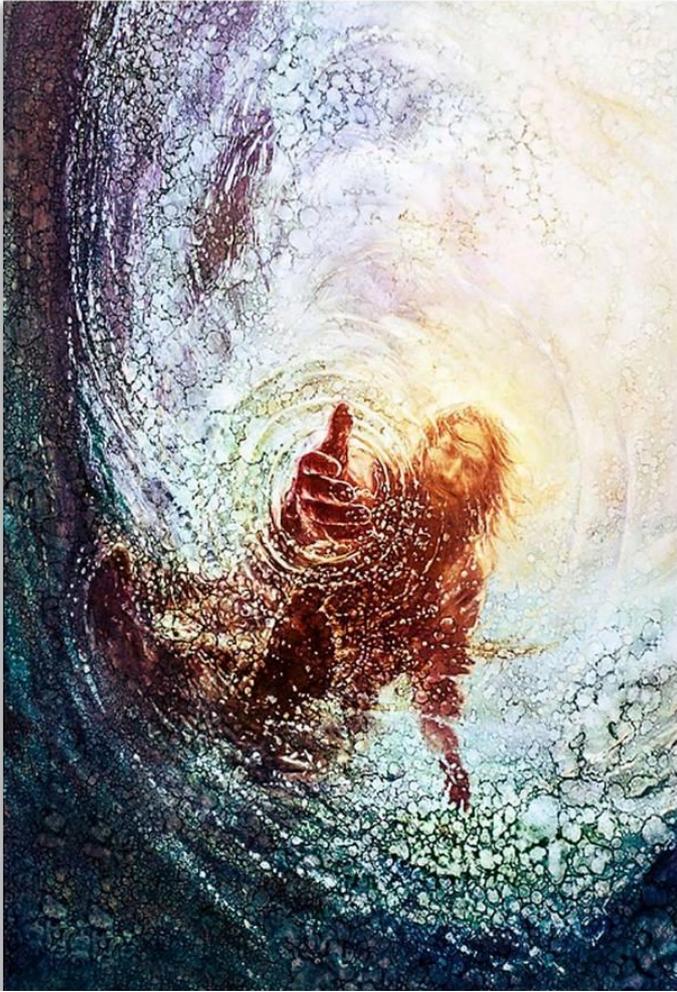


PENTECOST 10

9 August 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, you sent your Holy Spirit to be the life and light of your Church. Open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love, joy, and peace; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : 1 Kings 19:9-18

At Horeb, the mount of God, Elijah came to a cave, and spent the night there. Then the word of the Lord came to him, saying, "What are you

doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away."

He said, "Go out and stand on the mountain before the Lord, for the Lord is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?" He answered, "I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away." Then the Lord said to him, "Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram. Also you shall anoint Jehu son of Nimshi as king over Israel; and you shall anoint Elisha son of Shaphat of Abel-meholah as prophet in your place. Whoever escapes from the sword of Hazael, Jehu shall kill; and whoever escapes from the sword of Jehu, Elisha shall kill. Yet I will leave seven thousand in Israel, all the knees that have not bowed to Baal, and every mouth that has not kissed him."

+ Psalm 85:8-13

Listen to what the Lord God is saying.

Listen to what the Lord God is saying.

I will listen to what the Lord God is saying, for he is speaking peace to his faithful people and to those who turn their hearts to him.

Listen to what the Lord God is saying.

Truly, his salvation is very near to those who fear him, that his glory may dwell in our land.

Listen to what the Lord God is saying.

Mercy and truth have met together; righteousness and peace have kissed each other. Truth shall spring up from the earth, and righteousness shall look down from heaven.

Listen to what the Lord God is saying.

The Lord will indeed grant prosperity, and our land will yield its increase.

Righteousness shall go before him,
and peace shall be a pathway for his feet.

Listen to what the Lord God is saying.

+ Second Reading : Romans 10:5-15

Moses writes concerning the righteousness that comes from the law, that “the person who does these things will live by them.” But the righteousness that comes from faith says, “Do not say in your heart, ‘Who will ascend into heaven?’” (that is, to bring Christ down) “or ‘Who will descend into the abyss?’” (that is, to bring Christ up from the dead). But what does it say?

“The word is near you, on your lips and in your heart” (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, “No one who believes in him will be put to shame.” For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, “Everyone who calls on the name of the Lord shall be saved.”

But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, “How beautiful are the feet of those who bring good news!”

+ The Holy Gospel : Matthew 14:22-33

Jesus made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking toward them on the sea. But when the disciples saw him walking on the sea, they were terrified, saying, “It is a ghost!” And they cried out in fear. But immediately Jesus spoke to them and said, “Take heart, it is I; do not be afraid.”

