

SUNDAY

31st January 2021

Epiphany 4

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
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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

Living God, in Christ you make all things new.

Transform the poverty of our nature by the riches of your grace, and in the renewal of our lives make known your glory; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now

and for ever.

+ First Reading : Deuteronomy 18:15-20

Moses said: The LORD your God will raise up for you a prophet like me from among your own people; you shall heed such a prophet. This is what you requested of the LORD your God at Horeb on the day of the assembly when you said: "If I hear the voice of the LORD my God any more, or ever again see this great fire, I will die." Then the LORD replied to me: "They are right in what they have said. I will raise up for them a prophet like you from among their own people; I will put my words in the mouth of the prophet, who shall speak to them everything that I command. Anyone who does not heed the words that the prophet shall speak in my name, I myself will hold accountable. But any prophet who speaks in the name of other gods, or who presumes to speak in my name a word that I have not commanded the prophet to speak—that prophet shall die."

This is the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ Psalm 111:1-6, 10

Great are the deeds of the Lord!

Great are the deeds of the Lord!

Hallelujah! I will give thanks to the Lord with my whole heart, in the assembly of the upright, in the congregation. Great are the deeds of the Lord! they are studied by all who delight in them.

Great are the deeds of the Lord!

His work is full of majesty and splendour, and his righteousness endures for ever. He makes his marvellous works to be remembered; the Lord is gracious and full of compassion.

Great are the deeds of the Lord!

He gives food to those who fear him; he is ever mindful of his covenant. He has shown his people the power of his works in giving them the lands of the nations.

Great are the deeds of the Lord!

The fear of the Lord is the beginning of wisdom; those who act accordingly have a good understanding; his praise endures for ever.

Great are the deeds of the Lord!

+ Second Reading : 1 Corinthians 8:1-13

Now concerning food sacrificed to idols: we know that “all of us possess knowledge.” Knowledge puffs up, but love builds up. Anyone who claims to know something does not yet have the necessary knowledge; but anyone who loves God is known by him.

Hence, as to the eating of food offered to idols, we know that “no idol in the world really exists,” and that “there is no God but one.” Indeed, even though there may be so-called gods in heaven or on earth—as in fact there are many gods and many lords — yet for us there is one God, the Father, from whom are all things and for whom we exist, and one Lord, Jesus Christ, through whom are all things and through whom we exist.

It is not everyone, however, who has this knowledge. Since some have become so accustomed to idols until now, they still think of the food they eat as food offered to an idol; and their conscience, being weak, is defiled. “Food will not bring us close to God.” We are no worse off if we do not eat, and no better off if we do. But take care that this liberty of yours does not somehow become a stumbling block to the weak. For if others see you, who possess knowledge, eating in the temple of an idol, might they not, since their conscience is weak, be encouraged to the point of eating food sacrificed to idols? So by your knowledge those weak believers for whom Christ died are destroyed. But when you thus sin against members of your family, and wound their conscience when it is weak, you sin against Christ. Therefore, if food is a cause of their falling, I will never eat meat, so that I may not cause one of them to fall.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : Mark 1:21-28

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!

Jesus and his disciples went to Capernaum; and when the sabbath came, he entered the synagogue and taught. They were astounded at his teaching, for he taught them as one having authority, and not as the scribes. Just then there was in their synagogue a man with an unclean spirit, and he cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? I know who you are, the Holy One of God." But Jesus rebuked him, saying, "Be silent, and come out of him!" And the unclean spirit, convulsing him and crying with a loud voice, came out of him. They were all amazed, and they kept on asking one another, "What is this? A new teaching—with authority! He commands even the unclean spirits, and they obey him." At once his fame began to spread throughout the surrounding region of Galilee.

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 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 Brazil.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Andrew P, Blayne P, Lesley P, Ferdinand von P, 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, and for our sisters and brothers of All Saints' Mission, Kinlochewe. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For the soul of James Brough, for Ali, the family & all who mourn (Funeral from St Andrew's on Thursday, 4 Feb at 11:00h : Covid restrictions will be in place). 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:

Let us pray to God who never deserts those who trust in him.

– Lord, in your mercy, hear our prayer.

Pour out your Spirit on the Church; let all people see in her the greatness of your loving kindness.

– Lord, in your mercy, hear our prayer.

Be with the priests and ministers of your Church: what they preach to others, may they practise in their lives.

– Lord, in your mercy, hear our prayer.

Teach us to understand one another more deeply: by your presence, free us from prejudice and fear.

– Lord, in your mercy, hear our prayer.

Give married couples constancy and mutual understanding: may their difficulties help to deepen the love they have for each other.

– Lord, in your mercy, hear our prayer.

Pardon the sins of all our departed brothers and sisters: may they enjoy new life in the company of your saints.

– Lord, in your mercy, hear our prayer.

Conclude with the Lord's Prayer.

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

Dear All,

YIKES! Christmas will be well and truly over till next December as of Tuesday Night and the Feast of the Presentation of Christ aka Candlemas! And today is Septuagesima which means Ash Wednesday is just around the corner! We will celebrate Candlemas on its Eve (Monday) with a live –streamed Eucharist at 6:00pm. As you know, the Feast gets that nickname from the blessing of candles that takes place in the Day's Eucharist. If you have candles at home, have one or two ready and we will do our best to keep the Feast together, remembering St Simeon's famous Nunc Dimittis and his declaring our 40 day old Lord "The Light to enlighten the nations and the glory of Israel!"

Anyone notice any snowdrops up? I haven't. They are very associated with Candlemas!

With regard to Lent so quickly approaching, I have been listening to an audio book; a fine translation of the "Revelations of Divine Love" by Julian of Norwich : Naxos audio books & unabridged...read by Katie Scarfe. I love it and find it really draws me into the mystery of our Lord's love. I would recommend it to those who can access audio books....I got it via Amazon.co.uk. Those without that option might consider purchasing it in book version...there are lots of options! It will make excellent Lenten reading!

Epiphanytide & Gesimatide

Blessings to one and all!!!

And much love too!

Mel +

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!



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

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

(only live-streamed till 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.

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

Through the stark limbs of the trees no sap is rising yet. But soon upon the leafless boughs the blossom will be set. In a way most marvelous that no man can explain. There will be a resurrection. Spring will come again.

St John's Arrafeelie

Sunday 31st 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