

**SUNDAY**

**21st March 2021**

**Lent 5**

**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, your Son came into the world to free us all from sin and death. Breathe upon us with the power of your Spirit, that we may be raised to new life in Christ, and serve you in holiness and righteousness all our days; through the same Jesus Christ, our Lord.

#### + First Reading : Jeremiah 31:31-34

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, "Know the Lord," for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

This is the word of the Lord.

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

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## THE PROCLAMATION OF THE WORD cont.

### **Psalm 51:1-4, 7-11**

Create in me a clean heart, O God, and renew a right spirit within me.

**Create in me a clean heart, O God, and renew a right spirit within me.**

Have mercy on me, O God, according to your loving-kindness; in your great compassion blot out my offenses. Wash me through and through from my wickedness and cleanse me from my sin.

**Create in me a clean heart, O God, and renew a right spirit within me.**

For I know my transgressions, and my sin is ever before me. Against you only have I sinned and done what is evil in your sight.

**Create in me a clean heart, O God, and renew a right spirit within me.**

For behold, you look for truth deep within me, and will make me understand wisdom secretly.

Purge me from my sin, and I shall be pure; wash me, and I shall be clean indeed.

**Create in me a clean heart, O God, and renew a right spirit within me.**

Make me hear of joy and gladness, that the body you have broken may rejoice. Hide your face from my sins and blot out all my iniquities.

**Create in me a clean heart, O God, and renew a right spirit within me.**

### **+ Second Reading : Hebrews 5:5-10**

Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

This is the word of the Lord.

## THE PROCLAMATION OF THE WORD - cont.

### + The Holy Gospel : John 12:20-33

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!**

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, “Sir, we wish to see Jesus.” Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, “The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life. Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour.

“Now my soul is troubled. And what should I say—‘Father, save me from this hour’? No, it is for this reason that I have come to this hour. Father, glorify your name.” Then a voice came from heaven, “I have glorified it, and I will glorify it again.” The crowd standing there heard it and said that it was thunder. Others said, “An angel has spoken to him.” Jesus answered, “This voice has come for your sake, not for mine. Now is the judgment of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.” He said this to indicate the kind of death he was to die.

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 of England.

## OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Sandra W, Can Graham T, Bp Kevin, Dr John McN S, Fr Ian B, 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 & brothers of St John's, Inverness / St Michael & All Angels', Inverness. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

## OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Marsaili & Ben who will be married on 10 April. 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:*

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, help young people discover their gifts and talents and to employ them for the good of all; may they know the depths of your love and grace.

*– 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 children of the Father; may we live for you now and always.

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

Grant to the faithful and all the 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, we have reached Lent 5... Where is the time going! And it has now been a year since our churches were closed and the nation, with many others, entered into lockdown. It still amazes me that there are so many who still think Covid is fake news...and the vaccines are some sort of ploy to have us all micro chipped! But then, there are those who think the earth is flat! Hahaha! Some clergy and churches are even looking to bring action against our government. They seem to have no care for their people and their well-being. They want their doors open, no matter what. Is that just fear of losing revenues? One has to wonder!

Even in lockdown the faithful have remained faithful...prayer has continued...pastoral care has continued...loving care has continued...the praising of God has continued. NOTHING has been stopped and there has been neither persecution of Christians, nor other religious groups.

I do look forward to gathering again. Even with restrictions in place I hope we will be meeting for Palm Sunday (Vestry will discuss on Monday) and certainly for Easter Sunday. I hope and pray we will be able to remove all restrictions soon...Prepare to be singing the Te Deum.....wrapped in bubble wrap (for all the hugs we will be giving each other!).

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.

## **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**

*It is a lovely and wonderful thing,*

*To be born on the very first day of spring.*

*To enter the world as the winter grows old,*

*And the daffodils open their trumpets of gold.*



# **St John's Arrafeelie**

**Sunday 21st March 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**