

# SECOND SUNDAY in LENT

17 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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### 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 : Family / Family / Family / Gail S

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

+ The First Reading : Genesis 15:1-12,17-18

+ Psalm 27:1,4-9

The Lord is my light and my salvation.

**The Lord is my light and my salvation.**

The LORD is my light and my salvation;  
whom then shall I fear?

the LORD is the strength of my life;  
of whom then shall I be afraid?

**The Lord is my light and my salvation.**

And though war should rise up against me,

yet will I put my trust in him.

One thing have I asked of the LORD;

one thing I seek;

that I may dwell in the house of the LORD

all the days of my life;

**The Lord is my light and my salvation.**

To behold the fair beauty of the LORD

and to seek him in his temple.

For in the day of trouble

he shall keep me safe in his shelter;

he shall hide me in the secrecy of his dwelling

and set me high upon a rock.

**The Lord is my light and my salvation.**

Even now he lifts up my head

above my enemies round about me.

Therefore I will offer in his dwelling

an oblation with sounds of great gladness;

I will sing and make music to the LORD.

**The Lord is my light and my salvation.**

+ Second Reading : Philippians 3:17-4:1

Gradual Hymn/Acclamation

+ THE HOLY GOSPEL : Luke 9:28-36

### 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 the Church of England – Archbishop Justin Welby.

### OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Lesley, Kathryn, Philip, Jean, Janet, Gemma, Susan 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 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 proclaim the greatness of God and pray to him, for he cares for all people.

– *Lord, hear our prayer.*

God of all truth, grant every good gift to the college of bishops and preserve in the faith of the apostles the people you have entrusted to them.

– – *Lord, hear our prayer.*

May all who share in the one bread of life be filled with your love; may they be united more closely in the body of your Son.

– – *Lord, hear our prayer.*

Help us to put aside our selfish ways; let us put on Christ, becoming more and more the new creation.

– – *Lord, hear our prayer.*

May all people, especially those who are broken, separated by sin or wounded by the Church know they share in the blessings of Christ's love and mercy

– – *Lord, hear our prayer.*

Let our loved ones and all the departed praise your goodness in the peace of heaven; there we hope to glorify your name for ever.

– – *Lord, hear our prayer.*

*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

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 Patsy & Sandy Thomson'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 – 24 March 2019**

#### **THIRD 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 : Alan D / Jackie M / Ann D / Isla C

St A : Anna G / Angus F / Michael H / Dorothy W

(Is 55:1-9 / Ps 93 / 1 Cor 10:1-13 / Lk 13:1-9)

#### **ADVANCE NOTICE**

**31 MARCH is a 5<sup>th</sup> SUNDAY**

**Our celebration will take place in St John's, Arpafeelie. We will keep MOTHERING SUNDAY and our guest speaker will be Mrs Deborah Munday – President of our Diocesan Mothers' Union.**

#### **LENTEN THOUGHT**

**from St Thomas à Kempis**

**There will always be many** who love Christ's heavenly kingdom, but few who will bear his cross. Many are eager to be happy with him; few wish to suffer anything for him.

Many love Christ as long as they encounter no hardship; many praise and bless him as long as they receive some comfort from him. But if Jesus hides himself and leaves them for a while, they either start complaining or become dejected. Those, on the contrary, who love him for his own sake and not for any comfort of their own, praise him both in trial and anguish of heart as well as in the bliss of consolation. Even if Jesus should never comfort them, they would continue to praise and thank him. What power there is in a pure love for Jesus – love that is free from all self-interest and self-love!