

SUNDAY
13th October 2019
Pentecost 18
Charity Number
SC010781

The Scottish Episcopal Church

St John's, Arpafeelie: 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

+ First Reading : 2 Kings 5:1-3, 7-15c

+ Psalm 111

Commit your way to the Lord and put your trust in him.

Commit your way to the Lord and put your trust in him.

Do not fret yourself because of evildoers; do not be jealous of those who do wrong. For they shall soon wither like the grass, and like the green grass fade away.

Commit your way to the Lord and put your trust in him.

Put your trust in the Lord and do good; dwell in the land and feed on its riches. Take delight in the Lord, and he shall give you your heart's desire.

Commit your way to the Lord and put your trust in him.

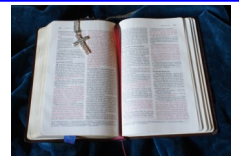
He will make your righteousness as clear as the light and your just dealing as the noonday. Be still before the Lord and wait patiently for him.

Commit your way to the Lord and put your trust in him.

♦ Second Reading : 2 Timothy 1:8-15

Gradual Hymn / Alleluia

+ The Holy Gospel : Luke 17:11-19





HARVEST at Cromarty

♦ **First Reading : Deuteronomy 8:7-18**

+ **Psalm 126**

The LORD has done great things for us, and we are glad indeed.

The LORD has done great things for us, and we are glad indeed.

When the LORD restored the fortunes of Zion, then were we like those who dream. Then was our mouth filled with laughter, and our tongue with shouts of joy.

The LORD has done great things for us, and we are glad indeed.

Then they said among the nations, "The LORD has done great things for them." The LORD has done great things for us, and we are glad indeed.

The LORD has done great things for us, and we are glad indeed.

Restore our fortunes, O LORD, like the watercourses of the Negev. Those who sowed with tears will reap with songs of joy.

The LORD has done great things for us, and we are glad indeed.

Those who go out weeping, carrying the seed, will come again with joy, shouldering their sheaves.

The LORD has done great things for us, and we are glad indeed.

+ **Second Reading : 1 Timothy 2:1-7**

Gradual Hymn / Alleluia

+ **The Holy Gospel : Matthew 6:25-33**

Remember that when
you leave this earth,
you can take with you
nothing that you have
received - only what
you have given: a full
heart, enriched by
honest service, love,
sacrifice and courage.

Francis Of Assisi

WWW.STOREMYPIC.COM

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 peaceful relieving of tensions between the UK, US and Iran. For the peace and stability of the UK & for the guidance of the Spirit for our leaders. 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 & sisters of the Church of West Africa : Archbishop Daniel Sarfo.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Ian B, Valerie C, Rebeckah C, Joshua C, Lisa C, Jackie F, Paul H, their families and all who are studying for Ordination or Readership...for their instructors & all who support them. For Mark, our Bishop. For our brothers & sisters of St Columba's, Nairn. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Gail & Phil. For Peter & Margaret. For Matthew L & his family. For Gilly D. For Kathleen McC. For Roberta & Family. For Ania & Krystian. For Helen. For Loretta & loved ones. For Cameron M. For Diana S. For Tom McC. For Louise & Hayden J. For Mark W & loved ones. For Janet S as she studies for ordination. For those whose relationships / marriages are struggling. Pray for our Sunday Club in St Regulus'. For our Teen Gatherings. 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

We adore and praise our God who reigns above the heavens. – *We adore you, our Lord and God.*

Eternal Father, it is by your gift that we praise you: the wonder of our making is only surpassed by the splendour and joy of our coming to life in Christ. – *We adore you, our Lord and God.*

Lord, be with us this day: move our hearts to seek you and our wills to serve you.

– *We adore you, our Lord and God.*

Deepen our awareness of your presence: teach us reverence and love for all that you made.

– *We adore you, our Lord and God.*

To know you is to love those you created: let our lives and our work be of service to our neighbours.

– *We adore you, our Lord and God.*

Father, care for all who serve in the Church as ministers of your word and sacraments: may they bring your whole family to the unity for which Christ prayed. – *We adore you, our Lord and God.*

Your people have known the ravages of war and hatred: grant that they may know the peace left by your Son.

