his angels charge over you, to keep you in all your ways.

He who dwells in the shelter of the Most High, abides under the shadow of the Almighty. He shall say to the LORD, "You are my refuge and my stronghold, my God in whom I put my trust."

He shall give his angels charge over you, to keep you in all your ways.

Because you have made the LORD your refuge, and the Most High your habitation, There shall no evil happen to you, neither shall any plague come near your dwelling. For he shall give his angels charge over you, to keep you in all your ways.

He shall give his angels charge over you, to keep you in all your ways.

They shall bear you in their hands, lest you dash your foot against a stone. You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet.

He shall give his angels charge over you, to keep you in all your ways.

Because he is bound to me in love, therefore will I deliver him; I will protect him, because he knows my Name.

He shall give his angels charge over you, to keep you in all your ways.

He shall call upon me, and I will answer him; I am with him in trouble; I will rescue him and bring him to honour. With long life will I satisfy him, and show him my salvation.

He shall give his angels charge over you, to keep you in all your ways.

+ Second Reading : Romans 10:8b-13

Gradual Hymn/Acclamation: - + THE HOLY GOSPEL : Luke 4:1-13

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 peace and stability of the UK & for the guidance of the Spirit for our leaders. 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 terrorism and 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 l'Eglise Anglicane du Congo : Archbishop Zacharie Masimango Katanda.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Donald, Susan, Jennifer, Annie, Claire, Katrina, Harriet and 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 Andrew's Cathedral, Inverness. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For the soul of Colin Dupar & for Ken, Kristina & Family. For Kathleen McC. For Nancy. For June. For Roberta. For Ania & Krystian. For Helen. For Paul & Family. For Loretta & loved ones. For Cameron M., For Diana S. For R. For Ann & Ray N. 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

To God be honour and glory. He has sealed the new covenant in the blood of Christ and renews it in the sacrament of the altar. In confidence we pray:

– Lord, bless your people.

Lord, guide nations and their rulers according to your will may they work for the common good with one mind and heart.

– Lord, bless your people.

Renew the spirit of service in those who have left all to follow Christ, may the holiness of your Church be revealed in their lives.

– Lord, bless your people.

You have made all people in your likeness; help them to rid the world of every injustice.

– Lord, bless your people.

Come with your truth and friendship to those who have lost their way; teach us how to help them.

– Lord, bless your people.

Let the dead enter into your glory; let them praise you for ever.

– Lord, bless your people.

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.

Black Isle Charge Diary

MONDAY

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

TUESDAY

3:30pm : Fr Mel with Cromarty children

10:00am – 1:00pm : Charity Shop

3:30pm : Fr Mel with Fortrose/Avoch and Munloch children

7:00pm Eucharist in St Regulus', Cromarty

WEDNESDAY

10am : Study Group in the Rectory - (Book of Psalms)

10am – 1pm : CHARITY SHOP

2:00pm : Mission & Ministry in Rectory

3:30pm : Fr Mel with Fortrose/Munloch children.

7:00pm Eucharist & Lenten Discussion in St Duthac Centre, Arpafeelie.

THURSDAY

10:00am : Eucharist in St Andrew's, Fortrose

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

7:30- "I, DANIEL BLAKE" Lenten Study in Gillian Newman's, Cromarty.

FRIDAY

8:30am : Celtic Morning Prayer in St Regulus'

12 Noon : Stations of the Cross in St Andrew's

SATURDAY

10:00am – 1:00pm : Charity Shop

NEXT SUNDAY – 17 March 2019 - SECOND SUNDAY in LENT

EUCCHARIST

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

9:45am in St John's

9:45am in St Regulus'

EVENSONG

4:30pm in St Andrew's

Readers & Intercessors

St J : Family / Family / Family / Gail S

St A : Anne B / Alison B / Joan D / Simon S

(Gen 15:1-12,17-18 / Ps 27 / Phil 3:17-4:1 / Lk 9:28-36)

Hymns for Sunday at St Andrew's

Intro:

Gradual:

Offertory:

Communion:

Recessional:

Classic Film Club

2 till 4pm - **First MONDAY** of the month

At The Old Mill, 1, Marine Terrace, Rosemarkie, IV10 8UL

Details from Helen Robinson 01381620243 07889181529

Monday Apr 1st "Bridge on the River Kwai"

Monday May 6th "Becoming Jane"

Monday Jun 3rd "You Were Never Lovelier"

Monday July 1st "The Magnet"

Come and enjoy a cuppa and the film in pleasant company!

