

**SUNDAY**  
**31st March 2019**  
**Lent 4**  
**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  
Tha Eaglais Easbuigeach na h-Alba / The Scottish Episcopal Church  
1 Dean's Road  
Fortrose, Ross-shire, Scotland IV10 8TJ  
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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 : Joshua 5:9-12

+ Psalm 32 (Verses)

You are my hiding-place; you surround me with shouts of deliverance.

**You are my hiding-place; you surround me with shouts of deliverance.**

Happy are they whose transgressions are forgiven, and whose sin is put away! Happy are they to whom the LORD imputes no guilt, and in whose spirit there is guile!

**You are my hiding-place; you surround me with shouts of deliverance.**

While I held my tongue, my bones withered away, because of my groaning all day long. For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.

**You are my hiding-place; you surround me with shouts of deliverance.**

Then I acknowledged my sin to you, and did not conceal my guilt. I said, "I will confess my transgressions to the LORD." Then you forgave me the guilt of my sin.

**You are my hiding-place; you surround me with shouts of deliverance.**

Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them.

**You are my hiding-place; you surround me with shouts of deliverance.**

+ Second Reading : 2 Corinthians 5:16-21

Gradual Hymn/Acclamation

+ THE HOLY GOSPEL : Luke 15:1-3,11b-32



## **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 of the Indian Ocean : Archbishop Richard Wong Yin Song.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Michael, Jennifer, Rebekah, Roxanne, Joshua, Lisa 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 Columba's, Brora; St Peter & Holy Rood, Thurso & St John's, Wick. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

## **OUR CHURCH & COMMUNITY**

### **FAMILY & FRIENDS**

For the Mothers' Union in our Diocese & for all Mothers. 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**

Let us pray earnestly to Christ the Lord. He tells us to watch and pray that we may not fall into temptation.  
– *Hear us, Lord, and have mercy.*

Lord Jesus, you promised to be with those who are gathered in your name; keep us united with you as we pray to the Father in the Holy Spirit.  
– *Hear us, Lord, and have mercy.*

Cleanse your Church from every stain of sin; make her alive with hope and the power of the Spirit.  
– *Hear us, Lord, and have mercy.*

Help us to care for our neighbour and show your love for all people; through us let the light of your salvation shine in the world.  
– *Hear us, Lord, and have mercy.*

Let your peace spread to the ends of the earth; let everyone see in every place the signs of your presence.  
– *Hear us, Lord, and have mercy.*

Bring the departed to everlasting happiness; let glory and immortal life be theirs.  
– *Hear us, Lord, and have mercy.*

*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 Inverness Cathedral

### **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)

10am – 1pm : 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 at Gillian Newman's, Nicol Terrace, 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

10:30am – 12 noon : COFFEE MORNING in Fortrose Town Hall.

7:30pm : OCTAVOCE in St James', Dingwall

### **NEXT SUNDAY – 7 April 2019 - FIFTH SUNDAY in LENT**

#### **EUCCHARIST**

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

9:45am in St John's

#### **RESERVED SACRAMENT**

9:45am in St Regulus'

#### **EVENSONG**

6:30pm in St Andrew's

(Is 43:16-21 / Ps 126 / Phil 3:4b-14 / Jn 12:1-8)

#### **Readers & Intercessors**

St J : ? / Diana M / Susanna L / Gill P

St A : Betty M / Lois M / Jan M / Joan D

## Hymns for Sunday at St Andrew's

**Intro:**

**Gradual:** See Page 6 for this weeks hymns

**Offertory:** *Don't forget that the clocks change at 2am this Sunday!*

**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 1<sup>st</sup>** "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**

Hour by hour and day by day fresh beauties burst upon our sight.  
The trees once dark against the sky are caught in webs of golden light.  
Outlines soften, colours deepen.  
New song echo down the lane.  
A miracle is happening.  
The world is being born again.

## **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 31st March 2019 -**

**Joshua 5:9-12**

St Andrew's Reader

**Psalm 32**

**Diana Macdonell**

**2 Corinthians 5:16-21**

St Regulus Reader

**Luke 15:1-3,11b-32**

**Prayers - Bridie Graham**

***JOINT SERVICE At 11.00 am***



Lenten midweek Eucharist and discussion

Wednesdays of Lent in Duthac Centre beginning at 7pm.

## **HYMNS**

**Opening: 26 – All things bright and beautiful**

**Gradual: 167 – For the beauty of the earth**

**Offertory: 66 – Bind us together**

**Communion: 41 – As we are gathered**

**Recessional: 428 – Love divine, all loves excelling**

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](mailto: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*



**SATURDAY MORNINGS  
FORTROSE TOWN HALL  
10.30 till 12.00**

**Coffee Mornings with Home Bakes**

**Come and join us - all welcome**

## **Church Rotas**

### **St Andrew's**

**Readers & Intercessors**

**Sides-men**

**Servers**

**JOINT SERVICE at St JOHNS**

**Sacristan**

**Flowers**

No flowers during Lent

**Teas**

**Cleaning**

Ann McGhee

### **St John's**

**Sacristan: Gill Pimm**

**Server: Gail Sanderson**

**Teas: All Bring and Share lunch**



# 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

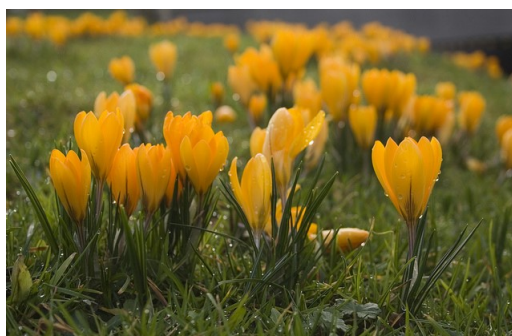
On Sunday 14th April

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 7<sup>th</sup> 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 12<sup>th</sup> 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](http://www.aberlour.org.uk)

[www.planetradio.co.uk/mfr/charity/info](http://www.planetradio.co.uk/mfr/charity/info)

Regards

Katrina



# I, Daniel Blake

An evening showing of this alarming Film, at the **Old Mill**, 1, Marine Terrace Rosemarkie on **Tuesday April 2<sup>nd</sup>** at 7pm  
St Regulus Episcopal church Cromarty, has been following this as a Lent Course, and the whole film will be shown, starting with **Supper** at 6pm and **Film** and **Discussion** from 7-9pm.

Please RSVP to Helen 07889181529 All welcome



# Open Garden

**Saturday April 13<sup>th</sup> Sunday April 14<sup>th</sup>**

**2 - 5pm**

**The Old Mill Rosemarkie**

**In aid of**

**The Puffin Pool**

**Donations at the gate.**

**Escape the busy beach and enjoy sitting in a spring garden.**

**Refreshments available**



## *Soup & Sandwich Lunch in Aid of Church Funds*

*When April 12<sup>th</sup>*

*Where St. Duthac Centre, Arpafeelie*

*Time 12.30*

*Donations in aid of Church funds*



*Please confirm if you are attending so that Christine knows how many people to cater for by 2<sup>nd</sup> April. Text number coming and name to Alan on 07712622596. Many thanks.*

*We look forward to seeing you on 12<sup>th</sup>.*



# Men's Breakfast

**When** Last Saturday of every month.

**Where** Fortrose Café (near Co-op).

**Time** Arrive 9am-9.30 finish about 10

“All Are Welcome”

In association with the Black Isle Episcopal church a men's breakfast is being held for male members of the community to come together. Come make new friends, or, rekindle old ones, or, just have a relaxing chat over a bite and a coffee.

All welcome - of any faith, or, none at all.