

SUNDAY

13th June 2021

Pentecost 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
1 Dean's Road
Fortrose, Ross-shire, Scotland IV10 8TJ
Phone: 01381 622241 Email: 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 Fr Laurence G

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

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

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

THE PROCLAMATION OF THE WORD

Collect

Almighty God, without you we are not able to please you. Mercifully grant that your Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit, now and for ever. **Amen.**

+ First Reading : Ezekiel 17:22-24

Thus says the Lord GOD: I myself will take a sprig from the lofty top of a cedar; I will set it out. I will break off a tender one from the topmost of its young twigs; I myself will plant it on a high and lofty mountain.

On the mountain height of Israel I will plant it, in order that it may produce boughs and bear fruit, and become a noble cedar. Under it every kind of bird will live; in the shade of its branches will nest winged creatures of every kind. All the trees of the field shall know that I am the LORD. I bring low the high tree, I make high the low tree; I dry up the green tree and make the dry tree flourish. I the LORD have spoken; I will accomplish it.

This is the word of the Lord.

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

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

THE PROCLAMATION OF THE WORD cont.

+ Psalm 92:1-4, 11-14

It is good to give thanks to the Lord.

It is good to give thanks to the Lord.

It is a good thing to give thanks to the LORD, and to sing praises to your Name, O Most High; To tell of your loving-kindness early in the morning and of your faithfulness in the night season;

It is good to give thanks to the Lord.

On the psaltery, and on the lyre, and to the melody of the harp. For you have made me glad by your acts, O LORD; and I shout for joy because of the works of your hands.

It is good to give thanks to the Lord.

The righteous shall flourish like a palm tree, and shall spread abroad like a cedar of Lebanon. Those who are planted in the house of the LORD shall flourish in the courts of our God;

It is good to give thanks to the Lord.

They shall still bear fruit in old age; they shall be green and succulent; That they may show how upright the LORD is, my Rock, in whom there is no fault.

It is good to give thanks to the Lord.

+ Second Reading : 2 Corinthians 5:6-10,14-17

We are always confident; even though we know that while we are at home in the body we are away from the Lord-- for we walk by faith, not by sight. Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. For all of us must appear before the judgment seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil.

For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : Mark 4:26-34

The Lord be with you.

And also with you.

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

Glory to Christ our Saviour!

Jesus said, “The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.”

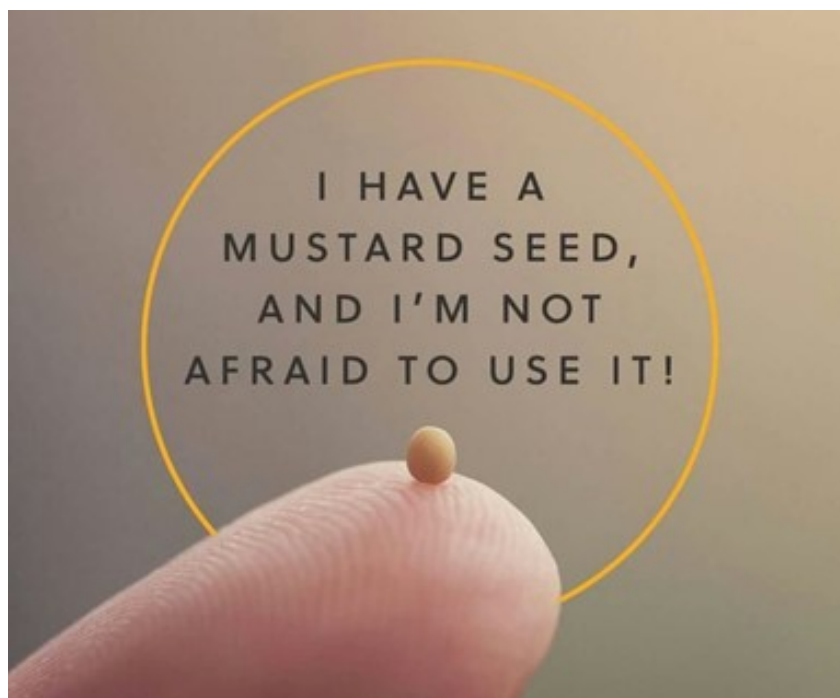
He also said, “With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade.”

