

**SUNDAY**  
**29th November 2020**  
**Advent**  
**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  
1 Dean's Road  
Fortrose, Ross-shire, Scotland IV10 8TJ  
Phone: 01381 622241 Email: [mel@sagart.me.uk](mailto:mel@sagart.me.uk)



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).



### LIGHTING THE ADVENT CANDLES

Jesus said, "I am the light of the world.

Those who follow me will not walk in darkness, but will have the light of life."

**Come, Lord Jesus, come quickly.**

Source of all light,  
send your Son Jesus Christ  
to shine in our dark world.

Help us to prepare our hearts to receive him who lives and reigns with you  
and the Holy Spirit, now and for ever. Amen.

### THE PROCLAMATION OF THE WORD

#### Collect

Almighty God, give us grace to cast away the works of darkness and put on the armour of light, now in the time of this mortal life in which your Son Jesus Christ came to us in great humility, that on the last day, when he shall come again

in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and for ever.

**Vestry Secretary:** Ramsay McGhee, Tigh Ur, Deans Road, Fortrose.  
Tel No: 01381 620110: E [w.r.mcghee@btinternet.com](mailto:w.r.mcghee@btinternet.com): Mobile: 07770 37 37 72

## THE PROCLAMATION OF THE WORD - cont.

### + First Reading : Isaiah 64:1-9

O that you would tear open the heavens and come down, so that the mountains would quake at your presence -- as when fire kindles brushwood and the fire causes water to boil-- to make your name known to your adversaries, so that the nations might tremble at your presence!

When you did awesome deeds that we did not expect, you came down, the mountains quaked at your presence. From ages past no one has heard, no ear has perceived, no eye has seen any God besides you, who works for those who wait for him.

You meet those who gladly do right, those who remember you in your ways. But you were angry, and we sinned; because you hid yourself we transgressed. We have all become like one who is unclean, and all our righteous deeds are like a filthy cloth. We all fade like a leaf, and our iniquities, like the wind, take us away.

There is no one who calls on your name, or attempts to take hold of you; for you have hidden your face from us, and have delivered us into the hand of our iniquity.

Yet, O Lord, you are our Father; we are the clay, and you are our potter; we are all the work of your hand. Do not be exceedingly angry, O Lord, and do not remember iniquity forever. Now consider, we are all your people.

This is the word of the Lord.

### + Psalm 80:1-7

Restore us, O God of hosts!

**Restore us, O God of hosts!**

Hear, O Shepherd of Israel, leading Joseph like a flock; shine forth, you that are enthroned upon the cherubim.

**Restore us, O God of hosts!**

In the presence of Ephraim, Benjamin, and Manasseh, stir up your strength and come to help us.

**Restore us, O God of hosts!**

Restore us, O God of hosts; show the light of your countenance, and we shall be saved.

**Restore us, O God of hosts!**

O Lord God of hosts, how long will you be angered despite the prayers of your people?

**Restore us, O God of hosts!**

You have fed them with the bread of tears; you have given them bowls of tears to drink.

**Restore us, O God of hosts!**

You have made us the derision of our neighbours, and our enemies laugh us to scorn.

**Restore us, O God of hosts!**

Restore us, O God of hosts; show the light of your countenance, and we shall be saved.

### + Second Reading : 1 Corinthians 1:3-9 /

**+ Second Reading : 1 Corinthians 1:3-9**

Grace to you and peace from God our Father and the Lord Jesus Christ.

I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind-- just as the testimony of Christ has been strengthened among you -- so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

This is the word of the Lord.

**+ The Holy Gospel : Mark 13:24-37**

Jesus said, "In those days, after that suffering, the sun will be darkened, and the moon will not give its light, and the stars will be falling from heaven, and the powers in the heavens will be shaken.

Then they will see 'the Son of Man coming in clouds' with great power and glory. Then he will send out the angels, and gather his elect from the four winds, from the ends of the earth to the ends of heaven.