– *We adore you, our Lord and God.*

Fulfil the hopes of those who sleep in your peace:
when you will be all in all.

bring them to that final resurrection
– *We adore you, our Lord and God.*

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

7:00pm Eucharist in St Regulus', Cromarty

WEDNESDAY

10:00am : Study Group in Rectory (1 Corinthians)

10:00am – 1:00pm : Charity Shop

THURSDAY

10:00am : Eucharist in St Andrew's, Fortrose

FRIDAY

8:30am : Celtic Morning Prayer in St Regulus'

SATURDAY

10:00am – 1:00pm : Charity Shop

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

NEXT SUNDAY : 20 October 2019

PENTECOST 19

EUCCHARIST

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

9:45am in St John's

RESERVED SACRAMENT

9:45am in St Regulus'

(Deut 8:7-18 / Ps 126 / 1 Tim 2:1-7 / Mt 6:25-33)

EVENSONG

6:30pm in St Andrew's

READERS & INTERCESSORS

St A : Ramsay M / Simon S / Betty M / Simon S

St J : Ann D / Hilary S / Susanna L / Gill P

TABLE TOP SALE



In aid of Black Isle Charge Funds

Saturday 12th October 2019

In the Seaforth Club Rooms, Station Square, Fortrose

10.00 till 12 noon

£10 per table

To book a table, contact Ann McGhee on 01381 620 110

Teas / coffees and cakes will be on sale

NEWS UPDATES

GAIL SANDERSON :

Gail & Phil have asked me to let you know she is doing great progress. Speech almost 100% and she is “barking orders” as only she can! Right leg improving with her up and walking a bit. Right arm has some feeling and some movement in shoulder. Keep prayers up! Phil has asked that, because of her schedule in the hospital, it would be good to check with him re making a visit as he can say best times to do so....01463 236 008

GILL DOBSON :

Gill asked me to let you know she has left Raigmore Hospital and is now resident in Elmgrove Care Home (near Eden Ct) in Inverness. Nice spacious room - bright and cheery. Visitors will be most welcome!

PET BLESSING SERVICE

Weather held off and a nice gang assembled at the Munlochy Animal Aid Centre...Dogs galore, cats, guinea pigs, canaries hens, roosters, goats, a dove and even gold fish received blessings and donations of just over £180 were received for the good work of the Centre...and pet food too! Many thanks to Iona and team for the warm welcome!

Classic Film Club

2-4pm - First MONDAY of the month

The Old Mill, 1, Marine Terrace, Rosemarkie, IV10 8UL

Details from Helen Robinson 01381620243 07889181529

Monday Nov 4th	“Whiskey Galore”
Monday Dec 2nd	“Swing Time”
Monday Jan 6th	“The Big Heat”
Monday Feb 3rd	“Gigi”
Monday Mar 2nd	“The Best Exotic Marigold Hotel”
Monday Apr 6th	“Mildred Pierce”
Monday May 4th	“The Lady from Shanghai”
Monday Jun 1st	“The Keys of The Kingdom”
Monday July 6th	“ Mutiny on the Bounty”

Come and enjoy a cuppa and the film in pleasant company!

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

There is an unseen Guest at every table, hallowing
And transmuting by His presence every common thing.
Break your bread with gratitude your gracious thanks expressing,
For every meal is sacramental when He gives the blessing.

Hymns for Sunday at St Andrew's

Intro:	100	- All people that on earth
Gradual:	85	- Good Christian men
Offertory:	262	- Alleluia! Sing to Jesus
Communion:	263	- Lord Enthroned
Recessional:	224	- Lead us

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 Arpafeelie

Sunday 6th October 2019 - Pentecost 18

2 Kings 5:1-3,7-15c

Alan Danson

Psalm 111

Jackie MacNicol

2 Timothy 2:8-15

Bridie Graham

Luke 17:11-19

Prayers - Isla Cruden



HYMNS

403	Lord for the years
255	Heaven shall not wait
317	Inspired by love and anger
263	Here is love
597	Stand up, stand up, for Jesus

Diocesan Prayer Cycle -

For the congregation of St. Columba, Nairn: Alison Simpson, Kathryn Sanderson. Lay Reader: Sheila Thomas.

