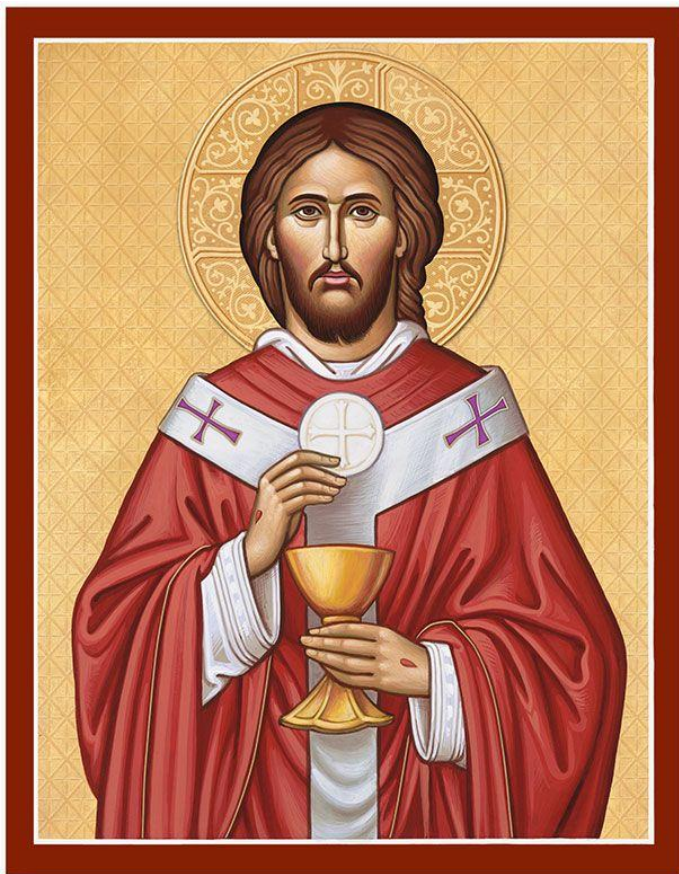


The BODY & BLOOD of CHRIST

14 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

The Rev'd Canon (Father) Mel Langille

Priest & Rector

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For a fuller newsletter, please contact Ramsay McGhee :

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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).

+ + +

THE PROCLAMATION OF THE WORD

Collect

O God, who in this wonderful Sacrament have left us a memorial of your Passion, grant us, we pray, so to revere the sacred mysteries of your Body and

Blood that we may always experience in ourselves the fruits of your redemption. Who live and reign with God the Father in the unity of the Holy Spirit, one God, for ever and ever.

+ First Reading : Exodus 16:9-15

Then Moses said to Aaron, 'Say to the whole congregation of the Israelites, "Draw near to the Lord, for he has heard your complaining." ' And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness, and the glory of the Lord appeared in the cloud. The Lord spoke to Moses and said, 'I have heard the complaining of the Israelites; say to them, "At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the Lord your God." ' In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted, there on the surface of the wilderness was a fine flaky substance, as fine as frost on the ground. When the Israelites saw it, they said to one another, 'What is it?' For they did not know what it was. Moses said to them, 'It is the bread that the Lord has given you to eat.

+ Psalm 116:10-15

Be known to us, Lord,
in the Breaking of the Bread! Alleluia!

**Be known to us, Lord,
in the Breaking of the Bread! Alleluia!**

How shall I repay the LORD
for all the good things he has done for me?
I will lift up the cup of salvation
and call upon the Name of the LORD.

**Be known to us, Lord,
in the Breaking of the Bread! Alleluia!**

I will fulfill my vows to the LORD
in the presence of all his people.
Precious in the sight of the LORD
is the death of his servants.

**Be known to us, Lord,
in the Breaking of the Bread! Alleluia!**

O LORD, I am your servant;
I am your servant and the child of your handmaid;
you have freed me from my bonds.

**Be known to us, Lord,
in the Breaking of the Bread! Alleluia!**

I will offer you the sacrifice of thanksgiving
and call upon the Name of the LORD.