"From the fig tree learn its lesson: as soon as its branch becomes tender and puts forth its leaves, you know that summer is near. So also, when you see these things taking place, you know that he is near, at the very gates. Truly I tell you, this generation will not pass away until all these things have taken place. Heaven and earth will pass away, but my words will not pass away.

"But about that day or hour no one knows, neither the angels in heaven, nor the Son, but only the Father. Beware, keep alert; for you do not know when the time will come. It is like a man going on a journey, when he leaves home and puts his slaves in charge, each with his work, and commands the doorkeeper to be on the watch. Therefore, keep awake—for you do not know when the master of the house will come, in the evening, or at midnight, or at cockcrow, or at dawn, or else he may find you asleep when he comes suddenly. And what I say to you I say to all: Keep awake."

## **PRAYER REQUESTS**

That we may all keep a holy Advent! 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 Lusitanian Church: Bishop Jorge Pina Cabral.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Colin P, Andrew P, Blane P, Lesley P, Ferdinand vP, Roberta R, Louise 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 Saint Columba's, Nairn and our Dean, Alison. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For the soul of Sheena Munro and for her loved ones. For our three congregations, those who are able to join us in public worship and those joining us in spirit from home. Pray for all undergoing tests, awaiting results and undergoing treatment. Pray for Hugo & family. Pray for Robbie and all living with OCD, Asperger's, Autism and other conditions that make Covid restrictions particularly difficult. 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**

Lord Jesus, you are the light of the world.  
You are light in our darkness.  
Son of God, save us from our sins.  
Son of Mary, deepen our love.  
Bring hope into the lives of all people.  
Give your peace to all nations.  
Be the joy of all who love you.  
Bring unity among all who believe in you.  
Bless us as we gather here in your name.  
Lord Jesus, stay with us always.

*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*  
*Come, Lord Jesus.*

Let us pray:

May Christ give us his peace and joy, and let us share them with others.  
All peace and glory are his for ever.  
Amen.

*Conclude with the Lord's Prayer.*

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

Dear All,

This Sunday we light the first candle on our Advent Wreaths. How wonderful that this is the Candle of Hope! As we read in Psalm 130:5 "My whole being hopes and I wait for God's promise!" This is the season of Hope...and speaks to us of God loving promise to send us a Saviour... A much needed reminder as we feel like we are keeping the millionth day of Covid! (at least I do!) It seems endless... but I am sure what we are feeling has been felt by millions all through time...those living under the weight of oppression, those living through wars, those living with endless hunger, poverty, illness... As we pray our way through Advent, let's let the prayers and reading wash over use...find time to be still and listen...and with the words of the ancient Advent Prose...pray:

Drop down, ye heavens, from above, and let the skies pour down righteousness. Let the earth be fruitful, and bring forth a Saviour.

Ye are my witnesses, saith the Lord, and my servant whom I have chosen: that ye may know me and believe me: I, even I, am the Lord, and beside me there is no Saviour: and there is none that can deliver out of my hand.

Drop down, ye heavens, from above, and let the skies pour down righteousness. Let the earth be fruitful, and bring forth a Saviour.

Comfort ye, comfort ye my people, my salvation shall not tarry: I have blotted out as a thick cloud thy transgressions. Fear not, for I will save thee: for I am the Lord thy God, the Holy One of Israel, thy Redeemer.

Drop down, ye heavens, from above, and let the skies pour down righteousness. Let the earth be fruitful, and bring forth a Saviour.

**Saint Andrew's Day is Monday!!!** We will not be able to celebrate as usual...argh! I will live stream Eucharist with hymns, etc....from St Andrew's at **5pm on the 30<sup>th</sup>** (NOTE THE CHANGE FROM LAST WEEK) Perhaps those who watch might enjoy a dram during or after to toast the Day!!!

### REVERSE ADVENT CALENDAR....

It has begun!

