

SUNDAY
7th March 2021
Lent 3
Charity Number
SC010781

The Scottish Episcopal Church

St John's, Arpafeelie: 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

Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : Exodus 20:1-17

Then God spoke all these words:

I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me.

You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the LORD your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments.

You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name.

Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work—you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns.

For /

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Tel No: 01381 620110: E w.r.mcghee@btinternet.com: Mobile: 07770 37 37 72

THE PROCLAMATION OF THE WORD cont.

For in six days the LORD made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the LORD blessed the sabbath day and consecrated it.

Honour your father and your mother, so that your days may be long in the land that the LORD your God is giving you.

You shall not murder.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbour.

You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

This is the word of the Lord.

+ Psalm 19:7-11

By your commandment, O Lord, your servants are enlightened.

By your commandment, O Lord, your servants are enlightened.

The law of the LORD is perfect and revives the soul; the testimony of the LORD is sure and gives wisdom to the innocent. **By your commandment, O Lord, your servants are enlightened.**

The statutes of the LORD are just and rejoice the heart; the commandment of the LORD is clear and gives light to the eyes. **By your commandment, O Lord, your servants are enlightened.**

The fear of the LORD is clean and endures for ever; the judgments of the LORD are true and righteous altogether. **By your commandment, O Lord, your servants are enlightened.**

More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb. **By your commandment, O Lord, your servants are enlightened.**

By them also is your servant enlightened, and in keeping them there is great reward.

By your commandment, O Lord, your servants are enlightened.

+ Second Reading : 1 Corinthians 1:18-25

The message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, "I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart."

Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : John 2:13-22

The Lord be with you.

And also with you.

The Beginning of the Good News

of our Lord Jesus Christ according to St John:

Glory to Christ our Saviour!

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money changers and overturned their tables. He told those who were selling the doves, "Take these things out of here! Stop making my Father's house a marketplace!" His disciples remembered that it was written, "Zeal for your house will consume me." The Jews then said to him, "What sign can you show us for doing this?" Jesus answered them, "Destroy this temple, and in three days I will raise it up." The Jews then said, "This temple has been under construction for forty-six years, and will you raise it up in three days?" But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

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 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 the Congo (L'Église Anglicane du Congo).

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Lisa C, Pat E, Ross J, Tim H, Claire N, Colin P, Andrew 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 the mission of St Trolla, The Crask! 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 Hayden & Louise. For Tom. For those working with Samaritans, Mikey's Line & other help groups seeking to be there for those who are struggling. For those joining in worship 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 call on the name of the Lord Jesus, who saves his people from their sins.

– Jesus, Son of David, have mercy on us.

Christ our Lord, you gave yourself up for the Church to make her holy; renew her once more through the spirit of repentance.

– Jesus, Son of David, have mercy on us.

Good master, let young people discover their true vocation and ministry; may they be faithful to your grace and fulfil your will for them.

– Jesus, Son of David, have mercy on us.

Give hope to the sick and make them well again; help us to comfort and take care of them.

– Jesus, Son of David, have mercy on us.

In baptism you made us sons of the Father; may we live for you now and always.

– Jesus, Son of David, have mercy on us.

Grant to the faithful departed peace and glory; let us reign with them one day in your heavenly kingdom.

– Jesus, Son of David, have mercy on us.

Conclude with the Lord's Prayer.

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

Dear All,

Well...a few interesting days are approaching for me. On Thursday I will be receiving the Covid 19 Vaccine! I am looking forward to receiving it and do give thanks for those who have worked so hard to produce it...and those who are so kindly administering it. I said a few interesting days because I always have a reaction to the regular flu jag...so I am not sure what to expect following Thursday hahaha but, as always, it will pass and I will be the better for it. Say a wee prayer for me?

Our wee ministry team met over the past few days via Zoom...and things are being put in place for public service resuming – hopefully at Easter! With restrictions in place but won't it be good to be gathering once again!

We have had some glorious weather over the past few days. Monday I sat at the Academy Street end of the Rectory for about an hour in shorts and short sleeves...reading St Julian, listening to the water bubbling up in the wee pond and enjoying the voices of passers by. That end of the Rectory is a real sun catcher. I couldn't believe how warm it was.

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!

LENT IS NOT JUST A TIME
FOR SQUARING CONSCIOUS ACCOUNTS:
BUT FOR REALIZING WHAT
WE HAD PERHAPS NOT SEEN BEFORE.

THE LIGHT OF LENT IS GIVEN US TO HELP
US WITH THIS REALIZATION.

-- Thomas Merton

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 - THE STATIONS OF THE CROSS

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

SUNDAY EUCHARIST

(only live-streamed till further notice)

7 March : Third Sunday in Lent

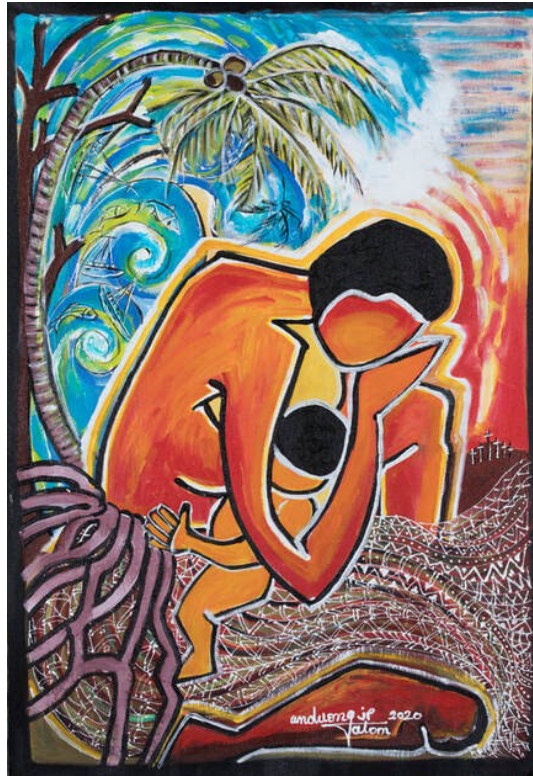
10:00am Holy Eucharist Live streamed on Facebook and the link emails to all ASAP.

Lent Course link -

<https://us02web.zoom.us/j/85993845309?pwd=MnhRbGR4Z2FRUmZRVGlmUjUvdHJMQT09>

Meeting ID: 859 9384 5309

Passcode: 682777



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

Welcome the new. Let go the old. Mourn not the things now ended.

Have you not dreamed a brave new dream and seen the vision splendid?

Great is the goodness of the Lord. Go forth and have no fear.

Out into the golden promise of another year.

St John's Arrafeelie

Sunday 7th March 2021



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(only live-streamed till further notice)

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Notices

Church Rotas

St Andrew's

Readers & Intercessors

A Garraway

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

St John's