

**SUNDAY**

**17th October 2021**

**Pentecost 21**

**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](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).



### **THE PROCLAMATION OF THE WORD**

#### **St John's & St Andrew's**

##### **Collect**

God, in whom all things are possible, you crown the year with your goodness and give us the fruits of the earth in their season: as we give you thanks this day, give us grace that we may use them to your glory, so that none may hunger, none may thirst, and all may cherish the gifts of your creation, through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

##### **+ First Reading : Joel 2:21-27**

Do not fear, O soil; be glad and rejoice, for the Lord has done great things! Do not fear, you animals of the field, for the pastures of the wilderness are green; the tree bears its fruit, the fig tree and vine give their full yield.

O children of Zion, be glad and rejoice in the Lord your God; for he has given the early rain for your vindication, he has poured down for you abundant rain, the early and the later rain, as before. The threshing-floors shall be full of grain, the vats shall overflow with wine and oil.

I will repay you for the years that the swarming locust has eaten, the hopper, the destroyer, and the cutter, my great army, which I sent against you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, who has dealt wondrously with you. And my people shall never again be put to shame. You shall know that I am in the midst of Israel, and that I, the Lord, am your God and there is no other. And my people shall never again be put to shame.

Hear the word of the Lord

**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.

### + Psalm 100

Enter God's gates with thanksgiving!

Be joyful in the Lord, all you lands; serve the Lord with gladness and come before his presence with a song.

Know this: The Lord himself is God; he himself has made us, and we are his; we are his people and the sheep of his pasture.

Enter his gates with thanksgiving; go into his courts with praise; give thanks to him and call upon his Name.

For the Lord is good; his mercy is everlasting; and his faithfulness endures from age to age.

**Enter God's gates with thanksgiving!**

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**Enter God's gates with thanksgiving!**

### Second Reading : Philippians 4:4-9

Rejoice in the Lord always; again I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

Finally, beloved, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

Hear the word of the Lord.

### + The Holy Gospel : John 6:25-35

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!**

When they found him on the other side of the lake, 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!**

## SAINT REGULUS'

### Collect

Almighty and everliving God, increase in us your gift of faith, that forsaking what lies behind and reaching out to what is before, we may run the way of your commandments and win the crown of everlasting joy; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### + First Reading : Isaiah 53:4-12

Surely he has borne our infirmities and carried our diseases; yet we accounted him stricken, struck down by God, and afflicted. But he was wounded for our transgressions, crushed for our iniquities; upon him was the punishment that made us whole, and by his bruises we are healed.

All we like sheep have gone astray; we have all turned to our own way, and the LORD has laid on him the iniquity of us all.

He was oppressed, and he was afflicted, yet he did not open his mouth; like a lamb that is led to the slaughter, and like a sheep that before its shearers is silent, so he did not open his mouth.

By a perversion of justice he was taken away. Who could have imagined his future? For he was cut off from the land of the living, stricken for the transgression of my people. They made his grave with the wicked and his tomb with the rich, although he had done no violence, and there was no deceit in his mouth.

Yet it was the will of the LORD to crush him with pain. When you make his life an offering for sin, he shall see his offspring, and shall prolong his days; through him the will of the LORD shall prosper. Out of his anguish he shall see light; he shall find satisfaction through his knowledge. The righteous one, my servant, shall make many righteous, and he shall bear their iniquities.

Therefore I will allot him a portion with the great, and he shall divide the spoil with the strong; because he poured out himself to death, and was numbered with the transgressors; yet he bore the sin of many, and made intercession for the transgressors.

Hear the word of the Lord.

### + Psalm 91:9-16 (Ref: aft Matt 1:23)

Emmanuel! The Lord is with us!

Because you have made the Lord your refuge, and the Most High your habitation, There shall no evil happen to you, neither shall any plague come near your dwelling.

**Emmanuel! The Lord is with us!**

For he shall give his angels charge over you, to keep you in all your ways. They shall bear you in their hands, lest you dash your foot against a stone. **Emmanuel! The Lord is with us!**

You shall tread upon the lion and adder; you shall trample the young lion and the serpent under your feet.

**Emmanuel! The Lord is with us!**

Because he is bound to me in love, therefore will I deliver him; I will protect him, because he knows my Name.

**Emmanuel! The Lord is with us!**

He shall call upon me, and I will answer him; I am with him in trouble; I will rescue him and bring him to honour.

**Emmanuel! The Lord is with us!**

With long life will I satisfy him, and show him my salvation.

**Emmanuel! The Lord is with us!**

**+ Second Reading : Hebrews 5:1-10**

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honor, but takes it only when called by God, just as Aaron was.

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, "You are my Son, today I have begotten you"; as he says also in another place, "You are a priest forever, according to the order of Melchizedek."

In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Hear the word of the Lord.

**+ The Holy Gospel : Mark 10:35-45**

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!**

James and John, the sons of Zebedee, came forward to Jesus and said to him, "Teacher, we want you to do for us whatever we ask of you." And he said to them, "What is it you want me to do for you?" And they said to him, "Grant us to sit, one at your right hand and one at your left, in your glory." But Jesus said to them, "You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?" They replied, "We are able." Then Jesus said to them, "The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared."

When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, "You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many."

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 the West Indies.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Godwin C, Tony C, Patricia E, Maureen F, Jackie F, Tim H, Camayo 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 John's, Forres. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

GIVE THANKS for the Harvest and for all our blessings....and remember the farming families and crofters of the Black Isle...especially those of our churches. For those donating, wrapping and filling shoe boxes for Christmas! For Jeremy. For those working with 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:*

O God the Father of light, you called us to faith through the gospel of your Son. We pray to him now for all his holy people, saying:

– *Remember your Church, O Lord*

Father, you raised your Son from the dead to be the Shepherd of a huge flock; make us his witnesses to the ends of the earth.