TONS of wonderful things are already being delivered!!!!

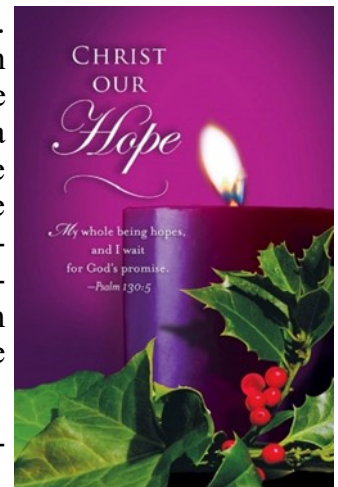
**The deadline is 6 December**....donations can be dropped off at the Charity Shop on Wednesdays tween 10 and 1.....outside those hours...drop things at the Rectory!!!!

I am in awe! Not surprised....but in awe of the generosity I am witnessing!

THANK YOU!!!

Much love to all!

Mel +



## 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 (but varies) : 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

### 29 November : First Sunday of Advent

9:45am in St Regulus' with Jill & Simon

9:45am in St John's with Rev Christine

11:30am in St Andrew's with Fr Mel  
(live streamed)

### 30 November : Saint Andrew's Day

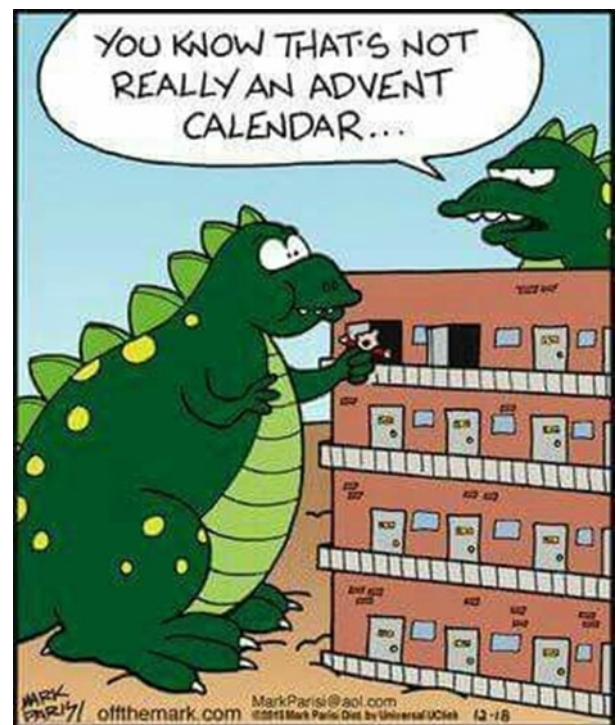
5pm Live Streamed St Andrew's Eucharist

### 6 December : Second Sunday of Advent

9:45am in St Regulus' with Rev Christine

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

11:30am in St Andrew's with Fr Mel  
(live streamed)



## **An Act of Spiritual Communion**

My Jesus,  
I believe you are truly present  
in this Most Holy Sacrament  
of your Body and Blood,  
and since I cannot, at this time, receive you in  
Holy Communion,  
I pray you to come into my heart.  
I unite myself with you and embrace you  
with all my heart, my soul, and my mind.  
Let nothing separate me from you.  
In whose Name I pray.  
Amen.

### **OR** **Anima Christi**

Soul of Christ, sanctify me.  
Body of Christ, save me.  
Blood of Christ, inebriate me.  
Water from the side of Christ, cleanse me.  
Passion of Christ, strengthen me.  
O good Jesus, hear me.  
Within Thy wounds hide me.  
Never let me be separated from Thee.  
From the malicious enemy, defend me.  
At the hour of death, call me.  
And bid me come to Thee.  
That with Thy saints I may praise Thee,  
forever and ever. Amen.

**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!**





Linda and Margaret are doing the usual Xmas gifts for funds.

