

FOURTH SUNDAY of EASTER

3 May 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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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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**ALLELUIA! CHRIST IS RISEN!
HE IS RISEN INDEED! ALLELUIA!**

THE PROCLAMATION OF THE WORD

Collect

O God of peace, who brought again from the dead our Lord Jesus Christ, that great shepherd of the sheep, by the blood of the eternal covenant, make us perfect in every good work to do your will, and work in us that which is well-pleasing in your sight; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : Acts 2:42-47

Those who had been baptized devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

+ Psalm 23

I shall fear no evil;
for you are with me! Alleluia!

**I shall fear no evil;
for you are with me! Alleluia!**

The Lord is my shepherd;
I shall not be in want.
He makes me lie down in green pastures
and leads me beside still waters.

**I shall fear no evil;
for you are with me! Alleluia!**

He revives my soul and guides me
along right pathways for his Name's sake.
Though I walk through the valley
of the shadow of death,

**I shall fear no evil;
for you are with me! Alleluia!**

your rod and your staff, they comfort me.
You spread a table before me
in the presence of those who trouble me;
you have anointed my head with oil,
and my cup is running over.

**I shall fear no evil;
for you are with me! Alleluia!**

Surely your goodness and mercy
shall follow me all the days of my life,
and I will dwell in the house of the Lord for ever.

I shall fear no evil;

for you are with me! Alleluia!

+ Second Reading : 1 Peter 2:19-25

It is a credit to you if, being aware of God, you endure pain while suffering unjustly. If you endure when you are beaten for doing wrong, what credit is that? But if you endure when you do right and suffer for it, you have God's approval. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps.

“He committed no sin,
and no deceit was found in his mouth.”

When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

Gradual Hymn

+ The Holy Gospel : John 10:1-10

Jesus said, “Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. They will not follow a stranger, but they will run from him because they do not know the voice of strangers.” Jesus used this figure of speech with them, but they did not understand what he was saying to them.

So again Jesus said to them, “Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.”

PRAYER REQUESTS

For hearts overflowing with Easter grace. 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 Covid 19, for all our healthcare workers, for all working for a cure, for

all shop workers, lorry drivers, all we are depending on for our safety, health and protection 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 & brothers of the Nippon Sei Ko Kai (our Church in Japan) : Archbishop Nathaniel Makoto Uematsu.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Pauline J, Claire N, Colin P, Lesley P, Roberta R, Louise S, Philip S, 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 Peter & Holy Rood, Thurso & St John's, Wick. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY

FAMILY & FRIENDS

Pray for all whose weddings and baptisms have had to be postponed. For one another as we live through this challenging time...especially those who are experiencing a profound loneliness. 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

Let us pray to Christ, the way, the truth and the life.

– *Son of the living God, bless your people.*

We pray for all the ministers of your Church: may they be nourished and sustained as they break for their sisters and brothers the bread of life.

– *Son of the living God, bless your people.*

We pray for the whole Christian people: may they be faithful to their calling and hold fast in bonds of peace the unity of the spirit.

– *Son of the living God, bless your people.*

We pray for those who govern our country that they may exercise their office with justice and compassion;

help them to promote the peace of the world.
 – *Son of the living God, bless your people.*
 Make us worthy to adore you in the communion of
 saints; grant eternal joy to the faithful departed,
 whom we entrust to your care.
 – *Son of the living God, bless 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



**Peter has reported that
 this year's Appeal has
 raised just shy of £500 for
 our Street Pastors!!!!
 If you have not already**

**turned in your donations, please do!!!
 THANK YOU TO ALL WHO GAVE SO
 GENEROUSLY!**

**LET US UNITE IN PRAYER
 FROM OUR HOMES**

Dear All,

Alleluia! Christ is Risen!

Today we reach Good Shepherd Sunday!

The image of that Shepherd touches the hearts of so very many of us – as well it should! St Andrew's, alone, has three images of said Shepherd! As we live our through this weird, challenging time, it is good for us to remember that Jesus is the Good Shepherd...who is prepared to lay down his live for the sheep...who is prepared to search and search until he has found the one that was lost...who gives them life in all its fullness. It is good to remember that he “valley of the shadow of death” is a place of passage and not a place where we spend eternity. Jesus leads us through it...his “rod and staff” giving us comfort and strength. We are never alone. We are not alone. He is with

us – every step of the way and so we pray, giving thanks, in the words of today's Psalm refrain:

**I shall fear no evil;
 for you are with me! Alleluia!**

VE DAY – 75th Anniversary of the end of another horrible time. It was at 3pm on 8th May 1945 that British Prime Minister Winston Churchill announced that the war in Europe was over. Can we all make a point of spending some quiet time in prayer at 3pm on the 8th? Pray...remembering all who died...those whose lives were never the same...for peace throughout the world. I will be piping the Lament and When the Battle's O'er at that time in the Rectory Garden.