With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

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 people of Congo. 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 Nigeria.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Rachael W, Sandra W, Cn Graham T, Bp Kevin, Dr John McNS, Fr Ian B, Godwin 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 Andrew's Cathedral, Inverness. 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:

Christ is the shepherd of his flock: he loves and cares for his people. We turn to him in trust and say:
– *Lord, we need your care.*

Christ our Lord, you are pastor of all the ages, protect our Bishop, Mark, and all the priests, deacons, lay ministers and vestries of your Church.
– *Lord, we need your care.*

Be with those who are persecuted for their faith, and those cut off from the support of the Church: Good Shepherd, in their pain and isolation may they know your care.
– *Lord, we need your care.*

Bring healing to the sick; give nourishment to the hungry.
– *Lord, we need your care.*

We remember those who make our laws and those who apply them: Lord, give them wisdom and discernment.
– *Lord, we need your care.*

Gather the flock for which you laid down your life: bring home to their Father's house all who have died in your peace.
– *Lord, we need your care.*

Conclude with the Lord's Prayer.

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

Dear All,

We have now entered, properly, the long green season of the Church's year! Through this season, rather than celebrating events and such in our Lord's life, we focus on his preaching and teaching. May the Spirit open our hearts and minds to grow and flourish as we make our way through this time together...sitting at our Lord's feet.

This Sunday, the cat being away but the mice behaving themselves haha, we warmly welcome Fr Laurence Gunner to St Regulus', the Rev'd Valerie S to St Andrew's, and Fr Arthur S to St Johns. I know you will show them how welcome they are...even in the midst of restrictions.

As a wonderful bonus, if all goes to place you should be able to sing (masked) !

20 June : Pentecost 4

EUCHARIST

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

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

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with Lay reader Patsy

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: annegillianne-man@gmail.com)

Carers Week 2021

June 7-13

Make Caring
Visible and Valued



Connecting Carers
A better life for unpaid carers in Highland



Connecting Young Carers
A better life for unpaid carers in Highland

Carer [noun]

[1] Cares (unpaid) for family or friends who have a disability, illness or who need support:

Involves... hugs, tears, love, anger, challenging situations, listening, to silence... and noise, time rushing, time, waiting... frustration, moving, poignant, touching, heartwarming, kindness, compassion, understanding, speaking up for someone I care about, calming, reassuring, reminding... keeping someone I care about safe, enabling, empowering, maintaining dignity... giving someone a voice, negotiating paperwork, rights, sharing conversation, sharing laughter, sharing tears, empathy, and always a helping hand...

 @CarersWeek

 #carersweek

www.carersweek.org

 www.facebook.com/CarersWeek

 www.facebook.com/connectingcarers

 @Highlandcarers

 [connectingcarers1](https://www.instagram.com/connectingcarers1)

Join Connecting Carers for a range of workshops and events, including a Covid-compliant Walk500. See our channels/website for further details





**Make Caring Visible
and Valued**



Carers Week Programme 2021

Thursday, June 10, 10am to 11am

Gentle Mindful Movement and Relaxation Meditation with Meg Somerville

This class is based on a series of very gentle slow movements (can be performed seated) to bring awareness into your body, noticing where tension is held and using techniques to release and relax, followed by half an hour of a deeply relaxing body scan meditation allowing both your body and mind time to rest and relax so you feel rested and nourished by the end of the hour. Just a little bit of you time. Book here: <https://www.eventbrite.co.uk/e/154463862571>

Thursday, June 10, 4pm to 5pm

Exploring A Life Alongside Caring Are you an unpaid Carer/young Carer looking for information about what is available to you and how to fit it around your caring role? Come along to hear from speakers from NHS Highland, Skills Development Scotland, University of Highlands and Islands and Connecting Carers. We will take you through the options, funding and advice available to you if you decide to explore education, training and careers. We want to challenge the perceptions of accessing careers and training for carers and ensure you are armed with the best information to take the next step on this journey. Book here: <https://www.eventbrite.co.uk/e/exploring-a-life-alongside-caring-tickets-156470943805>

Thursday, June 10, 7pm to 8.30pm

Quiz for Carers Week Thursday night Carers quiz night. Come along and play as a team with your family or by yourselves for our six-round quiz for carers week - no Googling allowed! No entry fee, the prize will be some Carers Week merchandise and the pride of knowing you won! Lyndsey is your quiz master. Book here to join: <https://www.eventbrite.co.uk/e/156097244059>

Friday, June 11, 10am to 11.30am *Valuing Our Mental Wellness with Linda Birnie*

Do we take time to value ourselves and look after our own wellbeing? Do we always feel visible and valued? What steps can we take to ensure we value and look after ourselves? Take some time to join with other Carers, gain some top tips to boost self esteem and wellness, plan the steps that will support us on our individual journey of wellness, and take time for relaxation.