Lenten
Prayer of
St Ephrem
the Syrian



OUR CHARITY SHOP
in Saint Andrew's Hall :
Wednesdays & Saturdays,
10am -1pm.



FOOD BANK APPEAL

All contributions gratefully received - please leave tins in the basket provided at the back of the Church. Things we need:

NEW REQUIREMENTS for the NEXT 2 MONTHS

long grain rice,
tinned tomatoes,
corn beef, and
cat and dog food



Thought for today

*We are only passing by so doesn't it seem madness -
To fill the world with things that make for evil, strife and sadness!
Men for money, pride or power will fight and kill and lie.
Is it worth it when you are only passers-by?
Passing through this world but once with all its sin and sorrow.
Here today, not here to stay, but here and gone tomorrow.*

BOOKS

by Elizabeth Sutherland

A wide selection of books written by our own Betty Marshall are available at the back of the Church.
- donations should be placed in the box on the back pew.

CARDS -

by Hayden Jeffery

Hayden Jeffery has designed and produced a selection of multifunctional cards - they can be found at the back of the Church and cost £1 each
- donations should be placed in the box on the back pew.

St John's Arrafeelie

Sunday 10th March 2019 -

Deuteronomy 26:1-11

Gill Pimm

Psalm 91 verses 1 2, 9 - 16

Donald Graham

Romans 10:8b-13

Luke 4:1-13

Prayers - Ann Danson



Lenten midweek Eucharist and discussion

Wednesdays of Lent in Duthac Centre beginning at 7pm.

HYMNS

- Opening: 493 – O Jesus I have promised
Gradual: 173 – Forty days and forty nights
Offertory: 373 – Lead us Heavenly Father, lead us
Communion: 80 – Broken for me
Recessional: 714 – What a friend we have in Jesus

Intercessor is requested to include the following in their Intercessions

Porvoo Community of Churches 10/3

Church of England: Diocese of Chelmsford, Bishop Stephen Cottrell, Bishop John Perumbalath, Bishop Roger Morris, Bishop Peter Hill

Church of Sweden: Diocese of Karlstad, Bishop Sören Dalevi

Church Rotas

St Andrew's

Readers & Intercessors

A Garraway / S Spence / M Taylor / R McGhee

Sides-men

Iain Brown

Servers

Tomas / Matthew / Elin

Heather and Alison

Sacristan

Helen Graham

Flowers

No flowers during Lent

Teas

Lois MacDonell

Cleaning

Lois MacDonell

St John's

Sacristan

Ann

Server

Isla

Teas

Diana



LENTEN OPPORTUNITIES

STATIONS of the CROSS

Every Friday in St Andrew's at 12 noon.

SILENT PRAYER/MEDITATION or STATIONS of the CROSS...various locations at various times and places (in our three churches).

I AM DANIEL BLAKE

A Lenten Course on this amazing and thought provoking film will be hosted in Cromarty from 7:30pm – 9:00pm on Thursday Evenings...starting the 7th of March in Patsy & Sandy Thomson's House.

WEDNESDAY STUDY GROUP

10:00am in the Rectory each week.

Studying the Book of Psalms currently

MID WEEK EUCHARISTS

Tuesdays at 7:00pm in St Regulus

(resuming the 12th of March)

Wednesdays at 7:00pm in St John's

Thursdays at 10:00am in St Andrew's

FROM ASH WEDNESDAY till EASTER

NO "Gloria" (Glory to God in the heavenly...) NO Alleluia (Hymns or otherwise). Ancient tradition that is about "fasting" and then "feasting" as their return adds to our Easter joy!