

**SUNDAY**

**7th February 2021**

**Epiphany 5**

**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  
Tha Eaglais Easbuigeach na h-Alba / The Scottish Episcopal Church  
1 Dean's Road  
Fortrose, Ross-shire, Scotland IV10 8TJ  
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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

Merciful Lord, grant to your faithful people pardon and peace, that we may be cleansed from all our sins and serve you with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God for ever and ever.

#### + First Reading : Isaiah 40:21-31

Have you not known? Have you not heard? Has it not been told you from the beginning? Have you not understood from the foundations of the earth? It is he who sits above the circle of the earth, and its inhabitants are like grasshoppers; who stretches out the heavens like a curtain, and spreads them like a tent to live in; who brings princes to naught, and makes the rulers of the earth as nothing. Scarcely are they planted, scarcely sown, scarcely has their stem taken root in the earth, when he blows upon them, and they wither, and the tempest carries them off like stubble. To whom then will you compare me, or who is my equal? says the Holy One.

Lift up your eyes on high and see: Who created these? He who brings out their host and numbers them, calling them all by name; because he is great in strength, mighty in power, not one is missing. Why do you say, O Jacob, and speak, O Israel, "My way is hidden from the LORD, and my right is disregarded by my God"?

Have you not known? Have you not heard? The LORD is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; He gives power to the faint, and strengthens the powerless. Even youths will faint and be weary, and the young will fall exhausted; but those who wait for the LORD shall renew their strength, they shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

This is the word of the Lord.

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

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## THE PROCLAMATION OF THE WORD cont.

### + Psalm 147:1-12, 21c

The Lord heals the broken-hearted.

#### **The Lord heals the broken-hearted.**

Hallelujah! How good it is to sing praises to our God! how pleasant it is to honour him with praise! The LORD rebuilds Jerusalem; he gathers the exiles of Israel.

#### **The Lord heals the broken-hearted.**

He heals the broken hearted and binds up their wounds. He counts the number of the stars and calls them all by their names.

#### **The Lord heals the broken-hearted.**

Great is our LORD and mighty in power; there is no limit to his wisdom. The LORD lifts up the lowly, but casts the wicked to the ground.

#### **The Lord heals the broken-hearted.**

Sing to the LORD with thanksgiving; make music to our God upon the harp. He covers the heavens with clouds and prepares rain for the earth; He makes grass to grow upon the mountains and green plants to serve mankind.

#### **The Lord heals the broken-hearted.**

He provides food for flocks and herds and for the young ravens when they cry. He is not impressed by the might of a horse; he has no pleasure in the strength of a man;

#### **The Lord heals the broken-hearted.**

But the LORD has pleasure in those who fear him, in those who await his gracious favour.

Hallelujah!

#### **The Lord heals the broken-hearted.**

### + Second Reading : 1 Corinthians 9:16-23

If I proclaim the gospel, this gives me no ground for boasting, for an obligation is laid on me, and woe to me if I do not proclaim the gospel! For if I do this of my own will, I have a reward; but if not of my own will, I am entrusted with a commission. What then is my reward? Just this: that in my proclamation I may make the gospel free of charge, so as not to make full use of my rights in the gospel.

For though I am free with respect to all, I have made myself a slave to all, so that I might win more of them. To the Jews I became as a Jew, in order to win Jews. To those under the law I became as one under the law (though I myself am not under the law) so that I might win those under the law. To those outside the law I became as one outside the law (though I am not free from God's law but am under Christ's law) so that I might win those outside the law. To the weak I became weak, so that I might win the weak. I have become all things to all people, that I might by all means save some. I do it all for the sake of the gospel, so that I may share in its blessings.

This is the word of the Lord

## THE PROCLAMATION OF THE WORD - cont.

### + The Holy Gospel : Mark 1:29-39

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 Jesus and his disciples left the synagogue, they entered the house of Simon and Andrew, with James and John. Now Simon's mother-in-law was in bed with a fever, and they told him about her at once. He came and took her by the hand and lifted her up. Then the fever left her, and she began to serve them.

