

**SUNDAY**  
**8th March 2020**  
**LENT 2**  
**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  
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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).



### + First Reading : Genesis 12:1-4a

#### + Psalm 121

My help comes from the LORD.

I lift up my eyes to the hills; from where is my help to come? My help comes from the LORD, the maker of heaven and earth.

He will not let your foot be moved and he who watches over you will not fall asleep. Behold, he who keeps watch over Israel shall neither slumber nor sleep;

**My help comes from the LORD.**

The LORD himself watches over you; he LORD is your shade at your right hand, So that the sun shall not strike you by day, nor the moon by night.

**My help comes from the LORD.**

The LORD shall preserve you from all evil; it is he who shall keep you safe.

**My help comes from the LORD.**

The LORD shall watch over your going out and your coming in, from this time forth for evermore.

**My help comes from the LORD.**

### + Second Reading : Romans 4:1-5,13-17

#### Gradual Hymn / Alleluia

### + The Holy Gospel : Matthew 17:1-9

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 Congo : Archbishop Zacharie Masimango Katanda.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Jaime W, Rachael W, Sandra W, Bp Kevin, Dr John M, Fr Iain B, Valerie 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 St Margaret's, Aberlour. 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 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**

When the Lord Jesus was lifted up on the cross, he drew all things to himself. Let us glorify him in our prayer. *– Lord, draw everyone to yourself.*

Lord, may your cross light up the darkness of the world; may it lead everyone to you, the way, the truth and the life. *– Lord, draw everyone to yourself.*

Give the true and living water to all who thirst for you; let it well up to eternal life. *– Lord, draw everyone to yourself.*

Shed the light of your knowledge on scientists and artists; let their work make us all more open to the coming of your kingdom. *– Lord, draw everyone to yourself.*

Look on those who no longer walk with you because of scandal or sin; may they return to you and remain in your love. *– Lord, draw everyone to yourself.*

Grant our dead a place in heaven; let them share the happiness of Mary and the saints. *– Lord, draw everyone to yourself.*

*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.*

## MONDAY

9:45am : Fr Mel teaching a class re Bible in Fortrose Academy

12:15pm Eucharist in Inverness Cathedral

## TUESDAY

7:00pm : Eucharist in St Regulus'.

## WEDNESDAY

8:55am : Fr Mel teaching a class re Bible in Fortrose Academy

9:40am : Fr Mel teaching a class re Bible in Fortrose Academy

**PLEASE NOTE.....NO STUDY GROUP IN RECTORY THIS WEEK**

10am – 1pm : Charity Shop

7:00pm : LET'S TALK ABOUT PRAYER

## THURSDAY :

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

10:45am : Fr Mel teaching a class re Bible in Fortrose Academy

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

## NEXT SUNDAY - 15 MAR – THIRD SUNDAY in LENT

### EUCCHARIST

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

9:45am Eucharist in St John's

### Reserved Sacrament

9:45am in St Regulus'

### EVENSONG

4:30pm in St Andrew's

### Readers & Intercessors

(Ex 17:1-7 / Ps 95 / Rom 5:1-11 / Jn 4:5-42)

St J : Gill P / Hilary S / Ann D / Jackie M

St A : Ann B / Alison B / Joan D / Alison G

**FROM SUSANNA LESLIE** of St John's, Arpafeelie

We are getting organised again for the children's arts and lunch club which we have helped run at Inverness Cathedral over the school holidays. I'm looking for some help again.

For those of you who haven't been involved already, this is a 2 hour session provided free of charge to children of primary school age and their families. The children come for a 1 hour session of arts/music and then we provide a hot lunch for them. This has been started because we recognise that there are many families who rely on their children getting a hot meal once a day at school, and who struggle to feed their children over the school holidays.

As a church we have helped by providing meals in advance which can be reheated for the children, and by giving up 2 hours for a session to prepare and serve the food. We are always trying to find ways to increase the awareness and uptake of this amongst most deprived families. This time we will be running the whole club in the Kenneth Street Halls, as the Cathedral is funding the project, which will mean that we can see what is going on with the arts side of the project too. I'm looking forward to seeing what they get up to!

The club will run on Mondays, Wednesdays and Fridays during the Easter holidays ie March 30th, April 1st, 3rd, 6th, 8th and 10th., from 10.30-12.30.

As before, I am looking for meals for 8-10 people that can be warmed in the oven, soups, as well as offers of volunteering to serve the meals. To give you an idea, we have had pasta bakes, chicken pie, cottage pie, pizza before, but would be happy with anything that you are comfortable making that can be easily reheated. Sometimes the most surprising things have been extremely popular!

Please give me a phone (01463 731109/07935 345081) or email me (thorfinnleslie@hotmail.com) if you can help or if you just want to find out more about it.

Thanks again !

## **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 J

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 1<sup>st</sup> 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 Rector 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**

**WORLD DAY OF  
PRAYER**



**Friday, 6<sup>th</sup> March 2020**

Fortrose & Rosemarkie Churches

2pm at

Rosemarkie Church

Followed by tea and coffee

All welcome



*'Rise, take your mat  
and walk'*

Written by Christian women of Zimbabwe

**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

*Think not of the hopes that failed, but of the wishes that came true.*

*The answered prayer, the dream fulfilled, the cloudy sky that turned to blue.*

*Brood not on the disappointments, but remember on this day:*

*How God's love has been around you all the while and all the way.*

**THANK YOU** - Margaret Pern would like to thank all those who have kindly donated jam jars - she now has an abundance and requires no more.

For those who still have jam jars - new idea - fill them with 1 pence or 2 pence pieces - the treasurer will be delighted to receive them when full.



## 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 8th March - Lent 2**

**HYMNS**



**Diocesan Prayer Cycle -**

**Porvoo Cycle -**

**Notices**





# Church Rotas

## St Andrew's

### Readers & Intercessors

A Brough / A Balfour / A Gierus / H Ireland

### Sides-men

Iain Brown

### Servers

Terry / Joan / Heather

Heather & Alison

### Sacristan

Anne Balfour

### Flowers

### Teas

Helen Graham

### Cleaning

Ann McGhee

## St John's

# 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

<b>Monday Apr 6th</b>	“Mildred Pierce”
<b>Monday May 4th</b>	“The Lady from Shanghai”
<b>Monday Jun 1st</b>	“The Keys of The Kingdom”
<b>Monday July 6th</b>	“ Mutiny on the Bounty”

Come and enjoy a cuppa and the film in pleasant company!