

**SUNDAY**

**6th June 2021**

**Body & Blood of  
Christ**

**Charity Number**

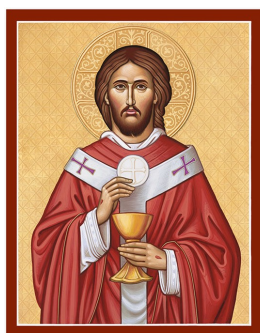
**SC010781**

## **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**

#### **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

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

### **THE PROCLAMATION OF THE WORD**

#### **Collect**

O God, who in this wonderful Sacrament has left us a perpetual Memorial of your Cross and Passion: Grant us, we pray, so to venerate the Sacred Mysteries of your Body and Blood, that we may ever perceive within ourselves the fruit of your redemption; who lives and reigns, with the Father and the Holy Spirit, one God, world without end. **Amen.**

**NOTE:** For those who are doing the readings in St Andrew on Sunday, please note that the readings are all changed from those I sent out to you.

**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.

### + First Reading : Exodus 16:9-15

Then Moses said to Aaron, ‘Say to the whole congregation of the Israelites, “Draw near to the LORD, for he has heard your complaining.” ’

And as Aaron spoke to the whole congregation of the Israelites, they looked towards the wilderness,

and the glory of the LORD appeared in the cloud.

The LORD spoke to Moses and said, ‘I have heard the complaining of the Israelites; say to them,

“At twilight you shall eat meat, and in the morning you shall have your fill of bread; then you shall know that I am the LORD your God.” ’

In the evening quails came up and covered the camp; and in the morning there was a layer of dew around the camp. When the layer of dew lifted,

There, on the surface of the wilderness, was a fine flaky substance, as fine as frost on the ground.

When the Israelites saw it, they said to one another, ‘What is it?’ For they did not know what it was. Moses said to them,

‘It is the bread that the LORD has given you to eat.’

This is the word of the Lord.

### + Psalm 116:10-17

I will lift up the cup of salvation.

**I will lift up the cup of salvation.**

How shall I repay the Lord for all the good things he has done for me? I will lift up the cup of salvation and call upon the Name of the Lord.

**I will lift up the cup of salvation.**

I will fulfil my vows to the Lord in the presence of all his people. Precious in the sight of the Lord is the death of his servants.

**I will lift up the cup of salvation.**

O Lord, I am your servant; I am your servant and the child of your handmaid; you have freed me from my bonds. I will offer you the sacrifice of thanksgiving and call upon the Name of the Lord.

**I will lift up the cup of salvation.**

I will fulfil my vows to the Lord in the presence of all his people, In the courts of the Lord’s house, in the midst of you, O Jerusalem. Hallelujah!

**I will lift up the cup of salvation.**

## THE PROCLAMATION OF THE WORD - cont.

### + Second Reading : 1 Corinthians 10:16-17

Beloved, the cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? Because there is one bread, we who are many are one body, for we all partake of the one bread.

This is the word of the Lord.

### + The Holy Gospel : John 6:51-58

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!**

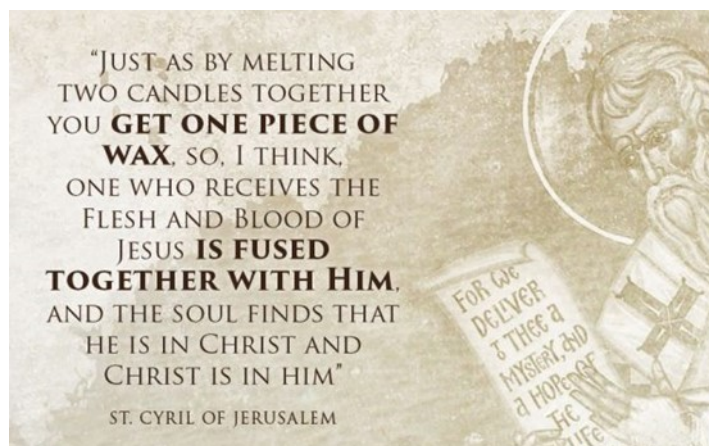
I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

The Jews then disputed among themselves, saying, 'How can this man give us his flesh to eat?' So Jesus said to them, 'Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.'

Give thanks to the Lord

for this his glorious Gospel.

**Praise to Christ our Lord!**



## **PRAYER REQUESTS**

That our faith in and understanding of the Blessed Sacrament of our Lord's Body and Blood may deepen. 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 Province of Myanmar.

