

SUNDAY
24th March 2019
Lent 3
Charity Number
SC010781

The Scottish Episcopal Church

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

The Black Isle Family of Congregations

The Rev'd Canon (Father) Mel Langille
Tha Eaglais Easbuigeach na h-Alba / The Scottish Episcopal Church
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LOVE LIFE
LIVE  LENT
TRANSFORM YOUR WORLD

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 : Isaiah 55:1-9

+ Psalm 63:1-8

Lord, under the shadow of your wings I will rejoice.

Lord, under the shadow of your wings I will rejoice.

O God, you are my God; eagerly I seek you; my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water. Therefore I have gazed upon you in your holy place, that I might behold your power and your glory.

Lord, under the shadow of your wings I will rejoice.

For your loving-kindness is better than life itself; my lips shall give you praise. So will I bless you as long as I live and lift up my hands in your Name.

Lord, under the shadow of your wings I will rejoice.

My soul is content, as with marrow and fatness, and my mouth praises you with joyful lips, When I remember you upon my bed, and meditate on you in the night watches.

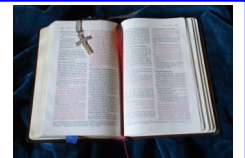
Lord, under the shadow of your wings I will rejoice.

For you have been my helper, and under the shadow of your wings I will rejoice. My soul clings to you; your right hand holds me fast.

Lord, under the shadow of your wings I will rejoice.

+ Second Reading : 1 Corinthians 10:1-13 - Gradual Hymn/Acclamation

+ THE HOLY GOSPEL : Luke 13:1-9



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 New Zealand & her people. 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 the Church Hong Kong (Hong Kong Sheng Kung Hui) : Archbishop Paul Kwong.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Peter, Jaime, Sandra 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 All Saints' Mission, Kinlochewe. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY - FAMILY & FRIENDS

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 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

God the Father has chosen for himself a people, who are born again, not from any mortal seed but from his everlasting Word. Let us praise his name and turn to him in prayer.

– Lord, have mercy on your people.

Merciful God, hear our prayers for all your people; may they hunger more for your word than for any human food.

– Lord, have mercy on your people.

Teach us to love sincerely the people of our nation and of every race on earth; may we work for their peace and welfare.

– Lord, have mercy on your people.

Strengthen those who will be reborn in baptism; make them living stones in the temple of your Spirit.

– Lord, have mercy on your people.

May the dying go forward in hope to meet Christ, their judge; may they see your face and be happy for ever.

– Lord, have mercy on 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 - (FEAST of the ANNUNCIATION)

TUESDAY

3:30pm : Fr Mel with Cromarty children

10:00am – 1:00pm : Charity Shop

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

7:00pm Eucharist in St Regulus', Cromarty

WEDNESDAY

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

10:00am – 1:00pm : Charity Shop

3:30pm : Fr Mel with Fortrose/Munlochy 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

7:30-9:30pm "I, DANIEL BLAKE" Lenten Study in 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 – 31March 2019 - FOURTH SUNDAY in LENT

FIFTH SUNDAY GATHERING - In SAINT JOHN'S, ARPAFEELIE

11:00am

We will keep MOTHERING SUNDAY and our guest speaker will be Mrs Deborah Munday – President of our Diocesan Mothers' Union.

Bring & Share Luncheon to follow.

PLEASE PROVIDE...

St J : 1st Reader / Eucharistic Minister/ Intercessor

St R : Psalm Leader / Server

St A : 2nd Reader / Eucharistic Minister

Hymns for Sunday at St Andrew's

Intro:	64 : All ye who see
Gradual:	374 : Help us to help each other
Offertory:	438 : Can men by searching
Communion:	480 : Let us break Bread
Recessional:	419 : Sing we a song of high revolt

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!

CHORAL WEEKEND EXTRAVAGANZA

Saturday 6 April

St James' Episcopal Church, Dingwall

OCTAVOCE

Sunday 7th April

Concert for Passiontide

See page 10

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

No matter what has happened to you in the past or what is going on in your life right now, it has no power to keep you from having an amazingly good future if you will walk by faith in God. God loves you! He wants you to live with victory over sin so you can possess His promises for your life today!

