

**SUNDAY**

**3rd October 2021**

**Pentecost 19**

**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  
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*Season of Creation*



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

#### 3 OCTOBER / PENTECOST 19 SERVICES

##### EUCCHARIST

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

9:45am in St Regulus' with Re Valerie

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

3pm **BLESSING OF PETS** at the Munloch Animal Aid Centre...All are welcome!

### THE PROCLAMATION OF THE WORD

#### Collect

God Most High, maker of heaven and earth, you created humankind in your own image and entrusted the whole world to human care: give us grace to serve you faithfully, that we might be trustworthy stewards 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.**

**Vestry Secretary:** Ramsay McGhee, Tigh Ur, Deans Road, Fortrose.

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## THE PROCLAMATION OF THE WORD cont.

### + First Reading : Genesis 2:18-24

The LORD God said, "It is not good that the man should be alone; I will make him a helper as his partner." So out of the ground the LORD God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called every living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the LORD God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the LORD God had taken from the man he made into a woman and brought her to the man. Then the man said,

"This at last is bone of my bones  
and flesh of my flesh;

this one shall be called Woman,  
for out of Man this one was taken."

Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh.

Hear the word of the Lord

### + Psalm 8

Blessed are you O Lord for ever!

**Blessed are you O Lord for ever!**

O Lord our Governor, how exalted is your Name in all the world! Out of the mouths of infants  
and children your majesty is praised above the heavens. **Blessed are you O Lord for ever!**

You have set up a stronghold against your adversaries, to quell the enemy and the avenger.  
**Blessed are you O Lord for ever!**

When I consider your heavens, the work of your fingers, the moon and the stars you have set in  
their courses, **Blessed are you O Lord for ever!**

What is humanity that you should be mindful of us? the children of earth that you should seek us  
out? **Blessed are you O Lord for ever!**

You have made us but little lower than the angels; you adorn us with glory and honour; You give  
us mastery over the works of your hands; you put all things under his feet:  
**Blessed are you O Lord for ever!**

All sheep and oxen, even the wild beasts of the field, The birds of the air, the fish of the sea, and  
whatsoever walks in the paths of the sea. O Lord our Governor, how exalted is your Name in all  
the world! **Blessed are you O Lord for ever!**

## **THE PROCLAMATION OF THE WORD - cont.**

### **Second Reading : Hebrews 1:1-4; 2:5-12**

Long ago God spoke to our ancestors in many and various ways by the prophets, but in these last days he has spoken to us by a Son, whom he appointed heir of all things, through whom he also created the worlds. He is the reflection of God's glory and the exact imprint of God's very being, and he sustains all things by his powerful word. When he had made purification for sins, he sat down at the right hand of the Majesty on high, having become as much superior to angels as the name he has inherited is more excellent than theirs.

Now God did not subject the coming world, about which we are speaking, to angels. But someone has testified somewhere, "What are human beings that you are mindful of them, or mortals, that you care for them? You have made them for a little while lower than the angels; you have crowned them with glory and honour, subjecting all things under their feet."

Now in subjecting all things to them, God left nothing outside their control. As it is, we do not yet see everything in subjection to them, but we do see Jesus, who for a little while was made lower than the angels, now crowned with glory and honor because of the suffering of death, so that by the grace of God he might taste death for everyone.

It was fitting that God, for whom and through whom all things exist, in bringing many children to glory, should make the pioneer of their salvation perfect through sufferings. For the one who sanctifies and those who are sanctified all have one Father. For this reason Jesus is not ashamed to call them brothers and sisters, saying, "I will proclaim your name to my brothers and sisters, in the midst of the congregation I will praise you." Hear the word of the Lord.

### **+ The Holy Gospel : Mark 10:2-16**

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!**

Some Pharisees came, and to test Jesus they asked, "Is it lawful for a man to divorce his wife?" He answered them, "What did Moses command you?" They said, "Moses allowed a man to write a certificate of dismissal and to divorce her." But Jesus said to them, "Because of your hardness of heart he wrote this commandment for you. But from the beginning of creation, 'God made them male and female.' 'For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two, but one flesh. Therefore what God has joined together, let no one separate."

Then in the house the disciples asked him again about this matter. He said to them, "Whoever divorces his wife and marries another commits adultery against her; and if she divorces her husband and marries another, she commits adultery."

People were bringing little children to him in order that he might touch them; and the disciples spoke sternly to them. But when Jesus saw this, he was indignant and said to them, "Let the little children come to me; do not stop them; for it is to such as these that the kingdom of God belongs. Truly I tell you, whoever does not receive the kingdom of God as a little child will never enter it." And he took them up in his arms, laid his hands on them, and blessed them.

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**

That humankind may better hear God's call to be good stewards of creation and not simply greedy exploiters of the abundance provided us. 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 Wales.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Eilidh P, Helen R, Roberta R, Louise S, Janet S, Ross S-Y, Laura S, 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 Margaret's, Aberlour. For our sister Dioceses (Quebec, Canada & Tuam, Killala and Achonry, Ireland).

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

For the soul of Hayden Jeffery who passed from this life on Thursday morning...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:*

God is ever creative. God's love renews all things and is the source of our hope. Let us turn to him in confidence:

*– Lord, accept our thanks and our prayers.*

We give thanks for the order of created things: you have blessed us with the resources of the earth and the gift of human life.

*– Lord, accept our thanks and our prayers.*

We give thanks for humanity's share in your continuing work of creation: we praise you for your gifts to us of inventive skill and creative vision.

*– Lord, accept our thanks and our prayers.*

We pray for all the nations of the world: may those in authority work for peace and goodwill among all people.

