

PENTECOST 5

5 July 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, Arpafelie + St Andrew's, Fortrose

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THE PROCLAMATION OF THE WORD

Collect

Almighty God, your Son Jesus Christ has taught us that what we do for the least of your children we do also for him. Give us the will to serve others as he was the servant of all, who gave up his life and died for us, but lives and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : Zechariah 9:9-12

Rejoice greatly, O daughter Zion!

Shout aloud, O daughter Jerusalem!

Lo, your king comes to you;

triumphant and victorious is he,

humble and riding on a donkey,
on a colt, the foal of a donkey.

He will cut off the chariot from Ephraim
and the war horse from Jerusalem;
and the battle bow shall be cut off,
and he shall command peace to the nations;
his dominion shall be from sea to sea,
and from the River to the ends of the earth.

As for you also, because of the blood of my
covenant with you, I will set your prisoners free
from the waterless pit.

Return to your stronghold, O prisoners of hope;
today I declare that I will restore to you double.

+ Psalm 145:8-15

All your works praise you, O Lord!

All your works praise you, O Lord!

The Lord is gracious and full of compassion,
slow to anger and of great kindness.

The Lord is loving to everyone
and his compassion is over all his works.

All your works praise you, O Lord!

All your works praise you, O Lord,
and your faithful servants bless you.

They make known the glory of your kingdom
and speak of your power;

All your works praise you, O Lord!

That the peoples may know of your power
and the glorious splendour of your kingdom.
Your kingdom is an everlasting kingdom;
your dominion endures throughout all ages.

All your works praise you, O Lord!

The Lord is faithful in all his words
and merciful in all his deeds.

The Lord upholds all those who fall;
he lifts up those who are bowed down.

All your works praise you, O Lord!

+ Second Reading : Romans 7:15-25a

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self, but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am!

Who will rescue me from this body of death?
Thanks be to God through Jesus Christ our Lord!

+ The Holy Gospel : Matthew 11:16-19, 25-30

Jesus said to the crowd, "To what will I compare this generation? It is like children sitting in the marketplaces and calling to one another, 'We played the flute for you, and you did not dance; we wailed, and you did not mourn.' For John came neither eating nor drinking, and they say, 'He has a demon'; the Son of Man came eating and drinking, and they say, 'Look, a glutton and a drunkard, a friend of tax collectors and sinners!' Yet wisdom is vindicated by her deeds." At that time Jesus said, "I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

"Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."

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 of Pakistan : The Most Revd Humphrey Peters

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 of St Ninian's, Invergordon. 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 give thanks to Christ our Lord who loves and cherishes his Church.

– *Be near us, Lord, this day.*

Lord Jesus grant that all people may be saved, and come to knowledge of the truth.

– *Be near us, Lord, this day.*

Guide and protect Mark our Bishop and Primus and all the bishops of our church: help them, Lord, in your strength and mercy.

– *Be near us, Lord, this day.*

Support those who meet with difficulty and disappointment: renew their confidence and sense of purpose.

– *Be near us, Lord, this day.*

Christ our loving Lord, in your kindness be with the sick and the poor, the weak and the dying: bring them your comfort.

– *Be near us, Lord, this day.*

We commend to you all those who, in their lifetime, shared in the sacred ministry: let them and all the departed praise you for ever in heaven.

– *Be near us, Lord, this day.*

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,

I hope everyone continues to be well. I am fine, myself...but confess, my dieting plan is shot haha! Too many lovely, kind people dropping amazing food treats at my door for me to enjoy haha! And my dear mum drilled it into me to never let food go to waste....so it has been going to my waist instead!

It has been a quiet and yet quite busy week. Two sad graveside funerals for people no one else seemed prepared to take. This happens occasionally with funeral directors approaching myself to step in. Particularly difficult time for those losing loved ones during the pandemic. Please keep the departed and their loved ones in your prayers?

Rev Christine continues to inspire us with beautifully researched and crafted homilies...and over the next couple of weeks, Layreader Patsy (she heads up the Layreader corps of the Diocese btw) will, kindly share her gifts with us. Our intercessors are composing beautiful prayers too and for that, I am surely thankful. If any of our intercessors are up for joining the rota, just let me know!

Please have a blessed week and stay safe and sound! PRAY FOR NICE SUNNY, SUMMERY WEATHER!!!! Hahaha! I am tired of this dreich, dark stuff!

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...

A General Intercession

(A modern English version of one from the Scottish Book of Common Prayer)

Remember, Lord, your people bowed before you, and those who are absent through age, sickness, or any other cause. Care for the infants, guide the young, support the aged, inspire the faint-hearted, and bring the wandering to your fold. Journey with the

travellers, encourage the oppressed, defend the widows, deliver the captives, heal the sick. Strengthen all who are in tribulation, necessity, or distress. Remember for good those who love us, and those who hate us, and those who have asked us, unworthy as we are, to pray for them. Remember especially, Lord, those whom we have forgotten. For you are the helper of the helpless, the saviour of the lost, the refuge of the wanderer, the healer of the sick. You know the need of all and have heard each prayer: save us in your merciful loving-kindness and eternal love; through Jesus Christ our Lord.

For the Unemployed

Heavenly Father, we remember before you those who suffer want and anxiety from lack of work. Guide the people of this land so to use their wealth and resources that everyone may find suitable and fulfilling employment and receive just payment for their labour; through your Son Jesus Christ our Lord.

For the Neighbourhood

O Lord our creator, by your holy prophet you taught your ancient people to seek the welfare of the cities in which they lived. We commend our neighbourhood to your care, that it might be kept free from social strife and decay. Give us strength of purpose and concern for others, that we may create here a community of justice and peace where your will may be done; through your Son Jesus Christ our Lord.

For the Poor and Neglected

Almighty and most merciful God, we remember before you the homeless, the destitute, the sick, the aged, and all who have none to care for them. Heal those who are broken in body or spirit, and turn their sorrow into joy. Grant this for the love of your Son, who for our sake became poor, Jesus Christ our Lord.