

First Sunday in Lent

1 March 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, Arpafelie + St Andrew's, Fortrose

The Rev'd Canon (Father) Mel Langille
Priest & Rector

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

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

+ **First Reading** : Genesis 2:15-17;3:1-7

+ **Psalm 32**

Mercy embraces those
who trust in the Lord.

**Mercy embraces those
who trust in the Lord.**

Happy are they whose transgressions are forgiven,
and whose sin is put away!

Happy are they to whom
the Lord imputes no guilt,
and in whose spirit there is no guile!

**Mercy embraces those
who trust in the Lord.**

While I held my tongue, my bones withered away,
because of my groaning all day long.

For your hand was heavy upon me day and night;
my moisture was dried up
as in the heat of summer.

**Mercy embraces those
who trust in the Lord.**

Then I acknowledged my sin to you,
and did not conceal my guilt.

I said, "I will confess
my transgressions to the Lord."

Then you forgave me the guilt of my sin.

**Mercy embraces those
who trust in the Lord.**

Therefore all the faithful
will make their prayers to you in time of trouble;
when the great waters overflow,
they shall not reach them.

**Mercy embraces those
who trust in the Lord.**

You are my hiding-place;
you preserve me from trouble;
you surround me with shouts of deliverance.

**Mercy embraces those
who trust in the Lord.**

"I will instruct you and teach you
in the way that you should go;
I will guide you with my eye.

**Mercy embraces those
who trust in the Lord.**

Great are the tribulations of the wicked;
but mercy embraces those who trust in the Lord.
Be glad, you righteous, and rejoice in the Lord;
shout for joy, all who are true of heart.

**Mercy embraces those
who trust in the Lord.**

+ **Second Reading** : Romans 5:12-19

Gradual Hymn / Alleluia

+ **The Holy Gospel** : Matthew 4:1-11

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 all suffering with Coronavirus, all working for
a cure and all living in fear of it. 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 Chile : Archbishop Hector Zavala Munoz.

OUR DIOCESE

For our Diocesan Synod which will meet on Saturday. For all our brothers & sisters in the Porvoo Communion of Churches. For Colin P, Lesley P, Roberta R, Louise S, Philip S, Janet S, David T, 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 Christ Church, Huntly; Holy Trinity, Keith; Gordon Chapel, Fochabers; St. Michael, Dufftown and St. Marnan's, Aberchirder. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY

FAMILY & FRIENDS

For Grace to keep a Holy Lent. 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 the Father has chosen for himself a people, who are born again, not from any mortal seed but from his everlasting Word. Let us praise his name and turn to him in prayer.

– *Lord, have mercy on your people.*

Merciful God, hear our prayers for all your people; may they hunger more for your word than for any human food.

– *Lord, have mercy on your people.*

Teach us to love sincerely the people of our nation and of every race on earth; may we work for their peace and welfare.

– *Lord, have mercy on your people.*

Strengthen those who will be reborn in baptism; make them living stones in the temple of your Spirit.

– *Lord, have mercy on your people.*

May the dying go forward in hope to meet Christ, their judge; may they see your face and be happy for ever.

– *Lord, have mercy on your people.*

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

MONDAY

9:45am : Fr Mel with Academy S1 students in St Andrew's.

12:15pm Eucharist in Inverness Cathedral

TUESDAY

11:00am : Funeral of Rod Pimm from Killearnan Parish Church.

7:00pm : Eucharist in St Regulus'.

