

FIFTH SUNDAY of EASTER

10 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

The Rev'd Canon (Father) Mel Langille

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).

+ + +

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

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.

+ **Psalm 31:1-5, 15-16**

Lord, Be my strong rock,
a castle to keep me safe.

**Lord, Be my strong rock,
a castle to keep me safe.**

In you, O Lord, have I taken refuge;
let me never be put to shame;
deliver me in your righteousness.

Incline your ear to me;
make haste to deliver me.

**Lord, Be my strong rock,
a castle to keep me safe.**

Be my strong rock, a castle to keep me safe,
for you are my crag and my stronghold;
for the sake of your Name, lead me and guide me.

**Lord, Be my strong rock,
a castle to keep me safe.**

Take me out of the net
that they have secretly set for me,
for you are my tower of strength.
Into your hands I commend my spirit,
for you have redeemed me,
O Lord, O God of truth.

**Lord, Be my strong rock,
a castle to keep me safe.**

My times are in your hand;
rescue me from the hand of my enemies,
and from those who persecute me.
Make your face to shine upon your servant,
and in your loving-kindness save me."

**Lord, Be my strong rock,
a castle to keep me safe.**

+ **Second Reading : 1 Peter 2:2-10**

Like newborn 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 marvelous 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.

Gradual Hymn

+ 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.”

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.

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.

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...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...

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)