*– Lord, accept our thanks and our prayers.*

We pray for all who are homeless today: we pray for families searching for a place to live, and for refugees driven from their homeland.

*– Lord, accept our thanks and our prayers.*

Life was your first gift to us: may those who have died come to its fullness in you.

*– Lord, accept our thanks and our prayers.*

*Conclude with the Lord's Prayer.*

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

### **NOTE FROM THE RECTOR**

Dear All,

It was a nice wee break...mostly spent at home...but with a wonderful wedding of dear friends in the middle...and quality time spent there and with friends in Livingstone and Edinburgh ...including meals with 3 of our Black Isle university students down yonder!

Sunday afternoon we will be gathering at the Munlochy Animal Aid Centre for the Blessing of Pets and other animals...this will bring to a close the “Season of Creation” which is being kept by many within the church at this time...at the instigation of Patriarch Bartholomew of the Eastern Church together with Pope Francis and Archbishop Justin of Canterbury. While the readings this Sunday are simply the usual Sunday readings, Creation will be the theme of the day’s liturgies.

**HARVEST**—Each of our congregations please let the Rectory know when we might celebrate? **I WOULD PROPOSE NEXT SUNDAY? Let me knowwwwww!**

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: 10am Study Group in the Rectory

(Book of Genesis)

1pm Prepping for Sunday

3:30pm piping lessons

7:00pm Vestry Meeting

Thu: 10am Eucharist in St Andrew’s

Fri: Rector’s Day off #2

Sat: Prepping for Sunday & Catching up

### **SUNDAY 10 OCTOBER : PENTECOST 20**

#### **EUCCHARIST**

9:45am in St John’s with Fr Arthur

11:30am in St Andrew’s with Fr Mel

9:45am in St Regulus’ 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-newman@gmail.com)

# St John's Arpafeelie

Sunday 3rd October 2021

A poster for the Shoe Box Appeal. It features a photograph of a young child with a joyful expression, holding a red shoe box decorated with white 'ho ho ho' patterns. The box has a checklist attached to it. In the top right corner of the poster is a circular logo with a green cross in the center. The text around the cross reads 'EDUCATION', 'COMMUNITY', 'BLYTHSWOOD', 'CARE', and 'GOSPEL'. Below the logo is a QR code. At the bottom of the poster, the text 'SHOE BOX APPEAL' is written in large, bold, white letters on a red background. Below this, it says 'Give a precious gift this Christmas' in white text. At the very bottom, the website 'shooboxappeal.org' is displayed in white text on a red background.

**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 8



## 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 MacIennan - 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.

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

**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:

- |  |  |
|--|--|
| <input type="checkbox"/> Girl _____ yrs    | <input type="checkbox"/> Boy _____ yrs     |
| <input type="checkbox"/> Teenage _____ yrs | <input type="checkbox"/> Teenage _____ yrs |
| <input type="checkbox"/> Woman             | <input type="checkbox"/> Man               |
| <input type="checkbox"/> Elderly woman     |  |

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



## **NEWS FROM JANET (and Simon) SPENCE**

Dear St Andrew's Family,

Simon and I are gradually feeling more settled in Edinburgh ... we are still surrounded by boxes, and the walls are largely bare of pictures, but even so life is beginning to take shape here.

It has been wonderful for me to reconnect with my fellow ordinands; we had our Orientation Week at St Mary's Kinnoull, Perth, in early September, and tomorrow I head off to Perth again for our first residential weekend together - the first of five over the year. I'm preaching to the students, staff and families at our Sunday Eucharist - tricky readings! I'll be interested to read/see what Mel and Christine say about them!

My placement this year is at St Columba's by the Castle, with David Paton-Williams as my supervisor and guide. I will be involved in all aspects of the life of the church, including preaching several times, leading Bible Study, coffes/teas, welcoming, reading, intercessions, vestry, and more. I managed to opt out of flower arranging in which my talents are nil!

Last Sunday I attended the ordination of two students who I began training with, Lesley and Claire. It took place in St Mary's Cathedral, in Edinburgh, and was wonderful. It suddenly made the journey towards ordination feel very real, knowing that, God willing, I will be ordained in the same place this time next year.

I miss you all and Fortrose, of course, and hope to come back up to visit before too long. My sisters, Kate and Rachel, keep me up to date with Fortrose/Black Isle news, but I'm always happy to hear from anyone up there!

Sending my love to you all and always holding you all in prayer,

Janet

**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 re-  
strictions.



**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, deo-  
dorant, sugar and toilet roll.

Thanks for all your ongoing generosity.

### **Thought for today**

*What is the meaning of life and living?*

*The joy and the torment, the taking, the giving?*

*Love is the answer, the power and glory.*

*Life without love is a meaningless story.*

*Love is the light on the untrodden road,*

*Our hope and salvation, the heart's true abode.*



# Blessing of Pets & Animals Munlochy Animal Aid Centre

Sponsored by

St John's Episcopal Church, Arpafeelie

&

The Episcopal Churches of the Black Isle

Charity Number SC010781

## A BRIEF SERVICE

### 3:00 pm

Sunday the 3<sup>rd</sup> of October 2021



honouring the memory of Saint Francis of Assisi

## COME

Join in the fun and bring a wee donation of pet food or money to support  
the great work of the Centre!

# **Church Rotas**

## **St Andrew's**

**Readers & Intercessors**

**Sides-men**

Ann McGhee / Bill Fraser

**Servers**

**Sacristan**

**Flowers**

**Teas**

**Cleaning**

## **St John's**