

**SUNDAY**  
**23rd February 2020**  
**Epiphany 7**  
**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  
1 Dean's Road  
Fortrose, Ross-shire, Scotland IV10 8TJ  
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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).



### THE PROCLAMATION OF THE WORD

+ **First Reading : Leviticus 19:1-2,9-18**

+ **Psalm 119:33-40**

I shall keep you Law with all my heart.

**I shall keep you Law with all my heart.**

Teach me, O Lord, the way of your statutes, and I shall keep it to the end. Give me understanding, and I shall keep your law; I shall keep it with all my heart.

**I shall keep you Law with all my heart.**

Make me go in the path of your commandments, for that is my desire. Incline my heart to your decrees and not to unjust gain.

**I shall keep you Law with all my heart.**

Turn my eyes from watching what is worthless; give me life in your ways. Fulfil your promise to your servant, which you make to those who fear you.

**I shall keep you Law with all my heart.**

Turn away the reproach which I dread, because your judgments are good. Behold, I long for your commandments; in your righteousness preserve my life.

**I shall keep you Law with all my heart.**

+ **Second Reading : 1 Corinthians 3:10-11,16-23**

**Gradual Hymn / Alleluia**

+ **The Holy Gospel : Matthew 5:38-48**

## **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 America : Bishop Julio Murray Thompson.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Joshua C, Lisa C, Jackie F, Paul H, Ross J, Pauline J, Claire N, 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 Columba's, Nairn. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

## **OUR CHURCH & COMMUNITY FAMILY & FRIENDS**

For Gill Pimm & Family & for the soul of Rod (Funeral to be 11am Tues 3 Mar in Killearnan Church). 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**

God has established his people in hope. Nothing can break the confidence of those who love him. Let us proclaim:

– *Father, our trust is in you.*

We give you thanks, Lord God, for you have made man rich in all wisdom and insight.

– *Father, our trust is in you.*

Lord God, you know the hearts of all rulers: May they work for the good of the people they govern.

– *Father, our trust is in you.*

Lord, you empower mankind to glorify this world with art: make our work live with vision and true hope.

– *Father, our trust is in you.*

You do not allow us to be tempted beyond our limits: strengthen the weak, raise up the fallen.

– *Father, our trust is in you.*

Father, you have promised men a share in your Son's resurrection on the last day: remember those who have gone before us on the path to eternal life.

– *Father, our trust is in you.*

*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.

### **ASH WEDNESDAY CELEBRATIONS**

10am – St Andrew's

12 noon – St John's

2pm – St Regulus'

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'

12 noon : STATIONS OF THE CROSS in St Andrew's

### **SATURDAY**

10am – 1pm : Charity Shop

**"The proof of love is in the works. Where love exists, it works great things. But when it ceases to act, it ceases to exist." -- St. Gregory the Great**



### **NEXT SUNDAY - 1 MAR – FIRST SUNDAY in LENT**

#### **EUCHARIST**

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

9:45am Eucharist in St John's

9:45am in St Regulus'

#### **TAIZÉ EVENING PRAYER**

6:30pm in St Andrew's

#### **Readers & Intercessors**

(Gen 2:15-17;3:1-7 / Ps 32 / Ro 5:12-19 / Matt 4:1-11)

St J : Alan D / Ann D / Donald G / Isla C

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

## SHROVE TUESDAY

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

## LENTEN OPPORTUNITIES

### LET'S TALK ABOUT PRAYER

Lenten looks at some aspects of prayer

Wednesday 4th 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

### Hymns for Sunday at St Andrew's and St Regulus

<b>Intro:</b>	<b>192</b>	<b>-</b>	<b>Praise my soul</b>
<b>Gradual:</b>	<b>98</b>	<b>-</b>	<b>From all that dwell</b>
<b>Offertory:</b>	<b>459</b>	<b>-</b>	<b>Give me joy</b>
<b>Communion:</b>	<b>262</b>	<b>-</b>	<b>Alleluia sing to Jesus</b>
<b>Recessional:</b>		<b>-</b>	<b>Alleluia Song of Sweetness</b>

**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

*Someone's got to stitch the golden threads into the grey.*

*Someone's got to make the music on a dreary day.*

*Someone's got to clear the clouds and let the sunlight through.*

*Someone's got to brighten up the world. So why not you?*

## 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 23rd February - Epiphany 7

Leviticus 19: 1-2,9-18 - Diana Macdonell

Psalm 119 verses - Alan Danson

**1 Corinthians 3: 10-11,16-23 - Susanna Leslie**

**Matthew 5: 38-48**

**Prayers - Ann Danson**



## HYMNS

447	Morning has broken
575	Seek ye first
97	Colours of Day
80	Broken for me
403	Lord for the years

## Diocesan Prayer Cycle -

For the congregation of St. Columba, Nairn: Alison Simpson, Kathryn Sanderson. Lay Reader: Sheila Thomas.

## Porvoo Cycle -

23/2 Church of England: Diocese of Peterborough, Bishop Donald Allister, Bishop John Holbrook  
Church of Ireland: Diocese of Meath and Kildare, Bishop Pat Storey

## Notices

Men's Breakfast Group meet Saturday 29<sup>th</sup> February at 9am at Fortrose Café

Any items for Agenda of next Congregational Meeting to Alan please.

# Church Rotas

## St Andrew's

### Readers & Intercessors

A Garraway / S Spence / H Ireland / S Spence

### Sides-men

Ann McGhee

### Servers

Martha / Matthew / Elin                      Heather and Joan

### Sacristan

Ann McGhee

### Flowers

Diana Hamilton-Jones

### Teas

Lois MacDonell

### Cleaning

Libby Brown

## St John's

Sacristan	Jackie
Server	Gill
Teas	Susanna
Cleaner	Alan

# 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](mailto:DAVEANDSALLYK@GMAIL.COM)**



Cromarty Sunday Club  
St Regulus & West Church

# PANCAKE



# DAY



Sunday, 23 February  
3.30pm  
West Church Cromarty



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](mailto:carsten@mylittlecampfire.com)

