

SUNDAY
10th May 2020
Easter 5
Charity Number
SC010781

The Scottish Episcopal Church

St John's, Arpafeelie: 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
Fortrose, Ross-shire, Scotland IV10 8TJ
Phone: 01381 622241 Email: mel@sagart.me.uk



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).



THE PROCLAMATION OF THE WORD

Collect

Almighty God, your Son Jesus Christ is the way, the truth, and the life. Give us grace to love one another and walk in the way of his commandments, who lives and reigns with you and the Holy Spirit, one God, now and for ever. Amen.

+ First Reading : Acts 7:55-60

Filled with the Holy Spirit, Stephen gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. "Look," he said, "I see the heavens opened and the Son of Man standing at the right hand of God!" But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, "Lord Jesus, receive my spirit." Then he knelt down and cried out in a loud voice, "Lord, do not hold this sin against them." When he had said this, he died.

THE PROCLAMATION OF THE WORD - cont.

+ 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 2:2-10

Like new born infants, long for the pure, spiritual milk, so that by it you may grow into salvation— if indeed you have tasted that the Lord is good.

Come to him, a living stone, though rejected by mortals yet chosen and precious in God's sight, and like living stones, let yourselves be built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. For it stands in scripture: "See, I am laying in Zion a stone, a cornerstone chosen and precious; and whoever believes in him will not be put to shame."

To you then who believe, he is precious; but for those who do not believe, "The stone that the builders rejected has become the very head of the corner", and "A stone that makes them stumble, and a rock that makes them fall."

They stumble because they disobey the word, as they were destined to do.

But you are a chosen race, a royal priesthood, a holy nation, God's own people, in order that you may proclaim the mighty acts of him who called you out of darkness into his marvellous light.

Once you were not a people, but now you are God's people; once you had not received mercy, but now you have received mercy.

+ The Holy Gospel : John 14:1-14

Jesus said, “Do not let your hearts be troubled. Believe in God, believe also in me. In my Father’s house there are many dwelling places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.” Thomas said to him, “Lord, we do not know where you are going. How can we know the way?” Jesus said to him, “I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.”

Philip said to him, “Lord, show us the Father, and we will be satisfied.” Jesus said to him, “Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, ‘Show us the Father’? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.”

THE BISHOP’S LENTEN APPEAL



Peter has reported that this year’s Appeal has raised £545 for our Street Pastors.

Peter is forwarding to our Diocesan Treasurer.

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 Church in Kenya : Archbishop Jackson Ole Sapit.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Janet S, David T, Jaime W, Rachael W, Sandra W, Dr John S, Fr Ian B, 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 Paul's, Strathnairn. 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 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, who was raised up by the Holy Spirit in his living and life-giving body.

– Lord, renew the whole of your creation.

Christ, Saviour of the world, king of the new creation, you are enthroned at God's right hand; set our hearts on the things that are of heaven. *– Lord, renew the whole of your creation.*

Lord, you are living always in your Church: lead her through the Holy Spirit into the fullness of your truth.

– Lord, renew the whole of your creation.

Have pity on the sick, the distressed and the dying; strengthen, comfort and sustain them.

– Lord, renew the whole of your creation.

Christ, unfailing light, accept our devotion at the close of this day; shed the radiance of your glory on the faithful departed.

– Lord, renew the whole of your creation.

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.

LET US UNITE IN PRAYER FROM OUR HOMES

Dear All,

Alleluia! Christ is Risen!

Like Gaudete Sunday in Advent and Laetare/ Mothering Sunday in Lent, last Sunday, Good Shepherd Sunday was the pivotal Sunday of the Easter Season. We move on from recalling our Lord's Resurrection appearances to reflecting on what his Resurrection means in our own lives.

Last week we considered our Lord as the Good Shepherd and his promises of Life in all its Fullness.

