

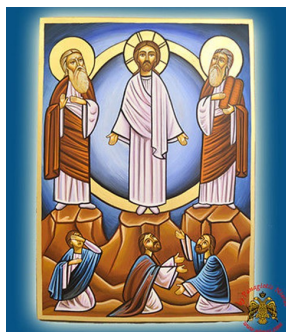
**SUNDAY**  
**28th February 2021**  
**Lent 2**  
**Charity Number**  
**SC010781**

## 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  
Phone: 01381 622241 Email: [mel@sagart.me.uk](mailto:mel@sagart.me.uk)



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 was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

#### + First Reading : Genesis 17:1-7, 15-16

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous." Then Abram fell on his face; and God said to him, "As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you.

God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

This is the word of the Lord.

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

Tel No: 01381 620110: E [w.r.mcghee@btinternet.com](mailto:w.r.mcghee@btinternet.com): Mobile: 07770 37 37 72

## THE PROCLAMATION OF THE WORD cont.

### + Psalm 22:22-30

My soul shall live in the Lord, my God!      **My soul shall live in the Lord, my God!**

Praise the Lord, you that fear him; stand in awe of him, O offspring of Israel; all you of Jacob's line, give glory.      **My soul shall live in the Lord, my God!**

For he does not despise nor abhor the poor in their poverty; neither does he hide his face from them; but when they cry to him he hears them.

**My soul shall live in the Lord, my God!**

My praise is of him in the great assembly; I will perform my vows in the presence of those who worship him.      **My soul shall live in the Lord, my God!**

The poor shall eat and be satisfied, and those who seek the Lord shall praise him: "May your heart live for ever!"      **My soul shall live in the Lord, my God!**

All the ends of the earth shall remember and turn to the Lord, and all the families of the nations shall bow before him.      **My soul shall live in the Lord, my God!**

For kingship belongs to the Lord; he rules over the nations. To him alone all who sleep in the earth bow down in worship; all who go down to the dust fall before him.

**My soul shall live in the Lord, my God!**

My soul shall live for him; my descendants shall serve him; they shall be known as the Lord's for ever.      **My soul shall live in the Lord, my God!**

They shall come and make known to a people yet unborn the saving deeds that he has done.

**My soul shall live in the Lord, my God!**

### + Second Reading : Romans 4:13-25

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation.

For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, "I have made you the father of many nations") —in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become "the father of many nations," according to what was said, "So numerous shall your descendants be." He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore his faith "was reckoned to him as righteousness." Now the words, "it was reckoned to him," were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.      This is the word of the Lord.

## THE PROCLAMATION OF THE WORD - cont.

### + The Holy Gospel : Mark 9:2-9

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 took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, "Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah." He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, "This is my Son, the Beloved; listen to him!" Suddenly when they looked around, they saw no one with them any more, but only Jesus.

As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

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 America (Iglesia Anglicana de la Region Central de America).

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Sandra W, Cn Graham T, Bp Kevin, Dr John McN S, Fr Ian, Godwin C, Tony 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 throughout the Diocese as, today, they pray for us! For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

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 to the Lord Jesus, who sanctified his people by his own blood.

– *Lord, have mercy on your people.*

Christ our Redeemer, through your suffering help us to challenge ourselves and stand firm in every trial; may we be ready to celebrate your rising from the dead.

– *Lord, have mercy on your people.*

As prophets of God's kingdom may Christians, through the love revealed in their words and deeds, make you known throughout the world,

and may they confirm their message by lives of faith, hope and love.

– *Lord, have mercy on your people.*

Lord, give strength all living with illness whether of mind, body or spirit; and give us the will to do everything to help and comfort them.

– *Lord, have mercy on your people.*

Teach the faithful to be united with your passion in times of trouble and distress; let the power of your salvation shine forth in their lives.

– *Lord, have mercy on your people.*

Lord, giver of life, remember those who have died; grant them the glory of your resurrection.

May your love and support surround all who are in mourning.

