

SUNDAY

14th March 2021

Lent 4

Mothering Sunday

Charity Number

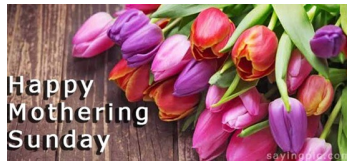
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The Scottish Episcopal Church

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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Happy
Mothering
Sunday

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, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever.

+ First Reading : Numbers 21:4-9

From Mount Hor the Israelites set out by the way to the Red Sea, to go around the land of Edom; but the people became impatient on the way. The people spoke against God and against Moses, "Why have you brought us up out of Egypt to die in the wilderness? For there is no food and no water, and we detest this miserable food." Then the Lord sent poisonous serpents among the people, and they bit the people, so that many Israelites died. The people came to Moses and said, "We have sinned by speaking against the Lord and against you; pray to the Lord to take away the serpents from us." So Moses prayed for the people. And the Lord said to Moses, "Make a poisonous serpent, and set it on a pole; and everyone who is bitten shall look at it and live." So Moses made a serpent of bronze, and put it upon a pole; and whenever a serpent bit someone, that person would look at the serpent of bronze and live.

This is the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ Psalm 107:1-3, 17-22

Give thanks to the Lord, for he is good!

Give thanks to the Lord, for he is good!

Give thanks to the LORD, for he is good,
and his mercy endures for ever.

Let all those whom the LORD has redeemed proclaim that he redeemed them
from the hand of the foe.

Give thanks to the Lord, for he is good!

He gathered them out of the lands;
from the east and from the west,
from the north and from the south.

Give thanks to the Lord, for he is good!

Some were fools and took to rebellious ways;
they were afflicted because of their sins.

They abhorred all manner of food
and drew near to death's door.

Give thanks to the Lord, for he is good!

Then they cried to the LORD in their trouble,
and he delivered them from their distress.

He sent forth his word and healed them
and saved them from the grave.

Give thanks to the Lord, for he is good!

Let them give thanks to the LORD for his mercy
and the wonders he does for his children.

Let them offer a sacrifice of thanksgiving
and tell of his acts with shouts of joy.

Give thanks to the Lord, for he is good!

+ Second Reading : Ephesians 2:1-10

You were dead through the trespasses and sins in which you once lived, following the course of this world, following the ruler of the power of the air, the spirit that is now at work among those who are disobedient. All of us once lived among them in the passions of our flesh, following the desires of flesh and senses, and we were by nature children of wrath, like everyone else. But God, who is rich in mercy, out of the great love with which he loved us even when we were dead through our trespasses, made us alive together with Christ-- by grace you have been saved-- and raised us up with him and seated us with him in the heavenly places in Christ Jesus, so that in the ages to come he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. For by grace you have been saved through faith, and this is not your own doing; it is the gift of God-- not the result of works, so that no one may boast. For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : John 3:14-21

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!

Jesus said, “Just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life.

“For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.

“Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him. Those who believe in him are not condemned; but those who do not believe are condemned already, because they have not believed in the name of the only Son of God. And this is the judgment, that the light has come into the world, and people loved darkness rather than light because their deeds were evil. For all who do evil hate the light and do not come to the light, so that their deeds may not be exposed. But those who do what is true come to the light, so that it may be clearly seen that their deeds have been done in God.”

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 Chile (Iglesia Anglicana de Chile).

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For 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 the mission of St Mary in the Fields, Culloden. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For all mothers – living here or in God's nearer presence. For Joyce. 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 Teens and 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:

When the Lord Jesus was lifted up on the cross, he drew all things to himself. Let us glorify him in our prayer.

– Lord, draw everyone to yourself.

Lord, may your cross light up the darkness of the world; may it lead all people to you, the way, the truth and the life.

– Lord, draw everyone to yourself.

Give the true and living water to all who thirst for you; let it well up to eternal life.

– Lord, draw everyone to yourself.

Shed the light of your knowledge on scientists and artists; let their work make everyone more open to the coming of your kingdom.

– Lord, draw everyone to yourself.

Look on those who no longer walk with you because of scandal or sin; may they return to you and remain in your love.

– Lord, draw everyone to yourself.

Grant our dead a place in heaven; let them share the happiness of Mary and the saints.

– Lord, draw everyone to yourself.

Conclude with the Lord's Prayer.

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

Dear All,

Well, well, well hahaha it was an interesting time of reactions to the vaccine on my part! The accompanying headache was bearable with paracetamol...but the weirdest side effect was feeling tipsy...like I had been enjoying a bit too much of the fruit of the barley hahah! Glad to say it has all passed and I feel fine! I am so impressed with our healthcare workers and how they take care of us all!