This week we begin to point to his Ascension and his call to us to BE the Church...and the promise that we would go on to do even greater things than he was doing! Like myself, I am sure we are all missing gathering in our beautiful buildings...but we must remember that is all they are and not mistake them for being our church. Glorious though they are, they were simply built to house the Church which is you and me. And, even in lockdown, we are the Church. Even meeting in weird and wonderful ways via live-streaming, facebooking, etc....we are still the Church. We long to gather again and, I am sure, we will do so soon...when the risk of infection has clearly passed...but, hopefully those leading us will make sure we will all be safe. When that time comes, your ribs may well be at risk: I am missing my hugs and I might just squeeze too tight!!!! Hahaha!

But, until then, don't think otherwise –

**WE ARE THE CHURCH AND THE CHURCH IS STILL PRAYING
AND SERVING AND ENCOURAGING EACH OTHER AND ALL IN NEED!**

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:

7 am : Invitatory & Office of Readings

9 am : Morning Prayer (Facebook Live Stream)

6 pm : Evening Prayer (Facebook Live Stream)

10 pm : Night Prayer aka Compline

7 pm Eucharist on Tuesdays (Facebook Messenger)

10 am Eucharist on Thursdays (Facebook Messenger)

10 am Eucharist on Sundays (Facebook livestream and emailed link to all)

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 - 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...

From our SEC Liturgy Committee...

Intercessions for use during the pandemic

Words in italics are suggestions, to be used, adapted, or added to, as necessary.

We pray to the LORD, to the God who is our shelter and strength, always ready to help in times of trouble.

We pray for our communities:

for the elderly, confined to their homes and separated from family and support; for children, removed from school; for those who have lost their source of income; for those who fear for their home; for those who have no home; for those offering extraordinary, everyday kindness; for ...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, you are in the midst of us: help us in our time of trouble.

We pray for the young and those in education:

for those anxious about examinations, a place at university, or employment; for those worried about loved ones and friends; for those concerned about their own health; for...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, you are our refuge and strength: let us not be afraid, even though the world is changed.

We pray for key workers:

for all medical staff and hospital workers, who go to work knowing the risks they face; for medical researchers, seeking ways to prevent and to cure; for social workers, protecting the vulnerable; for care workers, providing contact and support to those who have no other help; for teachers, worrying about their charges; for farmers, delivery and shop workers, keeping the nation provisioned; for cleaners, fighting the spread of infection; for...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, be with us in our time of need: help us to do what has been asked of us, and give us grace to help others do what has been asked of them.

We pray for the world:

for the leaders of the nations and their governments; for areas most besieged by the pandemic; for broken places where healthcare and resources are scarce, and the pandemic brings further suffering; for...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, may the nations hear your voice: and know that you are God, supreme among the nations, supreme over all the world. We pray for those who are sick:

for those afflicted with coronavirus; for those with other illnesses and conditions which leave them vulnerable; for those with poor mental health; for all who suffer; remembering especially ...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, we trust in you, because your love is constant: bring us comfort and healing, for you are always willing to save.

We pray for the Church:

for our fellow members in the body of Christ throughout the world; for the Scottish Episcopal Church; for Mark, our bishop, the College of bishops, the clergy, lay ministers, and all the people in their care; for our hospital and hospice chaplains; for all who minister to the sick and the dying; for...

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, you are in the midst of us: keep us fearless in proclaiming your Word and works, and make us to be lights in the darkness.

We pray for those who have died:

for those taken suddenly; for those taken unexpectedly; for the families they leave behind; for their friends; for those who have died alone; for ... ; and for those who have no one to remember them.

Silent prayer

The LORD of hosts is with us. **The God of Jacob is our refuge.**

Lord, may those who have waited for you and hoped in your word know your steadfast love face to face.

We offer up our hopes and fears, our joys and sorrows to God, our refuge and strength.

Lord, listen to our prayers, and hear the voice of our supplications, as we, who trust in your word, eagerly await your help: for you are the God of our salvation. This we ask through your Son, our Saviour, Jesus Christ. **Amen.**

SOME PRAYERS

FOR USE DURING THE PANDEMIC

God of all mercy and compassion, life and death are in your hands. Hear our prayers in this time of illness and infection, of isolation, fear, and uncertainty: for the sick, and those weighed down by pain, distress, loneliness, and anxiety; for all who care for them, conscious of the risks they bear; and for those who have responsibility for public health and social order.

