

# THIRD SUNDAY in LENT

24 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 : Alan D / Jackie M / Ann D / Isla C

St A : Anna G / Angus F / Michael H / Heather I

+ **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.*

## THIS WEEK

### 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 & Munloch 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/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

**7:30-9:30pm "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 – 31 March 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 : 1<sup>st</sup> Reader / Eucharistic Minister/ Intercessor**

**St R : Psalm Leader / Server**

**St A : 2<sup>nd</sup> Reader / Eucharistic Minister**

## CHORAL WEEKEND EXTRAVAGANZA

**Saturday 6 April**

**St James' Episcopal Church, Dingwall**

**OCTAVOCE**

**AND AND AND AND AND AND AND**

**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