

SUNDAY

29th August 2021

Pentecost 14

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

29 AUGUST SERVICES

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

THE PROCLAMATION OF THE WORD

Collect

Author and Giver of all good things, graft in our hearts the love of your name, increase in us true religion, nourish us in all goodness, and of your great mercy keep us in the same; 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: Mobile: 07770 37 37 72

THE PROCLAMATION OF THE WORD cont.

+ First Reading : Deuteronomy 4:1-2, 6-9

Moses said: So now, Israel, give heed to the statutes and ordinances that I am teaching you to observe, so that you may live to enter and occupy the land that the LORD, the God of your ancestors, is giving you. You must neither add anything to what I command you nor take away anything from it, but keep the commandments of the LORD your God with which I am charging you.

You must observe them diligently, for this will show your wisdom and discernment to the peoples, who, when they hear all these statutes, will say, "Surely this great nation is a wise and discerning people!" For what other great nation has a god so near to it as the LORD our God is whenever we call to him? And what other great nation has statutes and ordinances as just as this entire law that I am setting before you today?

But take care and watch yourselves closely, so as neither to forget the things that your eyes have seen nor to let them slip from your mind all the days of your life; make them known to your children and your children's children. **This is the word of the Lord.**

+ Psalm 15

The Lord blesses those who serve him.

The Lord blesses those who serve him.

Lord, who may dwell in your tabernacle? who may abide upon your holy hill? Whoever leads a blameless life and does what is right, who speaks the truth from his heart.

The Lord blesses those who serve him.

There is no guile upon his tongue; he does no evil to his friend; he does not heap contempt upon his neighbour. In his sight the wicked is rejected, but he honours those who fear the Lord.

The Lord blesses those who serve him.

He has sworn to do no wrong and does not take back his word. He does not give his money in hope of gain, nor does he take a bribe against the innocent.

The Lord blesses those who serve him.

Whoever does these things shall never be overthrown. **The Lord blesses those who serve him.**

+ Second Reading : James 1:17-27

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word that has the power to save your souls.

But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing.

If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

This is the word of the Lord.

THE PROCLAMATION OF THE WORD - cont.

+ **The Holy Gospel : Mark 7:1-8,14-15,21-23**

The Lord be with you.

And also with you.

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

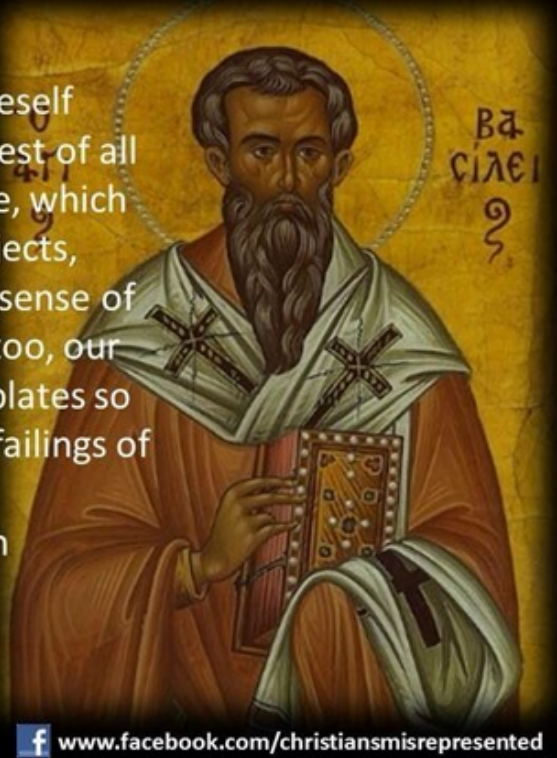
Glory to Christ our Saviour!

When the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, "Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?" He said to them, "Isaiah prophesied rightly about you hypocrites, as it is written, 'This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.' You abandon the commandment of God and hold to human tradition."

Then he called the crowd again and said to them, "Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile." For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person."

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!



"In truth, to know oneself seems to be the hardest of all things. Just as our eye, which observes external objects, does not use its own sense of sight upon itself; so, too, our mind, which contemplates so intently the sins and failings of others, is slow in the recognition of its own defects."