Joyce Meyer

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 24th March 2019 -

Isaiah 55:1-9

Alan Danson

Psalm 63:1-8

Jackie MacNico

1 Corinthians 10:1-13

Ann Danson

Luke 13:1-9

Prayers—Isla Cruden



Lenten midweek Eucharist and discussion

Wednesdays of Lent in Duthac Centre beginning at 7pm.

HYMNS

- Opening: 200 – God is here! As we his people
Gradual: 40 – As the deer pants for the water
Offertory: 569– Rock of Ages
Communion: 663– This is my body
Recessional: 676– Through the night of doubt and sorrow

Anybody not given me their dates for readings/intercessions for next three months please do so asap, thanks Alan

Black Isle Youth Fellowship

anyone in P6 - S2 welcome - Saturday **30/3/19 & 27/4/19**

7 - 8:30pm - Fortrose Town Hall

A monthly programme where we can explore the Bible through games, video and discussion

with Highlands and Islands Youth for Christ

contact Dave / Sally Knight on daveandsallyk@gmail.com for more information

Mothers' Day flowers -



St Andrew's flower arrangers plan to meet at 10.30am on Saturday 30th March to prepare posies for Mothering Sunday which coincides with our joint service at St John's. We would love the posies to be distributed by members of the congregations after the service, particularly to those who might not otherwise feel remembered.

All would be welcome to join us on Sat 30th - donations of daffodils or foliage would be gratefully received.

Heather Ireland



Church Rotas

St Andrew's

Readers & Intercessors

Anna Gierus / Angus Fairrie / Michael Hulse / Dorothy Williams

Sides-men

Ann McGhee

Servers

Matthew / Elin / Tomas

Joan and Jan

Sacristan

Ann McGhee

Flowers

No flowers during Lent

Teas

Joan Deakin

Cleaning

Louise Jeffery

St John's

LENTEN LUNCH



Come and join the Ladies of St Andrew's and St Peter & St Boniface for a joint

LENTEN LUNCH

In the Seaforth Masonic Club, Station Square, Fortrose

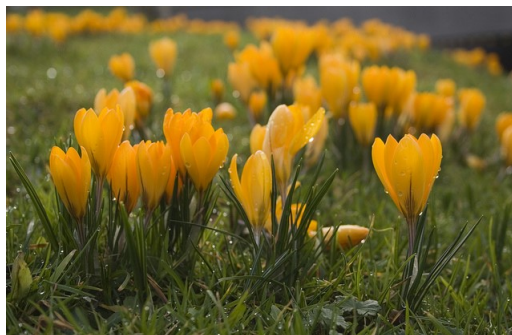
On Sunday 14th April

Wednesday 24th April at 2.00 pm

In St Andrew's Church Fortrose

EASTER FLOWERS the UNION STREET CHOIR

TEA and CAKES



Concert for Passiontide

“STABAT MATER” by Pergolesi

SUNG BY NEW LOCAL CHAMBER CHOIR

“JUBILATE”

Eileen Mackintosh, conductor
Aileen Fraser, accompanist

Also Early Music
PERFORMED BY LOCAL ENSEMBLE

“CNOC FYRISH PLAYERS”

St Andrew’s Church, Fortrose
Sunday 7th April 2019
at 3pm



Giovanni Battista Pergolesi
1710 -1736

*Donations at the door towards the church
and to the publication of a new children’s
book*

“GROWING A CATHEDRAL”
*by Elizabeth Sutherland
and Rachel Bevan-Baker*



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!

Dear All

Bishop Mark has chosen for this year's Moray, Ross and Caithness Diocesan Lent Appeal two charities. The money will be split equally between Aberlour and Moray Firth Radio Cash 4 Kids.

The following links will provide some information on the charities chosen

www.aberlour.org.uk

www.planetradio.co.uk/mfr/charity/info

Regards

Katrina

