

The Third Sunday in Lent

15 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).

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THE PROCLAMATION OF THE WORD

Readers & Intercessors

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

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

+ **First Reading : Exodus 17:1-7**

+ **Psalm 95**

Oh, that today

you would hearken to his voice!

Harden not your hearts!

Oh, that today

you would hearken to his voice!

Harden not your hearts!

Come, let us sing to the Lord;

let us shout for joy to the Rock of our salvation.

Let us come be-fore his presence

with thanksgiving

and raise a loud shout to him with psalms.

Oh, that today

you would hearken to his voice!

Harden not your hearts!

For the Lord is a great God,

and a great King above all gods.

In his hand are the caverns of the earth,

and the heights of the hills are his also.

The sea is his, for he made it, and his hands have molded the dry land.

Oh, that today

you would hearken to his voice!

Harden not your hearts!

Come, let us bow down, and bend the knee,

and kneel before the Lord our Maker.

For he is our God,

and we are the people of his pasture

and the sheep of his hand.

Oh, that today

you would hearken to his voice!

Harden not your hearts!

Harden not your hearts,

as your forebears did in the wilderness,

at Meribah, and on that day at Massah,

when they tempted me.

They put me to the test,

though they had seen my works.

Oh, that today

you would hearken to his voice!

Harden not your hearts!

+ **Second Reading : Romans 5:1-11**

Gradual Hymn / Alleluia

+ **The Holy Gospel : John 4:5-42**

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 Coronovirus, 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 England : Archbishop Justin Welby

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Rebekah C, Joshua C, Lisa C, Jackie F, Paul H, Ross J, Pauline J, 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 Holy Trinity, Elgin, Burghead Mission, St Margaret's, Lossiemouth. 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

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

12:15pm Eucharist in Inverness Cathedral

TUESDAY

3:30pm : Fr Mel with Cromarty kids

7:00pm : Eucharist in St Regulus'.

WEDNESDAY

10:00am : STUDY GROUP IN THE RECTORY (1 Corinthians) ALL WELCOME!

10am – 1pm : Charity Shop

3:30pm : Fr Mel with Fortrose kids

7:00pm : LET'S TALK ABOUT PRAYER

'It was something I read' – literature, poetry, newspapers – what starts you off?

At St Duthac's Centre, Arpafeelie

THURSDAY :

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

5:00pm : Fr Mel with kids from all over!

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

6:30pm : Teen Gathering in the rectory

SATURDAY

10am – 1pm : Charity Shop

**NEXT SUNDAY - 15 MARCH
LAETARE / MOTHERING SUNDAY
EUCHARIST**

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

(1 Sam 16:1-13 / Ps 23 / Eph 5:8-14 / Jn 9:1-41)

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

St A : Angus F / Alison G / Anna G / Dorothy W

FIFTH SUNDAY SERVICE

Sunday 29 March

11:00am in St Regulus', Cromarty

Eucharist with Baptism

Everybody thinks
i'm crazy.

They say, "You take that
JESUS thing too
SERIOUSLY."

Well I don't know, but Christ
took me pretty
SERIOUSLY when he
DIED for me
on the cross.

