

**SUNDAY**

**30th May 2021**

**Pentecost 2**

**Most Holy Trinity**

**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).



### PENTECOST SUNDAY SERVICES

9:45am Reserved Sacrament Service in St Regulus' with Eucharistic Minister Jill & Simon

9:45am Eucharist in St John's with Fr Mel

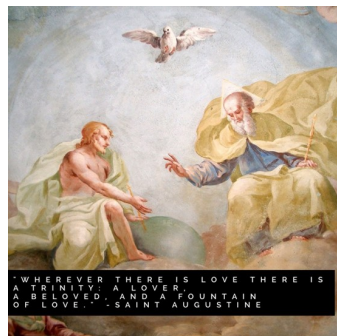
11:30am Eucharist in St Andrew's with Fr Mel

(11:30am will be live streamed and the link emailed asap)

### THE PROCLAMATION OF THE WORD

#### Collect

Father, we praise you: through your Word and Holy Spirit you created all things. You reveal your salvation in all the world by sending to us Jesus Christ, the Word made flesh. Through your Holy Spirit you give us a share in your life and love. Fill us with the vision of your glory, that we may always serve and praise you, Father, Son and Holy Spirit, one God, for ever and ever.



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## THE PROCLAMATION OF THE WORD cont.

### + First Reading : Isaiah 6:1-8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: "Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory."

The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: "Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!"

Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: "Now that this has touched your lips, your guilt has departed and your sin is blotted out." Then I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" And I said, "Here am I; send me!"

This is the word of the Lord.

### + Psalm 29 (Ref: Isaiah 6:3)

Holy, holy, holy is the Lord of hosts!

**Holy, holy, holy is the Lord of hosts!**

Ascribe to the Lord, you gods, ascribe to the Lord glory and strength. Ascribe to the Lord the glory due his Name; worship the Lord in the beauty of holiness.

**Holy, holy, holy is the Lord of hosts!**

The voice of the Lord is upon the waters; the God of glory thunders; the Lord is upon the mighty waters.

**Holy, holy, holy is the Lord of hosts!**

The voice of the Lord is a powerful voice; the voice of the Lord is a voice of splendour. The voice of the Lord breaks the cedar trees; the Lord breaks the cedars of Lebanon;

**Holy, holy, holy is the Lord of hosts!**

He makes Lebanon skip like a calf, and Mount Hermon like a young wild ox.

**Holy, holy, holy is the Lord of hosts!**

The voice of the Lord splits the flames of fire; the voice of the Lord shakes the wilderness; the Lord shakes the wilderness of Kadesh.

**Holy, holy, holy is the Lord of hosts!**

The voice of the Lord makes the oak trees writhe and strips the forests bare. And in the temple of the Lord all are crying, "Glory!"

**Holy, holy, holy is the Lord of hosts!**

The Lord sits enthroned above the flood; the Lord sits enthroned as King for evermore.

**Holy, holy, holy is the Lord of hosts!**

The Lord shall give strength to his people; the Lord shall give his people the blessing of peace.

**Holy, holy, holy is the Lord of hosts!**

## THE PROCLAMATION OF THE WORD - cont.

### + Second Reading : Romans 8:12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh-- for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, "Abba! Father!" it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ-- if, in fact, we suffer with him so that we may also be glorified with him.

This is the word of the Lord.

### + The Holy Gospel : John 3:1-17

The Lord be with you.

**And also with you.**

Hear the Good News of our Lord Jesus Christ according to Saint John:

**Glory to Christ our Saviour!**

There was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, "Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God." Jesus answered him, "Very truly, I tell you, no one can see the kingdom of God without being born from above." Nicodemus said to him, "How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?" Jesus answered, "Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, 'You must be born from above.' The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit." Nicodemus said to him, "How can these things be?" Jesus answered him, "Are you a teacher of Israel, and yet you do not understand these things?

"Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And 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.

Give thanks to the Lord for this his glorious Gospel.

**Praise to Christ our Lord!**

## **PRAYER REQUESTS**

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 the nation and peoples of India as they battle Covid 19. For the situation between Russia & Ukraine. For Justice and Peace in Myanmar, Yemen and the many other troubled places in the world. For an end to nuclear armaments. For patience in the face of this Pandemic. 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 Iglesia Anglicana de Mexico (The Anglican Church of Mexico).

