

**SUNDAY**  
**24th May 2020**

**Easter 7**

**Charity Number**  
**SC010781**

## The Scottish Episcopal Church

St John's, Arpafelie: 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  
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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 of Easter 7

Merciful God, you have prepared for those who love you riches beyond imagination.

Pour into our hearts such love towards you that we, loving you above all things, may obtain your promises which exceed all that we can desire; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

#### + First Reading : Acts 1:6-14

When the apostles had come together, they asked Jesus, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them. They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."

Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

## THE PROCLAMATION OF THE WORD - cont.

### + Psalm 68:1-10, 33

Sing to God, O kingdoms of the earth; sing praises to the Lord.

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

Let God arise, and let his enemies be scattered; let those who hate him flee before him. Let them vanish like smoke when the wind drives it away; as the wax melts at the fire, so let the wicked perish at the presence of God.

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

But let the righteous be glad and rejoice before God; let them also be merry and joyful. Sing to God, sing praises to his Name; exalt him who rides upon the heavens; YAHWEH is his Name, rejoice before him!

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

Father of orphans, defender of widows, God in his holy habitation! God gives the solitary a home and brings forth prisoners into freedom; but the rebels shall live in dry places.

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

O God, when you went forth before your people, when you marched through the wilderness, the earth shook, and the skies poured down rain, at the presence of God, the God of Sinai, at the presence of God, the God of Israel.

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

You sent a gracious rain, O God, upon your inheritance; you refreshed the land when it was weary. Your people found their home in it; in your goodness, O God, you have made provision for the poor.

**Sing to God, O kingdoms of the earth; sing praises to the Lord.**

### + Second Reading : 1 Peter 4:12-14; 5:6-11

Beloved, do not be surprised at the fiery ordeal that is taking place among you to test you, as though something strange were happening to you. But rejoice insofar as you are sharing Christ's sufferings, so that you may also be glad and shout for joy when his glory is revealed. If you are reviled for the name of Christ, you are blessed, because the spirit of glory, which is the Spirit of God, is resting on you.

Humble yourselves therefore under the mighty hand of God, so that he may exalt you in due time. Cast all your anxiety on him, because he cares for you. Discipline yourselves, keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour. Resist him, steadfast in your faith, for you know that your brothers and sisters in all the world are undergoing the same kinds of suffering. And after you have suffered for a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, support, strengthen, and establish you. To him be the power forever and ever. Amen.

## + The Holy Gospel : John 17:1-11

Jesus looked up to heaven and said, “Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed.

”I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.”



**The LORD**  
is compassionate  
and gracious,  
slow to anger,  
abounding in love.

(Psalm 103:8)

## **PRAYER REQUESTS**

For a fresh outpouring of the Holy Spirit into our hearts. 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 throughout the Anglican Communion, the Anglican Consultative Council, Abp Justin Welby of Canterbury, Abp Josiah Idowu-Fearon, Secretary General.

## **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 throughout the Diocese as they all pray for us today. 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 anointed with the Holy Spirit.

*– Exalted Christ, intercede for us.*

Lord Jesus, look upon Christians all over the world; gather us into unity through your Holy Spirit.

*– Exalted Christ, intercede for us.*

Give your light to all who suffer persecution for your name; grant that they may know what to say to those who persecute them.

*– Exalted Christ, intercede for us.*

Let all know you, the one true vine; make them your branches, bearing the fruit of the Spirit.

*– Exalted Christ, intercede for us.*

King of the universe, you ascended into heaven to the joy of angels and mortals; reign over our world and rule all the nations.

*– Exalted Christ, intercede for us.*

You have made the baptized sharers in your death and resurrection; at the hour of death let them pass with you into eternal life.

*– Exalted Christ, intercede for us.*

*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,

Well, here we are!

Ascension Day is past and we look forward, with joy to the celebration of Pentecost!



Above we see the traditional symbol of the Ascension...our Lord's two feet sticking out of the clouds as they receive him. It is a funny image that, I am sure, has caused many to giggle. But it is also a tremendously powerful one.

