

SUNDAY
15th December 2019
ADVENT III + GAUDETE
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
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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).



LIGHTING the 3rd ADVENT CANDLE

We wait for your loving-kindness, O Lord
In the midst of your temple.

We Sing...
(Tune : Away in a Manger)

**A candle is burning, a candle of Joy;
A candle to welcome brave Mary's new boy.
Our hearts fill with wonder
and eyes light and glow
As Joy brightens winter like sunshine on snow.**

We pray together...

**Lord Jesus, your servant John the Baptist called people to prepare for your coming
by caring for one another.
Fill our hearts JOY and inspire us, always,
to reach out to all people in need
with your love and compassion.
Amen.**

+ First Reading : Isaiah 35:1-10

+ Psalm 146:4-9

Come, O Lord, and save us.

Come, O Lord, and save us.

Happy are they who have the God of Jacob for their help! whose hope is in the Lord their God;

Come, O Lord, and save us.

Who made heaven and earth, the seas, and all that is in them; who keeps his promise for ever;

Come, O Lord, and save us.

Who gives justice to those who are oppressed, and food to those who hunger. The Lord sets the prisoners free; the Lord opens the eyes of the blind;

Come, O Lord, and save us.

The Lord lifts up those who are bowed down; The Lord loves the righteous; the Lord cares for the stranger;

Come, O Lord, and save us.

The Lord sustains the orphan and widow, but frustrates the way of the wicked.

Come, O Lord, and save us.

The Lord shall reign for ever, your God, O Zion, throughout all generations. Hallelujah!

Come, O Lord, and save us.

+ Second Reading : James 5:7-10

Gradual Hymn / Alleluia

+ The Holy Gospel : Matthew 11:2-11



To everyone who helped in any way and to all those who supported the Christmas Fayre last Saturday.

The Charge coffers benefitted to a sum in excess of £1000.

Fund Raising Committee

PRAYER REQUESTS

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 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 sisters and brothers of Sokoto Diocese in Nigeria : Bishop Nathan & El-Obeid Diocese of the Sudan : Bishop Ismail.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Bp Kevin, Dr John, Fr Ian, Valerie C, Rebekah C, Joshua C, Lisa C, 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 throughout the Diocese. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For the soul of Terry Gavin (father of Jane Strange) & for Jane, her Mum, Bp Mark, Aidan, Beth, Mara & all who mourn. For Grace to keep a Holy Advent. For Gail & Phil. For Kathleen McC. For Roberta & Family. For Ania & Krystian. For Helen. For Cameron M. 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 Granny in Guatemala: Santos De La Cruz Mendez. 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

As we make our evening prayer, we acknowledge the times when we have preferred darkness before true light.

– *Lord, that we may see!*

Lord Jesus, you came as man, into this world:
free us from the darkness of its sin.

– *Lord, that we may see!*

Forgive us the hatred and envy that cloud our vision: give us a generous spirit.

– *Lord, that we may see!*

You come to us through those who share our lives:
open our hearts to recognize you.

– *Lord, that we may see!*

Lord, do not forget our brothers and sisters,
who in all ages have hoped to see your light.

– *Lord, that we may see!*

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'

WEDNESDAY

10:00am – 1:00pm : Charity Shop

7:00pm : “Holy Hour” Quiet music, guided meditation and silence as we “wait” In St Andrew’s

THURSDAY

10:00am : Eucharist in St Andrew’s.

7:00pm : Silent Meditation in the Vestry of St Andrew’s. All are welcome!

FRIDAY

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

7:00pm : Carols in the North Kessock Hall – Everyone welcome.

7:30pm : OCTA VOCE CHRISTMAS CONCERT in St Andrew’s

SATURDAY

10:00am – 1:00pm : Charity Shop

10:00am Coffee Morning in the Town Hall (Last one till 2020)

NEXT SUNDAY - 22 DECEMBER + ADVENT IV

Eucharist

9:45am in St Regulus'

9:45am in St John’s

11:30am in St Andrew’s

CROMARTY CAROLS BY CANDLELIGHT

7:00pm in St Regulus'

Readers & Intercessors

St A : Ramsay M / Anna G / Angus F / Alison G

St J : Gill P / Donald G / Bridie G / Jackie M

(Is 7:10-16 / Ps 80 / Rom 1:1-7 / Matt 1:18-25)

CHRISTMAS ON THE BLACK ISLE

CHRISTMAS EVE

5:30pm : Crib Service

in St John's Arpafeelie

11:15pm Carolling followed by Midnight Mass (11:30pm start)

in St Andrew's, Fortrose

CHRISTMAS DAY

Eucharist & Carols

9:45am in St Regulus', Cromarty

11:00am in St John's, Arpafeelie

11:30am with Bishop Mark

in St Andrew's, Fortrose



O Come let us adore Him:

Dear friends:

May Christ who came

at Christmas Time,

come to you in your Christmas Communion and fill your Hearts with

Peace and Happiness!

