

**SUNDAY**  
**20th December 2020**  
**Advent 4**  
**Charity Number**  
**SC010781**

## The Scottish Episcopal Church

St John's, Arpafellie: 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  
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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).



## LIGHTING THE ADVENT CANDLES

May our hearts be filled with God's love towards all people as we consider the call of the Blessed Mary to bring the long-awaited Messiah into the world.

Last Sunday we lit  
the Candles of **Hope, Peace and Joy**.

Today is the Fourth Sunday of Advent and we light the **Candle of Love**.

As we draw near to the great Day of our Lord's Birth, we remember his words to Nicodemus:  
'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.'

'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

And that **Love** is surely the cause of **our Hope, our Peace and our Joy!**

Blessed are you, sovereign Lord, merciful and gentle: to you be praise and glory for ever. Your light has shone in our darkened world through the child-bearing of blessed Mary; grant that we who have seen your glory may daily be renewed in your image and prepared like her for the coming of your Son, who is the Lord and Saviour of all. Blessed be God for ever.

**Alleluia, alleluia. Holy Mary, Mother of God, blessed are you among women, and blessed is the fruit of your womb. Alleluia!**

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

**Vestry Secretary:** Ramsay McGhee, Tigh Ur, Deans Road, Fortrose.

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## THE PROCLAMATION OF THE WORD

### Collect

Heavenly Father, who chose the Virgin Mary, full of grace, to be the mother of our Lord and Saviour, now fill us with your grace, that we in all things may embrace your will and with her rejoice in your salvation; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

### + First Reading : 2 Samuel 7:1-11, 16

When the king was settled in his house, and the LORD had given him rest from all his enemies around him, the king said to the prophet Nathan, "See now, I am living in a house of cedar, but the ark of God stays in a tent." Nathan said to the king, "Go, do all that you have in mind; for the LORD is with you."

But that same night the word of the LORD came to Nathan: Go and tell my servant David: Thus says the LORD: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, "Why have you not built me a house of cedar?" Now therefore thus you shall say to my servant David: Thus says the LORD of hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover the LORD declares to you that the LORD will make you a house. Your house and your kingdom shall be made sure forever before me; your throne shall be established forever.

This is the word of the Lord.

Canticle: *Magnificat* (Luke 1:46-55)

My spirit rejoices in God my Saviour!

**My spirit rejoices in God my Saviour!**

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour; for he has looked with favour on his lowly servant.

**My spirit rejoices in God my Saviour!**

From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.

**My spirit rejoices in God my Saviour!**

He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit.

**My spirit rejoices in God my Saviour!**

He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty.

**My spirit rejoices in God my Saviour!**

He has come to the help of his servant Israel, for he has remembered his promise of mercy, The promise he made to our fathers, to Abraham and his children for ever.

**My spirit rejoices in God my Saviour!**

## **THE PROCLAMATION OF THE WORD - cont.**

### **+ Second Reading : Romans 16:25-27**

Now to God who is able to strengthen you according to my gospel and the proclamation of Jesus Christ, according to the revelation of the mystery that was kept secret for long ages but is now disclosed, and through the prophetic writings is made known to all the Gentiles, according to the command of the eternal God, to bring about the obedience of faith-- to the only wise God, through Jesus Christ, to whom be the glory forever! Amen.

This is the word of the Lord.

### **+ The Holy Gospel : Luke 1:26-38**

The Lord be with you.

**And also with you.**

Hear the Good News of our Lord Jesus Christ  
according to St Luke:

**Glory to Christ our Saviour!**

In the sixth month the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, "Greetings, favoured one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favour with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end." Mary said to the angel, "How can this be, since I am a virgin?" The angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore the child to be born will be holy; he will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a son; and this is the sixth month for her who was said to be barren. For nothing will be impossible with God." Then Mary said, "Here am I, the servant of the Lord; let it be with me according to your word." Then the angel departed from her.

Give thanks to the Lord for this his glorious Gospel.

**Praise to Christ our Lord.**

## **PRAYER REQUESTS**

**That we may all have a safe, peace-filled, joyous and blessed Christmas despite the current situation!** 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 those travelling to be with loved ones and for those who are not able. 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. 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 working in the many mission agencies throughout the Anglican Communion...including the Mothers' Union!

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Andrew P, Blayne P, Lesley P, Ferdinand vP, Roberta R, Louise S, Philip 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 Holy Trinity, Elgin / Burghead Mission / St Margaret's, Lossiemouth. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For God's blessing upon our three congregations as we celebrate our Lord's Birth. For those gathering in church and those joining in online. Pray for all undergoing tests, awaiting results and undergoing treatment. 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**

*Spend a moment in silence , call to mind any particular concerns then pray:*

In joyful expectation let us pray to our Saviour and Redeemer, saying,

*Lord Jesus, come soon!*

O Wisdom, from the mouth of the Most High, you reign over all things to the ends of the earth: come and teach us how to live.

*Lord Jesus, come soon!*

O Lord, and head of the house of Israel, you appeared to Moses in the fire of the burning bush and you gave the law on Sinai: come with outstretched arm and ransom us.

*Lord Jesus, come soon!*

O Branch of Jesse, standing as a sign among the nations, all kings will keep silence before you and all peoples will summon you to their aid: come, set us free and delay no more.

*Lord Jesus, come soon!*

O Key of David and sceptre of the house of Israel, you open and none can shut; you shut and none can open: come and free the captives from prison.

