

# FIRST SUNDAY in LENT

10 March 2019



**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

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Priest & Rector

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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 J : Gill P / Donald G / Mairi M / Ann D

St A : Alison G / Simon S / Marjorie T / Ramsay M

+ **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.*

## THIS WEEK

### 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 & Munlochy 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/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 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

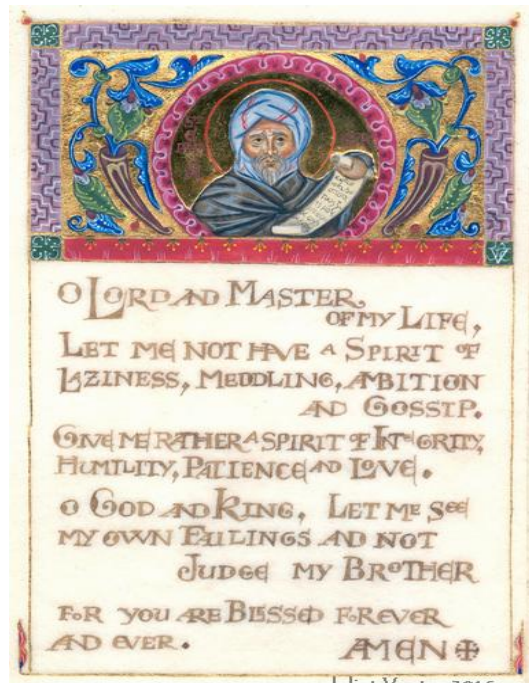
4:30pm in St Andrew's

### 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)



**Lenten  
Prayer of  
St Ephrem  
the Syrian**

O LORD AND MASTER,  
OF MY LIFE,  
LET ME NOT HAVE A SPIRIT OF  
BUSINESS, MEDDLING, AMBITION  
AND GOSSIP.  
GIVE ME RATHER A SPIRIT OF  
HUMILITY, PATIENCE AND LOVE.  
O GOD AND KING, LET ME SEE  
MY OWN FAILINGS AND NOT  
JUDGE MY BROTHER  
FOR YOU ARE BLESSED FOREVER  
AND EVER. AMEN