

SUNDAY
22nd December 2019
ADVENT 4
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 4th ADVENT CANDLE



LIGHTING the 4th 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 Love;
A candle to point us to heaven above.
A baby for Christmas, a wonderful birth;
For Jesus is bringing God's Love to our earth.**

We pray together...

Alleluia, alleluia.

**Hail Mary full of grace,
blessed are you among women,
and blessed is the fruit of your womb,
Jesus who is LOVE incarnate.**

Alleluia!

THE PROCLAMATION OF THE WORD

+ **First Reading : Isaiah 7:10-16**

+ **Psalm 80 (verses)**

O Shepherd of Israel, come to help us. Alleluia!

O Shepherd of Israel, come to help us. Alleluia!

Hear, O Shepherd of Israel, leading Joseph like a flock; shine forth, you that are enthroned upon the cherubim. In the presence of Ephraim, Benjamin, and Manasseh, stir up your strength and come to help us.

O Shepherd of Israel, come to help us. Alleluia!

Restore us, O God of hosts; show the light of your countenance, and we shall be saved. You have brought a vine out of Egypt; you cast out the nations and planted it.

O Shepherd of Israel, come to help us. Alleluia!

You prepared the ground for it; it took root and filled the land. The mountains were covered by its shadow and the towering cedar trees by its boughs.

O Shepherd of Israel, come to help us. Alleluia!

You stretched out its tendrils to the Sea and its branches to the River. Turn now, O God of hosts,

look down from heaven; behold and tend this vine; preserve what your right hand has planted.

O Shepherd of Israel, come to help us. Alleluia!

Let your hand be upon the man of your right hand, the son of man you have made so strong for yourself. And so will we never turn away from you; give us life, that we may call upon your name.

O Shepherd of Israel, come to help us. Alleluia!

+ **Second Reading : Romans 1:1-7**

Gradual Hymn / Alleluia

+ **The Holy Gospel : Matthew 1:18-25**

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 all denomination as we celebrate the Holy Birth this week.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Jackie F, Paul H, Ross J, Pauline J, Claire N, Colin P, Lesley P, 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 Peter's Thurso & St John's, Wick. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For all who are travelling over the Festive Season & for a Happy & Holy Christmas. 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

Let us turn in prayer to Christ who emptied himself to assume the condition of a slave. He was tempted in every way that we are, but did not sin. – *Save us through your birth.*

Coming into our world, Lord Jesus, you open the new age which the prophets foretold. In every age, may the Church come again to new birth. – *Save us through your birth.*

You took on our human weakness. Be the eyes of the blind, the strength of the weak, the friend of the lonely. – *Save us through your birth.*

Lord, you were born among the poor: show them your love.

– *Save us through your birth.*

Your birth brings eternal life within the reach of all; comfort the dying with hope of new life in heaven. – *Save us through your birth.*

Gather the departed to yourself; and make them radiant in your glory.

– *Save us through your birth.*

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 : CHRISTMAS EVE

5:30pm : Crib Service in St John's for children of all ages....

11:30pm : Midnight Mass in St Andrew's

WEDNESDAY : CHRISTMAS DAY

9:45am : Eucharist & Carols in St Regulus'

11:00am : Eucharist & Carols in St John's

11:30am : Eucharist & Carols in St Andrew's

(Bishop Mark will be celebrant & preacher)

THURSDAY : St Stephen's Day

10:00am : Eucharist in St Andrew's.

FRIDAY

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

NEXT SUNDAY - 29 DECEMBER + HOLY FAMILY

Eucharist

9:45am in St Regulus'

9:45am in St John's

11:30am in St Andrew's

Readers & Intercessors

St A : Heather I / Louise J / Michael H / Dorothy W

St J : Diana M / Isla C / Jackie M / Susanna L

(Is 63:7-9 / Ps 148 / Heb 2:10-18 / Matt 2:12-23)

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: 26 : O come O come Emmanuel

Gradual: 484 : Long ago prophets knew

Offertory: St Joseph Hymn

Communion: Creator of the Starry

Recessional: 31 : Come thou long expected Jesus

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!

St Regulus Hymns

opening hymn: The race that long in darkness pined (Paraphrase 19 to Crediton)

gradual hymn: 345 It came upon the midnight clear (Noel)

offertory hymn 337 In the bleak midwinter (Cranham)

communion 451 Love came down at Christmas (Gartan)

closing 211 Hark! the herald angels sing (Mendelssohn)

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

*In the wide warm chimney corner
There's an inglenook of dreams;
A secret place, a quiet place,
Where shadows play and firelight
gleams.
And if the dreamer speaks no word,
But waits and listens silently -
Someone to his hearth will hasten:
One whose name is memory.*

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 Arrafeelie

Sunday 22nd December 2019 - ADVENT 4

Isaiah 7:10-16

Gill Pimm

Psalm 80 Verses

Donald Graham

Romans 1:1-7

Bridie Graham

Matthew 1:18-25

Prayers Jackie MacNicol



Hymns for 22nd

Number	Title
469	O come, O come
620	The angel Gabriel
671	Thou didst leave thy throne
350	Jesus name above all names
400	Long ago, prophets knew
Christmas Day	
468	O come, all ye faithful
687	Unto us a boy is born
716	What child is this
398	Little Jesus, sweetly sleep,
250	Hark the herald angels sing

Christmas Day

Isaiah 9:2-7

Alan Danson

Psalm 96

Ann Danson

Titus 2:11-14

Bridie Graham

Luke 2:1-14

Prayers Donald Graham

St John's Arpafeelie

Prayer Cycles

For the congregations of St. Peter and the Holy Rood, Thurso; St. John the Evangelist, Wick; Freswick Castle Chapel: Ellie Charman, Fran Davies. Lay Readers: Alan Finch, Barry Cran.

Christmas Day - Give thanks to God for the gift of His Son

Porvoo

Church of Norway: Diocese of Oslo, Bishop Kari Veiteberg

Church of England: Diocese of Durham, Bishop Paul Butler, *Vacancy – Bishop of Jar-row*

Scottish Episcopal Church: Diocese of Moray, Ross and Caithness, Bishop Mark Strange (Primus)



Notices

20th North Kessock Carol Service Friday setting up 6pm. Mince pies and tea/coffee needed too. Volunteer readers on the day

21st Saturday at 9am Men's Breakfast Group meet at Fortrose Café NO Breakfast Club on 28th.

Saturday 10.30am Tree to be put up and decorated all able to help come at 10.30.

24th Crib Service in church at 5.30pm all children welcome in this participation service.

All readers /intercessors dates to Alan for January/February/March by 25th please.

Reminder Christmas Day service is at 11am NOT 9.45

Church Rotas

St Andrew's

Readers & Intercessors

R McGhee / A Gierus / A Fairrie / J Deakin

Sides-men

Ann McGhee

Servers

Joan / Alison / Terry

Heather / Terry

Sacristan

Helen Graham

Flowers

Heather Ireland

Teas

Heather Ireland

Cleaning

Ann McGhee

St John's

22nd

Sacristan Ann Danson

Server Gill Pimm

Teas Gill Pimm

Cleaner Alan Danson

Flowers Gill & Isla

Christmas Day

Sacristan Ann Danson

Server Gill Pimm

Teas None

Cleaner Alan Danson

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