

SUNDAY
16th February 2020
Epiphany 6
Charity Number
SC010781

The Scottish Episcopal Church

St John's, Arpafelie: 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
Phone: 01381 622241 Email: mel@sagart.me.uk



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 : Deuteronomy 30:15-20

+ Psalm 119:1-8

O God, I will thank you with an unfeigned heart!

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Happy are they whose way is blameless, who walk in the law of the LORD! Happy are they who observe his decrees and seek him with all their hearts!

O God, I will thank you with an unfeigned heart!

Who never do any wrong, but always walk in his ways. You laid down your commandments, that we should fully keep them.

O God, I will thank you with an unfeigned heart!

Oh, that my ways were made so direct that I might keep your statutes! Then I should not be put to shame, when I regard all your commandments.

O God, I will thank you with an unfeigned heart!

I will thank you with an unfeigned heart, when I have learned your righteous judgments. I will keep your statutes; do not utterly forsake me.

O God, I will thank you with an unfeigned heart!

+ Second Reading : 1 Corinthians 3:1-9

Gradual Hymn / Alleluia

+ The Holy Gospel : Matthew 5:21-37

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 Central Africa : Archbishop Albert Chama.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Rachael W, Sandra W, Bp Kevin, Dr John M, Fr Ian B, Valerie C, Rebekah 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 of the Gordonstoun School. 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

Black Isle Charge Diary

TUESDAY

No Tuesday Eucharist till further notice.

WEDNESDAY

10am STUDY GROUP in the Rectory

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

NEXT SUNDAY

23 FEB + EPIPHANY 7 + QUINQUAGESIMA

EUCCHARIST

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

9:45am Eucharist in St John's

9:45am in St Regulus'

Readers & Intercessors

(Lev 19:1-2,9-18 / Ps 119 /

1 Cor 3:10-11,16-23 / Matt 5:38-48)

St J : Diana M / Alan D / Susanna L / Ann D

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

Hymns for Sunday at St Andrew's and St Regulus

Intro:	4.	Christ whose glory
Gradual:	153	Come gracious spirit
Offertory:	235	O Jesus I have promised
Communion:	261	Once only once
Recessional:	428	Thine be the glory

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 prayer books, church linens, vestments, Bibles, etc to Fr Mel so they be reverently burned with the palms.

SHROVE TUESDAY

From 10am – 11am Fr Mel will be available to celebrate the Sacrament of Reconciliation (Confession) in St Andrew's.

ASH WEDNESDAY + 26 FEBRUARY

10am – St Andrew's

12 noon – St John's

2pm – St Regulus'

LENTEN OPPORTUNITIES

LET'S TALK ABOUT PRAYER

Lenten looks at some aspects of prayer - Wednesday 4 th March 7.00pm

Praying with your hymn book – familiar territory at the Rectory in Fortrose

Wednesday 11 March 7.00pm

The Prayer of Silence – a safe space at 14 Bayview Crescent, Cromarty

Wednesday 18 March 7.00pm

'It was something I read' – literature, poetry, newspapers – what starts you off?

At St Duthac's Centre, Arpafeelie

Each evening will conclude with a short act of worship.

Everyone welcome – no need to book – just come and enjoy.

Sessions led by Rev Christine Mylne who is happy to talk to anyone interested wanting further information. 01381 600485



STATIONS OF THE CROSS

Fridays at 12 noon in St Andrew's

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

The happy heart is that which is content with little things.

The heart that loves a simple life, the heart in which there springs -

A sense of joy with each fresh day, a prayer of gratitude -

For the morning miracle of health and strength renewed.



The Right Reverend Kevin Pearson will be enthroned as the new Bishop of Glasgow & Galloway at 12 noon on Saturday 4 July, at St Mary's Cathedral, Glasgow.

Bishop Kevin, who was elected at a meeting of the Episcopal Synod in January, is currently the Bishop of Argyll and The Isles and his election to Glasgow and Galloway represents a historic 'translation' of a Bishop from one See to another.

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 16th February - Epiphany 6

Deuteronomy 30: 15-20 - Isla Cruden

Psalm 119 verses - Isla Cruden

1 Corinthians 3: 1-9 - Hilary Strachan

Matthew 5: 21-37

Prayers - Gill Pimm



HYMNS

64	Be thou my vision
289	I come with joy
89	Christ's is the world
776	Lord of Life
487	O happy day

Diocesan Prayer Cycle -

For the congregation of Gordonstoun School: Chaplain – Philip Schonken.