Book here: <https://www.eventbrite.co.uk/e/155941363817>

Friday, June 11, 4pm to 5pm

Looking Good, Feeling Visible with Suzanne Struthers Suzanne Struthers, personal stylist shares styling tips for women and men to help us feel great in what we wear. www.suzannesuthers.com Book here: <https://www.eventbrite.co.uk/e/156268295679>

Friday, June 11, 7pm to 7.30pm

Relaxation with Meg Somerville Give yourself a bit of you time – you deserve it – half an hour of pure relaxation. Get your bed/couch ready, gather blankets and pillows, turn off your phone, put a ‘do not disturb notice’ on the door – get ready to relax! Feel rested and nourished at the end of the session. Book here: <https://www.eventbrite.co.uk/e/154463862571>

St John's Arrpafeelie

Sunday 13th June 2021



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

20 June : Pentecost 4

EUCCHARIST

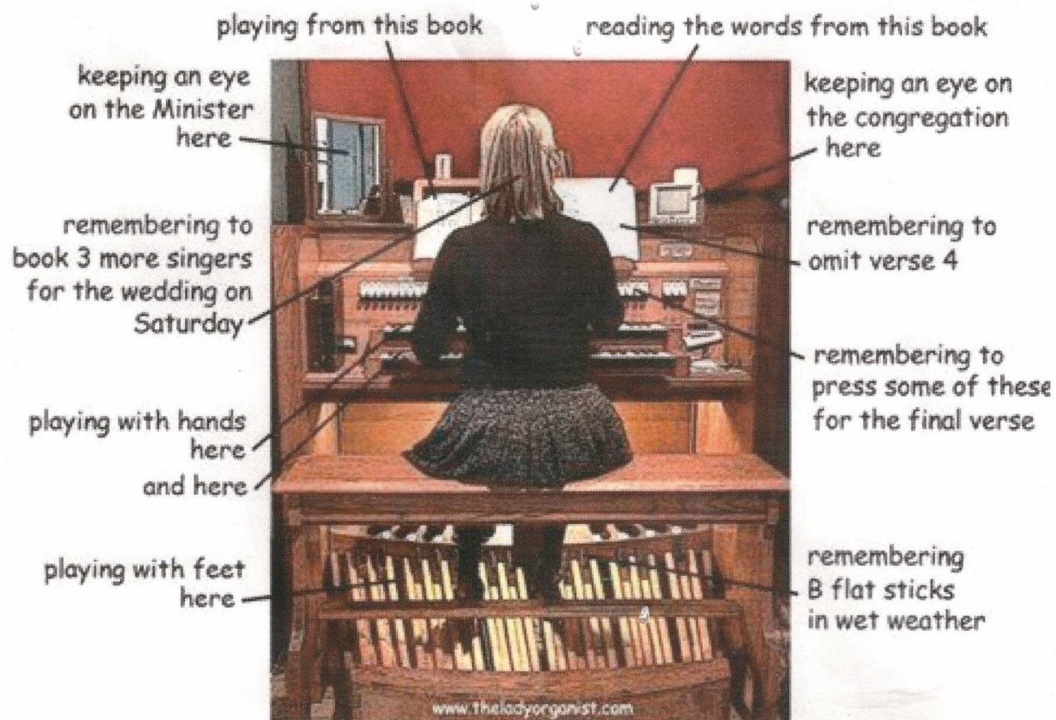
9:45am in St John's with Fr Mel

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

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with Lay reader Patsy

THEY ARE AMAZING CREATURES (organists/pianists)





James Braidwood, Father of the Modern Fire Service
03rd September 1800 – 22nd June 1861

Due to the ongoing circumstances surrounding Covid-19 we will, again, be unable to gather at St. Andrew's church, together with members of the Scottish Fire and Rescue Service, to celebrate the life and legacy of James Braidwood on Sunday 20th June, as we had hoped we would be able to do. Please remember him in your prayers on the 160th anniversary of his untimely death, as well as our brave fire fighters today who are already battling wild fires in The Highlands.

Thank you.
Diana Hamilton-Jones

CHARITY SHOP

THANK YOU

For all your donations – they are greatly appreciated.
Due to shortage of storage space, we can only accept –

Items of clothing

For the time being
Many thanks for your generosity.

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

*Love bears no malice for love understands.
Love is warm-hearted and gives with both hands.
Love speaks with charity showing goodwill,
Passes no judgement and harbours no ill.
Happy the home where love makes its abode,
Easing the burden and sharing the load;
Making the best of whatever life brings,
Seeing the beauty in commonplace things.*

Church Rotas

St Andrew's

Readers & Intercessors

J MacLennan / B Oakley / S A Jackson / A Garraway

Sides-men

Ann McGhee and Bill Fraser

Servers

Sacristan

Flowers

Teas

Cleaning

St John's