

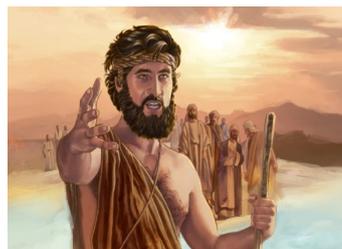
**SUNDAY**  
**6th December 2020**  
**Advent 2**  
**Charity Number**  
**SC010781**

## 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

**Last Sunday we lit the First Candle of Hope** in our Advent Wreath, and celebrated the patriarchs. We light it again as we place our hope in Jesus the blessing of God for all nations.

**Today we light the Candle of Peace** and may our hearts be filled with peace as we hear the words of the prophet Isaiah...

*"For a child has been born for us, a son given to us; authority rests upon his shoulders; and he is named Wonderful Counsellor, Mighty God, Everlasting Father, Prince of Peace."*

Blessed are you, sovereign Lord, just and true:  
to you be praise and glory for ever.

In times past you spoke by the mouth of your prophets, but in our days you speak us through your Son. Help us, your people, to walk in his light, that we may be found ready and watching when he comes again in glory and judgement; for you are our light and our salvation.

**Come, Lord Jesus! Come Soon!**

### THE PROCLAMATION OF THE WORD

#### Collect

Almighty God, who sent your servant John the Baptist to prepare your people to welcome the Messiah, inspire us, the ministers and stewards of your truth, to turn our disobedient hearts to you, that when the Christ shall come again to be our judge, we may stand with confidence before his glory; who is alive 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 40:1-11

Comfort, O comfort my people, says your God. Speak tenderly to Jerusalem, and cry to her that she has served her term, that her penalty is paid, that she has received from the LORD's hand double for all her sins.

A voice cries out: "In the wilderness prepare the way of the LORD, make straight in the desert a highway for our God. Every valley shall be lifted up, and every mountain and hill be made low; the uneven ground shall become level, and the rough places a plain.

Then the glory of the LORD shall be revealed, and all people shall see it together, for the mouth of the LORD has spoken."

A voice says, "Cry out!" And I said, "What shall I cry?"

All people are grass, their constancy is like the flower of the field. The grass withers, the flower fades, when the breath of the LORD blows upon it; surely the people are grass. The grass withers, the flower fades; but the word of our God will stand for ever.

Get you up to a high mountain, O Zion, herald of good tidings; lift up your voice with strength, O Jerusalem, herald of good tidings, lift it up, do not fear; say to the cities of Judah, "Here is your God!" See, the Lord GOD comes with might, and his arm rules for him; his reward is with him, and his recompense before him. He will feed his flock like a shepherd; he will gather the lambs in his arms, and carry them in his bosom, and gently lead the mother sheep.

This is the word of the Lord.

### PSALM 85 (Verses)

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

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

You have been gracious to your land, O Lord, you have restored the good fortune of Jacob. You have forgiven the iniquity of your people and blotted out all their sins.

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

You have withdrawn all your fury and turned yourself from your wrathful indignation. Restore us then, O God our Saviour; let your anger depart from us.

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

Will you not give us life again, that your people may rejoice in you? Show us your mercy, O Lord, and grant us your salvation.

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

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.

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

Truly, his salvation is very near to those who fear him, that his glory may dwell in our land. Mercy and truth have met together; righteousness and peace have kissed each other.

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

Truth shall spring up from the earth, and righteousness shall look down from heaven. 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**

### + Second Reading : 2 Peter 3:8-15a

Do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day. The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance. But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.

Since all these things are to be dissolved in this way, what sort of persons ought you to be in leading lives of holiness and godliness, waiting for and hastening the coming of the day of God, because of which the heavens will be set ablaze and dissolved, and the elements will melt with fire? But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.

Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish; and regard the patience of our Lord as salvation.

This is the word of the Lord.

### + The Holy Gospel : Mark 1:1-8

The beginning of the good news of Jesus Christ, the Son of God.

As it is written in the prophet Isaiah, “See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: ‘Prepare the way of the Lord, make his paths straight,’

” John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins. And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins. Now John was clothed with camel’s hair, with a leather belt around his waist, and he ate locusts and wild honey. He proclaimed, “The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals. I have baptized you with water; but he will baptize you with the Holy Spirit.”



