

PENTECOST 20

27 October 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

Readers & Intercessors

St A : Alison G / Simon S / Heather I / Joan D

St J : Jackie N / Diana M / Donald G / Bridie G

+ First Reading : Sirach 35:12-17

+ Psalm 84:1-8 (Responsive by the Verse)

How dear to me is your dwelling,

O Lord of hosts!

**My soul has a desire and longing
for the courts of the LORD;
my heart and my flesh rejoice
in the living God.**

The sparrow has found her a house
and the swallow a nest

where she may lay her young;

by the side of your altars,

**O LORD of hosts,
my King and my God.**

Happy are they who dwell in your house!
they will always be praising you.

**Happy are the people
whose strength is in you!
whose hearts are set
on the pilgrims' way.**

Those who go through the desolate valley
will find it a place of springs,
for the early rains have covered it
with pools of water.

**They will climb from height to height,
and the God of gods
will reveal himself in Zion.**

LORD God of hosts, hear my prayer;
hearken, O God of Jacob.

**Behold our defender, O God;
and look upon the face of your Anointed.**

+ Second Reading : 2 Timothy 4:6-8,16-18

Gradual Hymn / Alleluia

+ The Holy Gospel : Luke 18:9-14

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 Kurdish people and our brothers and sisters in
Syria. 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 Ceylon :
Archbishop Justin Welby of Canterbury, Bishop
Dhiloraj Ranjit Canagasabay of Colombo & Bishop
Keerthisiri Fernando of Kurunegala

OUR DIOCESE

For all our brothers & sisters in the Porvoo
Communion of Churches. For Philip S, Janet S, David
T, Jaime W, Rachael W, Sandra W, 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
Margaret's, Aberlour. 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

Through the gospel, the Lord Jesus calls us to share in his glory. Let us make our prayer with him to our heavenly Father.

– *Lord, in your mercy hear our prayer.*

We pray for all nations: that they may seek the way that leads to peace, that human rights and freedom may be everywhere respected, and that the world's resources may be generously shared.

– *Lord, in your mercy hear our prayer.*

We pray for the Church: that her leaders may be faithful ministers of your word, that all her members may be strong in faith and hope and that you may be recognized in the love she bears to all.

– *Lord, in your mercy hear our prayer.*

We pray for our families, and the community in which we live: that we may find you in them.

– *Lord, in your mercy hear our prayer.*

We pray for ourselves: that in the coming week we may serve others in our work, and find peace when we rest.

– *Lord, in your mercy hear our prayer.*

We pray for the faithful departed: that through your mercy they may rest in peace.

– *Lord, in your mercy 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 Inverness Cathedral

TUESDAY

3:30- 6pm : Fr Mel with Cromarty Piperlings

7:00pm Eucharist in St Regulus', Cromarty

WEDNESDAY

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

10:00am – 1:00pm : Charity Shop

3:30-6pm : Fr Mel with Fortrose/Avoch Piperlings

THURSDAY

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

4-5:30om : Fr Mel with Fortrose, N Kessock
& Arpafeelie Piperlings

7:30pm : Hope in an age of Despair (info further down)

FRIDAY

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

10am : Eucharist for All Saints' Day
in St Andrew's

SATURDAY

10:00am – 1:00pm : Charity Shop

10:30am – 12 noon : COFFEE MORNING

in Fortrose Town Hall.

NEXT SUNDAY : 3 November 2019

ALL SAINTS' SUNDAY

EUCCHARIST

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

9:45am in St John's

RESERVED SACRAMENT

9:45am in St Regulus'

EVENSONG

4:30pm in St Andrew's

READERS & INTERCESSORS

(Dan 7:1-3, 15-18 / Ps 149 / Eph 1:11-23 / Lk 6:20-36)

St A : Joan D / Jan M / Ramsay M / Heather I

St J : Gill P / Bridie G / Susanna L / Donald G

HOPE IN AN AGE OF DESPAIR

Six sessions on Hope in an age of Despair

by Albert Nolan

Thursday evenings beginning on 17th October and finishing on 21st November

7.30 - 9.00 at Old Barns, 7 Nicol Terrace

1) God: our hope against hope

2) Taking sides: God sides with the oppressed

3) Reading the signs of our times

4) Contemplation: empathy with God

5) Speak out: truth to power

6) Seizing our moment: the gospel of hope for this generation.

