

**SUNDAY**  
**2nd August 2020**  
**Pentecost 9**  
**Charity Number**  
**SC010781**

## The Scottish Episcopal Church

St John's, Arpafeelie: 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

Almighty God, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

### + First Reading : Isaiah 55:1-5

Thus says the Lord: "Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy?"

Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.

See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the LORD your God, the Holy One of Israel, for he has glorified you."

## THE PROCLAMATION OF THE WORD - cont.

### + Psalm 145:8-9,15-22 (Ref: Isaiah 55:1a)

Let all who thirst, come to the waters!

**Let all who thirst, come to the waters!**

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.

**Let all who thirst, come to the waters!**

The Lord upholds all those who fall; he lifts up those who are bowed down. The eyes of all wait upon you, O Lord, and you give them their food in due season.

**Let all who thirst, come to the waters!**

You open wide your hand and satisfy the needs of every living creature. The Lord is righteous in all his ways and loving in all his works.

**Let all who thirst, come to the waters!**

The Lord is near to those who call upon him, to all who call upon him faithfully. He fulfils the desire of those who fear him; he hears their cry and helps them.

**Let all who thirst, come to the waters!**

The Lord preserves all those who love him, but he destroys all the wicked. My mouth shall speak the praise of the Lord; let all flesh bless his holy Name for ever and ever.

**Let all who thirst, come to the waters!**

### + Second Reading : Romans 9:1-5

I am speaking the truth in Christ-- I am not lying; my conscience confirms it by the Holy Spirit-- I have great sorrow and unceasing anguish in my heart. For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed forever. Amen.

### + The Holy Gospel : Matthew 14:13-21

Jesus withdrew in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. When it was evening, the disciples came to him and said, "This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves." Jesus said to them, "They need not go away; you give them something to eat." They replied, "We have nothing here but five loaves and two fish." And he said, "Bring them here to me." Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. And those who ate were about five thousand men, besides women and children.

## **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 places where Covid 19 and other diseases are on the rise. 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 our brothers and sisters of the new province of the Communion – The Province of Alexandria (Egypt, North Africa, Horn of Africa & Jerusalem & the Middle East)

### **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Janet S, David T, Jaime W, Rachael, W, Sandra W, Bp Kevin, Dr John, 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 Holy Trinity, Elgin, St Margaret's, Lossiemouth & the Burghead Mission. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

### **OUR CHURCH & COMMUNITY FAMILY & FRIENDS**

Pray for our Vestry as we discuss relaxing lockdown measures within our three churches. 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**

In peace let us pray to the Lord...

We give thanks to God the Father who reconciled the whole universe to himself in Christ.

*– Glory to you, Lord God!*

We thank you for the beauty of creation: may the work of man and women not disfigure it, but enhance it to your greater glory.

*– Glory to you, Lord God!*

We thank you, Father, for all the good things we enjoy: teach us to be grateful and to use them well.

*– Glory to you, Lord God!*

Teach us to seek the things that please you, then we shall find you in all that we do.

*– Glory to you, Lord God!*

Lord, as we journey towards the promised land, feed us with bread from heaven, quench our thirst with living water.

