

# Second Sunday in Lent

8 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

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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 : Alan D / Susanna L / Donald G / Bridie G

St A : Alison B / Ann B / Anna G / Heather I

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

+ **Psalm 121**

My help comes from the LORD.

**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.

**My help comes from the LORD.**

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;  
the 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**

## 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. 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.*

### THIS WEEK

#### 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  
The Prayer of Silence – a safe space  
At 14 Bayview Crescent, Cromarty**

#### 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  
EUCHARIST**

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 & Intcessors**

(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 : Alison B / Ann B / Anna G / Heather I

#### 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 !