– *Lord, have mercy on your people.*

*Conclude with the Lord's Prayer.*

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

Dear All,

Tentative but great news from the First Minister re possibly seeing us in our churches for Easter. I think she is very wise to make no promises. It really does depend on us all and maintaining the current restrictions as best we can to continue driving down the infection rate! Let's hope and pray we do! It will still be a celebration with the many restrictions in place...but it will be a wonderful sign of hope too! Pray for the FM...I am sure none of us would want her job and all that responsibility on our shoulders!

**LENT APPEAL** : I have not heard anything to date re the Bishop launching an appeal this year...but there is nothing to prevent us from making a daily donation ourselves and deciding, when Lent is over, to which good cause the collection should go.

**FOOD BANK DONATIONS** : Donations have dropped off a good bit. This might be because of the Community Larders (another wonderful initiative) that have appeared...or it might just be things are getting tighter for us all? Please keep the Foodbank in mind!

Several very fine Lenten studies are available to us...at least to those able to access the internet...so please plug into one of them if you have the chance. Information has been included the past few weeks in the Newsletter. I am enjoying re-immersing myself in the Mystery via St Julian and her Revelations of Divine Love.

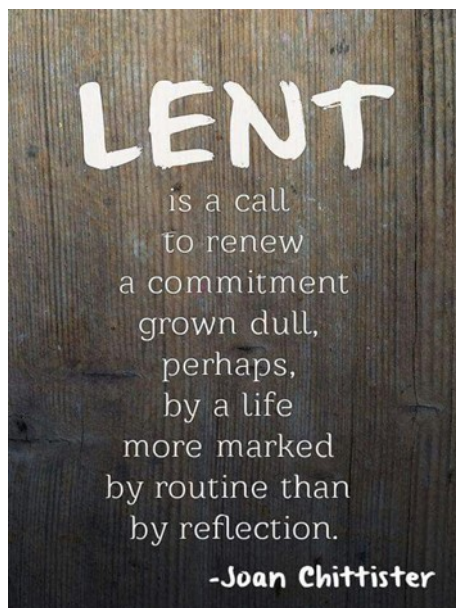
Please, together, let us keep a Holy Lent!

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)

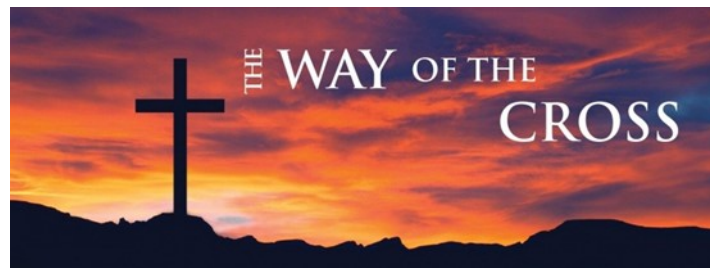
10 pm : Night Prayer aka Compline

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](mailto:richard@nesscottage.scot))



## **FRIDAYS OF LENT**

### **THE STATIONS OF THE CROSS**

12 Noon – Live on Facebook and the Link forwarded asap afterwards.

## **SUNDAY EUCHARIST**

**(only live-streamed till further notice)**

**28 February : Second Sunday in Lent**

**10:00am Holy Eucharist** 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!**





***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***

***The link for those wishing to attend is -***

**<https://us02web.zoom.us/j/89593983883?pwd=WjF4QmE1dnBjVU5nT0JyRG9lanozdz09>**

**If a Pass Code is asked for it is - 901656**



## **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**

*Seasons pass in Love's green garden and the years  
their changes bring.*

*But beneath the fallen blossoms hope takes root and  
new joys spring.*

*Round the arbours of remembrance, flowers of friend-  
ship ever climb;*

*And the mosses of affection grow between the stones  
of Time.*

# **St John's Arpafeelie**

**Sunday 14th February 2021**



## **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**

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

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!**

## **Notices**

# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

J Deakin

### **Sides-men**

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**