Porvoo Cycle -

16/2 Church of Ireland: Diocese of Limerick and Killaloe, Bishop Kenneth Kearon

Evangelical Lutheran Church in Denmark: Diocese of Roskilde, Bishop Peter Fischer-Moeller

Notices

Church Rotas

St Andrew's

Readers & Intercessors

R McGhee / S Spence / B Marshall / R McGhee

Sides-men

Julie Gamble

Servers

Terry / Alison / Jan Terry and Joan

Sacristan

Anna Gierus

Flowers

Libby Brown

Teas

Heather Ireland

Cleaning

Lois MacDonell

St John's

Sacristan Ann

Server Isla

Cleaner Alan

Teas :

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 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!

Black Isle Youth Fellowship

29th Feb - all in P6 - S4 welcome

A monthly programme exploring the Bible through games,
video and discussion

with

7 - 8:30PM



NEW VENUE :

THE NEW FORTROSE FREE CHURCH HALL

FOR MORE INFORMATION CONTACT DAVE / SALLY KNIGHT

DAVEANDSALLYK@GMAIL.COM

Advancing God's Kingdom in Guatemala
THANK YOU LETTER TRANSLATION AND PHOTO
SANTOS DE LA CRUZ MENDEZ

Padrinos Friends St. Andrew's Episcopal S. School,

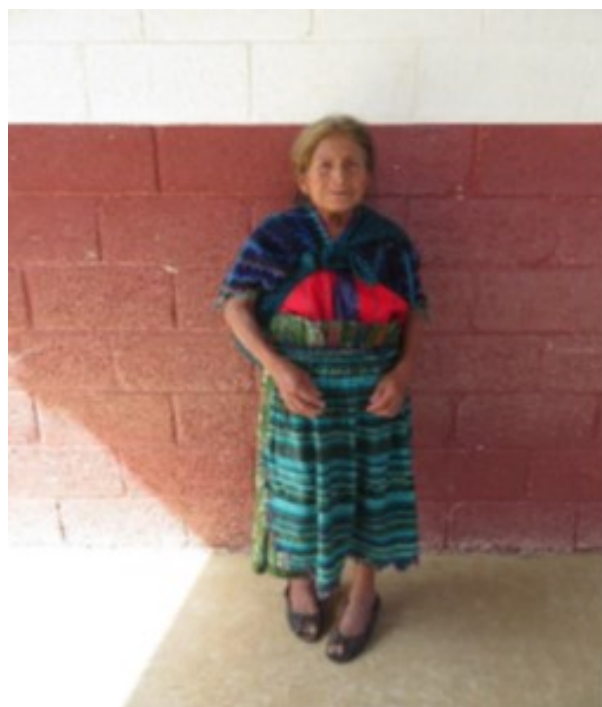
My name is Santos de la Cruz Mendez and I am very happy to hear that you have sponsored me. I am an Elderly. I want to tell you something about me so you can know me better. I live in Chuchucá with my daughter and grandchildren. I am 62 years old and I work by removing husk corn because of my age. It is difficult for me to work in another type of job. I like to go out and gather firewood with my grandchildren in order to help my daughter with the home expenses. I pray God to bless me with health so I can continue helping my daughter.

It is a blessing for me to be part of Living Water Ministry because I receive delicious food twice a week and I am able to be assessed by the Doctor. I never expected something like this, but once again I can realize about God's faithfulness and mercy to my life because He put in your heart the desire of blessing me. Thank you for accepting God's appeal and make me part of your life and family. I will pray for you every day and I already love you so much. I hope to have the opportunity to meet you someday to give you a hug. I also would like to receive a letter from you to know you better. I say goodbye to you for now with lots of hugs.

With much Love,
Santos de la Cruz Mendez

Written by: Olga Garcia, AAC Secretary/Quiche

Translated by: Mireya de Sandoval, AAC Secretary/Antigua



Cromarty Sunday Club
St Regulus & West Church

PANCAKE



DAY



Sunday, 23 February
3.30pm
West Church Cromarty

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Celebrate the start of Lent
with a pancake race
and pancake memory;
a play, songs & stories ...
and of course
lots of pancakes
with yummy toppings!

....

Free - just come along!

More info? Contact Carsten on 07958 550333 or carsten@mylittlecampfire.com

