

SUNDAY
24th January 2021
Epiphany 3
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
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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

Almighty God, by grace alone you call us

and accept us in your service. Strengthen us by your Spirit, and make us worthy of your call; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God,

now and for ever.

+ First Reading : Jonah 3:1-5, 10

The word of the LORD came to Jonah a second time, saying, "Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you." So Jonah set out and went to Nineveh, according to the word of the LORD. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, "Forty days more, and Nineveh shall be overthrown!" And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth.

When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

This is the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ Psalm 62:6-14

God alone is my rock and my salvation!

God alone is my rock and my salvation!

For God alone my soul in silence waits; truly, my hope is in him. He alone is my rock and my salvation, my stronghold, so that I shall not be shaken.

God alone is my rock and my salvation!

In God is my safety and my honour; God is my strong rock and my refuge. Put your trust in him always, O people, pour out your hearts before him, for God is our refuge.

God alone is my rock and my salvation!

Those of high degree are but a fleeting breath, even those of low estate cannot be trusted. On the scales they are lighter than a breath, all of them together.

God alone is my rock and my salvation!

Put no trust in extortion; in robbery take no empty pride; though wealth increase, set not your heart upon it.

God alone is my rock and my salvation!

God has spoken once, twice have I heard it, that power belongs to God. Steadfast love is yours, O Lord, for you repay everyone according to his deeds.

God alone is my rock and my salvation!

+ Second Reading : 1 Corinthians 7:29-31

I mean, brothers and sisters, the appointed time has grown short; from now on, let even those who have wives be as though they had none, and those who mourn as though they were not mourning, and those who rejoice as though they were not rejoicing, and those who buy as though they had no possessions, and those who deal with the world as though they had no dealings with it. For the present form of this world is passing away.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

♦ The Holy Gospel : Mark 1:14-20

The Lord be with you.

And also with you.

The Beginning of the Good News
of our Lord Jesus Christ according to St Mark:

Glory to Christ our Saviour!

After John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, “The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.”

As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the sea—for they were fishermen. And Jesus said to them, “Follow me and I will make you fish for people.” And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

Give thanks to the Lord

for this his glorious Gospel.

Praise to Christ our Lord.



PRAYER REQUESTS

That we may be ever watchful for the daily Epiphanies God provides us. 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 sisters and brothers of every tradition and for the peace and unity of the Body of Christ – His Church – as we come to the end of the Week of Prayer for Christian Unity! For greater patience in the face of this Pandemic. That we may truly look out for one another and especially the most vulnerable among us. For all suffering with Covid 19, for all our healthcare workers, for all working for a cure, for all shop workers, lorry drivers, and all on whom we depend for our safety, health and protection. 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 for our sisters and brothers of the Church in Bangladesh.

OUR DIOCESE

For vocations to the priesthood, diaconate and religious life. For our brothers & sisters in the Diocese of Aberdeen & Orkney. For our brothers & sisters of the Diocese of Argyll & the Isles as they elect a new Bishop. For all our brothers & sisters in the Porvoo Communion of Churches. For Tony C, Lisa C, Pat E, Ross J, Tim H, Claire N, Colin P, their families and all who are studying for Ordination or Readership. For their instructors & all who support them. For Mark, our Bishop, and for our sisters and brothers of St. Maelrhubha, Poolewe; Courthill Chapel, Kishorn; St. Donan, Lochalsh. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

We thank God that Lois and her family escaped safely from their house fire and we pray that God will grant them the fortitude they will need to deal with the loss of their beloved family home and all its memories. For those working with Samaritans, Mikey's Line & other help groups seeking to be there for those who are struggling. For those gathering in church and those joining in online. Pray for all undergoing tests, awaiting results and undergoing treatment. Pray for 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 and call to mind any particular concerns...then pray:

God is ever creative. His love renews all things and is the source of our hope. Let us turn to him in confidence:

– Lord, accept our thanks and our prayers.

We give thanks for the order of created things: you have blessed us with the resources of the earth and the gift of human life.

– Lord, accept our thanks and our prayers.

We give thanks for mankind's share in your continuing work of creation: we praise you for your gifts to people of inventive skill and creative vision.

– Lord, accept our thanks and our prayers.

We pray for all the nations of the world: may those in authority work for peace and goodwill among all people.