## **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, 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 Ninian's, Glenurquhart. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

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:*

At the supper to which all are invited, Christ gives his body and blood for the life of the world. Earnestly we beseech him, saying:

*– Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, Son of the living God, you have commanded us to celebrate the eucharistic meal in remembrance of you: enrich your Church with the worthy celebration of these mysteries.

*– Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, eternal high priest, you have committed to your priests the ministration of your sacraments: help them to do their part in your work with the unfailing gladness of genuine charity.

*– Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, manna from heaven, you make into one all who share the one bread: grant peace and concord to all who believe in you.

*– Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, heavenly physician, you give an eternal remedy and a pledge of resurrection to those who eat your bread: grant health to all who are ill and a real hope to sinners.

*– Lord Jesus Christ, give us the bread of eternal life.*

Lord Jesus Christ, king who is to come, we know that whenever we celebrate these mysteries, we proclaim your death until you come again: bring all those who have died in you to share your resurrection.

*– Lord Jesus Christ, give us the bread of eternal life.*

*Conclude with the Lord's Prayer.*

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

Dear All,

What glorious weather we are currently enjoying! Lovely to sit in the garden and listen to the birds and see the smiles of passers by.

This weekend we will celebrate the Feast of the Body and Blood of Christ (aka Corpus Christi). Traditionally it is celebrated on the Thursday after Trinity Sunday, but many bump it to the Sunday these days. In this celebration we remember the wisdom found in our Scottish Prayerbook: "Wherefore it is our duty to render most humble and hearty thanks to Almighty God our heavenly Father, for that he hath given his Son our Saviour Jesus Christ, not only to die for us, but also to be our spiritual food and sustenance in that holy sacrament." (Scottish Prayerbook p 352). Again we are reminded of God's unbounded love for us. Of course we do remember the institution of the Eucharist on Maundy Thursday...but our hearts are much more focussed on what is happening in Holy Week (as they should be). This Feast allows us to reflect on what a treasure our loving God has given us on the Eucharist.

Following this Sunday morning's services I will be on holiday for 10 days. Next Sunday, free of my dull and boring voice, St Regulus' will enjoy a visit from Fr Laurence Gunner, St Andrew's, from Rev Valerie Saunders and, of course, St Johns, from Fr Arthur Sinclair. Please, as always, make them know how welcome they are...even in the midst of restrictions.

As a wonderful bonus, if all goes to plan we should be able to sing (masked) on the 13<sup>th</sup> and onwards!.

### **13 June : Pentecost 3**

#### **EUCCHARIST**

9:45am in St Regulus' with Fr Laurence G

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

11:30am in St Andrew's with Rev Valerie S

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 - 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: [annegillianewman@gmail.com](mailto:annegillianewman@gmail.com))

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



**THE CHARITY SHOP IS NOW  
OPEN EVERY WEDNESDAY  
AND SATURDAY  
10.00 am—1.00 pm**

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**

*To be given a new day is to be given a new lease of life. Don't snatch at God's gifts without a thank you as if your mere existence entitled you to expect a fresh supply of blessings every morning. Accept the gift of the new day with reverence, grace and gratitude.*

- from "The Morning Watch"

# St John's Arrpafeelie

Sunday 6th June 2021



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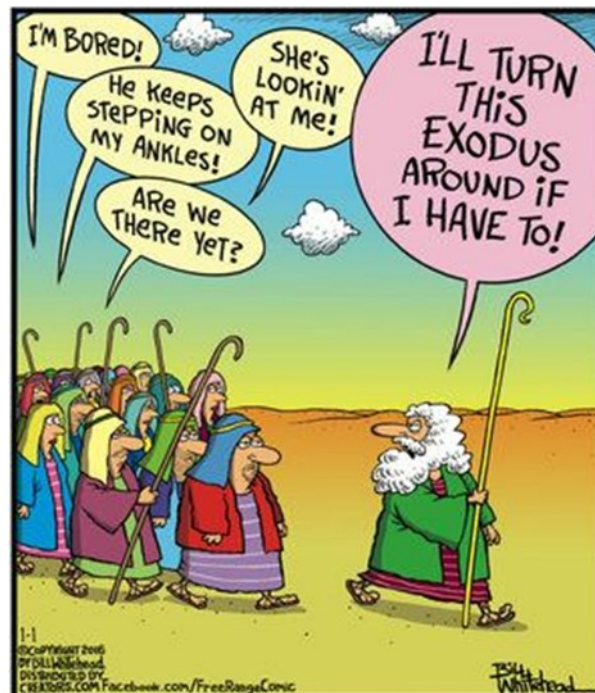
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# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

A Garraway / M Hulse / J Deakin / J Deakin

### **Sides-men**

Ann McGhee and Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**