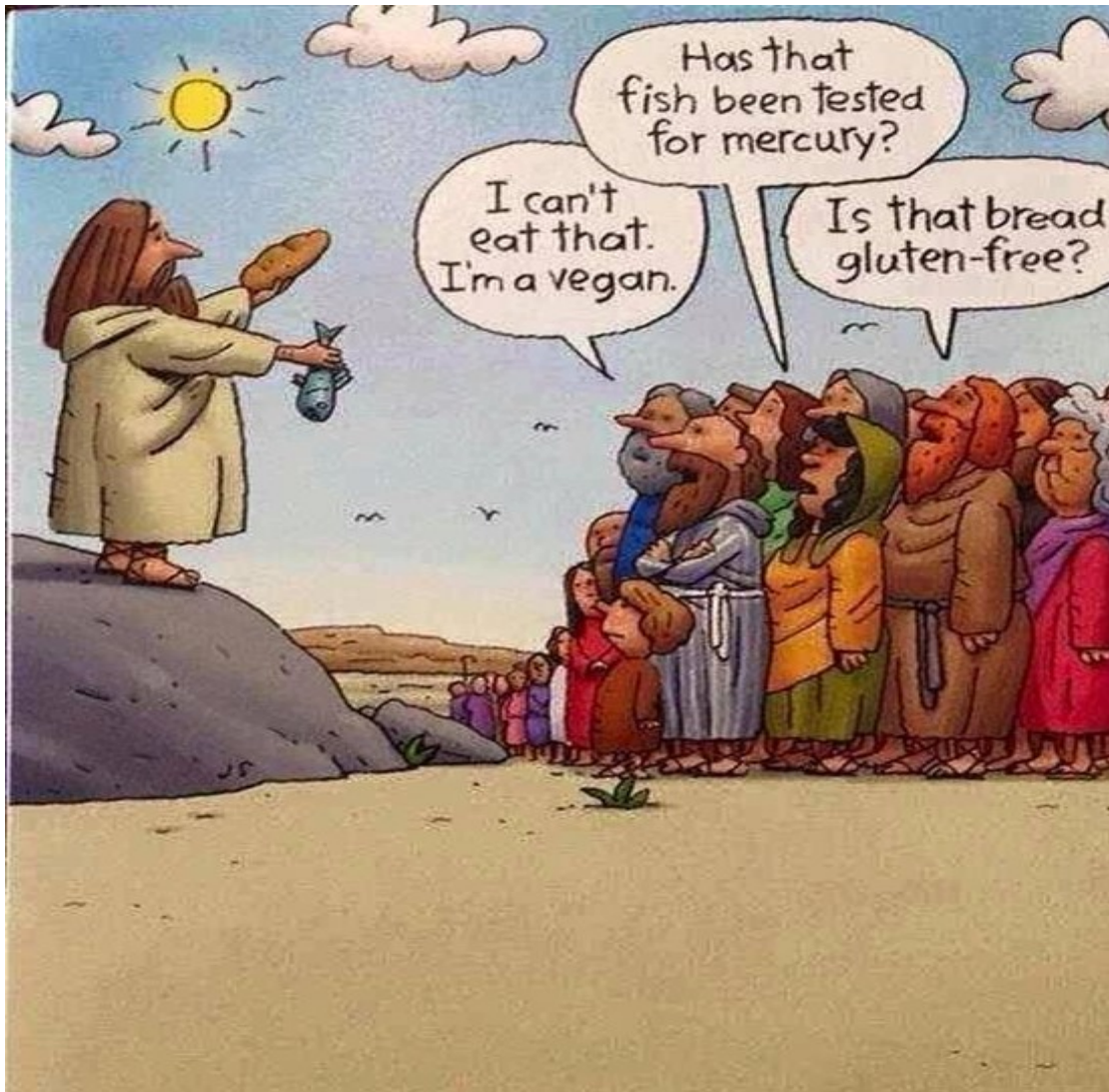
*– Glory to you, Lord God!*

To you, a thousand years are like a single day: take up those who have died with hope in you, and waken them into eternity.

*– Glory to you, Lord God!*

*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.*

## If Jesus was to feed the multitude today...



### 90<sup>th</sup> Birthday!

Kay Drought celebrated her 90<sup>th</sup> over the past week. Her dear friends Margaret P and Linda C...and others...surprised her with cake and flowers.

Love and best wishes from all of us.



## **AS THE CHURCH DEPLOYED - LET US UNITE IN PRAYER FROM OUR HOMES**

Dear All,

Thank you all for the kind response re the Foodbank over the past week! Keep up the great work!

Please do keep in prayer those who have lost loved ones over the past several months...during or just before lockdown. Being unable to gather with friends and family and grieve as we normally would has been hitting many quite hard. I think we have all been realising just how important regular contact with others (and the occasional hug too) is for our health in mind and body.

Vestry will be meeting again this week re reopening of our church buildings. Please keep us in prayer. Thank you to those who have share their thoughts on the subject.

Much love to all!

Mel +

### **RE DAILY PRAYER...**

#### **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)

**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!**

### **A BLESSING BEFORE MEALS**

+ Ann an ainm an Athar, agus a' Mhic agus an Spioraid Naoimh. Amen.

Beannachd nan còig lòfa 's an dà iasg, a roinn Dia air a' chòig mìle duine, Gun tig pailteas an Rìgh a rinn an roinn air ar cuid bìdh 's ar cuideachd. troimh Iosa Criosd ar Tighearna. Amen.

+ In the Name of the Father and of the Son and of the Holy Spirit. Amen.

The blessing of the 5 loaves and 2 fishes that God shared with the 5000, the bounty of the King who made the sharing come upon our food and all who share it. through Jesus Christ our Lord. Amen.

# Gill Pimm's

## GARDEN OPEN

Culish, Kilmuir  
North Kessock, IV1 3ZG



**Daily throughout July**  
**11am till 4pm**

**donations most**  
**welcome**



**Raising funds for**  
**Marie Curie**

## NOVA SCOTIA HODGE PODGE RECIPE



**Traditional recipe made with the first veggies from the garden this time of year in Nova Scotia - Delicious!**

### INGREDIENTS

2 cups new potatoes  
2 cups new carrots  
1 cup green beans  
2 cups shelled peas  
1 cup sweet corn  
1 cup cream  
1/3 cup butter  
salt and pepper

### METHOD

Put potatoes and carrots (cut into chunks) into a pot of boiling salted water, boil them for 10 minutes. Add green beans (tips removed and cut in half) and shelled peas, then cook until just tender.

Drain the vegetables, return them to the pot and add cream and butter, salt and pepper to taste. Mix together.

Serve alone, or with bread.

**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

**TINNED VEGETABLES**

**Highland Foodbank**

### Thought for today

*'Often with the years across our eyes a veil is drawn, and we cease to see the vision granted with the dawn.*

*But we never lose it if we wake with gratitude, thanking God each morning for the gift of life renewed.'*

**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 2nd August -**

**SERVICE CANCELLED**

**HYMNS**



**Diocesan Prayer Cycle -**

**Porvoo Cycle -**

**Notices**

# **Church Rotas**

## **St Andrew's**

**Readers & Intercessors**

**Sides-men**

**Servers**

**Sacristan**

**Flowers**

**Teas**

**Cleaning**

## **St John's**