

**SUNDAY**  
**4th October 2020**  
**Pentecost 18**  
**St Francis of Assisi**  
**Charity Number**  
**SC010781**

## The Scottish Episcopal Church

St John's, Arpafelie: 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

O God, you ever delight to reveal yourself to the child-like and lowly of heart: grant that, following the example of the blessed Francis, we may count the wisdom of this world as foolishness and know only Jesus Christ and him crucified, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

#### + First Reading : *Micah 6. 6-8*

"With what shall I come before the Lord, and bow myself before God on high? Shall I come before him with burnt offerings, with calves a year old? Will the Lord be pleased with thousands of rams, with ten thousands of rivers of oil? Shall I give my firstborn for my transgression, the fruit of my body for the sin of my soul?"

He has told you, O mortal, what is good; and what does the Lord require of you but to do justice, and to love kindness, and to walk humbly with your God?

#### + Psalm 16:5-9

O Lord, you are my portion and my cup.

**O Lord, you are my portion and my cup.**

O Lord, you are my portion and my cup; it is you who uphold my lot. My boundaries enclose a pleasant land; indeed, I have a goodly heritage.

**O Lord, you are my portion and my cup.**

I will bless the Lord who gives me counsel; my heart teaches me, night after night.

**O Lord, you are my portion and my cup.**

**Vestry Secretary:** Ramsay McGhee, Tigh Ur, Deans Road, Fortrose.  
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## THE PROCLAMATION OF THE WORD - cont.

I have set the Lord always before me; because he is at my right hand I shall not fall. My heart, therefore, is glad, and my spirit rejoices; my body also shall rest in hope.

**O Lord, you are my portion and my cup.**

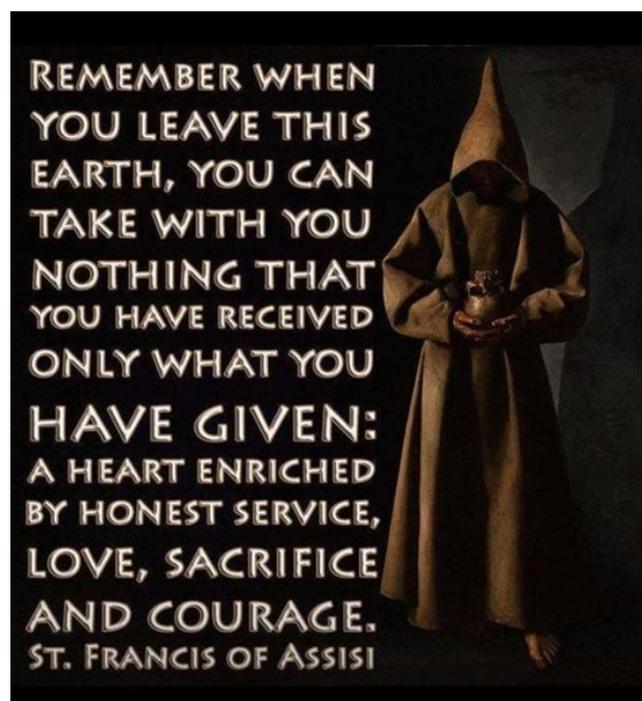
### + Second Reading : Galatians 6:14-18

May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule -- peace be upon them, and mercy, and upon the Israel of God. From now on, let no one make trouble for me; for I carry the marks of Jesus branded on my body. May the grace of our Lord Jesus Christ be with your spirit, brothers and sisters. Amen.

### + The Holy Gospel : Luke 12:22-34

Jesus said to his disciples, "I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you -- you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.

"Do not be afraid, little flock, for it is your Father's good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also."



## **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**

As we remember St Francis...let us pray for a greater love for our planet and all living things...let us work together for its healing and well being. 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**

For the Friars of the Society of St Francis; The Sisters of the Community of Saint Clare; The Poor Clares and the Third Order Franciscans and all their work throughout the Communion. Pray for the peace and unity of the Church. Pray our brothers and sisters of the Anglican Church in Tanzania : Archbishop Maimbo Mndolwa.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Philip S, Rachael W, Sandra W, Fr Graham, Bp Kevin, Dr John, Fr Ian, 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 Andrew's Cathedral, Inverness. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For our three congregations, those who are able to join us in public worship and those joining us in spirit from home. 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 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 this meditation on the Lord's Prayer by St Francis of Assisi:*

**Our Father:** Creator, Redeemer, Saviour and Comforter.

**Who art in heaven:** In the angels and the saints. You give them light so that they may have knowledge, because you are light. You inflame them so that they may love, because you are love. You live continually in them so that they may be happy, because you are the supreme good, the eternal good, and it is from you all good comes and without you there is no good.

