

SUNDAY

1st August 2021

Pentecost 10

Charity Number

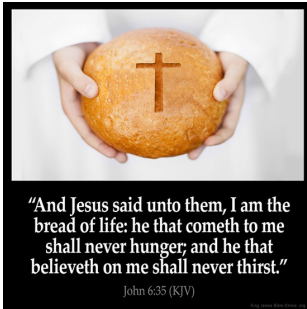
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The Scottish Episcopal Church

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
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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).



PENTECOST SUNDAY SERVICES

EUCCHARIST

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)

RESERVED SACRAMENT SERVICE

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

THE PROCLAMATION OF THE WORD

Collect

Almighty God, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom. Renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

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.

+ First Reading : Exodus 16:2-4,9-15

The whole congregation of the Israelites complained against Moses and Aaron in the wilderness. The Israelites said to them, "If only we had died by the hand of the LORD in the land of Egypt, when we sat by the fleshpots and ate our fill of bread; for you have brought us out into this wilderness to kill this whole assembly with hunger."

Then the LORD said to Moses, "I am going to rain bread from heaven for you, and each day the people shall go out and gather enough for that day. In that way I will test them, whether they will follow my instruction or not."

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 toward 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 78:23-29

Mortals ate the bread of angels.

Mortals ate the bread of angels.

So he commanded the clouds above and opened the doors of heaven. He rained down manna upon them to eat and gave them grain from heaven.

Mortals ate the bread of angels.

So mortals ate the bread of angels; he provided for them food enough. He caused the east wind to blow in the heavens and led out the south wind by his might.

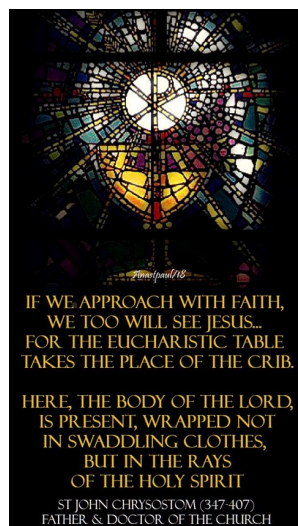
Mortals ate the bread of angels.

He rained down flesh upon them like dust and winged birds like the sand of the sea.

Mortals ate the bread of angels.

He let it fall in the midst of their camp and round about their dwellings. So they ate and were well filled, for he gave them what they craved.

Mortals ate the bread of angels.



THE PROCLAMATION OF THE WORD - cont.

+ Second Reading : Ephesians 4:1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, "When he ascended on high he made captivity itself a captive; he gave gifts to his people."

(When it says, "He ascended," what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

This is the word of the Lord.

+ The Holy Gospel : John 6:24-35

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!

The next day, when the people who remained after the feeding of the five thousand saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus.

When they found him on the other side of the sea, they said to him, "Rabbi, when did you come here?" Jesus answered them, "Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal." Then they said to him, "What must we do to perform the works of God?" Jesus answered them, "This is the work of God, that you believe in him whom he has sent." So they said to him, "What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, 'He gave them bread from heaven to eat.'" Then Jesus said to them, "Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world." They said to him, "Sir, give us this bread always."

Jesus said to them, "I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty."

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 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 South East Asia.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Cn Ian B, Bp Anne, Dr John McNS, Niccolò A, Val C, 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 brothers & sisters throughout the Diocese. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Jeremy. For Hayden & Louise. For those working with For the Right Reasons, 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. 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 pastors 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, compassion 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,

This morning (Wednesday) I woke with a start at 5:45am...the rain was torrential! I hope it brought some relief to the fields around us and didn't cause any damage. I, being an oddball, enjoyed listening to the rain falling...and the thunder last evening with its flashes of lightening.

Two funerals over the past week reminded me of something I have been meaning to write about. Dear Ian, as have a few others, kindly left me with some wishes for his funeral (he did so about 5 years ago!). It is always a difficult time for loved ones...many of whom have no relationship with the church...and they often struggle, in their grief, to find what they think the deceased might have wished for their funeral (hymns, readings, music, etc). It is a huge help when we leave some directions for them. It is also a lovely way of offering our own final farewell to those we love. I wrote my own notes when I was 26...occasionally tweak them...but little has changed since then. I would encourage you to do the same. It is a kindness. I keep a file here of those wishes and would be glad to keep a copy of yours.

I hope you have a wonderful week!

8 August : Pentecost 11

EUCCHARIST

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

9:45am in St Regulus' with Fr Mel

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

Blessings to one and all.

And much love too.

Mel +

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)

St John's Arrpafeelie

Sunday 1st August 2021



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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

8 August : Pentecost 11

EUCCHARIST

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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 another you will find 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

If one road is closed to you another you will find.

If the way is barred don't give up hope and fall behind.

God directs our steps and has a plan for every soul.

There are paths you never dreamed of leading to your goal.



Church Rotas

St Andrew's

Readers & Intercessors

M Hulse / J Deakin / A Garraway / J Deakin

Sides-men

Ann McGhee and Alison Garraway

Servers

Sacristan

Flowers

Teas

Cleaning

St John's