

SUNDAY
19th December 2021
Advent 4
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
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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).



THE PROCLAMATION OF THE WORD

Collect

Heavenly Father, who chose the Virgin Mary, full of grace, to be the mother of our Lord and Saviour, now fill us with your grace, that we in all things may embrace your will and with her rejoice in your salvation; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

+ First Reading : Micah 5:2-5a

You, O Bethlehem of Ephrathah, who are one of the little clans of Judah, from you shall come forth for me one who is to rule in Israel, whose origin is from of old, from ancient days.

Therefore he shall give them up until the time when she who is in labour has brought forth; then the rest of his kindred shall return to the people of Israel.

And he shall stand and feed his flock in the strength of the LORD, in the majesty of the name of the LORD his God.

And they shall live secure, for now he shall be great to the ends of the earth;
and he shall be the one of peace.

Hear the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ **CANTICLE : The Song of Mary** Luke 1:46-55

My spirit rejoices in God my Saviour!

My spirit rejoices in God my Saviour!

My soul proclaims the greatness of the Lord, my spirit rejoices in God my Saviour; for he has looked with favour on his lowly servant.

My spirit rejoices in God my Saviour!

From this day all generations will call me blessed: the Almighty has done great things for me, and holy is his Name.

My spirit rejoices in God my Saviour!

He has mercy on those who fear him in every generation. He has shown the strength of his arm, he has scattered the proud in their conceit.

My spirit rejoices in God my Saviour!

He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and the rich he has sent away empty.

My spirit rejoices in God my Saviour!

He has come to the help of his servant Israel, for he has remembered his promise of mercy, The promise he made to our fathers, to Abraham and his children for ever.

My spirit rejoices in God my Saviour!

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

When Christ came into the world, he said,

"Sacrifices and offerings you have not desired, but a body you have prepared for me; in burnt offerings and sin offerings you have taken no pleasure.

Then I said, 'See, God, I have come to do your will, O God' (in the scroll of the book it is written of me)."

When he said above, "You have neither desired nor taken pleasure in sacrifices and offerings and burnt offerings and sin offerings" (these are offered according to the law), then he added, "See, I have come to do your will." He abolishes the first in order to establish the second. And it is by God's will that we have been sanctified through the offering of the body of Jesus Christ once for all.

Hear the word of the Lord.

+ **The Holy Gospel : Luke 1:39-45**

The Lord be with you.

And also with you.

Hear the Good News of our Lord Jesus Christ According to Saint Luke:

Glory to Christ our Saviour!

In those days Mary set out and went with haste to a Judean town in the hill country, where she entered the house of Zechariah and greeted Elizabeth.

When Elizabeth heard Mary's greeting, the child leaped in her womb. And Elizabeth was filled with the Holy Spirit and exclaimed with a loud cry, "Blessed are you among women, and blessed is the fruit of your womb. And why has this happened to me, that the mother of my Lord comes to me? For as soon as I heard the sound of your greeting, the child in my womb leaped for joy. And blessed is she who believed that there would be a fulfilment of what was spoken to her by the Lord."

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!



PRAYER REQUESTS

For grace to keep a holy, rich and prayerful Advent...that our hearts and minds may be ready to celebrate the Holy Birth. 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 all affected by Covid 19 and the new variant, Omicron. For all researchers and all working to protect and heal. 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 of the Province of Central Africa.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For Ferdinand von P, Eilidh P, Helen R, Roberta R, Louise S, Janet S, Ross S-Y, 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 throughout the Diocese as, today, they remember us! For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland).

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For all who will be feeling the strain of another pandemic disturbed Christmas. For a Happy and Holy Christmas that fills us with a deeper awareness of God's love for us! For Iain. Pray for our schools and all who study, teach and work within them...especially in the midst of the Covid Pandemic. Pray for those who are infected with Covid 19. 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.



On behalf of the Trustees of For the Right Reasons, may I sincerely express my thanks to the members of the three congregations (and beyond) and to all involved in the recent Coffee Morning—Peter Furniss has handed over a sum in excess of £5000 which will make an incredible difference to our funding situation. Thank you all so much—your generosity is greatly appreciated.

