

PENTECOST 3

21 June 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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THE PROCLAMATION OF THE WORD

Collect

O God our defender, storms rage about us and cause us to be afraid. Rescue your people from despair, deliver your sons and daughters from fear, and preserve us all from unbelief; through your Son, Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and ever.

+ First Reading : Jeremiah 20:7-13

O Lord, you have enticed me,
and I was enticed;
you have overpowered me,
and you have prevailed.

I have become a laughingstock all day long;
everyone mocks me.

For whenever I speak, I must cry out,

I must shout, "Violence and destruction!"

For the word of the Lord has become for me
a reproach and derision all day long.

If I say, "I will not mention him,

or speak any more in his name,"

then within me there is something
like a burning fire

shut up in my bones;

I am weary with holding it in,

and I cannot.

For I hear many whispering:

"Terror is all around!

Denounce him! Let us denounce him!"

All my close friends

are watching for me to stumble.

"Perhaps he can be enticed,

and we can prevail against him,

and take our revenge on him."

But the Lord is with me like a dread warrior;

therefore my persecutors will stumble,

and they will not prevail.

They will be greatly shamed,

for they will not succeed.

Their eternal dishonor

will never be forgotten.

O Lord of hosts, you test the righteous,

you see the heart and the mind;

let me see your retribution upon them,

for to you I have committed my cause.

Sing to the Lord;

praise the Lord!

For he has delivered the life of the needy

from the hands of evildoers.

+ Psalm 69: 8-11, 18-20

Answer me, O Lord, for your love is kind.

Answer me, O Lord,

for your love is kind.

Surely, for your sake have I suffered reproach,
and shame has covered my face.

I have become a stranger to my own kindred,
an alien to my mother's children.

Answer me, O Lord,

for your love is kind.

Zeal for your house has eaten me up;

the scorn of those who scorn you

has fallen upon me.

Answer me, O Lord,

for your love is kind.

I humbled myself with fasting,

but that was turned to my reproach.

Answer me, O Lord, for your love is kind;
in your great compassion, turn to me.'

**Answer me, O Lord,
for your love is kind.**

"Hide not your face from your servant;
be swift and answer me, for I am in distress.

Draw near to me and redeem me;
because of my enemies deliver me.

**Answer me, O Lord,
for your love is kind.**

+ Second Reading : Romans 6:1b-11

Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life.

For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

SEQUENCE HYMN : Lauda Sion

+ The Holy Gospel : Matthew 10:24-39

Jesus said to the twelve disciples, "A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household!

"So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground apart from your Father. And even the hairs of your

head are all counted. So do not be afraid; you are of more value than many sparrows.

"Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven.

"Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword.

For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one's foes will be members of one's own household.

Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it."

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 in leadership in health care and government and for the Spirit's guidance re the ending of lockdown. 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 Nigeria : Archbishop Henry Chukwudum Ndukuba.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For David T, Jaime W, Rachael W, Sandra W, Bp Kevin, Dr John MS, 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. Mary the Virgin, Ullapool; St. Gilbert's Kinlochbervie; St. Gilbert's Lochinver; St. Boniface Achiltibuie; St. Mary by the Cross, Tongue. 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

We make our prayers to Jesus, in whom we find rest for our souls, and we say to him:

– *Beloved Lord, have mercy on us.*

Jesus, your heart was pierced by the lance and from it flowed blood and water so that your bride, the Church, might be born: keep her in holiness without spot or wrinkle.

– *Beloved Lord, have mercy on us.*

Jesus, holy temple of God, you were condemned by men and raised up by the Father: make the Church the tabernacle of the Most High.

– *Beloved Lord, have mercy on us.*

Jesus, king and centre of all hearts, in your loving mercy you never cease to draw us to yourself: keep alive your covenant with us all.

– *Beloved Lord, have mercy on us.*

Jesus, our peace and reconciliation, from the cross you forgave your enemies and you bring all people together in peace: show us how to reach the Father.

– *Beloved Lord, have mercy on us.*

Jesus, our life and resurrection, you lighten our burden and give rest to our souls. draw all sinners to yourself.

– *Beloved Lord, have mercy on us.*

Jesus, because of your infinite love you were obedient even unto death on a cross: bring to life all those who are sleeping in peace.

– *Beloved Lord, have mercy on 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.

FOODBANK

It would be very helpful if donations of tinned vegetables could be made for the Foodbank. That seems to be a major

need at this time!!!! (I am delighted to report that our foodbank collection boxes are being filled and brought to the bank several times a week...our communities are being wonderfully generous! No surprise there!)

AS THE CHURCH DEPLOYED... LET US UNITE IN PRAYER FROM OUR HOMES

Dear All,

Well, we have not entered upon the long green days of the Pentecost Season. In them we focus on our Lord's preaching and teaching...how he comforts us...challenges us...disturbs us...motivates us. Some call this "ordinary time" but how can any time spent at our Lord's feet be seen as "ordinary". Let us focus and do all we can to hear what our Lord is saying to us. As the Spirit works within us, may our Lord set our hearts ablaze as he did when "he opened" the Scriptures for the disciples on the Emmaus Road. May they take root in our hearts that we may truly live and be the Good News!

Much love to all!

Mel +

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!**

MORE USEFUL PRAYERS...

**Litany of Solidarity and Hope
During a Pandemic**

For those who are sick.

For those with chronic illnesses
and underlying health concerns.

For all those who are suffering.

For those who are lonely.

For those who have no one to check on them.

For families that are separated.

For those who are unemployed.

For those suffering financial hardships.

For those who face an uncertain future.

For those who are suffering
from physical or emotional abuse.

For those who are disproportionately suffering
because of societal structures
and unjust policies.

For those who are struggling
with physical or mental disabilities.

For those who are overwhelmed
by anxiety and stress.

For those who are dying.

For those who have died
while saving the lives of others.

For all who have lost their lives.

For those who have survived.

For those who have lost their spouses.

For children who have been orphaned.

For all those who mourn
and those who comfort them.

For firefighters, police,
and emergency medical workers.

For doctors, nurses,
and all health care professionals.

For those who serve in the armed forces.

For public officials.

For business leaders.

For educators.

For innovators and inventors
who provide new solutions.

For peace in our community and in our world.

For renewed friendships among neighbours.

For solidarity and unity among all peoples.

For a greater appreciation
and love of all humanity.

For patience and perseverance.

For calm in the midst of fear.

For the grace to overcome adversity.

For generosity of spirit.

For hope in times of despair.

For light in the darkness.

Gracious and Loving God,

You are our comforter and our hope.

Hear our prayers as we come before you.

Strengthen us in this time of need.

Inspire us to acts of solidarity and generosity
and give us hope of a brighter future.

We pray in Jesus' Name.