*Lord Jesus, come soon!*

O Morning Star, splendour of the light eternal and bright Sun of righteousness: come and enlighten all who dwell in darkness and in the shadow of death.

*Lord Jesus, come soon!*

O King of the nations, you alone can fulfil their desires: Cornerstone, you make opposing nations one: come and save the creature you fashioned from clay. Lord Jesus, come soon! O Emmanuel, hope of the nations and their Saviour: come and save us, Lord our God.

*Lord Jesus, come soon!*

*Conclude with the Lord's Prayer.*

**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!**

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

Dear All,

Well, here we are! The Fourth Sunday of Advent!

Scripture says that, when the world was at its darkest, God sent his Angel to Mary to announce our Saviour's coming into the world. What hope that brought! What hope that brings as we prepare to celebrate that Holy Birth! St John, in his Gospel, speaks of Jesus as the Light no darkness can overcome. In this world darkness often crosses our path...and many are feeling the gloom as we continue to make our way through this Pandemic. May the Birth we celebrate fill us with hope and remind us we are not in this alone...EMMANUEL – GOD IS WITH US!

It has been strange not having our usual carol services, nor our visit from Octavoce this year! Octo are doing an online concert though...and Jim Anderson at the Hotel is hoping to welcome a socially distanced 16 into the dining room to watch it together...with eggnog and nibbles! If interested, let him know.

We will be celebrating on Christmas Day though it will be different with no singing, etc...but it will still be the Lord's Birthday and it will bring Joy!

NOTE : There will be no public services on the 27<sup>th</sup> as, having celebrated Christmas on Friday will require a proper cleaning. There will be an online Eucharist and, as usual, Ramsay will email that around to those who will to watch....and sing along!!!

Christmas Blessings to one and all.

Much love to all!

Mel



★  
JOY  
NOEL  
ANGEL  
JESUS  
PEACE HOPE  
WISEMEN  
CHRISTMAS  
BELIEVE FAITH  
PRINCE OF PEACE  
THANK YOU



## **Christmas Day Services**

Given that the three Churches will be holding Christmas Day Services, it does not mean we can have as many as we like in each church. The Laws, Advice and Guidelines laid down by the Scottish Government and the Scottish Episcopal Church must be strictly adhered to. Failure to comply could result in criminal proceedings and adverse publicity at worst or the churches being closed by the Bishop for non-compliance but at the heart of the matter is the well being and safety of our members. That is paramount.

Accordingly entry to any of the three services will need to be booked ahead. In order to comply with the 2 metre rule none of our three churches can exceed a number of twenty. This can be slightly amended with family groups sitting in the one group but, that apart, the 2 metre rule will apply, use of hand gel on entry will be mandatory as will the wearing of masks. There will be NO Carol singing.

St Andrew's is almost full with only a few seats left.

St John's have a full seating plan in operation.

St Regulus - only two people have reserved seats. I will be in touch with them this week to get a seating plan in place. I am well aware that some members of the congregations are unhappy with the arrangements and that I am everything that is bad, fine I can live with that - I am not making these arrangements for the fun of it or because I have nothing else to do, I am doing it in order to comply with the law of the land and the SEC guidelines but more especially to keep our members as safe as I possibly can.

I would be obliged therefore, if you would complete the forms if you wish to attend either St Andrew's or St Regulus on Christmas Day.

Ramsay McGhee

Vestry Secretary

## SUNDAY EUCHARIST

### 20 December : Advent 4

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

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

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

(live streamed)

### 25 December : Christmas Day

**1030am Eucharist**

St John's, Arpafeelie with Bp Mark

St Regulus', Cromarty with Rev Christine

St Andrew's, Fortrose with Fr Mel

(live streamed)

### 27 December : Christmas 1

**No Public Services** (post Christmas cleaning required)

**10am Eucharist live-streamed on Facebook with link being made available for viewing after..via email.**

## 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



**The remaining gifts made by Linda and Margaret will be available for sale from the back of my car after the Sunday Service in St Andrew's**

## Charity Shop

The Charity shop in Academy Street, Fortrose is now closed until after the New Year

When it re-opens, 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.

**CROMARTY SUNDAY CLUB, THE WEST  
CHURCH & ST REGULUS BRING YOU THE**

**CROMARTY**

**ADVENT WINDOW**

**TRAIL**

Look out for a new  
Advent window each  
day, following the  
Christmas story around  
Cromarty as we lead up  
to Christmas

**FOLLOW US ON  
FACEBOOK at  
Cromarty Advent  
Window Trail**

**1ST DECEMBER  
2020 - 3RD  
JANUARY 2021**



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



**SATURDAY COFFEE  
MORNINGS 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 merry days, the happy days, the days of long ago,  
Come back in remembrance when we watch the red  
logs glow.*

*The April days, the autumn days, the gold days and  
the drear;*

*Mingle in the dreams that haunt this season of the  
year.*



# St John's Arpafeelie

Sunday 20th 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.

**20 December : Advent 4**

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

**25 December : Christmas Day**

**1030am Eucharist**

St John's, Arpafeelie with Bp Mark

**27 December : Christmas 1**

**No Public Services** (post Christmas cleaning required)

**10am Eucharist live-streamed on Facebook with link being made available for viewing after..via email.**

# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

J MacLennan / B Oakley / R McGhee / R McGhee

### **Sides-men**

A nn McGhee / Iain Brown

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**