

**SUNDAY**

**22nd August 2021**

**Pentecost 13**

**Charity Number**

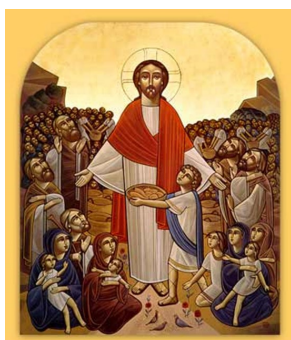
**SC010781**

## **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 John's with Fr Rev Christine

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, we are taught by your word that all our doings without love are worth nothing. Send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtue; through Jesus Christ our Lord who lives and reigns with you, O Father and the Holy Spirit, one God for ever and ever. **Amen.**

**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 : Joshua 24:1-2a,14-18

Joshua gathered all the tribes of Israel to Shechem, and summoned the elders, the heads, the judges, and the officers of Israel; and they presented themselves before God. And Joshua said to all the people, "Thus says the Lord, the God of Israel:

"Now therefore revere the Lord, and serve him in sincerity and in faithfulness; put away the gods that your ancestors served beyond the River and in Egypt, and serve the Lord. Now if you are unwilling to serve the Lord, choose this day whom you will serve, whether the gods your ancestors served in the region beyond the River or the gods of the Amorites in whose land you are living; but as for me and my household, we will serve the Lord."

Then the people answered, "Far be it from us that we should forsake the Lord to serve other gods; for it is the Lord our God who brought us and our ancestors up from the land of Egypt, out of the house of slavery, and who did those great signs in our sight. He protected us along all the way that we went, and among all the peoples through whom we passed; and the Lord drove out before us all the peoples, the Amorites who lived in the land. Therefore we also will serve the Lord, for he is our God."

This is the word of the Lord.

### + Psalm 34:15-22 (ref.:Josh 24:18)

We will serve the Lord, for he is our God.

**We will serve the Lord, for he is our God.**

The eyes of the Lord are upon the righteous, and his ears are open to their cry. The face of the Lord is against those who do evil, to root out the remembrance of them from the earth.

**We will serve the Lord, for he is our God.**

The righteous cry and the Lord hears them and delivers them from all their troubles. The Lord is near to the broken-hearted and will save those whose spirits are crushed.

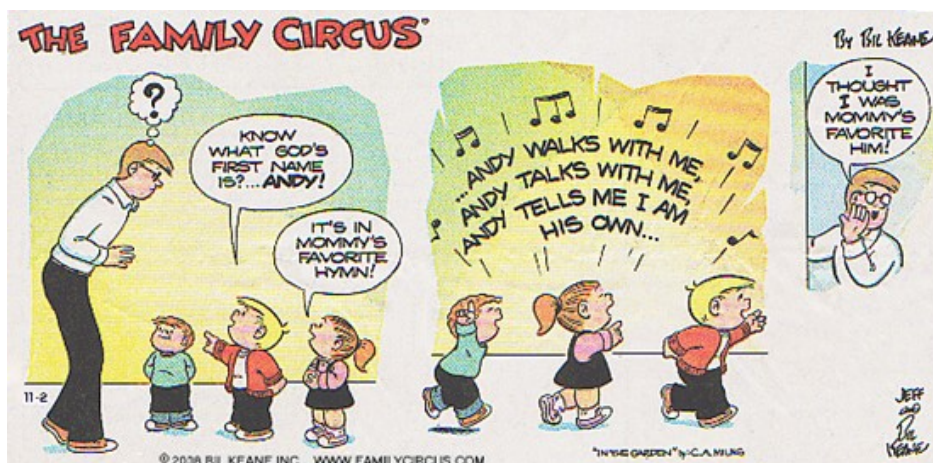
**We will serve the Lord, for he is our God.**

Many are the troubles of the righteous, but the Lord will deliver him out of them all. He will keep safe all his bones; not one of them shall be broken.

**We will serve the Lord, for he is our God.**

Evil shall slay the wicked, and those who hate the righteous will be punished. The Lord ransoms the life of his servants, and none will be punished who trust in him.

**We will serve the Lord, for he is our God.**



## THE PROCLAMATION OF THE WORD - cont.

### + Second Reading : Ephesians 6:10-20

Be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armor of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God.

Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

This is the word of the Lord.