-- St. Basil of Caesarea

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 Episcopal Province of South Sudan

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Val C, Godwin C, Tony C, Patricia E, Maureen F, Jackie F, Tim H, 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 Mary's, Ullapool; St Gilbert's, Kinlochbervie; St Gilbert's, Lochinver; St Boniface, Achiltibuie & St Mary's, Rongue. 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 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,

Back to the drawing board re the **Wednesday Study Group** hahaha. We will meet on Wednesday MORNING at 10:00 in the Rectory AKA 1 Dean's Road.

Please mark your calendars for next Sunday (5 September) and plan to be present! **St Andrew's will be welcoming members of the Scottish Fire & Rescue Service** as we honour them and the memory of their founder, James Braidwood. **At that celebration members of Service will lead the readings and the intercessions.**

At St John's next Sunday we will be baptising Finlay Cameron and celebrating with his parents and godparents.

I will be disappearing on holiday following services on the 5th until the 28th ...Rev Christine will be on call for any emergencies.

Have a wonderful week.

5 SEPTEMBER : PENTECOST 15

EUCCHARIST

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

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

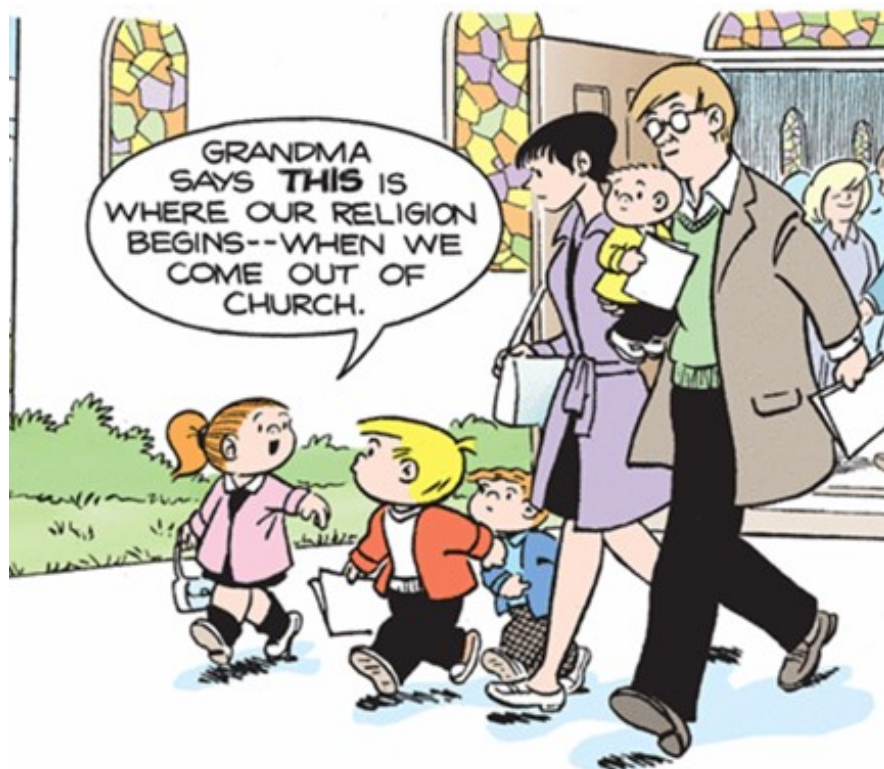
RESERVED SACRAMENT SERVICE

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

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 Arpafeelie

Sunday 29th August 2021

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



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EUCCHARIST

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RESERVED SACRAMENT SERVICE

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

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

Georgie is a 10-year old cat with very pretty black and white markings. She needs a quiet home for approximately 4 months, or indefinitely, starting October.

She likes cuddles in the morning and at bedtime, but during the day she does her own thing.

She would prefer to be the only pet in the house and likes a rural setting or large garden.

