

SUNDAY

14th February 2021

Epiphany 6

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
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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 and ever living God, whose Son Jesus Christ healed the sick and restored them to wholeness of life, look with compassion on the anguish of the world, and by your power make whole all peoples and nations; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever.

+ First Reading : 2 Kings 5:1-14

Naaman, commander of the army of the king of Aram, was a great man and in high favour with his master, because by him the Lord had given victory to Aram. The man, though a mighty warrior, suffered from leprosy. Now the Arameans on one of their raids had taken a young girl captive from the land of Israel, and she served Naaman's wife. She said to her mistress, 'If only my lord were with the prophet who is in Samaria! He would cure him of his leprosy.' So Naaman went in and told his lord just what the girl from the land of Israel had said. And the king of Aram said, 'Go then, and I will send along a letter to the king of Israel.'

He went, taking with him ten talents of silver, six thousand shekels of gold, and ten sets of garments. He brought the letter to the king of Israel, which read, 'When this letter reaches you, know that I have sent to you my servant Naaman, that you may cure him of his leprosy.' When the king of Israel read the letter, he tore his clothes and said, 'Am I God, to give death or life, that this man sends word to me to cure a man of his leprosy? Just look and see how he is trying to pick a quarrel with me.'

But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent a message to the king, 'Why have you torn your clothes? Let him come to me, that he may learn that there is a prophet in Israel.' So Naaman came with his horses and chariots, and halted at the entrance of Elisha's house. Elisha sent a messenger to him, saying, 'Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean.'

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THE PROCLAMATION OF THE WORD cont.

But Naaman became angry and went away, saying, 'I thought that for me he would surely come out, and stand and call on the name of the Lord his God, and would wave his hand over the spot, and cure the leprosy! Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them, and be clean?' He turned and went away in a rage. But his servants approached and said to him, 'Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, "Wash, and be clean"?' So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

This is the word of the Lord.

+ Psalm 30:1-6

Sing to the Lord, you his servants!

Sing to the Lord, you his servants!

I will exalt you, O Lord, because you have lifted me up and have not let my enemies triumph over me. O Lord my God, I cried out to you, and you restored me to health.

Sing to the Lord, you his servants!

You brought me up, O Lord, from the dead; you restored my life as I was going down to the grave.

Sing to the Lord, you his servants!

Sing to the Lord, you servants of his; give thanks for the remembrance of his holiness. For his wrath endures but the twinkling of an eye, his favour for a lifetime.

Sing to the Lord, you his servants!

Weeping may spend the night, but joy comes in the morning.

Sing to the Lord, you his servants!

+ Second Reading : 1 Corinthians 9:24-27

Do you not know that in a race the runners all compete, but only one receives the prize? Run in such a way that you may win it. Athletes exercise self-control in all things; they do it to receive a perishable garland, but we an imperishable one. So I do not run aimlessly, nor do I box as though beating the air; but I punish my body and enslave it, so that after proclaiming to others I myself should not be disqualified.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : Mark 1:40-45

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!

A leper came to him begging him, and kneeling he said to him, 'If you choose, you can make me clean.' Moved with pity, Jesus stretched out his hand and touched him, and said to him, 'I do choose. Be made clean!' Immediately the leprosy left him, and he was made clean. After sternly warning him he sent him away at once, saying to him, 'See that you say nothing to anyone; but go, show yourself to the priest, and offer for your cleansing what Moses commanded, as a testimony to them.' But he went out and began to proclaim it freely, and to spread the word, so that Jesus could no longer go into a town openly, but stayed out in the country; and people came to him from every quarter.

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord.

PRAYER REQUESTS

That, despite the circumstances, we may keep a holy Lent and be a giant step nearer “normal” by Easter! That the UK Government may end its support of the Saudi aggression against Yemen. 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 Canada.

OUR DIOCESE

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 Paul’s, Strathnairn. For Inverness Street Pastors. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For the soul of Jane Heape & for Colin, Margaret & all who mourn. For the soul of Maureen Gavin & for Jane, Bp Mark & Family. 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:

Christ is the shepherd of his flock: he loves and cares for his people. We turn to him in trust and say:

– *Lord, we need your care.*

Christ our Lord, you are pastor of all the ages, protect our Bishop, **Mark.**, and all the pastors of your Church.

– *Lord, we need your care.*

Be with those who are persecuted for their faith, and those cut off from the support of the Church: Good Shepherd, in their pain and isolation may they know your care.

– *Lord, we need your care.*

Bring healing to the sick; give nourishment to the hungry.

– *Lord, we need your care.*

We remember those who make our laws and those who apply them: Lord, give them wisdom and discernment.

– *Lord, we need your care.*

Gather the flock for which you laid down your life: bring home to their Father’s house all who have died in your peace.

– *Lord, we need your care.*

Conclude with the Lord’s Prayer.

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

Dear All,

As irritating as snow can be at times, it has certainly brightened a dark day and week. The sun shining off it today is almost blinding...and, despite the temperature, things seem just a little bit warmer! For some, snow is like life throwing bitter lemons at us! But remember, when life does provide the lemons, then God helps us make lemonade!

We enter the Holy Season of Lent this Wednesday. An online service will be celebrated and the link will be forwarded to all. Please do join in...let us make a little ash and sign ourselves to show our desire to enter the Lenten Pilgrimage to Jerusalem, Holy Week and the empty Tomb on Easter morning!

A wonderful assortment of Lenten course possibilities will be included with the Newsletter...I am sure there is something for everyone! Please sign up, enjoy and grow in the Spirit!

Fridays at Noon I will lead the Stations of the Cross online...and that link will also be forwarded to all on our email list.

Please, together, let us keep a Holy Lent.

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)

ASH WEDNESDAY EUCHARIST

10:30am on Facebook and then

the Link will be forwarded as usual.

(This will include the blessing of Ashes and an opportunity for making Spiritual Communion)

STATIONS OF THE CROSS

12 Noon beginning Fri 19 Feb.

On Facebook and the Link forwarded.

SUNDAY EUCHARIST

(only live-streamed till further notice)

21 February : First Sunday in Lent

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

RE ALL THE LIVE STREAMED SERVICE LINKS

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

*Look at life with eyes that see the best things,
not the bad.*

*Cherish in your memory the good times, not
the sad.*

*Choose the bright side of the road where sun-
shine lights the way.*

*Walk in the direction of the blue sky, not the
grey.*

St John's Arpafeelie

Sunday 14th February 2021



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

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Notices

Church Rotas

St Andrew's

Readers & Intercessors

R McGhee

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

St John's