– *Remember your Church, O Lord.*

You sent your Son into the world to proclaim the good news to the poor; grant that we may bring his gospel into the darkness of all lives.

– *Remember your Church, O Lord.*

You sent your Son to plant in all hearts the seed of imperishable life; may we labour to sow his word and reap a harvest of joy.

– *Remember your Church, O Lord.*

You sent your Son to reconcile the world with yourself by the shedding of his blood; let us become his fellow workers in restoring all people to your friendship.

– *Remember your Church, O Lord.*

You placed your Son at your own right hand in heaven; receive all who have died into the happiness of your kingdom.

– *Remember your Church, O Lord.*

*Conclude with the Lord's Prayer*

## **NOTE FROM THE RECTOR**

Dear All,

Happy Harvest-tide to those of St John's and St Andrew's! Happy Pentecost 21 to those of St Regulus!

**FOOD BANK DONATIONS** Those of St John's and St Andrew's....please remember to be generous **this weekend** as we celebrate Harvest!

**FOOD BANK BINS**...during the pandemic have been on the front step of the rectory...Heather and Craig have dutifully collected their contents and delivered them to Blytheswood...THANK YOU! Now that we are able to keep our church buildings open, please leave donations there...whether on Sundays or during the week. THANK YOU!

As noted below in the "Week at a Glance", at the request of the Bishop, I will be taking an online course that will tie me up all day Thursday and Friday of this coming week. This is pertaining to a ministry the Bishop has asked me to undertake...above and beyond our Black Isle Charge. Please keep me in prayer those days in particular?

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: 10:00am Study Group in the Rectory

3:30pm piping lessons

Thu: 10am Eucharist in St Andrew's

Rector taking a course, at the Bishop's request, via Zoom all day Thurs and Fri.

Fri: Rector's Day off #2

Sat: Prepping for Sunday & Catching up

## **SUNDAY 24 OCTOBER**

### **PENTECOST 22**

### **EUCCHARIST**

9:45am in St John's with Rev Christine

9:45am in St Regulus' with Fr Mel

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

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

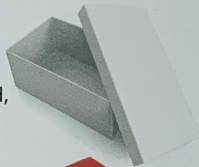
If you would like to join us in wrapping and filling the Christmas Boxes for Blythswood, pop along to the Seaforth Lodge in Fortrose on Friday afternoons between 14:00 and 16:00. If you can bring scissors & sellotape that would help. Christmas wrapping and donations of gifts from the list on the leaflet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



All are welcome to join in the decoration of St Andrews church for our Harvest Festival this Saturday 16th September 10.30am. Any donations of food for the Highland foodbank, or of flowers or produce for the display would be very welcome, and can be dropped off from 10am.

#### **REMEMBRANCE CROSSES**

If anyone would like a wooden poppy cross to be placed at Fortrose Cathedral on Remembrance Day, please contact Diana Hamilton-Jones. A donation of £5 each should be made to the local Poppy Collection

Alternatively, if anyone wishes a Poppy Cross for their own use, please contact Ramsay McGhee, Area Poppy Convenor for the Black Isle.

#### **HOME WANTED**

A quiet lady with a quiet cat is looking for a wee quiet home in the Rosemarkie – Fortrose area as a long-term rental . A small studio or apartment or ‘granny flat’ or maybe even that unused wing in your mansion house ☐. There are a few special needs: ground floor; single level; walk-in shower; self-catering; room for a proper hospital-sized bed and car-parking nearby. References can be provided, including my very own personal recommendation. They are looking for a place to call home by December. Any ideas, suggestions or offers please contact me: [smurby@bigpond.net.au](mailto:smurby@bigpond.net.au) or 01381 621 361 or 0758 3331769.

With love and peace

Fr. Nigel



# Harvest Half Hour

## Sunday 7th November

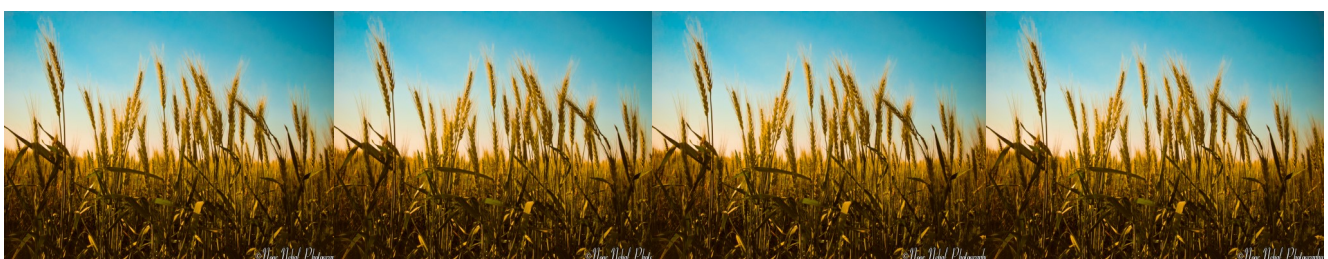
### at 9.45

## St. Regulus Church



**All Ages  
Very  
Welcome**

**Music  
Thanksgiving  
Refreshments**



**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**

*Prove me now herewith, saith the Lord of hosts, if I will not open you the windows of heaven, and pour you out a blessing, that there shall be room enough to receive it.*

*Malachi 3.10*



# Church Rotas

## **St Andrew's**

### **Readers & Intercessors**

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

### **Sides-men**

Ann McGhee / Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**