ALL SOULS' REMEMBRANCE

All Souls' Day falls on a Saturday this year.

I propose we remember our Loved Ones in the following week with Requiem Masses: Tuesday the 5th in St Regulus at 7pm : Wednesday the 6th in St John's at 1pm : Thursday the 7th in St Andrew's at 10am.

Forms for the requesting of names are available in each church. Please fill them out and return them to the Rectory by 31 October.

FEAST OF SAINT ANDREW THE APOSTLE

29 Nov at 7pm in St Andrew's...followed by a reception in the Rectory. Mark your calendars & plan to be present!

3RD THURSDAY NEWS

Following the Thursday Eucharist we have coffee and chat, but on the third Thursday of the month we have cake and make a wee donation to charity.

It was decided to support African grandmothers who are caring for their grandchildren orphaned by AIDS. Money is sent via the Stephen Lewis Foundation in Toronto, who visited St. Andrew's a few years ago and did a presentation.

We recently received a letter from the Foundation to let us know that our contributions are helping with payments for school fees and materials, support groups, and provision of income- generating activities for the grandmothers and carers.

In the last couple of years we've raised £600 in our small group and it's good to know how it's making a difference.

CHRISTMAS OR HOGMANAY WITH A DIFFERENCE!

Can you make some room for an international student to learn what true Scottish Festive hospitality can mean? Should you like to add that international element to your Christmas or New Year, learning the traditions of other countries and enjoying the connection and friendship that such sharing brings?

HOST UK arranges for international students to enjoy brief homestays with UK hosts, for a weekend or, over the festive period, a three day visit. Currently there are around 30 hosts in the North of Scotland but we need more. If you would like to know more, visit our website

www.hostuk.org or contact Monika the voluntary Regional Organiser, based in Lochinver, via email at monika.strell@gmail.com or 01571 844094

Your gift to the World this Christmastime or New Year

No wrapping paper required-no ribbon or tags, just knowing that by offering hospitality to a Stranger-Soon-To-Become-Friend, the difference it will make will stay with you and your guest long after recycling the wrapping paper, storing decorations and finishing off the cold turkey!

Here at HOST UK we offer you the opportunity to engage in an extra special Christmas-time or New Year by opening your home to an international student for whom the alternative would be, not only being far from home and loved ones but marking time in lonely halls of residence.

HOST UK arranges visits for International students all year round but as can well be imagined, festive season hospitality is greatly sought after and valued. Your guest will be someone keen to experience Scottish life with all its special traditions and culture...and keen to share those of their home country. Your hospitality will be a unique gift, invariably remembered and treasured. Your gift to each other and to the world will be that of growing friendship, peace and understanding.

Please consider this opportunity and remember that if the festive season is difficult for you, we do operate all year round and hosting can become one of your New Year Resolutions!

If you should like to know more, please go to our website www.hostuk.org or contact me via monika.strell@gmail.com or 01571 844094

Monika Strell

HOST UK Voluntary Regional Organiser
North of Scotland

PRE ADVENT ADVENT CALENDAR

Because foodbanks need to have stores well in place for distribution at Christmas time, here is a suggestion we might follow helpful...much like the Reverse Advent Calendar that some have followed in recent years.

Those who are able, the calendar will start on All Saints' Day (1 Nov) and end on the Feast of Christ the King (24 Nov) with our collection of things being presented at the Altar!

Suggested items might include as follows:

Day	Item
1	tin of beef stew
2	tin of potatoes
3	bag of rice
4	box of cereal
5	stuffing mix
6	macaroni & cheese
7	package of oat cakes
8	peanut butter
9	tin of corn
10	tin of carrots
11	shampoo and/or conditioner
12	deodorant
13	tinned meat
14	box of oatmeal
15	bag of sugar
16	ketchup
17	pasta
18	pasta sauce
19	cranberry sauce
20	long life juice
21	long life milk
22	hot chocolate mix
23	coffee
24	tea bags



And the King will say: I tell you the truth, when you did it to one of the least of these my brothers and sisters, you were doing it to me! Matthew 25:40