

SUNDAY
21st February 2021
Lent 1
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 God, whose Son fasted forty days in the wilderness, and was tempted as we are but did not sin, give us grace to discipline ourselves in submission to your Spirit, that as you know our weakness, so we may know your power to save; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : Genesis 9:8-17

God said to Noah and to his sons with him, "As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth." God said, "This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth." God said to Noah, "This is the sign of the covenant that I have established between me and all flesh that is on the earth."

This is the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ Psalm 25:1-9

Lead me in your truth, O Lord, and teach me. **Lead me in your truth, O Lord, and teach me.**

To you, O LORD, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me. **Lead me in your truth, O Lord, and teach me.**

Let none who look to you be put to shame; let the treacherous be disappointed in their schemes. Show me your ways, O LORD, and teach me your paths.

Lead me in your truth, O Lord, and teach me.

Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.

Lead me in your truth, O Lord, and teach me.

Remember, O LORD, your compassion and love, for they are from everlasting. Remember not the sins of my youth and my transgressions; remember me according to your love and for the sake of your goodness, O LORD.

Lead me in your truth, O Lord, and teach me.

Gracious and upright is the LORD; therefore he teaches sinners in his way. He guides the humble in doing right and teaches his way to the lowly. **Lead me in your truth, O Lord, and teach me.**

All the paths of the LORD are love and faithfulness to those who keep his covenant and his testimonies.

Lead me in your truth, O Lord, and teach me.

+ Second Reading : 1 Peter 3:18-22

Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight persons, were saved through water. And baptism, which this prefigured, now saves you-- not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : Mark 1:9-15

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!

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

And the Spirit immediately drove him out into the wilderness. He was in the wilderness forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him.

Now 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."

Give thanks to the Lord
for this his glorious Gospel.

Praise to Christ our Lord.



PRAYER REQUESTS

For grace to keep a holy Lent and to be generous in the acts of love. 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 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 Central Africa.

OUR DIOCESE

For all our brothers & sisters in the Porvoo Communion of Churches. For Andrew P, Blayne P, Lesley P, Ferdinand vonP, Roberta R, Louise S, Philip S, Rachael W, 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. Andrew, Tain; St. Finnbarr, Dornoch; St. Columba, Brora; St. Maelrubha Lairg, St. Mary-by-the-Cross Tongue. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

Prayerful congratulations to Jonathan and Kirsty Worsley on the happy birth of a 7lb 9oz baby boy! For Joyce who is making a good recovery after a fall. 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 earnestly to Christ the Lord. He tells us to watch and pray that we may not fall into temptation. *– Hear us, Lord, and have mercy.*

Lord Jesus, you promised to be with those who are gathered in your name; keep us united with you as we pray to the Father in the Holy Spirit. *– Hear us, Lord, and have mercy.*

Cleanse your Church from every stain of sin; make her alive with hope and the power of the Spirit. *– Hear us, Lord, and have mercy.*

Help us to care for our neighbour and show your love for people; through us let the light of your salvation shine in the world. *– Hear us, Lord, and have mercy.*

Let your peace spread to the ends of the earth; let all people see in every place the signs of your presence. *– Hear us, Lord, and have mercy.*

Bring all who have died to everlasting happiness; let glory and immortal life be theirs. *– Hear us, Lord, and have mercy.*

Conclude with the Lord's Prayer.

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

Dear All,

Well, here we are, Ash Wednesday. In some ways it feels like we should all be exempt from Lent this year as the past year has been one endless Lent! Haha! But, as we are reminded each year with the traditional veiling of crosses, crucifixes and images...God has been and will always be with us. We do not even have to look so carefully to see God at work around us...the loving care of neighbours...generosity to foodbanks and community larders...those kindly making sure we all have our needs...smiles of shop keepers...the dedication of healthcare workers...and so many others! We are blessed!

I have made known my own challenge to myself for this Lenten Season...I will not moan nor complain...even on Sundays! And I will not let the sun go down without performing some random act of kindness for someone. I challenge you to consider doing the same! Let us work together and, through our own kindnesses, let the light of the empty Easter Tomb already begin to shine! Doesn't the Master say, "Let your light so shine before others that they may see the good things you do and give glory to your Father in heaven!"

