

The Fifth Sunday in Lent

29 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, Arpafeelie + St Andrew's, Fortrose

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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

+ First Reading : Ezekiel 37:1-14

The hand of the LORD came upon me, and he brought me out by the spirit of the LORD and set me down in the middle of a valley; it was full of bones. He led me all around them; there were very many lying in the valley, and they were very dry. He said to me, "Mortal, can these bones live?" I answered, "O Lord GOD, you know." Then he said to me, "Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord GOD to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the LORD."

So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, "Prophecy to the breath, prophesy, mortal, and say to the breath: Thus says the Lord GOD: Come from the four winds, O breath, and breathe upon these slain, that they may live." I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude.

Then he said to me, "Mortal, these bones are the whole house of Israel. They say, 'Our bones are dried up, and our hope is lost; we are cut off completely.' Therefore prophesy, and say to them, Thus says the Lord GOD: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the LORD, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the LORD, have spoken and will act," says the LORD.

+ Psalm 130

1 Out of the depths have I called to you, O LORD; LORD, hear my voice; *

let your ears consider well the voice of my supplication.

2 If you, LORD, were to note what is done amiss, * O Lord, who could stand?

3 For there is forgiveness with you; * therefore you shall be feared.

4 I wait for the LORD; my soul waits for him; *
in his word is my hope.

5 My soul waits for the LORD,
more than watchmen for the morning, *
more than watchmen for the morning.

6 O Israel, wait for the LORD, *
for with the LORD there is mercy;

7 With him there is plenteous redemption, *
and he shall redeem Israel from all their sins.

+ **Second Reading : Romans 8:6-11**

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law-- indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Gradual Hymn / Alleluia

+ **The Holy Gospel : John 11:1-45**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, "Lord, he whom you love is ill." But when Jesus heard it, he said, "This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it." Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was.

Then after this he said to the disciples, "Let us go to Judea again." The disciples said to him, "Rabbi, the Jews were just now trying to stone you, and are you going there again?" Jesus answered, "Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them." After saying this, he told them, "Our friend Lazarus has fallen asleep, but I am going there to awaken him." The disciples said to him, "Lord, if he has fallen asleep, he will be all right." Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep.

Then Jesus told them plainly, "Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him." Thomas, who was called the Twin, said to his fellow disciples, "Let us also go, that we may die with him."

When Jesus arrived, he found that Lazarus had already been in the tomb four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, "Lord, if you had been here, my brother would not have died. But even now I know that God will give you whatever you ask of him." Jesus said to her, "Your brother will rise again." Martha said to him, "I know that he will rise again in the resurrection on the last day." Jesus said to her, "I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?" She said to him, "Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world."

When she had said this, she went back and called her sister Mary, and told her privately, "The Teacher is here and is calling for you." And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, "Lord, if you had been here, my brother would not have died." When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, "Where have you laid him?" They said to him, "Lord, come and see." Jesus began to weep. So the Jews said, "See how he loved him!" But some of them said, "Could not he who opened the eyes of the blind man have kept this man from dying?" Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, "Take away the stone." Martha, the sister of the dead man, said to him, "Lord, already there is a stench because he has been dead four days." Jesus said to her, "Did I not tell you that if you believed, you would see the glory of God?" So they took away the stone. And Jesus looked

upward and said, "Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me." When he had said this, he cried with a loud voice, "Lazarus, come out!" The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, "Unbind him, and let him go."

Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

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.

The Anglican Communion: A Prayer for Repentance

(By Bishop Moon Hing of Malaysia)

Almighty God, Father of our Lord Jesus Christ, Sovereign Lord of the universe, Creator of humankind, we, your unfaithful children, are truly sorry for our sins and the lives that we have lived. We sincerely believe and confess in our hearts that only through the precious blood of our Lord Jesus Christ on the cross at Calvary, can we obtain your forgiveness.

We repent that: in thought, word or deed, we have committed serious offences against you and our neighbours. In laziness, despair and lust for power, we have provoked hatred, division and hurt within our communities. In greed, deceit and indifference, we have caused serious damage, unnecessary conflict and aggravated destruction to our refugee and migrant brothers and sisters. In selfishness, insensitivity and bias, we have encouraged and emboldened those who inflict hurt, pain and sorrow on our loved ones and families.

In the name of religion, doctrine and even of Christ himself, we have wounded believers and pursuers of holiness and faith.

In stubbornness, pride and arrogance, we have caused division and strife within your church and among your children.

Mercifully send Your Holy Spirit, the Spirit of order and comfort, and cleanse us from all unrighteousness; restore in us true faith in Christ which brings truth, peace and harmony; and help us to walk together with our brothers and sisters in the peace of our Lord Jesus Christ, to the glory of your name. Amen.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For David T, Jaime W, Rachael W, Sandra W, Bp Kevin, Dr John, Fr Ian, 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 John's, Rothiemurchus & St Columba's, Grantown on Spey. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For one another as we live through this hard time. For the good health and safety of all. 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.*

Be present with those who are suffering with the Coronavirus and with those who are anxious and fearful of it. Let them know your peace.