They are happy to deliver on the Black Isle and orders can be by phone or email.

[lindamcouper@btinternet.com](mailto:lindamcouper@btinternet.com) or  
[m.pern@btinternet.com](mailto:m.pern@btinternet.com)

As everyone knows, the quality of the produce is of the highest quality so please support Linda and Margaret.

The Charity Shop will be open on Wednesday's only for the four weeks running into Christmas – the gifts will be available in the shop or can be ordered in the shop.







# Charity Shop

The Charity shop in Academy Street, Fortrose will be opened on the following Wednesday's between 10.00 and 13.00.

Wednesday 25<sup>th</sup> November – and Wednesday 2<sup>nd</sup>, 9<sup>th</sup>, and 16<sup>th</sup> December. Only two people will be allowed into the shop at any one time and face masks will require to be worn. Hand sanitiser will be available at the entrance and at the counter.

## Highland Foodbank

*Heather has received the following letter from the team at Highland Foodbank .....*

Dear Heather,

We would like to thank the Black Isle Episcopal Churches for their continued support of Foodbank, particularly during these difficult times, donating a total of 451kgs of food since September alone! These donations will enable us to meet the on-going need within communities across the Highlands.

We're living in very strange times with more and more people being referred to our food banks across Highland. Just the other week Stan and Jess were referred.....they had received an unusually high telephone bill which they were able to pay, but it left them with no reserves for food that week. The only contact they have recently had with friends and family has been through telephone conversations.

Thank you for your part in helping people like Stan and Jess.

Blessings,

Lorna

REVERSE  
ADVENT CALENDAR

It was a big hit last year....but,  
you'll all remember the goods needed to be collected  
by the FIRST SUNDAY IN DECEMBER

SO

please start today (8 NOVEMBER)

Bring your donations to Church or  
DONATIONS CAN BE LEFT AT THE CHARITY SHOP

Before 6<sup>th</sup> of DECEMBER

And we will make sure they reach  
where they are needed

Feel free to add Christmassy treats...mince pies, cranberry sauce, shortbreads, etc.



**OUR CHARITY SHOP**  
in Saint Andrew's Hall :  
Wednesdays & Saturdays,  
10am -1pm.



**SATURDAY COFFEE  
MORNINGS AND CHARITY  
SHOP BOTH CANCELLED  
UNTIL FURTHER NOTICE**

The Books and cards normally on sale at the back of St Andrew's are not available during the present restrictions.



**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**

The food bank team are always very appreciative of our donations, but at the moment they have excess pasta, tinned soup and tinned beans, so won't be accepting more of these at present.

The items on our list are still things that they need more of, also individually wrapped toothbrushes, toothpaste, deodorant, sugar and toilet roll.

Thanks for all your ongoing generosity.

**Highland Foodbank**

### **Thought for today**

*The turning points of life aren't always noticed at the time.*

*Close against the ear the hour of destiny may chime - and we unheeding may not be aware that it has struck.*

*Afterwards we see the point at which we changed our luck.*

# St John's Arpafeelie

Sunday 29th November - 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.



*Cromarty*  
**Sunday  
Club** *St Regulus &  
West Church*

**Stories, Marshmallows  
& a VERY special guest**

Join us **OUTDOORS** in  
the Courthouse Garden  
this Sunday 29 November  
3.30pm - free and fun

*Telling stories around the*

**CAMPFIRE**

In line with Scottish Government Guidance - limited numbers and all Coronavirus precautions adhered to  
For more info contact Carsten at 07958 550333 or [carsten@mylittlecampfire.com](mailto:carsten@mylittlecampfire.com)

# Church Rotas

## St Andrew's

### Readers & Intercessors

Ramsay McGhee / Joan Deakin / Michael Hulse / Joan Deakin

### Sides-men

A nn McGhee / Bill Fraser

### Servers

### Sacristan

### Flowers

### Teas

### Cleaning

## St John's