WEDNESDAY

8:55am : Fr Mel with Academy S1 students in St Andrew's

10:00am : Study Group in the Rectory (all welcome)

10am – 1pm : Charity Shop

7:00pm : LET'S TALK ABOUT PRAYER

**Lenten looks at some aspects of prayer
Praying with your hymn book – familiar territory : At the Rectory in Fortrose**

THURSDAY :

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

10:50am : Fr Mel with Academy S1 students 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

9:00am – 3:00pm or so : DIOCESAN SYNOD

NEXT SUNDAY

**8 MAR – SECOND SUNDAY in LENT
EUCCHARIST**

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

9:45am Eucharist in St John's

9:45am in St Regulus'

EVENSONG

4:30pm in St Andrew's

Readers & Intcessors

(Gen 12:1-4a / Ps 121 / Rom 4:1-5, 13-17 / Matt 17:1-9

St J : Alan D / Susanna L / Donald G / Bridie G

St A : Alison B / Ann B / Anna G / Heather I

LENT GIVING CALENDARS

Favourable comments have been received...but concerns voiced that some of the suggested donations are very steep.
PLEASE REMEMBER, the main purpose of it is to make us think about our many blessings...donations are suggestions...and it is all voluntary ☺
Have a blessed Lent!

LENTEN OPPORTUNITIES

LET'S TALK ABOUT PRAYER

Wednesday 4 March 7:00pm :

Lenten looks at some aspects of prayer
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

WEDNESDAY MORNING STUDY GROUP

A fun time of fellowship and discussion which takes us all over the place! We are currently working our way through 1st Corinthians. Everyone is welcome! (10am in the Rectory – 1 Deans Road)

STATIONS OF THE CROSS

A spiritual opportunity to walk with Jesus on the Way of Sorrows while reflecting on his great love.
Fri at 12 noon in St Andrew’s
(times will vary and occasionally the location as well, as Lent progresses)

EUCCHARIST

Tues evenings in St Regulus’ and Thurs mornings in St Andrew’s (the Rectory also celebrates most Mon 12:15s at Inverness Cathedral)...In addition to Sunday, why not take in a midweek Communion at least once in Lent!

READING

There are a good many books, on a variety of topics, available in St Andrew’s vestry which is accessible every day...borrow one? Or ask Fr Mel, Rev Moira, Rev Christine or Fr Arthur for a suggestion?

LOTS OF GOOD, APPROPRIATE, THOUGHT PROVOKING FILMS TO WATCH TOO!!!!

A COMMENTARY on PSALM 60
by ST AUGUSTINE

In Christ we suffered temptation, and in him we overcame the Devil

Hear, O God, my petition, listen to my prayer. Who is speaking? An individual, it seems. See if it is an individual: I cried out to you from the ends of the earth while my heart was in anguish. Now it is no longer one person; rather, it is one in the sense that Christ is one, and we are all his members. What single individual can cry from the ends of the earth? The one who cries from the ends of the earth is none other than the Son’s inheritance. It was said to him: Ask of me, and I shall give you the nations as your inheritance, and the ends of the earth as your possession. This possession of Christ, this inheritance of Christ, this body of Christ, this one Church of Christ, this unity that we are, cries from the ends of the earth. What does it cry? What I said before: Hear, O God, my petition, listen to my prayer; I cried out to you from the ends of the earth.’ That is, I made this cry to you from the ends of the earth; that is, on all sides.

Why did I make this cry? *While my heart was in anguish.* The speaker shows that he is present among all the nations of the earth in a condition, not of exalted glory but of severe trial.

Our pilgrimage on earth cannot be exempt from trial. We progress by means of trial. No one knows himself except through trial, or receives a crown except after victory, or strives except against an enemy or temptations.

The one who cries from the ends of the earth is in anguish, but is not left on his own. Christ chose to foreshadow us, who are his body, by means of his body, in which he has died, risen and ascended into heaven, so that the members of his body may hope to follow where their head has gone before.

He made us one with him when he chose to be tempted by Satan. We have heard in the gospel how the Lord Jesus Christ was tempted by the devil in the wilderness. Certainly Christ was tempted by the devil. In Christ you were tempted, for Christ received his flesh from your nature, but by his own power gained salvation for you; he suffered death in your nature, but by his own power gained glory for you; therefore, he suffered temptation in your nature, but by his own power gained victory for you.

If in Christ we have been tempted, in him we overcome the devil. Do you think only of Christ’s temptations and fail to think of his victory? See yourself as tempted in him, and see yourself as victorious in him. He could have kept the devil from himself; but if he were not tempted he could not teach you how to triumph over temptation.

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