### + The Holy Gospel : John 6:56-69

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, "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 forever." He said these things while he was teaching in the synagogue at Capernaum.

When many of his disciples heard it, they said, "This teaching is difficult; who can accept it?" But Jesus, being aware that his disciples were complaining about it, said to them, "Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe." For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, "For this reason I have told you that no one can come to me unless it is granted by the Father."

Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, "Do you also wish to go away?" Simon Peter answered him, "Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God."

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 Afghanistan and all who bear the scars of service there. For the People of Haiti. For the people of Ethiopia. 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 Anglican Church of South America.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Laura S, Rachael W, Cn Graham T, Cn Ian B, Bp Anne, Dr John McNS, Niccolo A, 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 St Anne's, Strathpeffer; St James', Dingwall; St Mary's, Alness. 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 Head of his body, the Church, and we are the members of that body; we pray in his name, saying:  
– *Your kingdom come!*

May your Church be a light to the nations, the sign and source of your power to unite all people; may she lead mankind to the mystery of your love.  
– *Your kingdom come!*

Guide our Primus and all the bishops of your Church: grant them the gifts of unity, of love, and of peace.  
– *Your kingdom come!*

Lord, give peace to our troubled world; and give to your children security of mind and freedom from anxiety.  
– *Your kingdom come!*

Help us to bring your compassion to the poor, the sick, the lonely, the unloved; lead us to find you in the coming week.  
– *Your kingdom come!*

Awaken the dead to a glorious resurrection: may we be united with them at the end of time.  
– *Your kingdom come!*

*Conclude with the Lord's Prayer.*

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

Dear All,

It was lovely to meet with some of our Wednesday Study Group today! We enjoyed the sunshine out in the rectory garden and had a good catch up...though, I am told, the coffee was too strong! **We plan to assemble again next Wednesday at 1:00pm** (which we hope might enable others to join us.) It has also been suggested we limit each session to 1-1.5 hrs. We have decided to explore the Book of Genesis and the themes that spring forth from it. Everyone is welcome.

After last week's celebration of the Dormition of Mary, this week the lectionary will again pick up our Lord, in John's Gospel, teaching us about his wonderful gift of the Eucharist. So much to ponder!

Please mark your calendars for 5 September! **St Andrew's will be welcoming members of the Scottish Fire & Rescue Service** as we honour the memory of their founder, James Braidwood. Diana will be sharing some information. It will be a great time to show our appreciation for their commitment to keeping us and our property safe...especially in the light of recent fires.

Have a wonderful week!

### 29 August : Pentecost 14

#### EUCCHARIST

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

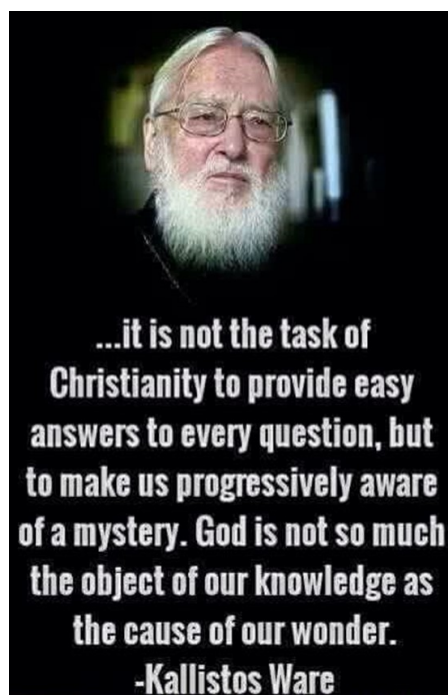
9:45am in St Regulus' with Rev Christine

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

Blessings to one and all.

And much love too.

Mel +



## **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))

# St John's Arrpafeelie

Sunday 22nd August 2021



## 22 August : Pentecost 13

EUCCHARIST

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

## 29 August : Pentecost 14

EUCCHARIST

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

I'M MOVING  
(Again! Third time in four years.  
Hopefully the last!)



