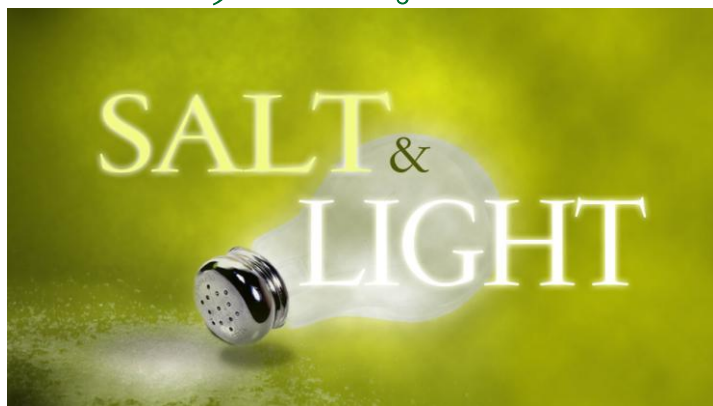


ΕΠΙΦΑΝΥ 5

9 February 2020



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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Charge Website : episcopalblackisle.scot

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).

THE PROCLAMATION OF THE WORD

Readers & Intercessors

St J : Isla C / Gill P / Diana M / Jackie M

St A : Lois M / Joan M / Jan M / Dorothy W

+ **First Reading : Isaiah 58:1-9a**

+ **Psalms 112:1-9**

Hallelujah!

Happy are they who fear the Lord!

Hallelujah!

Happy are they who fear the Lord!

and have great delight in his commandments!
Their descendants will be mighty in the land;
the generation of the upright will be blessed.
Wealth and riches will be in their house,
and their righteousness will last for ever.

Hallelujah!

Happy are they who fear the Lord!

Light shines in the darkness for the upright;
the righteous are merciful and full of compassion.
It is good for them to be generous in lending
and to manage their affairs with justice.

Hallelujah!

Happy are they who fear the Lord!

For they will never be shaken;
the righteous will be kept
in everlasting remembrance.

Hallelujah!

Happy are they who fear the Lord!

They will not be afraid of any evil rumours;
their heart is right;
they put their trust in the Lord.

Hallelujah!

Happy are they who fear the Lord!

Their heart is established and will not shrink,
until they see their desire upon their enemies.

Hallelujah!

Happy are they who fear the Lord!

They have given freely to the poor,
and their righteousness stands fast for ever;
they will hold up their head with honour.

Hallelujah!

Happy are they who fear the Lord!

+ **Second Reading : 1 Corinthians 2:1-12**

Gradual Hymn / Alleluia

+ **The Holy Gospel : Matthew 5:13-20**

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 healing and peace among all nations. 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 the Church in
Canada : Archbishop Linda Nicholls

OUR DIOCESE

For all our brothers & sisters in the Porvoo
Communion of Churches. For Lesley P, Roberta
R, Louise S, Philip S, Janet S, David T, Jaime 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. Mary the Virgin,
Ullapool; St. Gilbert's Kinlochbervie; St. Gilbert's
Lochinver; St. Boniface Achiltibuie; St. Mary by
the Cross, Tongue. For Inverness Street Pastors.

For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

**OUR CHURCH & COMMUNITY
FAMILY & FRIENDS**

For Isaac & family. 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 pray to God who never deserts those who trust in him.

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

Pour out your Spirit on the Church; let all people see in her the greatness of your loving kindness.

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

Be with the priests and ministers of your Church: what they preach to others, may they practise in their lives.

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

Teach us to understand one another more deeply: by your presence, free us from prejudice and fear.

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

Give married couples constancy and mutual understanding: may their difficulties help to deepen the love they have for each other.

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

Pardon the sins of all our departed brothers and sisters: may they enjoy new life in the company of your saints.

– *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

TUESDAY

No Tuesday Eucharist till further notice.

WEDNESDAY

NO STUDY GROUP

10am – 1pm : Charity Shop

THURSDAY :

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

7:00pm : Meditation Group

in St Andrew's Vestry

FRIDAY

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

SATURDAY

10am – 1pm : Charity Shop

**THE RECTORY WILL BE AWAY
Fr Mel is away on a break from this afternoon
(2 Feb) until the 12th. Rev Christine will be
holding the fort. (01381 600 485)**

NEXT SUNDAY

**16 FEB + EPIPHANY 6 + SEXAGESIMA
EUCCHARIST**

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

9:45am Eucharist in St John's

RESERVED SACRAMENT SERVICE

9:45am in St Regulus'

Readers & Intcessors

(Dt 30:15-20 / Ps 119 / 1 Cor 3:1-9 / Matt 5:21-37)

St J : Jackie M / Isla C / Hilary S / Bridie G

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

LENT IS FAST APPROACHING

Palms and Palm Crosses are needed to burn and make ashes for Ash Wednesday which is 26 Feb. Please get them together with any dilapidated prayerbooks, church linens, vestments, Bibles, etc to Fr Mel so they be reverently burned with the palms.

LENTEN OPPORTUNITIES

PRAYER : Rev Christine will be leading 3 sessions on 4, 11 & 18 of March...looking at Prayer from several difference perspectives. Locations in Arpafeelie, Fortrose & Cromarty will be announced later!

STATIONS of the CROSS : will take place on Fridays at St Andrew's and at other days in St Regulus' and St John's as well.

HOLY HOURS : guided prayer and meditation will likewise take place at various venues.

ALSO...

COME & SEE...WHAT WE GET UP TO...

Over the coming weeks a poster will appear in each of our churches...inviting us all to post wee messages about the many things we, as congregations and as individuals, get up to. This is to allow all who visit to see and know that we, as Christians, are much more than our lovely buildings. Rev Christine came up with the idea and we will be explaining it further!

*Let your light so shine before others...
that they may see your good works...
and give glory
to your Father in heaven!*