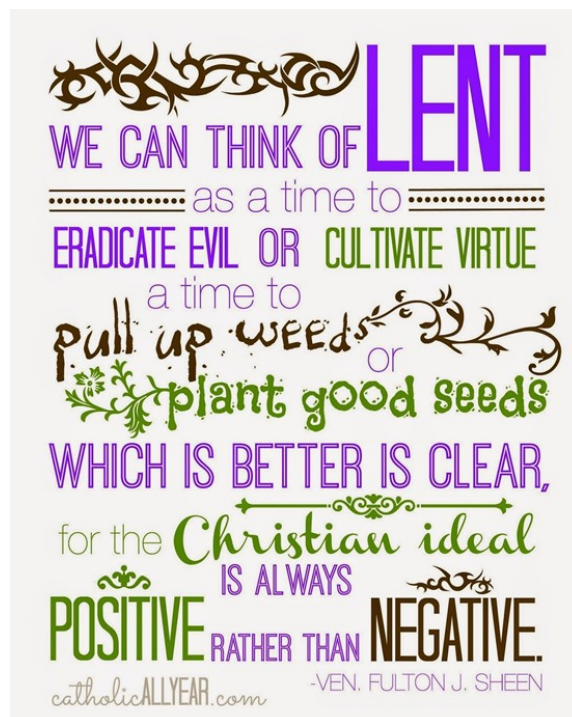
Please, together, let us keep a Holy Lent.

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)

FRIDAYS OF LENT

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

PLEASE NOTE THE EUCHARIST WILL BE LIVE ON FACEBOOK AT 10:00am

Live streamed on Facebook and the link emails to all ASAP.

28 February : Second Sunday in Lent

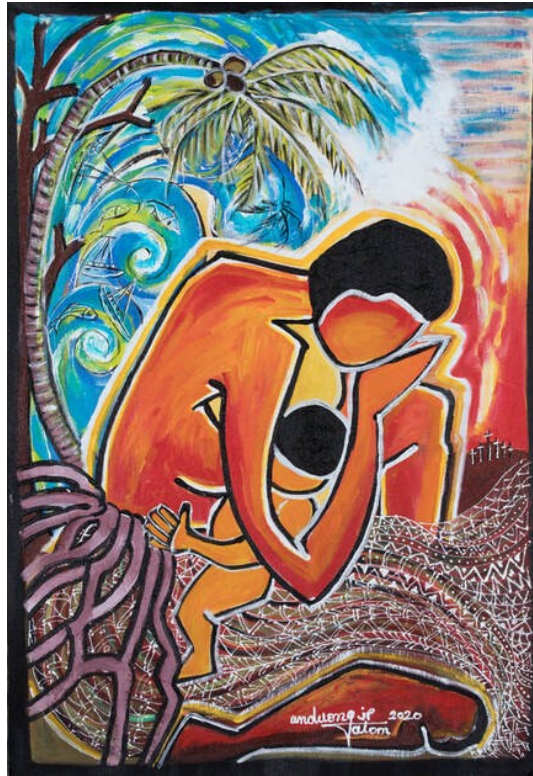
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RE ALL THE LIVE STREAMED SERVICE LINKS

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!

WORLD DAY OF PRAYER (A WOMEN LED, GLOBAL, ECUMENICAL MOVEMENT)



Build on a Strong Foundation

St Andrews should be hosting the service this year, but obviously that's not happening. A live Zoom service (from Edinburgh) will be available plus a landline number for those without Internet access.

Alison can deliver Service booklets to enable folk to follow at home.

FRIDAY 5th March 2021

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

*There's no friend like an old friend who has walked
life's road with you,*

Easy to get on with like a worn, well-fitting shoe.

*There's no friend like an old friend, when blows fall
and troubles brew.*

*It's good to turn to somebody who knows you through
and through.*

St John's Arrafeelie

Sunday 14th February 2021



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Notices

Church Rotas

St Andrew's

Readers & Intercessors

H Ireland

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

St John's