

SUNDAY

8th August 2021

Pentecost 11

Charity Number

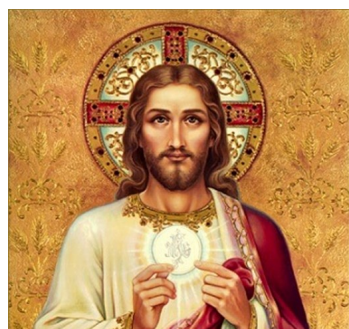
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The Scottish Episcopal Church

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
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 John's with Fr Arthur

9:45am in St Regulus' with Fr Mel

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

THE PROCLAMATION OF THE WORD

Collect

Almighty God, you sent your Holy Spirit to be the life and light of your Church. Open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love, joy, and peace; through Jesus Christ our Lord, who is alive and reigns who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

+ First Reading : 1 Kings 19:4-8

Elijah went a day's journey into the wilderness, and came and sat down under a solitary broom tree. He asked that he might die: "It is enough; now, O LORD, take away my life, for I am no better than my ancestors." Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, "Get up and eat." He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the LORD came a second time, touched him, and said, "Get up and eat, otherwise the journey will be too much for you." He got up, and ate and drank; then he went in the strength of that food forty days and forty nights to Horeb the mount of God.

This is the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ Psalm 34:1-8

Taste and see that the LORD is good; happy are they who trust in him!

Taste and see that the LORD is good; happy are they who trust in him!

I will bless the LORD at all times; his praise shall ever be in my mouth. I will glory in the LORD; let the humble hear and rejoice. Proclaim with me the greatness of the LORD; let us exalt his Name together.

Taste and see that the LORD is good; happy are they who trust in him!

I sought the LORD, and he answered me and delivered me out of all my terror. Look upon him and be radiant, and let not your faces be ashamed. I called in my affliction and the LORD heard me and saved me from all my troubles.

Taste and see that the LORD is good; happy are they who trust in him!

The angel of the LORD encompasses those who fear him, and he will deliver them. Taste and see that the LORD is good; happy are they who trust in him!

Taste and see that the LORD is good; happy are they who trust in him!

+ Second Reading : Ephesians 4:25-5:2

Putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ The Holy Gospel : John 6:35,41-51

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!

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

Then the Jews began to complain about him because he said, "I am the bread that came down from heaven." They were saying, "Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, 'I have come down from heaven'?" Jesus answered them, "Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, 'And they shall all be taught by God.' Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live forever; and the bread that I will give for the life of the world is my flesh."

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 Church of South India (United).

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Patricia E, Maureen F, Jackie F, Tim H, Camayo H, Ross J, Blayne 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 brothers & sisters of Saint Mary in the Fields, Culloden. 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:

The will of Christ is for all to be saved. Let us pray that his will may be done.

– Draw all people to yourself, Lord.

Lord, by your sacrifice on the cross you redeemed us from the slavery of sin: lead us to the freedom and glory of the sons and daughters of God.

– Draw all people to yourself, Lord.

Be with our bishop, **Mark**, and all the bishops of your Church: grant them courage and compassion in their ministry.

– Draw all people to yourself, Lord.

Bless our sisters and brothers of every tradition and teach us to hunger and thirst for unity.

– Draw all people to yourself, Lord.

Help those who seek the truth to find it: let them be consecrated in truth.

– Draw all people to yourself, Lord.

Bless all with whom we share life here on the Black Isle and guide us as we support and encourage one another.

– Draw all people to yourself, Lord.

We pray especially for peace in family life, and for those orphaned and widowed: comfort them in your love.

– Draw all people to yourself, Lord.

May our departed brothers and sisters come to the heavenly city: there, with the Father and the Holy Spirit, you will reign for ever.

– Draw all people to yourself, Lord.

Conclude with the Lord's Prayer.

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

Dear All,

Tis a lovely morning on the Isle! Much accomplished before noon...and more to do.

I have had a couple of people meet with me over the past week re arranging their funeral details and a couple of others have voiced interest. Hymn choosing, readings too... Such a help for those we leave behind. I encourage all to consider!

This Sunday we will continue to explore our Lord's teaching on the Eucharist. He speaks to us of the gift of his very self – given to us – to feed us, nourish us and give us the strength to make our way home. But a gift we rob of its power to transform the world when we fail to bring his Presence with us into the world...living his love and compassion in our day to day lives.

Next Sunday, being 15 August, we will be keeping the great Feast of the Dormition (Falling Asleep – as the Scottish Prayerbook calls it) of the Blessed Virgin Mary...marking her passage from this life into the Fullness of Life as her Son promises us all.

I hope you have a wonderful week!

15 August : DORMITION/ASSUMPTION of the BLESSED VIRGIN MARY

EUCHARIST

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

9:45am in St Regulus' with Rev Christine

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

Blessings to one and all.

And much love too.

Mel +

COVID RESTRICTIONS

Can I just remind everyone that we are allowed to hold Church services providing we adhere to the Government rules and guidelines. Failure to comply can have repercussions on the Trustees (members of the Vestry).

Accordingly, could I ask that at the conclusion of the service you make your way out of church and refrain from congregating for a blether in the aisle of the church.

Covid is still with us and will remain with us for the foreseeable future, so please adhere to the guidance that is in place to protect each and every one of us.

Ramsay McGhee

Vestry Secretary

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 Arrafeelie

Sunday 8th August 2021

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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

There's no need to wander far for opportunity.

Look around just where you are and you will surely see -

Somebody in need of someone.

Might it not be you?

Somebody in need of something -

Something you can do.



Church Rotas

St Andrew's

Readers & Intercessors

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

Sides-men

Ann McGhee and Bill Fraser

Servers

Sacristan

Flowers

Teas

Cleaning

St John's