## **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 patience in the face of this Pandemic. 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 Reformed Episcopal Church of Spain : Bishop Carlos Lopez-Lozano.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Philip S, Rachael W, Sandra W, Canon Graham T, Bishop Kevin, Dr John McN-S, Fr Ian B, Godwin C, 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 Christ Church, Huntly; Holy Trinity, Keith; Gordon Chapel, Fochabers; St. Michael, Dufftown and St. Marnan's, Aberchirder. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For Ann Danson and family on the passing of her father, Len and for the peaceful repose of his soul. 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**

Before time began, the Word was with the Father; in the fullness of time he came to us through the Virgin Mary.

– *Come today through the Church, Lord Jesus.*

All that came to be was alive with his life: may our lives be a light for all people.

– *Come today through the Church, Lord Jesus.*

The Word dwells with God: may we dwell with him in the Father's love.

– *Come today through the Church, Lord Jesus.*

The Word entered his own realm, and his own would not receive him. By responding to those who need our care, may we welcome him into our hearts.

– *Come today through the Church, Lord Jesus.*

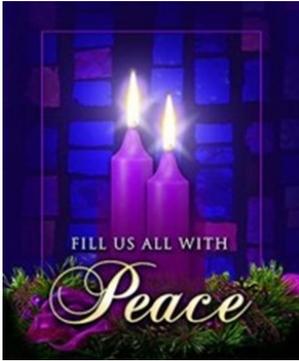
The Word came among us, full of grace and truth; may all the departed be counted as children of God.

– *Come today through the Church, Lord Jesus.*

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

Dear All,

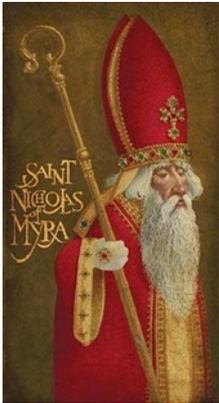
Today we enter the Second Week of Advent and we light the Candle of Peace.



At every Eucharist we speak of the Peace of God and under normal circumstances we extend an expression of his Peace to one another. Much more than a quick handshake or hello, it is a profound prayer that his Peace that surpasses all understanding might fill the heart of the one receiving the wish...and much more than that, it expresses a heartfelt prayer for peace and reconciliation the world over. At this time, the desire remains the same...and while we are unable to express it to one another beyond a wave and a smile with our eyes, it must still be as heartfelt. So, we keep a moment of silence at that point in the Liturgy and pray that the

Peace of the Prince of Peace may fill ours and every heart, everywhere.

Today (Sunday the 6<sup>th</sup>) is also the Feast of **Saint Nicholas**. Much more than just jolly man in the sleigh with reindeer, did you know he also is the Patron of Children, Seafarers, Pawn Brokers, the Wrongly Accused...among other things? And did you know he had a hand in writing the Nicene Creed we say every Sunday? And in rebuking the big heretic of the day, Arius? I had the honour of being St Nick last Sunday for the Sunday Club in Cromarty. Normally I visit the school but Covid prevents that this year...so the Sunday Club it was



And I distributed chocolate coins and candy canes as is part of the tradition. Why not join in and on the night of the 5<sup>th</sup> (or on the day) **leave a secret, anonymous gift** for a friend or neighbour? Spread a bit of Advent/ Christmas cheer!

The response to the **Reverse Advent Calendar** has been amazing. Humbling to say the least and so heart-warming to see the loving care being expressed so generously.

Much love to all!

Mel +

### DAILY PRAYER...

#### I will be offering these prayers at:

7 am : Invitatory & Office of Readings

8:30am : Morning Prayer (Facebook Live Stream)

6 pm : Evening Prayer (Facebook Live Stream)

10 pm : Night Prayer aka Compline

(but time varies depending on how tuckered out the Rector is haha)

9 am Eucharist on Tuesdays (Facebook Messenger\*)

9 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**

### **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)

### **13 December : Gaudete Sunday**

9:45am in St Regulus' with Fr Mel

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

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.

# Christmas Gifts



Come and see the collection of hand made and local produce gifts on display in the Charity shop on Wednesday's

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 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  
THIS IS THE FINAL SUNDAY

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**

*This is a world where people do and say the strangest things.*

*So do not be surprised at bark or bite.*

*This is a world that's all mixed up, a world of smiles and stings -*

*So try to see it in a kindly light.*

# St John's Arpafeelie

Sunday 6th December - 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**

Brian Oakley / Jan MacLennan / Ramsay McGhee / Heather Ireland

### **Sides-men**

A nn McGhee / Iain Brown

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**