

# **EIGHTH SUNDAY after EPIPHANY (QUINAGESIMA)**

3 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

The Rev'd Canon (Father) Mel Langille

Priest & Rector

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For a fuller newsletter, please contact Ramsay McGhee :

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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 : Gail S / Mairi M / Isla C / Alan D

St A : Jan M / Betty M / Lois M / Alison G

+ **The First Reading : Sirach 27:4-7**

+ **Psalm 92 (Verses)**

It is a good thing  
to give thanks to the Lord.

**It is a good thing  
to give thanks to the Lord.**

It is a good thing to give thanks to the Lord,  
and to sing praises to your name, O Most High;  
To tell of your loving-kindness  
early in the morning  
and of your faithfulness in the night season;

**It is a good thing  
to give thanks to the Lord.**

On the psaltery, and on the lyre,  
and to the melody of the harp.  
For you have made me glad by your acts, O Lord;  
and I shout for joy because of  
the works of your hands.

**It is a good thing  
to give thanks to the Lord.**

The righteous shall flourish like a palm tree,  
and shall spread abroad like a cedar of Lebanon.  
Those who are planted in the house of the Lord

shall flourish in the courts of our God;

**It is a good thing  
to give thanks to the Lord.**

They shall still bear fruit in old age;  
they shall be green and succulent;  
That they may show how upright the Lord is,  
my rock, in whom there is no fault.

**It is a good thing  
to give thanks to the Lord.**

+ **Second Reading : 1 Corinthians 15:51-58**

**Gradual Hymn/Acclamation**

+ **THE HOLY GOSPEL : Luke 6:39-49**

## **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 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 in Chile  
: Archbishop Hectory Zavala Munoz.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo  
Communion of Churches. For Michael, Jennifer,  
Rebekah, Roxanne, Joshua, Lisa, Russell, Jane,  
Peter 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 Ninian, Glenurquhart. 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 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**

Let us pray to Christ, who, of his fullness, gives his brothers love in return for love.

– *Lord Jesus, hear our prayer.*

Firstborn from the dead, you have cleansed us of our sins by your blood. Lead us to understand what you have done for us.

– *Lord Jesus, hear our prayer.*

You have called us to be heralds of the good news:

help us to enter the depths of its message and to make it our own.

– *Lord Jesus, hear our prayer.*

King of peace, guide the actions of those who govern: may your Spirit move them to care for those whom society rejects.

– *Lord Jesus, hear our prayer.*

Guide the steps of those who are oppressed, those persecuted for race, colour, gender, sexuality or religion: let their dignity be respected, and their rights upheld.

– *Lord Jesus, hear our prayer.*

Welcome all who have died in your peace; bring them to everlasting life with our Lady and all the saints.

– *Lord Jesus, 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

### **LOVE LIFE & LIVE LENT**

### **ASH WEDNESDAY**

### **Eucharist with Imposition of Ashes**

**10:00am in St Andrew's**

**12 Noon in St John's**

**7:00pm in St Regulus'**

**Readings**

**Joel 2:1-2,12-17/ Ps 51 / (2Cor 5:20b-6:10) /**

**Matt 6:1-6,16-21**

### **START LENT ON THE RIGHT FOOT BY BEING PRESENT FOR A CELEBRATION**

10:00am – 1:00pm : Charity Shop

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

#### **THURSDAY**

10:00am : Eucharist in St Andrew's

3:30pm : Fr Mel with Fortrose/Rosemarkie children

#### **FRIDAY**

**12 Noon : Stations of the Cross in St Andrew's**

#### **SATURDAY**

10:00am – 1:00pm : Charity Shop

**NEXT SUNDAY – 10 March 2019**

#### **FIRST SUNDAY in LENT**

#### **EUCCHARIST**

8:00am & 11:30am in St Andrew's

9:45am in St John's

9:45am in St Regulus'

#### **NO EVENSONG**

#### **Readers & Intercessors**

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

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

(Deut 26:1-11 / Ps 91 / Rom 10:8b-13 / Lk 4:1-13)

#### **BLESSED PALMS S**

#### **from LAST PALM SUNDAY**

We need them to prepare ashes for Ash Wednesday (6 March)...so, if you have any you'd like to part with, please get to the Fr Mel before 5 Mar.

#### **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!**