– Lord, accept our thanks and our prayers.

We pray for all who are homeless today: we pray for families searching for a place to live, and for refugees driven from their homeland.

– Lord, accept our thanks and our prayers.

Life was your first gift to us: may those who have died come to its fullness in you.

– Lord, accept our thanks and our prayers.

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,

Sounds like lockdown has been extended for a few weeks longer...frustrating...but best do all we can to be safe rather than sorry. Some are already receiving their vaccine jabs which is good news, indeed! Important still to keep ourselves as safe as we can though!

Monday the 24th is the Feast of the Conversion of Saint Paul and marks the last day of the Week of Prayer for Christian Unity! Let keep our prayers rising! I have encouraged everyone to join me in saying the Lord's Prayer for Unity at 12 noon each day during the Octave...but I include this prayer from last week as well:

Lord Jesus, who prayed that we might all be one, we pray to you for the unity of Christians, according to your will, according to your means. May your Spirit enable us to experience the suffering caused by division, to see our sin and to hope beyond all hope. Amen.

The Feast of St Paul's Conversion always brings back memories of my divinity student days. Each year we would be sent out, far and wide, to preach on vocation...hoping to plant seeds in the hearts of young boys and girls re a call to the priesthood.... as well as raise some much needed cash for the college. Feeling a call can be such a confusing time...and a real struggle. I will be speaking more on the subject this coming Sunday in the homily.

I encourage you to pray for those who are discerning their calling...and those, like our own Janet, who are already studying. Keep your eye out for someone in whom you recognise a possible future priest too...pray for them and, perhaps, mention it to them. It can really make a difference when someone else recognises some of the necessary gifts in us! Here is a prayer for vocations from the Scottish Prayerbook you might like to use this week!

Let us pray for the increase of the sacred ministry.

V. Pray ye the Lord of the harvest;

R. That he will send forth labourers into his harvest.

O LORD Jesus Christ, whose servants Simon Peter and Andrew his brother did at thy word straightway leave their nets to become fishers of men: Give thy grace, we humbly beseech thee, to those whom thou dost call to the sacred ministry of thy Church, that they may hear thy voice, and with glad hearts obey thy call; who livest and reignest with the Father and the Holy Spirit, one God, world without end. *Amen.*

Please keep safe and well.

Epiphanytide Blessings to one and all.

And much love too.

Mel +

DAILY PRAYER - I will be offering these prayers at:

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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

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

No public (in church) services until further notice.

31 January : Epiphany 4 / Septuagesima

10:30am : Live streamed on Facebook and the link emails to all ASAP.

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,

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



**CHARITY SHOP AND
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.



Thought for today

While you're waiting for the future, don't forget to keep in view,

All the good and all the joy that life today can offer you.

Go on dreaming of the harvest and of what the year may bring,

But make the winter yield a blessing while you're waiting for the spring.

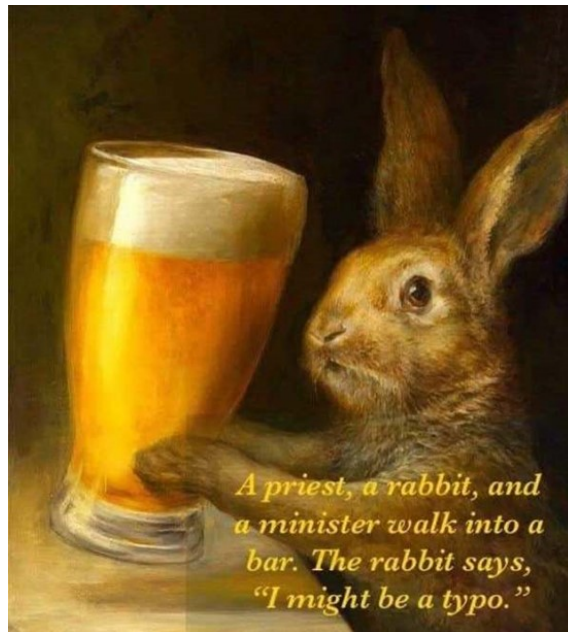
St John's Arrafeelie

Sunday 24th January 2021

10:30am : Live streamed on Facebook and the link emails to all ASAP.



Notices



Church Rotas

St Andrew's

Readers & Intercessors

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

St John's