Hear the cry of the afflicted and let them be comforted, so that all who suffer may come to know that they are joined to the sufferings of Christ, who gave his life for the salvation of the world; and by your blessing on them and those who care for them, may they be restored, according to your will, to soundness of body and mind, and offer you joyful thanks in your church. Through Jesus Christ, your Son, our Lord, who lives and reigns with you in the unity of the Holy Spirit, God for ever and ever.

God of our Salvation, you have ordained that we should serve you in serving one another. Look upon this nation, burdened at this time with many cares and anxieties, with infection, sickness, and untimely death.

Grant us grace to work together, with honest and faithful hearts, each caring for the good of all; that, striving first for your kingdom and its righteousness, we may have added to us all things that we need for our daily sustenance and the common good. Through Jesus Christ, our Lord. (Based on a prayer of Geoffrey Fisher)

O God, whose love we cannot measure, nor even number thy blessings: we bless and praise thee for all thy goodness, who in our weakness art our strength, in our darkness, light, in our sorrows, comfort and peace, and from everlasting to everlasting art our God, Father, Son, and Holy Spirit, world without end.

(Supplement to the Indian Book of Common Prayer)

The doors of the house where the disciples had met were locked (John 20. 19)

Ever-present God, be with us in our isolation, be close to us in our distancing, be healing in our sickness, be joy in our sadness, be light in our darkness, be wisdom in our confusion, be all that is familiar when all is unfamiliar, that when the doors reopen we may with the zeal of Pentecost inhabit our communities and speak of your goodness to an emerging world. For Jesus' sake.

(A prayer by Andrew Nunn, Dean of Southwark)

Dear Friends

A rota is being created of people who would be willing to prepare the intercessory prayers to be shared by Father Mel when he offers Eucharist on Sunday mornings. It would be wonderful to have contributions from members of all three congregations, and it would be an opportunity for those who don't regularly lead the Prayers of the People to join in this work.

Please let Father Mel know if you would be happy to be included and we will create the rota over the next week or so.

SUNDAY CLUB

As you know there was no Sunday Club in St Regulus last weekend and regrettably our next gathering on 31 May will also not go ahead - still we very much hope that there will be a chance to have summer fete at some point, open air and with social distancing in place.

We are keen to get our wee group back up and running as soon as government guidelines allow. Hopefully we can restart our monthly meetings after the Summer hols on 30 August and of course we will review the situation nearer the time.

Gillian reminded us to mention that there are now 'Try Praying' booklets (for children and teenage kids) available outside St Regulus, have a look if you pass the church on your daily outing.

Keep looking after yourselves (and others) and see you all soon

Carsten Flieger

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

**SATURDAY COFFEE MORNINGS AND CHARITY SHOP
BOTH CANCELLED UNTIL FURTHER NOTICE**

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 7th May—Easter 5

SERVICE CANCELLED

HYMNS



Diocesan Prayer Cycle -

Porvoo Cycle -

Notices

Church Rotas

St Andrew's

Readers & Intercessors

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

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

Monday May 4th “The Lady from Shanghai”

Monday Jun 1st “The Keys of The Kingdom”

Monday July 6th “ Mutiny on the Bounty”

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

As a consequence of the ongoing Coronavirus, the Film Club activities are suspended until further notice

I have applied on behalf of the three churches in the Black Isle Charge for a £1000 award. To be successful, we need nominations - Your nomination really counts; £1,000 could make a big difference to the work we do in the Black Isle Charge. That's why we'd be really grateful if you could nominate us in the Ecclesiastical Movement for Good awards. Your nomination could be the one that wins us £1,000. The awards are designed to give eligible charities in the UK and Republic of Ireland the financial assistance they need to help them make a real difference. In total, 500 charities stand to gain £1,000 and we'd love to be one of them. If we were successful, we would use the money to help alleviate financial hardship within the charge area. It's quick and easy to nominate us. Just visit movementforgood.com, click 'nominate now' and enter our details. The closing date for nominations is Sunday 24 May 2020. The more nominations we get, the greater our chance of winning, so please spread the word to your friends and family. Thank you in advance for your time and support.

The Charity number is -: SC010781

The Charity type - community.

Many thanks

Ramsay