**Hallowed be Thy name:** May our knowledge of you become ever clearer, so that we may realise the breadth of your blessings, the extent of your promises, the height of your majesty and the depth of your judgements.

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**Thy kingdom come:** So that you may reign in us by your grace and bring us to your kingdom, where we shall see you clearly, love you perfectly, be happy in your company and enjoy you for ever.

**Thy will be done, on earth as it is in heaven:** That we may love you with our whole heart by always thinking of you; with our whole mind by directing our whole intention towards you and seeking your glory in everything; and with all our strength by spending all our energies and affections of soul and body in the service of your love alone. And may we love our neighbour as ourselves, encouraging them all to love you as best we can, rejoicing at the good fortune of others, just as if it were our own, and sympathising with their misfortunes, while giving offence to no one.

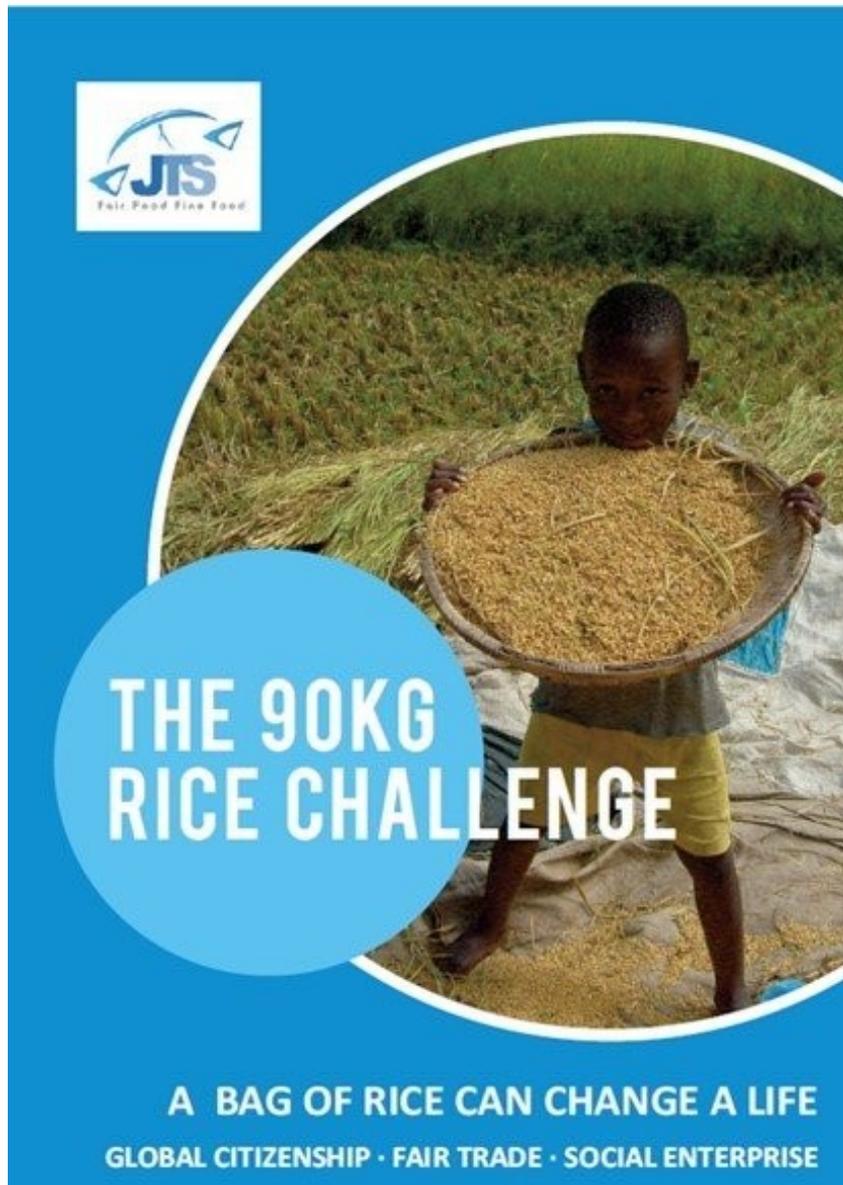
**Give us this day our daily bread:** Your own beloved Son, our Lord Jesus Christ, to remind us of the love he showed for us and to help us to understand and appreciate it and everything that he did or said or suffered.