Please ring Alison for further details - 01381 620 763 or 07944 782 875



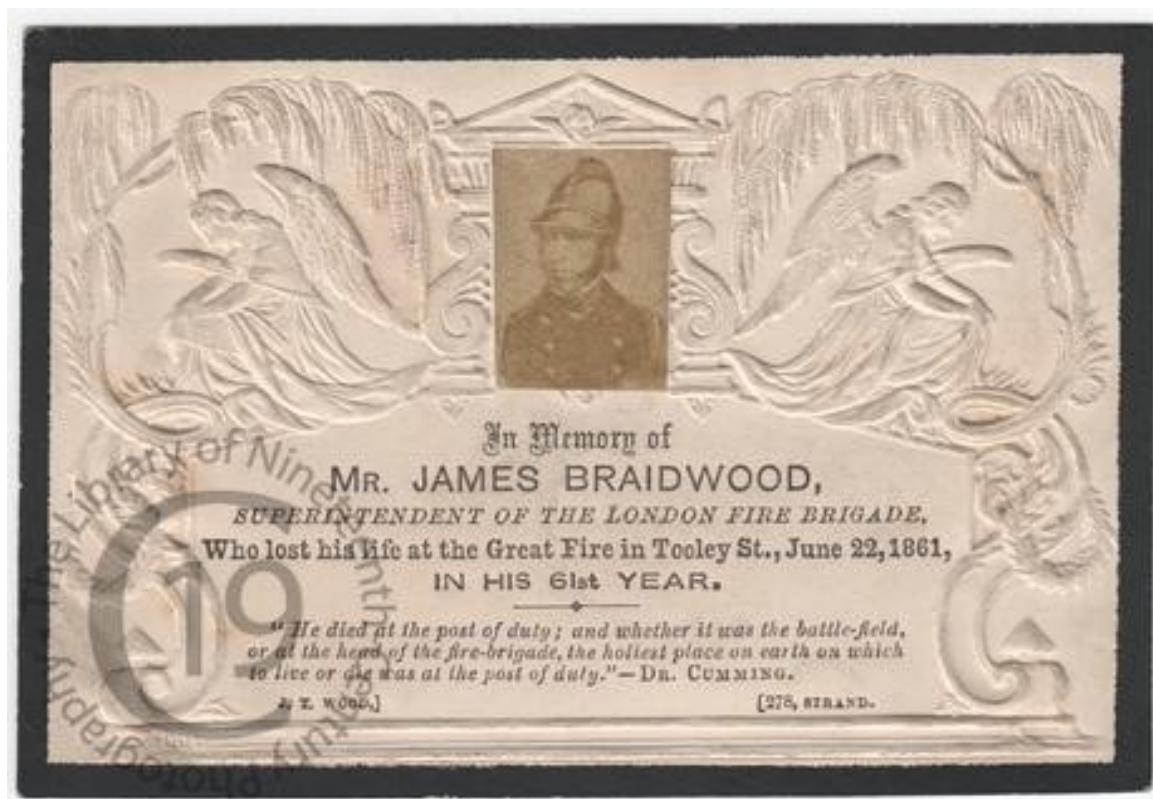
**Sunday 5th September 2021 at 1130h
St. Andrew's Episcopal Church, Fortrose**

**Special Service to celebrate
The Life and Legacy of James Braidwood
(3rd September 1800 - 22nd 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





Cromarty
Sunday Club at the beach
St Regulus & West Church

Come join us at the beach this weekend!

Sand castles and games and stories,
snacks + juice supplied ...
ice cream if 



Free
+ Fun

This Sunday 29 August 2021
Meet outside the West Church @ 3.30pm



Just turn up!

For more info contact Carsten at 07958 550333 or carsten@mylittlecampfire.com
We continue to adhere to all Covid-19 precautions in line with Scottish Government Guidance

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

Time from our eyes wipes the tears away. A miracle happens. We wake one day - to discover that life has much to give. We find new hope and the will to live. From out of the shadows sweet voices call. The voices that tell us that Time heals all.



Church Rotas

St Andrew's

Readers & Intercessors

A Garraway / M Hulse / J Deakin / J Deakin

Sides-men

Ann McGhee / Bill Fraser

Servers

Sacristan

Flowers

Teas

Cleaning

St John's