Hymns for Sunday at St Andrew's

Intro:	27	On Jordan's Bank
Gradual:	30	Hark the glad sound
Offertory:	26	O Come O Come
Communion:	256	Let all mortal flesh
Recessional:		Joy to the World

MEDITATION GROUP

The weekly Meditation Group is restarting at 7pm on Thursday evenings in the Vestry, at St Andrew s. Please note, this is an earlier start than in the past.

All 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 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.



Please help local people in Crisis

Tins of ham

Tins of corned beef

Tins of mince/stew

Tins of Potato

Tins of custard

Soap powder (small)

Washing up liquid (small)

Shaving foam/razors

Highland Foodbank

Thought for today

*You cannot walk the same road twice.
Your steps you can't retrace.
By tomorrow you'll be heading,
For some other place.
So carry out that good intention
Now without delay.
You won't pass by this way again;
So take your chance today.*

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 15th December 2019 - ADVENT III + GAUDETE

Isaiah 35:1-10

Alan Danson

Psalm 146

Susanna Leslie

James 5:7-10

Hilary Strachan

Prayers - Bridie Graham



Family Crib Service
at St John's
Tuesday 24th December 5.30pm



Hymns

Number	Title
117	Come thou long expected
565	Rejoice the Lord is King
612	Tell out my soul
255	Heaven shall not wait
754	You shall go out with joy

Prayer Cycles

Diocese - For the congregation of All Saints Mission, Kinlochewe: Pam Shinkins.

Porvoo - 15/12

Church of England: Diocese of Southwell and Nottingham, Bishop Paul Williams, Bishop Tony Porter

Church of Norway: Diocese of Borg, Bishop Atle Sommerfeldt

Readers and Intercessors please give Alan your dates for January, February and March by Christmas

Church Rotas

St Andrew's

Readers & Intercessors

B Marshall / S Spence / A Garraway / H Ireland

Sides-men

Julie Gamble

Servers

Elin / Joan / Alison

Terry and Alison

Sacristan

Ann McGhee

Flowers

Heather Ireland

Teas

Helen Graham

Cleaning

Libby Brown

St John's

Server Isla

Sacristan Ann

Flowers None

Cleaner Alan

Teas

Dear friends

Many of you were involved in the lunch club which we took on at the Cathedral in Inverness this summer. The aim was to provide lunches for school children from deprived families who normally depend on school meals for a warm meal once a day, and who miss this during school holidays, alongside a programme of arts/music provided by Art splay Highland. This was initially slow to take off but as word spread amongst families this picked up and there were many requests to repeat this over future holidays.

Monica from Art splay has just received funding to do the arts /music programme over the Christmas holidays and has approached us to see if we could help again.

There would be 6 sessions, run on the mornings of **23rd, 24th, 27th, 30th, 31st December and 3rd January** (i.e. Monday, Tuesday and Friday of each week).

I am looking for volunteers to make: trays of hot meals (e.g. cottage pie, macaroni cheese, or something similar) pots of soup perhaps some cake if anyone feels more able to bake and also volunteers to turn up on the days from 10.30-12.30 to heat and serve the food.

I am hoping we can do the cooking ahead of time and keep everything in the freezer at Kenneth street Halls, and just defrost the day before each session. This will mean no extra cooking close to Christmas! If anyone knows where to get hold of foil trays for baking meals that would be very useful information as we found in the summer things warmed up quicker in these.

Please let me know if you would be able to offer help with any of these sessions or with providing food, and I will put your name onto the spreadsheet

This is a lovely thing to be part of and was much valued by the families who took part last time. Monica has made contact with a wider number of families this time including through the food bank and I hope this will provide a much needed help to struggling families this winter. Please give me a call if you want to discuss this more or if I've missed out anything important.

Susanna Leslie

01463 731109



McCabe
PILGRIMAGES



The Scottish Episcopal Church Pilgrimage to the Holy Land

10-21 April 2021

**with the Rev Cedric Blakey
and the Most Rev Mark Strange**

Please contact Cedric for full details

**01896 870225 / 07817 419897
revcancb@gmail.com**



Bishop Mark said: "Having visited Jerusalem and Bethlehem with my wife in 2019 and still being enriched by the experience, I am delighted to commend this programme as part of our Year of Pilgrimage 2021. You will get a taste of the Negev Desert, enjoy the beautiful Sea of Galilee and then explore the wonder of Jerusalem. There will be visits to the Dead Sea, Jericho, Nazareth, the River Jordan, Capernaum, and Bethlehem.