

EPHMANU 6 / SEXAGESIMA

16 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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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).

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THE PROCLAMATION OF THE WORD

Readers & Intercessors

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

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

+ **First Reading : Deuteronomy 30:15-20**

+ **Psalm 119:1-8**

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

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

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 Gill Pimm & Family & for the soul of Rod. 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

Through the gospel, the Lord Jesus calls us to share in his glory. Let us make our prayer with him to our heavenly Father.

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

We pray for all nations: that they may seek the way that leads to peace, that human rights and freedom may be everywhere respected, and that the world's resources may be generously shared.

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

We pray for the Church: that her leaders may be faithful ministers of your word, that all her members may be strong in faith and hope and that you may be recognized in the love she bears to all.

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

We pray for our families, and the community in which we live: that we may find you in them.

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

We pray for ourselves: that in the coming week we may serve others in our work, and find peace when we rest.

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

We pray for the faithful departed: that through your mercy they may rest in peace.

– *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

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

EUCHARIST

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

LENT IS FAST APPROACHING

Palms and Palm Crosses are needed to burn and make ashes for Ash Wednesday please get them to Fr Mel asap.

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 in St Andrew's