There is little more human than our "tootsies", as we called them when I was a wee child. As such they remind us that God is not ashamed of our humanity...after all, he did become one of us. Nor did he cast off that humanity the first chance he got...NO, he rose bodily into the heavens! And just as humanity is less than perfect...so is the body in which he ascended...the wounds of Good Friday being clearly visible, as the Scriptures tell us.

I confess, I have always taken great comfort in these truths. Surprise! I am all too human! Surprise! I am less than perfect! This beautiful symbol has always given me hope that there is a place for me too...and so I pray, with devotion, in the words of the Anima Christi... "O good Jesus, hear me! Within thy wounds, hide me!" And in the words of the glorious Ascension Day hymn:

Jesus reigns, adored by angels;  
Man with God is on the throne;  
Mighty Lord, in this Ascension  
We by faith behold our own.

Please join me in the Novena in preparation for Pentecost which will begin on Fri 22 May. It is included below.

**Much love to you!**

**Mel +**

# **NOVENA (9 Days of Prayer) in PREPARATION for PENTECOST**

## **Day 1 - Friday After The Ascension**

### **Pray:**

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle in them the fire of Your love.

*V.* Send forth Your Spirit, and they shall be created,

*R.* And You shall renew the face of the earth.

Let us pray.

O God, Who by the light of the Holy Spirit, did instruct the hearts of Your faithful, grant that by that same Holy Spirit, we may be truly wise and ever rejoice in His consolation, through Christ our Lord. Amen.

**Read:** Acts 18:9-18 & John 16:20-23

*Keep a brief silence*

### **Pray/Sing:**

Spirit of the living God, fall afresh on me.

Spirit of the living God, fall afresh on me.

Melt me, mould me, fill me, use me,

Spirit of the living God, fall afresh on me.

**Each of the coming days, follow the same format as above but use the daily readings as below:**

### **Day 2 – Saturday**

Acts 18:23-28 & John 16:23-28

### **Day 3 – Sunday**

Acts 1:15-17, 20-26 & 1 John 4:11-16 &  
John 17:11-19

### **Day 4 – Monday**

Acts 19:1-8 & John 16:29-33

### **Day 5 – Tuesday**

Acts 20:17-27 & John 17:1-11

### **Day 6 – Wednesday**

Acts 20:28-38 & John 17:11-19

### **Day 7 – Thursday**

Acts 22:30; 23:6-11 & John 17:20-26

### **Day 8 – Friday**

Acts 25:13-21 & John 21:15-19

### **Day 9 – Saturday**

Acts 28:16-20, 30-31 & John 21:20-25

## 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](http://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...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...**

### **Meditative prayers of Intercession for use during the Coronavirus pandemic**

**(From the Church in Wales)**

Each of these intercessions begins with an echo from one of the Psalms (slightly adapted in some cases) in order to root our prayer in Scripture and find inspiration there.

Trusting in God's care for his children, we pray in the name of Christ and in the power of the Holy Spirit.

#### **For those who are sick**

*Your steadfast love, O Lord, extends to the heavens, your faithfulness to the clouds.*

*Psalms 36:5*

We pray for those who are unwell due to the coronavirus: in your compassion, grant them strength and healing. [We pray especially for N.]

Lord, in your mercy: **hear our prayer.**

#### **For our health workers**

*In the day of trouble you answer us, O Lord, and you protect us;  
you send us help and give us support.*

*Psalms 20:1-2*

We pray for all who minister to the sick throughout our health service, that they may renew their strength in you and be channels of restoration and renewal for those who suffer.

Lord, in your mercy: **hear our prayer.**

#### **For the anxious**

*You are near to the broken-hearted, O Lord, and you save the crushed in spirit.*

*Psalms 34:18*

We pray for all who are anxious about loved ones, friends and neighbours: enable them to trust in you and be steadfast in hope.

Lord, in your mercy: **hear our prayer.**

#### **For the lonely and the isolated**

*Even though I walk through the darkest valley, I fear no evil; for you are with me.*

*Psalms 23:4*

We pray for all those who feel isolated or alone, that they may experience your loving presence.