On August 25th I will get the keys to  
4 Union Street, Fortrose IV10 8TD  
I am told the land line number will be  
01381 621 435  
(after previous experiences, I hold my breath)  
Love and prayers  
Christine

Rev Christine Mylne



**Sunday 5<sup>th</sup> September 2021 at 1130h**  
**St. Andrew's Episcopal Church, Fortrose**  
**Special Service to celebrate**  
**The Life and Legacy of James Braidwood**  
**(3<sup>rd</sup> September 1800 - 22<sup>nd</sup> June 1861)**  
**& the Scottish Fire & Rescue Service**

**Dear Friends and Parishioners,**

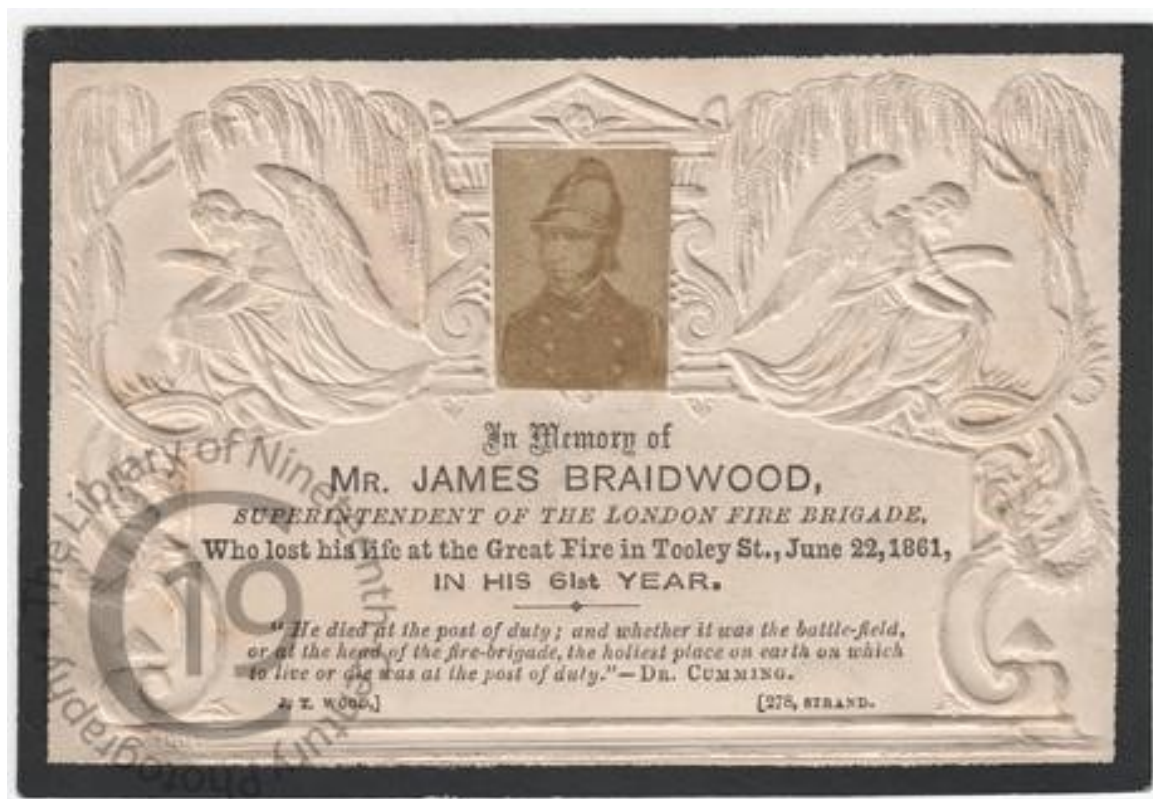
Thankfully, most Covid-19 restrictions have been lifted and so we are able to gather again for our annual service of thanks for the life and legacy of James Braidwood, The Father of the Modern Fire Service, and our truly heroic Scottish Fire & Rescue Service. I am really

happy to announce that members of our local fire services, as well as some from Glasgow HQ and Edinburgh, will be attending this special service at St. Andrew's Church and I hope that you will be able to join us too. Sadly, some of our friends and neighbours have had to rely on the life-saving skills and expertise of our local fire fighters recently and this service of

commemoration will allow us all the opportunity to show our heart-felt thanks and appreciation to the Scottish Fire & Rescue Service.

**Thank you.**

**Diana Hamilton-Jones**



**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**

*Be not overcome of evil, but overcome evil with good*

*Romans 12.21*



# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

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

### **Sides-men**

Ann McGhee / Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**