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**A WEE ACT OF REMEMBRANCE
 FOR VE DAY 2020**

In the name of the Father, (+) and of the Son,
 and of the Holy Spirit.

Amen.

Alleluia! Christ is risen!

He is risen indeed! Alleluia!

Opening Prayer

Almighty and eternal God, from whose love in Christ we cannot be parted, either by death or life: Hear our prayers and thanksgivings for all whom we remember this day; fulfil in them the purpose of your love; and bring us all, with them, to your eternal joy; through Jesus Christ our Lord **Amen.**

A Reading: Isaiah 2:2-5

In days to come
 the mountain of the Lord's house
 shall be established
 as the highest of the mountains,
 and shall be raised above the hills;
 all the nations shall stream to it.

Many peoples shall come and say,
'Come, let us go up to the mountain of the Lord,
to the house of the God of Jacob;
that he may teach us his ways
and that we may walk in his paths.'

For out of Zion shall go forth instruction,
and the word of the Lord from Jerusalem.
He shall judge between the nations,
and shall arbitrate for many peoples;
they shall beat their swords into ploughshares,
and their spears into pruning-hooks;
nation shall not lift up sword against nation,
neither shall they learn war any more.

O house of Jacob,
come, let us walk
in the light of the Lord!

Silence for Reflection

Act of Remembrance

They shall grow not old
as we that are left grow old:
Age shall not weary them,
nor the years condemn.
At the going down of the sun
and in the morning
We will remember them.

We will remember them.

2 Minute Silence

When you go home tell them of us and say:
'For your tomorrow, we gave our today.'

Prayers

In peace, let us pray to the Lord.

Bring healing and wholeness to people and
nations: let your mercy rule all that we do.
Lord, hear us.

Lord, graciously hear us.

Be with all who defend your truth and your peace,
that we may vanquish injustice and wrong.
Lord, hear us.

Lord, graciously hear us.

Give wisdom to the leaders of the world,
that they may be a force for good on the Earth.
Lord, hear us.

Lord, graciously hear us.

In your wisdom embrace our enemies,
and those who wish us harm:
turn the hearts of all to kindness and friendship.
Lord, hear us.

Lord, graciously hear us.

Be with all medics and chaplains,
and all who support the suffering:
give them wisdom and skill, sympathy and
patience.

Lord, hear us.

Lord, graciously hear us.

Sustain the anxious and fearful,
and renew them with courage from on high.
Lord, hear us.

Lord, graciously hear us.

Comfort all worried families, whose loved ones
are in danger: surround them with your love,
protect them from all harm.
Lord, hear us.

Lord, graciously hear us.

Be with the sick and wounded,
stand by all prisoners and captives:
let your mercy be shown to all, and your power to
heal and save.
Lord, hear us.

Lord, graciously hear us.

Receive all who have died because of mankind's
inhumanity and give them eternal peace.
Surround their loved ones with compassion,
and give them a patient faith.
Lord, hear us.

Lord, graciously hear us.

Confirm what is founded on truth,
and establish your love in our hearts;
that justice may abound on the Earth,
and all peoples rejoice in your peace.
Lord, hear us.

Lord, graciously hear us.

And/or this ancient prayer...

God of love, whose compassion never fails;
we bring before you
the griefs and perils of peoples and nations;
the necessities of the homeless;
the helplessness of the aged and weak;
the sighings of prisoners;
the pains of the sick and injured;
the sorrow of the bereaved.

Comfort and relieve them, O merciful Father,
according to their needs;
for the sake of your Son,
our Saviour Jesus Christ.

(Prayer of St Anselm)

Amen.

The Lord's Prayer

Our Commitment

Let us pledge ourselves anew
to the service of God and humanity:
that we may help, encourage, and comfort others,
and support those working
for the relief of the needy
and for the peace and welfare of the nations.

Lord God our Father,
we pledge ourselves
to serve you and all your peoples,
in the cause of peace,
for the relief of want and suffering,
and for the praise of your name.
Guide us by your Spirit;
give us wisdom;
give us courage;
give us hope;
and keep us faithful
now and always.

Amen.

The Lord bless (+) us, protect us from all evil
and keep us in eternal life.

Amen.

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RE DAILY PRAYER...

FACEBOOK : many have been joining me daily
as I stream the Morning and Evening Offices live
on Facebook from my home...I think we have to
be friends in FB for you to access that but I will
certainly welcome you!

ALSO:

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

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!**

SOME HELPFUL PRAYERS...

PRAY FOR THE NEW CORONAVIRUS TO STOP SPREADING.

