

**SUNDAY**

**10th October 2021**

**Pentecost 20**

**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  
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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).



### 10 OCTOBER / PENTECOST 20 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, in our baptism you adopted us for your own. Quicken, we pray, your Spirit within us, that we, being renewed both in body and mind, may worship you in sincerity and truth; through Jesus Christ our Lord who lives and reigns with you, O Father and the Holy Spirit, one God for ever and ever. **Amen.**

##### + First Reading : Amos 5:6-7,10-15

Seek the Lord and live, or he will break out against the house of Joseph like fire, and it will devour Bethel, with no one to quench it. Ah, you that turn justice to wormwood, and bring righteousness to the ground!

They hate the one who reproves in the gate, and they abhor the one who speaks the truth. Therefore, because you trample on the poor and take from them levies of grain, you have built houses of hewn stone, but you shall not live in them; you have planted pleasant vineyards, but you shall not drink their wine. For I know how many are your transgressions, and how great are your sins — you who afflict the righteous, who take a bribe, and push aside the needy in the gate. Therefore the prudent will keep silent in such a time; for it is an evil time. Seek good and not evil, that you may live; and so the Lord, the God of hosts, will be with you, just as you have said. Hate evil and love good, and establish justice in the gate; it may be that the Lord, the God of hosts, will be gracious to the remnant of Joseph.

Hear the word of the Lord

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## THE PROCLAMATION OF THE WORD cont.

+ Psalm 90:12-17

Open our hearts  
to your loving-kindness, O Lord.

**Open our hearts  
to your loving-kindness, O Lord.**

So teach us to number our days  
that we may apply our hearts to wisdom.

Return, O Lord; how long will you tarry?  
be gracious to your servants.

**Open our hearts  
to your loving-kindness, O Lord.**

Satisfy us by your loving-kindness in the morning;  
so shall we rejoice and be glad  
all the days of our life.

**Open our hearts  
to your loving-kindness, O Lord.**

Make us glad by the measure  
of the days that you afflicted us  
and the years in which we suffered adversity.

**Open our hearts  
to your loving-kindness, O Lord.**

Show your servants your works  
and your splendour to their children.

**Open our hearts  
to your loving-kindness, O Lord.**

May the graciousness  
of the Lord our God be upon us;  
prosper the work of our hands;  
prosper our handiwork.

**Open our hearts  
to your loving-kindness, O Lord.**

### Second Reading : Hebrews 4:12-16

The word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account.

Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive

## THE PROCLAMATION OF THE WORD - cont.

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Show your servants your works and your splendour to their children.

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May the graciousness of the Lord our God be upon us; prosper the work of our hands; prosper our handiwork.

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Hear the word of the Lord.

**+ The Holy Gospel : Mark 10:17-31**

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!**

As Jesus was setting out on a journey, a man ran up and knelt before him, and asked him, “Good Teacher, what must I do to inherit eternal life?” Jesus said to him, “Why do you call me good? No one is good but God alone. You know the commandments: ‘You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honor your father and mother.’” He said to him, “Teacher, I have kept all these since my youth.” Jesus, looking at him, loved him and said, “You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.” When he heard this, he was shocked and went away grieving, for he had many possessions.

Then Jesus looked around and said to his disciples, “How hard it will be for those who have wealth to enter the kingdom of God!” And the disciples were perplexed at these words. But Jesus said to them again, “Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.” They were greatly astounded and said to one another, “Then who can be saved?” Jesus looked at them and said, “For mortals it is impossible, but not for God; for God all things are possible.”

Peter began to say to him, “Look, we have left everything and followed you.” Jesus said, “Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundred-fold now in this age—houses, brothers and sisters, mothers and children, and fields with persecutions—and in the age to come eternal life. But many who are first will be last, and the last will be first.”

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 in the Province of West Africa.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Rachael W, Cn Graham T, Cn Ian B, Bp Anne, Rev Dr John McNs, Niccolò A, Val 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 of Holy Trinity, Elgin; Burghead Mission and St Margaret's, Lossiemouth. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

## **OUR CHURCH & COMMUNITY FAMILY & FRIENDS**

For the soul of Hayden Jeffery (Funeral Wed 13 Oct at 12:30pm from St Andrew's)...and for Louise, family and friends. For those donating, wrapping and filling shoe boxes for Christmas! For Jeremy. 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:*

I may have faith strong enough to move mountains: but if I have no love, I am nothing. With this in mind we pray: *– Lord, grant us your love.*

Lord, sustain us as we build and grow towards you: increase our faith as we work. *– Lord, grant us your love.*

We are assailed by doubts, and weighed down by uncertainties, release our hearts, to journey towards you with hope. *– Lord, grant us your love.*

Love keeps no score of wrong, and does not gloat over evil: help us to delight in the truth, and rejoice in your gifts to others. *– Lord, grant us your love.*

Confirm us, your pilgrim Church, in the faith of the apostles: help us to encourage each other, sharing our gifts. *– Lord, grant us your love.*

Bring all who have died in your peace to that knowledge which fulfils faith and answers hope, grant them the fullness of your love. *– Lord, grant us your love.*

*Conclude with the Lord's Prayer.*

## **NOTE FROM THE RECTOR**

Dear All,

Well it has been an interesting first week home! One filled with sadness (the death of one of our loved ones), Flu jabs, pet blessings (and soakings to the bone) and other challenges!

Doc commented as I was given the jab..."You always have a reaction, don't you?" and I answered in the affirmative. He replied, "Brace yourself!" He wasn't kidding. A couple of hours later I could hardly keep my head up, I was so groggy. It lessened over night but persisted well into Sunday! The soaking at the Munlochy Animal Aid Centre didn't help but a great time was had by those who assembled! Thanks to Iona and team for hospitality...and to Ann D (and others?) for putting banners and posters about!