Ramsay

A DAILY PRAYER for the WEEK

Spend a moment in silence and call to mind any particular concerns...then pray:

In joyful expectation let us pray to our Saviour and Redeemer, saying, “*Lord Jesus, come soon!*”

O Wisdom, from the mouth of the Most High, you reign over all things to the ends of the earth: come and teach us how to live. *Lord Jesus, come soon!*

O Lord, and head of the house of Israel, you appeared to Moses in the fire of the burning bush and you gave the law on Sinai: come with outstretched arm and ransom us. *Lord Jesus, come soon!*

O Branch of Jesse, standing as a sign among the nations, all kings will keep silence before you and all peoples will summon you to their aid: come, set us free and delay no more. *Lord Jesus, come soon!*

O Key of David and sceptre of the house of Israel, you open and none can shut; you shut and none can open: come and free the captives from prison. *Lord Jesus, come soon!*

O Morning Star, splendour of the light eternal and bright Sun of righteousness: come and enlighten all who dwell in darkness and in the shadow of death. *Lord Jesus, come soon!*

O King of the nations, you alone can fulfil their desires: Cornerstone, you make opposing nations one: come and save the creature you fashioned from clay. *Lord Jesus, come soon!*

O Emmanuel, hope of the nations and their Saviour: come and save us, Lord our God. *Lord Jesus, come soon!*

Conclude with the Lord's Prayer.



NOTE FROM THE RECTOR

Dear All,

Well! Here we are at Advent 4 already!

Despite this seemingly endless pandemic, the year is sailing by, the seasons are passing and the Holy Day is fast approaching! “God so loved the world...”, Jesus teaches us and thus reminds us that we are the reason for the season. God’s love for us is wildly beyond our comprehension and that love will see us through this wee obstacle that nature has dumped on our path to dampen our spirits! Forget the “visions of sugarplums” of the old poem and see the star appear in the sky...the angels bringing the “glad tidings of great joy” and summoning us, with the shepherds, to the Crib wherein lies the One who unites heaven and Earth!

The fount of Mary’s joy
Revealed now lies,
For, lo, has not the Boy
His Father’s eyes!
(Charles L O’Donnell)

On the 17th at 7:30pm **Octavoce** will again host a Christmas Concert in St Andrew’s.

(If you are not already booked in, etc, you will likely be out of luck. Because of Covid, numbers are restricted and tracing information being taken!)

Next Wednesday, all being well, I will be having my first in person assembly at Cromarty Primary....outdoors!!! So please pray for a nice day or we will be stuck online L

I plan, all being well, to celebrate a **10pm Eucharist on Christmas Eve** (10pm is 12 midnight in Bethlehem where it all began!). It will likely be a quieter celebration...but will include the blessing of the Crib and candlelight. I don’t know about you, but I really missed the midnight last year.

From my heart to yours, I wish you a truly Blessed and Holy celebration of our Lord’s Birth!

Merry Christmas! Nollaig Chridheil.

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: 7:30pm St Regulus' Advent Study via Zoom...All Welcome! Contact Gillian for details (AnneGillianNewman@gmail.com)

Wed: Xmas & Sunday prep

Thu: 10am Eucharist in St Andrew's

Fri: Rector's Day off #2

9:00am Celtic Morning Prayer via Zoon

Contact Gillian for details

(AnneGillianNewman@gmail.com)

Sat: Prepping for Sunday & Catching up



CHRISTMAS SERVICES

CHRISTMAS EVE

10:00pm (as noted above, 10pm Scottish time is 12 midnight in Bethlehem)

“Midnight Mass” in St Andrew's

CHRISTMAS DAY

9:45am Eucharist in St Regulus'

11:00am Eucharist in St John's

11:30am Eucharist in St Andrew's

26 DECEMBER : CHRISTMAS 1

11:30am Eucharist in St Andrew's

(This will be the only service on the Black Isle Charge)

Fourth Sunday of Advent

Good news, God is filling the hungry with good things!

Good news, God is lifting up the lowly!

Good news, God is about to do his mightiest work!

He will cause righteousness and praise to spring forth from all nations.

We light the fourth Advent candle remembering that God's Promised One comes to comfort all who are afflicted and to afflict all who might be too comfortable.

Light the fourth candle.

Sing...(Tune: Away in a Manger)

A candle is burning, a candle of **Love**;

A candle to point us to heaven above.

A baby for Christmas, a wonderful birth;

For Jesus is bringing God's Love to our earth.

Come, Lord Jesus.

Blessed is he who comes in the name of the Lord.

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 19th December 2021



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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

the happiest
people don't
have the
best of
everything,
they just
make the
best of
everything.



Church Rotas

St Andrew's

Readers & Intercessors

J Deakin / A Garraway / M Hulse / R McGhee

Sides-men

Ann McGhee and Bill Fraser

Servers

Sacristan

Flowers

Teas

Cleaning

St John's