Porvoo Communion

Church of England: Diocese of Truro, Bishop Philip Mounstephen, Bishop Chris Goldsmith

Church of Norway: Diocese of Tönsberg, Bishop Jan Otto Myrseth

Church of Sweden: Diocese of Strängnäs, Bishop Johan Dalman

A big thank you to Isla and Ian for replacing the lights in the nave

Church Rotas

St Andrew's

Readers & Intercessors

R McGhee / J MacInnes / J MacLennan / R McGhee

Sides-men

Iain Brown

Servers

Jan / Terry / Alison

Jan and Terry

Sacristan

Ann McGhee

Flowers

Elaine Lynch

Teas

Joan Deakin.

Cleaning

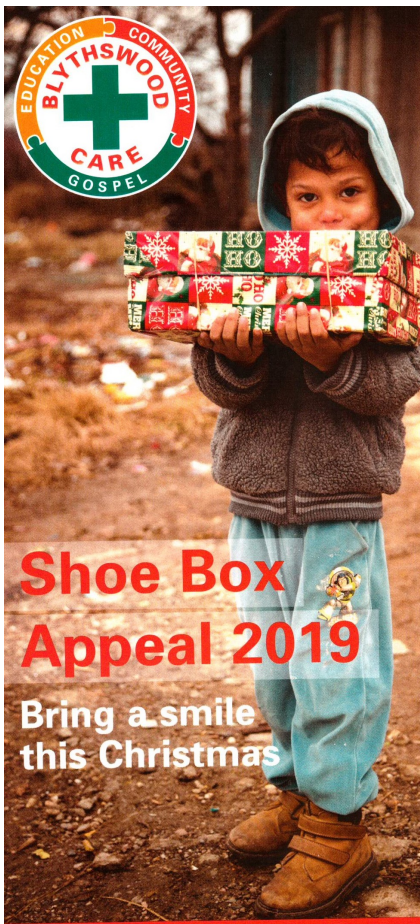
Ann McGhee

St John's

Sacristan Ann

Server Isla

Cleaner Alan



Shoe Box Appeal 2019

Bring a smile this Christmas

2019 Shoe Box Appeal

Members of all three congregations, friends and neighbours are invited to take part in this year's shoe box appeal. It has been suggested that it might be beneficial to form a wee work group to pack boxes together. If you would be interested in being part of the group please contact Alison Garraway.

Alternatively, feel free to follow the guidelines and pack your own box.

6 steps to bring happiness

1. FIND

Find an average-sized shoebox. Decide who to fill it for; a child, a teenager, a man or a woman.

2. WRAP

Wrap your box and lid separately so that the lid can be removed without tearing the paper.

3. PACK

Gather the items, remove any excess packaging and pack into the box.

4. CHECK

On the checklist, tick the items you have put in your shoebox and note any that are not on the list.

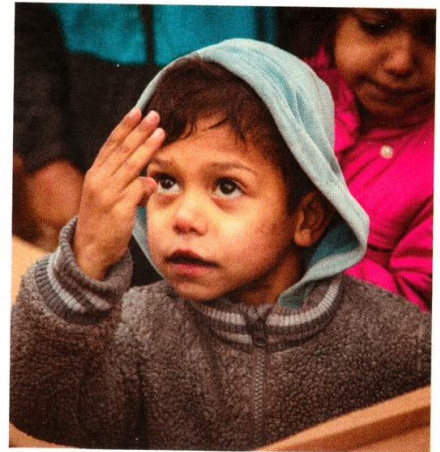
5. DONATE

Secure the ticked checklist to the outside of the shoebox lid using sticky tape. Detach the donation envelope as instructed and place with your donation inside your box.

6. DELIVER

Secure the lid with rubber bands. (Custom regulations require Blythwood Care to check the contents of your box.)

Deliver your box to your local collection point.



For Christmas delivery your shoebox should be at your church, school or other collection point week commencing 28 October 2019



BOX CONTENTS: Please see the check list on the following page. If you are putting your own box together, please complete the check list and attach it to your shoe box.

Many thanks

CHECKLIST 2019

Please tick items included and firmly secure this list on your shoebox lid.

SUGGESTED ITEMS (ALL ITEMS MUST BE NEW):

Please do try to include the following items highlighted in the top box.