## **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 our sisters & brothers of St John's, Rothiemurchus & St Columba's, Grantown on Spey. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For the soul of Christine Anne Pern...for her brother Peter & sister-in-law, Margaret & all who mourn. For Emmie. For Joyce who is continuing to recover at home. For Hayden & Louise. 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 the safe return of 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:*

The light shines out in the darkness and the darkness cannot overcome it. Let us thank our Lord for bringing his light to our lives. *– Lord Jesus Christ, you are our light.*

Word of God, you have brought the light of eternity to the darkened world: may it open the minds and hearts of all the children of the Church. *– Lord Jesus Christ, you are our light.*

Show your care for all who dedicate their lives to the service of others: may your grace inspire their actions and sustain them to the end. *– Lord Jesus Christ, you are our light.*

Lord, you healed the paralytic and forgave him his sins: pardon all our guilt, and heal the wounds of our sins. *– Lord Jesus Christ, you are our light.*

Men follow the light to new knowledge and discovery: may they use your gifts to serve the whole human family, and so give glory to you. *– Lord Jesus Christ, you are our light.*

Lead the dead from darkness into your own wonderful light; in your mercy show them the radiance of your glory. *– Lord Jesus Christ, you are our light.*

*Conclude with the Lord's Prayer.*

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

Dear All,

Having now left Eastertide we enter the long green season of the Church. Some call it "Ordinary Time" but how can any season filled with God's grace be "ordinary"! So we count the Sundays that follow "...after Pentecost". Oddly, as much as we have entered the post Pentecost season, we hardly notice it...the first two Sundays being major holy days in themselves : The Feast of the Most Holy Trinity in which we praise God for allowing us to catch a glimpse of God's glory! And the following Sunday we will keep the Feast of the Body and Blood of Christ (Corpus Christi) in which we praise God for the gift of the Eucharist which feeds and nourishes us as we make our pilgrimage through life.

I received some wonderful news this morning. Peter tells me that he has forwarded £260 to Christian AID on our behalf! He describes this as "An excellent result given the current circumstances." I tend to agree! Thanks to all who gave!

### **6 June : The BODY & BLOOD of CHRIST (Corpus Christi)**

EUCCHARIST

9:45am in St Regulus' with Rev Christine

9:45am in St John's with Fr Mel

11:30am in St Andrew's with Fr Mel

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!**

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Thanks to David A. Depew

01-05-2005

WITH ALL DUE RESPECT FOR YOUR  
OMNISCIENCE, THE JOKE REQUIRES YOU TO  
SAY "WHO'S THERE?"

## **DAILY PRAYER - 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.

### **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

9:00am Fridays : Celtic Morning Prayer (Via Zoom: Contact Gillian for info: [annegillianne-man@gmail.com](mailto:annegillianne-man@gmail.com))

**Come join us in the Garden of Eden this weekend**

**Find out what happened to Adam and Eve**   
**with games, stories, snacks - and snakes and apples!**

  
 **This Sunday 30 May 2021 @ 3.30pm**  
**Meet outside the West Church - Free & Fun**

In line with Scottish Government Guidance - limited numbers and all Coronavirus precautions adhered to  
For more info contact Carsten at 07958 550333 or [carsten@mylittlecampfire.com](mailto:carsten@mylittlecampfire.com)



**OUR CHARITY SHOP**  
in Saint Andrew's Hall :  
Wednesdays & Saturdays,  
10am -1pm.



**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**

*Live in the big way, the way that Christ taught.*

*Big in your judgements, your outlook, your thought.*

*Generous, tolerant, thinking no ill.*

*Lavish in charity, rich in good will.*

*Stoop not to pettiness, things mean and small.*

*Live in a big world - there's room for us all.*

*Cast off your grievances, start out anew.*

*Live life the big way, and take the broad view.*



# **St John's Arrafeelie**

**Sunday 30th May 2021**

9:45am Reserved Sacrament Service in St Regulus' with Eucharistic Minister Jill & Simon

9:45am Eucharist in St John's with Fr Mel

11:30am Eucharist in St Andrew's with Fr Mel

(11:30am will be live streamed and the link emailed asap)



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# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

S A Jackson / J MacLennan / B Oakley / H Ireland

### **Sides-men**

Ann McGhee and Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**