



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

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

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

+ Psalm 119:33-40

I shall keep your Law with all my heart.

I shall keep your 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 your 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 your Law with all my heart.

Turn my eyes from watching what is worthless;
give me life in your ways.

Fulfill your promise to your servant,
which you make to those who fear you.

I shall keep your 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 your 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.

THIS WEEK

MONDAY

12:15pm Eucharist in Inverness Cathedral

TUESDAY

10am-11am Fr Mel available for Confession in St Andrew's

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 & Intcessors

(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 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