– *Lord, have mercy on your people.*

Bless and uphold all NHS workers, emergency services, shop workers, lorry, bus & train drivers.

Guide, guard and protect them in their striving to bring healing and fulfil the needs of your people.

– *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.

THE BISHOP'S LENTEN APPEAL



Bishop Mark has indicated that funds raised over this Lent will be sent in support of **Inverness Street Pastors**...a most worthy cause that

touches the lives of many in our Highland Capital! Please give generously!

LET US UNITE IN PRAYER FROM OUR HOMES

Dear All,

The Coronavirus continues to cause worry and concern and things are changing daily.

I must say how touched I have been by the kindness and generosity of so many. I have had 7 teens from the Academy ring me to say they have access to cars and are prepared to pick up and delivery groceries, food, etc...and to keep them in mind to do so!

As you will have heard, our churches must now be kept locked up. The Bishops were concerned that we were tempting people out at their possible risk so this will discourage people from making their way out to spend time in pray in our churches. Sad indeed, but, from the number of votive candles that were being lit in St Andrew's, a good many were venturing in so, perhaps it is the best decision.

A dear priest friend (Fr John Melnick OSA from Nova Scotia) shared this and I think it worth sharing with you :

“In the 11th century, the Caliph Al-Hakim decreed the closure of all Churches in Egypt for nine years. It was a time of distress for all Copts. One day, the Caliph was walking through the streets where Copts resided and he heard their voices praising and praying in each Coptic house. Then he said, “Open their

churches and let them pray as they please. I wished to close a Church in every street. But today I discovered that when I made this decree, a church was opened in each home.””

It would be wonderful if we could make this so during this time of challenge and difficulty.

FOODBANK & CHILDREN'S MEAL PROGRAMME

With the closing of the churches, they can't be used as collection points for the above. I have put a note on St Andrew's door that things can be left at the Rectory. There are labelled two bins on my front step...and the Foodbank one is already quite full! More info will be coming from Susanna re the feeding programme...but aluminium trays are available on my step as well...though lids are not yet with them!

KEEP PRAYING!

I share, once again, information re how to join with me in prayer each day during this time...

If you have a tablet, computer or smart phone you are able to join me. The Offices are found at :

universalis.com

Look up Office of Readings, Morning Prayer etc on the site....and even the daily Eucharist readings.

I will be offering these prayers at:

7am : Invitatory & Office of Readings

9:am : Morning Prayer

10am : Eucharist

6pm : Evening Prayer

10pm : Night Prayer aka Compline

It is part of my duty as a priest to pray the Office and to offer the Mass for you....so that will not cease! Please join me, if you can, from your homes for even one of those prayer times.

Also, the Sunday Readings will be included, like today, in the emailed Newsletter.

PLEASE, let us all do what we can to be safe and sound....**BUT**, let us also do all we can to support and encourage one another.

IN THE MIDST OF THE CURRENT CRISIS

Let's not forget to love and take care of one another.

We are a community...a good one...

Let loving kindness and generosity

be our rule...as always!!!

If you need anything or just a friendly voice, ring me at 01381 622 241 (or 07780 512 990)...and I will do my utmost!

PRAYERS in the MIDST of PANDEMIC

God of Love, we turn to you with prayerful hearts and with confidence in your loving presence among us now and in every moment of our lives. We stand before you as a people of hope, trusting in your care and protection. May we be comforted by your love in these anxious times.

Generous and Merciful God, fill us with compassion and concern for others, young and old; that we may look after each other in these challenging times, especially those among us who are vulnerable. May your example give us the courage we need to go to the margins, wherever they may be. Heal us of our fear.

Healing God, bring healing to those who are sick with the Coronavirus and be with their families and neighbours. We pray especially for those who are isolated, that they may know your love. Stay by our side in this time of uncertainty and sorrow.

God of Strength, accompany all those who serve us with such love and generosity in the medical profession and in all our healthcare facilities... NHS workers, emergency services, shop workers, bus & train drivers. All the folk keeping our infrastructure together. We give thanks for their continued work in the service of people. We ask you to bless them, strengthen them and guide them with your abundant goodness.

God of Wisdom, we ask you to guide the leaders in healthcare and governance; that they may make the right decisions for the wellbeing of people.

O God of creation and God of life, we, your people here in the Black Isle, throughout the Highlands, Scotland, the UK and the world, place ourselves in your protection and love. May your peace be with us and enfold us today, tomorrow and during the time ahead. We make our prayer through the intercession of Mary our Mother, and all the saints.