Hayden Jeffery's funeral will take place on Wednesday the 13 of October at 12:30pm... Followed by a reception at the Golf Club. There will be no Study Group in the Rectory that morning!

**HARVEST** Will be celebrated in St John's and St Andrew's on Sunday the 17<sup>th</sup> of October. And in St Regulus' on the 7<sup>th</sup> of November. Let's do all we can to fill our churches with joy and generous donations to the Food Bank.

It is good to be home.

Have a wonderful week.

Blessings to one and all.

And much love too!

Mel +

## **THIS WEEK AT A GLANCE**

Daily Morning Prayer (8:30am)

Daily Evening Prayer (6:00pm)

Mon: Rector's Day Off #1

Tues: 3:30pm Piping lessons

Wed: 12:30pm Funeral of Hayden Jeffery from St Andrew's

3:30pm piping lessons

Thu: 10am Eucharist in St Andrew's

Fri: Rector's Day off #2

Sat: Prepping for Sunday & Catching up

## **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-newman@gmail.com](mailto:annegillianne-newman@gmail.com))

# St John's Arpafeelie

Sunday 10th October 2021

**HARVEST in St John's and St Andrew's  
PENTECOST 21 (R)  
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



**EDUCATION COMMUNITY  
BLYTHSWOOD  
CARE  
GOSPEL**

**SHOE  
BOX  
APPEAL**

Give a  
precious  
gift this  
Christmas

[shooboxappeal.org](http://shooboxappeal.org)

To give this young lad and his friends a happy Christmas - go to page 9



# Christmas Shoe Box Appeal

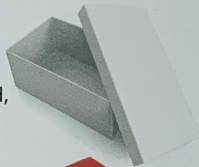
If you would like to join us in wrapping and filling the Christmas Boxes for Blythswood, pop along to the Seaforth Lodge in Fortrose on Friday afternoons between 14:00 and 16:00. If you can bring scissors & sellotape that would help. Christmas wrapping and donations of gifts from the list on the leaflet would be very much appreciated too !

Any questions, please feel free to ring or leave a message , God Bless You ,

Jan MacLennan - 07878 559 210

## 6 steps to bring happiness

**1 Find:** Find an average-size shoebox. Decide who to fill it for; a child, a teenager, a man or a woman.



**2 Wrap:** your box and lid separately so that the lid can be removed without tearing the paper.



**3 Pack:** Gather the items, remove all plastic and cardboard packaging and pack into the box. **Please choose items that will last rather than those with a short life and can't be recycled.**



**4 Check:** On the checklist, tick the items you have put in your shoebox and note any that are not on the list.



**5 Donate:** Secure the ticked checklist to the outside of the shoebox lid using sticky tape. Detach the donation envelope as instructed and place with your donation inside your box.



**6 Deliver:** Secure the lid with rubber bands.

(Custom regulations require Blythswood Care to check the contents of your box.)

Deliver your box to your local collection point.

**For Christmas delivery your shoebox should be at your church, school or other collection point during the last week of October/ beginning of November**



## Checklist

Please tick items included and firmly secure this list on your shoebox lid.

**ESSENTIAL ITEMS (ALL ITEMS MUST BE NEW):**  
Include the following items highlighted in the top box.

- Toothbrush and Toothpaste**
- Hat, scarf, gloves**
- Soap**
- Underwear/ Socks/Tights**
- Small Toy** for boys and girls such as cars, dolls, balls. Please only include new shop-bought toys.
- Sweets** (No chocolate or any other food) 'Best before' date no earlier than 31 March next year. **No loose sweets, lollies or undated bags of sweets.**

**Do not include** used or damaged items; war related items such as toy guns or knives or military figures; hand-made or knitted stuffed toys; chocolate or any food other than sweets. Chocolate Eclairs and Chocolate Limes are not allowed; books that are mainly words should also not be included.

### Toiletries (NO TALCUM POWDER)

- Shampoo
- Soap/Shower gel
- Face cloth/ Moist wipes
- Deodorant
- Moisturising Cream
- Comb/Brush
- Sanitary Products
- Shaving foam/Razors

- Screwdrivers/Pliers
- Kitchen Utensils

### Stationery

- Pens/Pencils/Sharpener
- Notepads/Colouring books
- Rulers/Rubbers

### Clothes and other Items

(T-shirts/Pyjamas/Jumpers/ Shirts) etc

- .....
- .....
- .....
- .....

### Miscellaneous

- New Make-up
- Sewing Equipment
- Household Candles

**Please tick the box next to who the box is for**  
Please specify the age of the girl or boy you have filled this box for:

- Girl \_\_\_\_\_ yrs
- Teenage \_\_\_\_\_ yrs
- Woman
- Elderly woman
- Boy \_\_\_\_\_ yrs
- Teenage \_\_\_\_\_ yrs
- Man

Tear along the perforation to detach this panel and secure to the outside of your shoebox

Tear along the perforation to detach envelope 2. Place your donation in the envelope portion 3. Fold this panel over to seal envelope 4. Place the sealed envelope inside your shoebox

**SUNDAY 17 OCTOBER**



**HARVEST in St John's and St Andrew's  
PENTECOST 21 (R)  
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



**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**

*Every day's a new adventure, never lived before.*

*Fresh experience awaits you. New things lie in store.*

*You can ask to be set free from every binding chain.*

*You can be forgiven and can start your life again.*



# 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**