**And forgive us our trespasses:** In your infinite mercy, and by the power of the passion of your Son, our Lord Jesus Christ, together with the merits and the intercession of the Blessed Virgin Mary and all the saints.

**As we forgive those who trespass against us:** And if we do not forgive perfectly, make us forgive perfectly, so that we may truly love our enemies for love of you and pray fervently to you for them, returning no one evil for evil, anxious only to serve everybody in you.

**And lead us not into temptation:** Hidden or obvious, sudden or unforeseen.

**But deliver us from evil:** Present, past or future. **Amen.**



Many thanks to everyone who supported the 90kg rice challenge - we did it - the 90 kg has been achieved and another 45 kg has been ordered. I hope the new consignment will arrive this week. There are one or two who ordered rice first time round but haven't received it - you will receive it as soon as it arrives.

For those who didn't order rice but would like to do so now or if you enjoyed the rice and want some more, just get in touch and I'll deliver. The bad news is that I couldn't get the big discount on the 45kg order so instead of £3.25 it will be £3.45 which is still a good deal cheaper than the regular price of £3.75.

The other good news is that the food bank has benefitted from the 90kg challenge - if you don't like rice yourself, you can always buy a pack for the foodbank - it also makes an enjoyable and useful Christmas present!

Ramsay

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

Dear All,

This Sunday we will keep the Feast of Saint Francis in our three services. We are currently in, what some refer to as, the Season of Creation. This was begun as by a call from Bartholomew, the Ecumenical Patriarch of Constantinople, a number of years back. His concern for the environment and what we are doing to our Mother the Earth let him to challenge all Christians to keep a time, each year, to reflect on the challenges set before us and of God's call for us to be good stewards of creation and not just profit seeking exploiters. Saint Francis is a fine time to remember that call as he, himself, has been declared the Patron Saint of Ecology and the Environment! His love of all created things was made clear throughout his life and in his writings...resulting in such beautiful things as his Canticle of Brother Sun (Many will know it better by its metrical/hymn version...All creatures of our God and King!). And so we celebrate!

Let our **celebration include, as best as we can, the Harvest with it! Donations to Foodbank and Munloch Animal Centre will be most welcome!**

**I will be away over the coming weeks...or at least, on holiday. Rev Christine and Fr Arthur will be holding the fort on Sundays. One needs a break at times and, I confess, my time is now**

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\*)

\* If you'd like to be added to the Tues and Thurs Eucharists via Facebook Messenger, let me know. But you will have to be in FB and Messenger for that to work.

9:30am Celtic Morning Prayer (Via Zoom: Contact Richard for info: richard@nesscottage.scot)

### SUNDAY EUCHARIST

**4 October (We will keep St Francis Day!)**

9:45am in St John's with Fr Mel presiding.

9:45am in St Regulus' with Rev Christine

11:30am in St Andrew's with Fr Mel presiding

**11 October (Pentecost 19)**

9:45am in St John's with Fr Arthur

9:45am in St Regulus' with Rev Christine

11:30am in St Andrew's with Fr Arthur

**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**

*The ear of Faith can hear the music coming  
from afar,*

*Even when there's discord, words that hurt  
and sounds that jar.*

*The eye of faith can range beyond the place  
where shadows fall,*

*Seeing sunshine in the dark and God's love  
over all.*

**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 se-  
lection 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 4th October - 09.45



**Diocesan Prayer Cycle -**

**Porvoo Cycle -**

## **Notices**

Visitor Details

Should you have any visitors attending your church you need to get their details for the Track and Trace list. You need to get their Name, Phone Number, and note the date of their visit and email this, **ALONG** with the regular congregation's names who were in attendance, every Sunday after the service to Ramsay.

This allows Ramsay to be the point of contact for the Track and Trace system for The Charge should any member be unfortunate enough to get the disease.

For those attending church during the Covid outbreak we have an information sheet for you to assess your personal risk with an explanation attached. This is used within the NHS and other Churches. We **DO NOT** want to know your personal score but would ask that you confirm either by email or in writing that you have received and read the form. Spare copies will be available in church for visitors etc.

Stewards and Co-ordinators need to ensure that details of everyone who attended the service are passed to the Vestry Secretary by email by each Sunday night. This needs to be undertaken to meet the Track and Trace section of the legislation.

# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

B Oakley, J MacLennan, R McGhee and H Ireland

### **Sides-men**

Ann McGhee and Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**