St Joseph, pray for us.

St Andrew, pray for us.

St Peter & St Boniface, pray for us.

St Moluag & St Kessog, pray for us.

May all the saints of God, pray for us, Amen!

PRAYER FOR A PANDEMIC

May we who are merely inconvenienced remember those whose lives are at stake.

May we who have no risk factors remember those most vulnerable.

May we who have the luxury of working from home remember those who must choose between preserving their health or making their rent.

May we who have the flexibility to care for our children when their schools close remember those who have no options.

May we who have to cancel our trips remember those that have no place to go.

May we who are losing our margin money in the tumult of the economic market remember those who have no margin at all.

May we who settle in for a quarantine at home remember those who have no home.

During this time when we cannot physically wrap our arms around each other, let us yet find ways to be the loving embrace of God to our neighbours.

As fear grips so many around us, let us always choose love.

Amen.

A PRAYER IN THE MIDST OF PANDEMIC

Jesus Christ, you travelled through towns and villages "curing every disease and illness." At your command, the sick were made well. Come to our aid now, in the midst of the global spread of the coronavirus, that we may experience your healing love.

Heal those who are sick with the virus. May they regain their strength and health through quality medical care.

Heal us from our fear, which prevents nations from working together and neighbours from helping one another.

Heal us from our pride, which can make us claim invulnerability to a disease that knows no borders. Jesus Christ, healer of all, stay by our side in this time of uncertainty and sorrow.

Be with those who have died from the virus. May they be at rest with you in your eternal peace.

Be with the families of those who are sick or have died. As they worry and grieve, defend them from illness and despair. May they know your peace.

Be with the doctors, nurses, researchers and all medical professionals who seek to heal and help those affected and who put themselves at risk in the process. May they know your protection and peace.

Be with the leaders of all nations. Give them the foresight to act with charity and true concern for the well-being of the people they are meant to

serve. Give them the wisdom to invest in long-term solutions that will help prepare for or prevent future outbreaks. May they know your peace, as they work together to achieve it on earth.

Whether we are home or abroad, surrounded by many people suffering from this illness or only a few, Jesus Christ, stay with us as we endure and mourn, persist and prepare. In place of our anxiety, give us your peace.

Jesus Christ, heal us. Amen

IN THE MIDST OF CONFUSION

God our Father, Creator of the world, almighty and merciful, out of love for us

You sent your Son into the world as the doctor of our souls and our bodies, look upon your children who, in this difficult time of confusion and dismay in many regions of Europe and the world, turn to you seeking strength, salvation and relief, deliver us from illness and fear, heal our sick, comfort their families, give wisdom to our rulers, energy and reward to our doctors, nurses and volunteers, eternal life to the dead. Do not abandon us in the moment of trial but deliver us from all evil.

We ask this of Thee, who with the Son and the Holy Spirit, live and reign for ever and ever. Amen.

FOR HEALING AND PROTECTION

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ; give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous; and all for your love's sake. Amen.

FROM SAINT PATRICK'S BREASTPLATE

Christ with me,
Christ before me,
Christ behind me,
Christ in me,
Christ beneath me,
Christ above me,
Christ on my right,
Christ on my left,
Christ when I lie down,
Christ when I sit down,
Christ when I arise,
Christ in the heart of everyone who thinks of me,
Christ in the mouth of everyone
who speaks of me,
Christ in every eye that sees me,
Christ in every ear that hears me.

POPE FRANCIS' PRAYER TO MARY DURING THE CORONAVIRUS PANDEMIC

O Mary, you always shine on our path as a sign of salvation and of hope.

We entrust ourselves to you, Health of the Sick, who at the cross took part in Jesus' pain, keeping your faith firm.

You, Salvation of the Roman People, know what we need, and we are sure you will provide so that, as in Cana of Galilee, we may return to joy and to feasting after this time of trial.

Help us, Mother of Divine Love, to conform to the will of the Father and to do as we are told by Jesus, who has taken upon himself our sufferings and carried our sorrows to lead us, through the cross, to the joy of the resurrection. Amen.

Under your protection, we seek refuge, Holy Mother of God. Do not disdain the entreaties of we who are in trial, but deliver us from every danger, O glorious and blessed Virgin.

Memorare

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to your protection, implored your help, or sought your intercession was left unaided.

Inspired with this confidence, I fly to you, O Virgin of virgins, my Mother. To you I come, before you I stand, sinful and sorrowful.

O Mother of the Word Incarnate, despise not my petitions, but in your mercy, hear and answer. Amen.

FOR QUIET CONFIDENCE

O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of thy Spirit lift us, we pray thee, to thy presence, where we may be still and know that thou art God; through Jesus Christ our Lord. Amen.