*Almighty God, we know that everything is in Your
sovereign control. We ask that You keep this new
coronavirus from continuing to spread. Give
government officials the ability to safely handle
people arriving from other countries. Help people
decide to stay home instead of travelling or going
out needlessly. Holy Spirit, remind people to wash
their hands properly. And while it may be
heartbreaking, comfort families as they decide to
keep their distance from elderly or other high-risk
family members. In Jesus' Name. Amen.*

God is our refuge and strength, an ever-present
help in trouble. Therefore, we will not fear, though
the earth give way and the mountains fall into the
heart of the sea ...—*Psalm 46:1-2 (NIV)*

PRAY FOR PEOPLE WHO ARE INFECTED WITH COVID-19 OR FACING QUARANTINE.

*Jesus, during Your ministry on Earth You showed
Your power and caring by healing people of all
ages and stations of life from physical, mental,
and spiritual ailments. Be present now to people
who need Your loving touch because of COVID-
19. May they feel Your power of healing through
the care of doctors and nurses.*

*Take away the fear, anxiety, and feelings of
isolation from people receiving treatment or under
quarantine. Give them a sense of purpose in
pursuing health and protecting others from
exposure to the disease. Protect their families and
friends and bring peace to all who love them. In
Jesus' Name. Amen.*

Do not be anxious about anything, but in every
situation, by prayer and petition, with

thanksgiving, present your requests to God.—

Philippians 4:6 (NIV)

PRAY FOR PROTECTION FOR PEOPLE AT HIGHER RISK OF DEVELOPING THE DISEASE.

Dear Lord, we lift to You our concern for people who are more likely than others to become severely ill from COVID-19 — the elderly and people with chronic health conditions. Protect them from harm and be their comfort in this time of uncertainty and, for many, preventive isolation from loved ones. In Jesus' Name. Amen.

Cast all your anxiety on him because he cares for you.—1 Peter 5:7 (NIV)

PRAY FOR MEDICAL PROFESSIONALS, CAREGIVERS, FIRST RESPONDERS, & RESEARCHERS RESPONSIBLE FOR FIGHTING THE NEW CORONAVIRUS.

God, as more people get sick, healthcare workers and first responders are working longer hours with fewer supplies and with more risk of contracting the new coronavirus themselves. Renew their energy and sustain them on long shifts. Surround them with Your protection as they work with patients. Multiply their supplies so they have the protective items needed to stay safe on the job.

Inspire and invigorate the research doctors developing better tests to diagnose the virus, create vaccines to prevent it, and identify protocols to eliminate the disease's spread. In Jesus' Name. Amen.

Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.—Psalm 23:4 (NIV)

PRAY FOR LEADERS RESPONSIBLE FOR MAKING DECISIONS ABOUT THE NEW CORONAVIRUS.

Father, we seek Your wisdom daily. Be with people making decisions that affect the lives and futures of our families, communities, countries, and the wider world. We pray that they communicate clearly, truthfully, and calmly — with each other and with the public — and that their messages are received and heeded. May truth and empathy be the touchstones of people setting policies for our protection. In Jesus' Name. Amen.

He has delivered us from such a deadly peril, and he will deliver us again. On him we have set our hope that he will continue to deliver us, as you help us by your prayers ...—2 Corinthians 1:10-11 (NIV)

PRAY FOR FAMILIES ADJUSTING TO NEW WAYS OF LIFE.

Holy Spirit, as families adjust to everyone being home as businesses and schools close, we ask that You guide people in their new realities. Protect all from harm. Give spouses grace for each other.

Prompt worn-out parents to speak words of kindness and encouragement to their children.

Help children find creative ways to experience the beauty of all You have created and continue learning. In Jesus' Name. Amen.

Have mercy on me, my God, have mercy on me, for in you I take refuge. I will take refuge in the shadow of your wings until the disaster has passed.—Psalm 57:1 (NIV)

PRAY FOR BUSINESS OWNERS AND FAMILIES FACING FINANCIAL STRESS.

Jesus, we thank You for Your faithfulness in how you have guided and equipped people in their jobs and have provided in the past. It can be scary and overwhelming not knowing how bills and obligations will be met or to not be able to provide for families. As people feel financial strain during the uncertainty, bring them comfort and peace, reminding them that You are there for them.

Provide for them in their times of need. In Jesus' Name. Amen.

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.—John 14:27 (NIV)

PRAY FOR SHOP WORKERS, DELIVERY DRIVERS, POSTIES, BIN COLLECTORS & THE GREAT MANY OTHERS WE DEPEND ON...

Lord, we are so grateful for all the people who continue to work each day so that people are able to eat. We ask that You bless and protect them as they serve. Give them grace to handle disgruntled customers during supplies shortages. Keep their bodies healthy as they unload and stock boxes of supplies. Keep their cars and trucks running smoothly as they deliver needed supplies and food people have ordered online. And please protect them all from contracting the new coronavirus. In Jesus' Name. Amen.

Because of the LORD's great love we are not consumed, for his compassions never fail. They are new every morning; great is your faithfulness.—Lamentations 3:22-23 (NIV)