That evening, at sundown, they brought to him all who were sick or possessed with demons. And the whole city was gathered around the door. And he cured many who were sick with various diseases, and cast out many demons; and he would not permit the demons to speak, because they knew him. In the morning, while it was still very dark, he got up and went out to a deserted place, and there he prayed. And Simon and his companions hunted for him. When they found him, they said to him, "Everyone is searching for you." He answered, "Let us go on to the neighbouring towns, so that I may proclaim the message there also; for that is what I came out to do." And he went throughout Galilee, proclaiming the message in their synagogues and casting out demons.

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 Burundi.

## **OUR DIOCESE**

For all our brothers & sisters in the Porvoo Communion of Churches. For Rachael W, Sandra W, Cn Graham T, Bp Kevin, Dr John MacN 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, and for our sisters and brothers of St. Peter and the Holy Rood, Thurso; St. John the Evangelist, Wick; Freswick Castle Chapel. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For the soul of Maureen Gavin & for Jane, Bp Mark & Family. For the soul of Aeneas Ranald Euan MacDonell of Glengarry & for Carolyn, Lois, the family & Clan. 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 our Father has bound himself to us in an everlasting covenant. In thankfulness and faith, we pray to him:

*– Lord, bless your people!*

In Christ you have made a new covenant with all people: may they know the greatness we have inherited.

*– Lord, bless your people!*

Gather into one all who bear the name of Christian, that the world may believe in the Christ you have sent.

*– Lord, bless your people!*

Pour out your love on our friends, and on all whom we know; may they carry with them the gentleness of Christ.

*– Lord, bless your people!*

Comfort the dying; may they know your saving love.

*– Lord, bless your people!*

Show your mercy to all who have died; may they find their rest in Christ.

*– Lord, bless your people!*

*Conclude with the Lord's Prayer.*

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

Dear All,

Well, with Candlemas celebrated, a very brief green season is upon us for the next two Sundays. And then comes Ash Wednesday and Lent. It looks as though the season will at least begin with an online celebration of the Ash Wednesday Liturgy. I would normally be asking you to bring your palms, from last Palm Sunday, to be burned to make ashes for the day! Sadly, we were in lockdown before Palm Sunday 2020 so no one has those palms. Might I ask that we dig out the ones we might still have and burn them at home on Shrove Tuesday, keep the ashes and prepare them for the Day? (if you don't have old palms, burn what you can and keep some ash) Then, if you can join me online, we can mark the cross on our own foreheads as we enter Lent? If you cannot join the online service, simply spend some quiet time in prayer on the day and enter Lent on the right foot!

As weird as all of this is, I do want to praise you for your faithfulness. There have been times over the past year when Newman's hymn has gone through my mind: Lead kindly Light amid the encircling gloom, lead thou me on! It has been a strange year. Strange does not even come close to describing it. But it has been an inspiring year too! The loving care we have all been giving and receiving. The tremendous generosity to the Foodbank and other charities! Then there have been people like dear Captain Tom (may he rest in peace) who, nearing his 100<sup>th</sup>, raised near £40,000,000 for the NHS! And we do not need to look that far to find others! Indeed the Light has shone brightly!

Let's all keep it up!

### A LENTEN BOOK SUGGESTION

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!

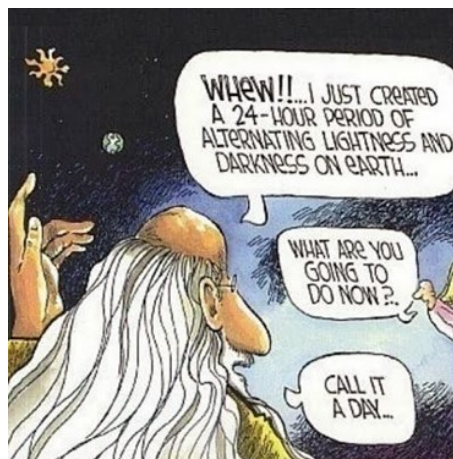
Epiphanytide & Gesimatide

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)**

**7 February : Epiphany 5 / Sexagesima**

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

## **RE THE LIVE STREAMED SERVICE LINK**

**It has been brought to my attention that all sorts of so-called "related links" can appear....PLEASE IGNORE THEM....loads of hate mongers, charlatans and just plain wierdos among them.**

## **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.

**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**



# **St John's Arrafeelie**

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## **Notices**



# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

Alison Garraway

### **Sides-men**

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**