- | | |
|---|---|
| <input type="checkbox"/> Toothbrush and Toothpaste | <input type="checkbox"/> Small Toy for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys. |
| <input type="checkbox"/> Hat, scarf, gloves | <input type="checkbox"/> Sweets (No chocolate or any other food) 'Best Before' date no earlier than March 2020. No loose sweets, lollies or undated bags of sweets. |
| <input type="checkbox"/> Soap | |

Do not include used or damaged items; war related items such as toy guns or knives or military figures; hand-made or knitted stuffed toys; chocolate or any food other than sweets. Chocolate Eclairs and Chocolate Limes are not allowed; books that are mainly words should also not be included.

Toiletries (NO TALCUM POWDER)

- ☐ Shampoo
- ☐ Soap/Shower gel
- ☐ Face cloth/ Moist wipes
- ☐ Deodorant
- ☐ Moisturising Cream
- ☐ Comb/Brush
- ☐ Sanitary Products
- ☐ Shaving foam/Razors
- ☐ Underwear Socks/Tights

Miscellaneous

- ☐ New Make-up
- ☐ Sewing Equipment

- ☐ Household Candles
- ☐ Screwdrivers/Pliers
- ☐ Kitchen Utensils

Stationery

- ☐ Pens/Pencils/Sharpener
- ☐ Notepads/Colouring books
- ☐ Rulers/Rubbers

Clothes and other Items

(T-shirts/Pyjamas/Jumpers/ Shirts) etc

- ☐
- ☐
- ☐
- ☐

PLEASE TICK THE BOX NEXT TO WHO THE BOX IS FOR

Please specify the age of the girl or boy you have filled this box for:

- | | |
|--|---|
| <input type="checkbox"/> Girl - age | <input type="checkbox"/> Boy - age |
| <input type="checkbox"/> Teenage Girl - age | <input type="checkbox"/> Teenage Boy - age |
| <input type="checkbox"/> Woman | <input type="checkbox"/> Man |
| <input type="checkbox"/> Elderly woman | |

Tear along the perforation to detach this panel and secure to the outside of your shoebox



SPONSOR APPEAL

In the past many of us have sponsored a child as has the congregation as a whole.

This is an appeal from Alison Ramsay at “Adopt a Child” looking for sponsorship for a 62 year old lady who, to put it mildly, is in dire straits—I have printed her story below.

If anyone is interested, please contact Alison at the following email address - alison@lwaac.org

Hello, my name is Santos de la Cruz Mendez and I am 62 years old. I was born May 14, 1957. I live in a rural community in Guatemala called Chuchuca. This place is about one hour by bus from the main town called Zacualpa. I am a widow. My husband's name is Manuel Luis Gutierrez, but he passed away about two years ago. I have 5 children: three boys and two girls. I attend a Pentecostal church. I am not in good health because most of the time I have pain in my body, bones, back and head. I have not visited a doctor yet because I do not have the resources to pay for it. I do not have job because of my age. Most of the time I keep busy at home doing the chores. My daughter Paulina is the one who struggles to support me. She works in Guatemala City in a place where they make and sell tortillas. She earns about Q800.00 = \$107.00 per month. She sends me a monthly support and I try to administrate it very well because I have to use this support for myself and my four grandchildren. They are the children of my daughter Paulina. She has five children. There are three boys and two sisters. The oldest son left to live his own life. The other two sons are having problems with drugs. They work but do not contribute to the family income because they spend their money on drugs. The two girls are still young and I take care of them while my daughter Paulina is working in Guatemala City. I usually take my two granddaughters to the feeding program in even though it is difficult for me because of my age. My granddaughters' names are Juana and Sandra. We walk about one hour to get to the feeding program. My daughter Paulina was abandoned by her husband several years ago.

We live in our own one-room house made of old wooden sticks and old wooden boards. It has a tin sheet and nylon roof and dirt floor. Unfortunately our house is in very bad condition. The walls and roof are very damaged. We do not have a separate kitchen. We cook with firewood inside the same room. We do not have running water or electricity. We get our water from a natural resource that is near to our house. We use candles for lighting at night. I raise chickens. Our biggest needs are groceries and improve our old house.

Love and blessings

Alison

Sponsorship Coordinator