Peter answered him, “Lord, if it is you, command me to come to you on the water.” He said, “Come.” So Peter got out of the boat, started walking on the water, and came toward Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, “Lord, save me!” Jesus immediately reached out

his hand and caught him, saying to him, “You of little faith, why did you doubt?” When they got into the boat, the wind ceased. And those in the boat worshiped him, saying, “Truly you are the Son of God.

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 our Brothers & Sisters in Beirut and Lebanon. 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 L’Église Anglicane au Rwanda : Archbishop Laurent Mbanda.

OUR DIOCESE

For Aberdeen and all areas where Covid 19 is spiking. For all our brothers & sisters in the Porvoo Communion of Churches. For Fr Ian, Valerie C, Rebekah C, Lisa C, Jackie F, Paul H, Ross J, 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 Saint John’s, Forres. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY

FAMILY & FRIENDS

For Michael Andrew Paterson who was buried on Friday...For his loved ones. 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 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...

I may have faith strong enough to move mountains: but if I have no love, I am nothing.

With this in mind we pray:

– Lord, grant us your love.

Lord, sustain us as we build and grow towards you: increase our faith as we work.

– Lord, grant us your love.

We are assailed by doubts, and weighed down by uncertainties, release our hearts, to journey towards you with hope.

– Lord, grant us your love.

Love keeps no score of wrong, and does not gloat over evil: help us to delight in the truth, and rejoice in your gifts to others.

– Lord, grant us your love.

Confirm the pilgrim Church in the faith of the apostles: help us to encourage each other, sharing our gifts.

– Lord, grant us your love.

Bring those who have died in your peace to that knowledge which fulfils faith and answers hope, grant them the fullness of your love.

– Lord, grant us your love.

In a moment of silence, call to mind the concerns

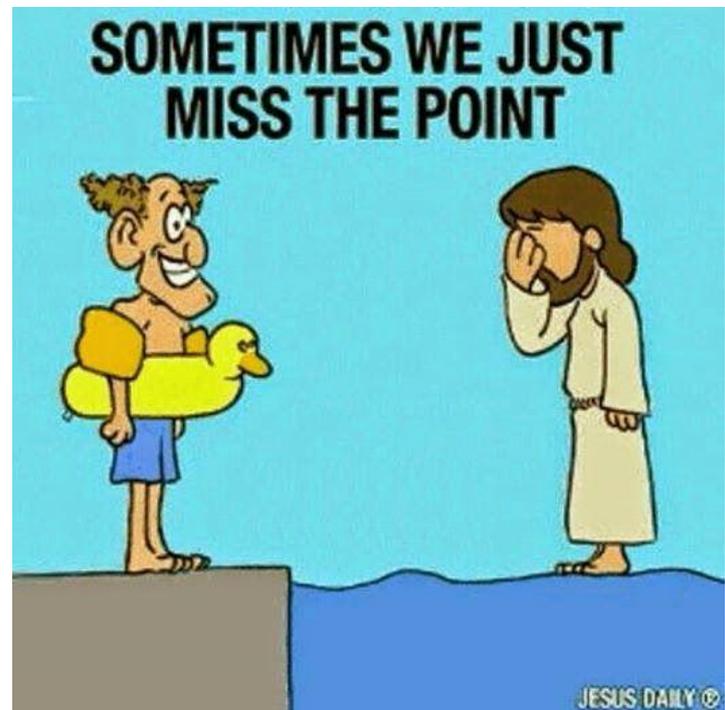
of your own heart with those listed above

and lift them up to God. Conclude with the Lord's Prayer.



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 am jotting this note on a beautiful Thursday afternoon...the Feast of the Transfiguration of our Lord...a day that reminds up to look forward without fear...knowing that the Lord is with us. Our Lord was wonderfully metamorphosed on Mt Tabor in the presence of Peter, James and John. Moses and Elijah appeared with him in glory and spoke with him about all the harsh realities that awaited him in Jerusalem...and the glory that would follow. As much as Peter wanted to stay on the hill, Jesus lead them down and set his face for Jerusalem and those events we commemorate each Holy Week. It is as if he is saying to us...the only way to reach Easter is through Good Friday...Indeed he is with us always, as he promised, and there is nothing we ever face that will be faced alone...no obstacle we will not triumph over...by his grace. As I also prepare for a sad funeral tomorrow, it is good to be reminded of these truths.

This week has seen the 75th Anniversary of the horrors of Hiroshima and Nagasaki... As we remember and pray, may we continue to work for that day when prophecies will be fulfilled and swords will be beaten into ploughshares...spears into pruning hooks.

This week has also seen the horrible explosion in Beirut and the meaningless death and injuring of so many it caused. **What might we do to bring relief to those suffering?** I have made a donation via contacts in the Lebanese/Antiochian Orthodox Church.

Vestry will be meeting on Friday evening to discuss the reopening of our churches. Pray for us. Be patient and understanding as, with concerns over Covid spiking in Aberdeen (and elsewhere) and irresponsible activity in so many places, we continue to be concerned for the welfare of those we love.

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!