**Be known to us, Lord,
in the Breaking of the Bread! Alleluia!**

+ **Second Reading : 1 Corinthians 10:16-17**

The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

SEQUENCE HYMN : Lauda Sion

+ **The Holy Gospel : John 6:51-58**

I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

PRAYER REQUESTS

For a greater love for our Lord in the Eucharist and for Grace to remember that the Presence of Christ we receive in every Communion must be carried forth into the world and lived in love. 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 Myanmar : Archbishop Stephen Than Myint Oo.

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, Janet 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 Anne's, Strathpeffer; St James', Dingwall & St Mary's, Alness. 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

At the supper to which all are invited, Christ gives his body and blood for the life of the world.

Earnestly we beseech him, saying:

– *Lord Jesus Christ,*

give us the bread of eternal life.

Lord Jesus Christ, Son of the living God, you have commanded us to celebrate the eucharistic meal in remembrance of you: enrich your Church with the worthy celebration of these mysteries.

– *Lord Jesus Christ,*

give us the bread of eternal life.

Lord Jesus Christ, eternal high priest, you have committed to your priests the ministration of your sacraments: help them to do their part in your work with the unfailing gladness of genuine charity.

– *Lord Jesus Christ,*

give us the bread of eternal life.

Lord Jesus Christ, manna from heaven, you make into one all who share the one bread: grant peace and concord to all who believe in you.

– *Lord Jesus Christ,*
give us the bread of eternal life.

Lord Jesus Christ, heavenly physician, you give an eternal remedy and a pledge of resurrection to those who eat your bread: grant health to the ailing and a real hope to sinners.

– *Lord Jesus Christ,*
give us the bread of eternal life.

Lord Jesus Christ, king who is to come, we know that whenever we celebrate these mysteries, we proclaim your death until you come again: bring all those who have died in you to share your resurrection.

– *Lord Jesus Christ,*
give us the bread of eternal life.

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!)

JAMES BRAIDWOOD REMEMBRANCE

Dear Friends and Parishioners,

James Braidwood - The Father of the Modern Fire Service - 3rd September 1800 - 22nd June 1861

Father Mel had very kindly and generously agreed that we might again celebrate the life and work of James



Braidwood at our Eucharist which was scheduled to be held in St. Andrew's Church on Sunday 21st June, the Sunday closest to the anniversary of his death. Members from the Scottish Fire & Rescue Service were also planning to join us and participate in the service. Unfortunately, due the dreadful situation in which we find ourselves due to Covid-19 this will not take place, but please do take a minute to thank God for the life and legacy of James Braidwood and the brilliant work carried out each day by our brave fire fighters today.

Thank you.

Diana Hamilton-Jones

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

Dear All,

This week we celebrate the great Feast of the Body and Blood of Christ...most often referred to by its Latin name – Corpus Christi. In this Feast we praise God for this wonderful gift our Lord Jesus has given to us...one filled with layer upon layer of richness and beauty. This is evidenced in the many beloved names we have for what we do...Divine Liturgy...Lord's Supper...The Breaking of Bread...Synaxis...Holy Communion...Holy Eucharist...Holy Mass...and more! Every one emphasizing a great truth.

We celebrate the institution of this Sacrament on Maundy Thursday but our thoughts that night are much more focussed on the Washing of Feet and the events that followed the Last Supper...as they should be. This is a celebration outside Holy Week where we focus on the Sacrament itself and the treasure it is.

This year, as with all the major festivals since lockdown, we celebrate in very strange circumstances...and are unable to receive, physically, the Bread of Heaven. But we will celebrate on Sunday...and opportunity to receive Holy Communion spiritually (by prayer and desire) will be afforded. Opportunity will also be provided for us to spend time in silent prayer, “virtually” (as they say) before our Lord in the Blessed Sacrament. Please do keep the Feast!

I am glad to report that, as I ring around, everyone, while seeming more that a bit bored and fed up, seems to be fit as a fiddle. May that continue!!! If you'd like a friendly conversation, please do not hesitate to ring me!

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.