Lord, in your mercy: **hear our prayer.**



### **For the strong and the vulnerable**

*Lord, you raise the poor and lift the needy.*

*Psalm 113:7*

We pray that you would inspire those who are strong to care for the vulnerable and to serve them in love.

Lord, in your mercy: **hear our prayer.**

### **For the Church**

*How can we sing your song, O Lord, in these strange times?*

*Psalm 137:4*

We pray for your Church who longs to praise you throughout this strange and confusing time; through your creative Spirit fire our imaginations to proclaim your unchanging love in new ways.

Lord, in your mercy: **hear our prayer.**

### **For those in authority**

*We cast our burden upon you, O Lord, and you sustain us.*

*Psalm 55:22*

We pray for all in authority who face difficult decisions that affect the lives of many; grant them wisdom and courage.

Lord, in your mercy: **hear our prayer.**

### **For those engaged in research**

*O Lord, you are great and abundant in power; your understanding is beyond measure*

*Psalm 147:5*

We pray for all engaged in research, who are seeking to develop a vaccine and remedies for coronavirus: grant them wisdom, understanding and effectiveness in their endeavours.

Lord, in your mercy: **hear our prayer.**

### **For traders and employees**

*Lord, you are our light and our salvation; whom shall we fear? You are the stronghold of our life; of whom shall we be afraid?*

*Psalm 27:1*

We pray for traders and employees who are fearful of the future, that businesses may be secured, jobs protected and families supported.

Lord, in your mercy: **hear our prayer.**

### **For those who face hardship**

*The eyes of all look to you and you give them their food in due season. Psalm 145:15*

We pray for all those facing financial hardship that you would support and sustain them. We remember also those who seek to fulfil Christ's command to love one another through the work of foodbanks and charities and through acts of simple kindness.

Lord, in your mercy: **hear our prayer.**

### **For those in education**

*Lord, you give strength to your people and you bless them with peace. Psalm 29:11*

We pray for all in education at this uncertain time: inspire those who feel bored or directionless, protect the vulnerable and give fresh hope to the dismayed.

Lord, in your mercy: **hear our prayer.**

### **For the departed**

*Lord, you show me the path of life. In your presence there is fullness of joy; in your right hand are pleasures for evermore. Psalm 16:11*

With sadness, we remember those who have lost their lives due to the coronavirus [in particular N.]. Give us thankful hearts for the privilege of knowing them and strengthen our faith in your Son who died for us and rose again in glory that we might share in his victorious life.

Lord, in your mercy: **hear our prayer.**

### **For the grieving**

*O God, for you alone my soul waits in silence, for my hope is from you. You alone are my rock, my salvation and my fortress. Psalm 62:5-6*

We pray for those who weep and mourn, that they may find comfort and hope in you.

Lord, in your mercy: **hear our prayer.**

## **Closing prayer**

Lord of life, in this time of crisis for our families and communities, our nation and our world, we turn to you in faith, to seek your guidance and receive your blessing, knowing that nothing in all creation can separate us from your love made known to us in your Son, Jesus Christ our Lord. We ask this in the name of him who took our infirmities and bore our diseases, who suffered the cross and rose again triumphant, for he lives and reigns with you and the Holy Spirit, ever one God, world without end.

Amen.

## **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

Never say you cannot reach that peak beyond the blue.

Never say you failed to do the thing you meant to do.

Never say that anything on earth has beaten you - Before you've tried.

Never drop out of the race until the course is run.

Don't admit of failure or defeat to anyone.

And if a thing looks difficult, don't say it can't be done - Before you've tried

**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 24th May—Easter 7

**SERVICE CANCELLED**

**HYMNS**



**Diocesan Prayer Cycle -**

**Porvoo Cycle -**

**Notices**

## 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 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**

# **Church Rotas**

## **St Andrew's**

**Readers & Intercessors**

**Sides-men**

**Servers**

**Sacristan**

**Flowers**

**Teas**

**Cleaning**

## **St John's**