You will have heard the happy news from our First Minister about the relaxation of lockdown! And right on time for us to celebrate Palm Sunday and Easter!!! We will still be under restrictions, as we were at Christmas, with regard to attendance numbers, wearing of masks, no singing, etc...but, at least we will be able to gather. And with many of us having received our jags, perhaps we will feel safer doing so than we did before Christmas. I think we will still have to be creative about celebrating the major events of Holy Week...But, all shall be well!!!

Many thanks to Richard Cherry for sorting some computer related issues for me. Hopefully we will be able to use zoom as well as facebook to make our services accessible to those not able to be present.

On Thursday I will have an online Assembly with Avoch Primary...Not sure what the theme will be yet. It will be fun but how I miss being there in person! Perhaps the vaccinations and this relaxation will lead to that being possible! We pray! I miss you all!

A Blessed Mothering Sunday to all the Mums out there!!!

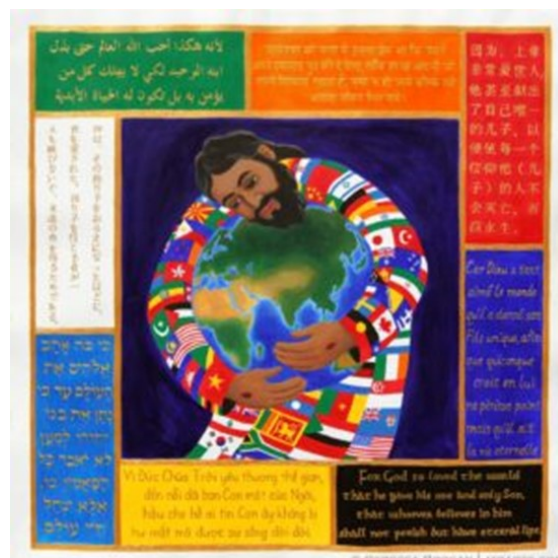
Please, together, let us keep a Holy Lent!

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

THE STATIONS OF THE CROSS

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

SUNDAY EUCHARIST

(only live-streamed till further notice)

21 March : Fifth Sunday in Lent 10:00am Holy Eucharist Live streamed on Facebook and the link emails to all ASAP.



Helen Knowles has been keeping in touch with our "Adopted Granny" and has given me some of the correspondence from Santos which I have reproduced below. However, Helen has suggested that Santos would appreciate a wee letter from other members of the congregation.

If you would like to write here is info - - Santos De La Cruz Mendez WCA 0005.

Please put name and No on letter and envelope then send to **Adopt-A-Child , PO BOX, 5589, Inverness, IV2 7WG**. They will then despatch via DHL to Guatemala.

Dear friends of St Andrews Church,

I hope that you are fine as I am. Thankfully nobody in my family has got sick from the virus. I am very excited to hear news about things from your country. I send you many hugs from the mountains in Chuchuca.

With much love & gods blessings

Santos

Dear friends,

I hope you are all doing fine along with each of your familys. I want to thankyou for all given to me & my family by adopt - A - Child. I also miss attending the feeding programme and church .I pray hard that this virus will be healed by our Lord. Please take care of yourselves. I send many loving hugs.

In Jesus Name

Santos

Hello my friends,

I want give you all very special love that you have shown towards me. I looks forward to letter arriving from you all.

At the moment I not go far from my home cos of the virus, it has rained alot here & there is much mud all around. I have lots of trees by me so I go & collect firewood so I can cook for my family. Adopt A Child have brought us groceries which is a gift from God.

I send many greetings to you & May God bless & keep you.

Santos

Remember these letters are translated twice !!

Dear friends

I hope you like to read my update.

I am widow I live in Chuchuca mountains along with my five young granddaughter s my daughter is staying in Guatemala city were she works in tortilla shop. She sends money for our expenses. I raise hens to help out.I collect firewood Wood with my grandchildren i can't do to much now as I am an elderly. And I suffer pains in my body. I am happy I get medical attention from Adopt-A-Child Dr .we are also blessed with groceries at this time of this virus.

My grandchildren are sad because they are enrolled in the feeding programme and at the moment it is closed. They miss delicious meals and meet friends for bible classes.

We are six people live in one room it is made of old sticks & old wood boards tin sheet & nylon roof, & dirt floor .Unfortunately it is very damaged &it is cold when the wind is blowing. I cook inside I don't have electricity I use candles at night, I get water from a stream not far from my house.

I am worry because I am in charge of my grandchildren and I pray to God I don't get sick as I must look after them.

I am member of Prince of peace Church but it closed so I pray at home. I trust in God & I know he will put things right again .

It is much pleasure to share with you all how I am doing at home.

I say goodbye for now, many blessings

Lots of love & many strong hugs

Santos

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

*Never let your trials and troubles fill you with dismay.
There's a purpose in them all as you will find one day.*

Often the calamities are blessings in disguise.

The things that make us humble are the things that make us wise.

St John's Arpafeelie

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Notices

Church Rotas

St Andrew's

Readers & Intercessors

R McGhee

Sides-men

Servers

Sacristan

Flowers

Teas

Cleaning

St John's