

**SUNDAY**

**20th February 2022**

**Epiphany 7 /**

**SEXAGESIMA**

**SC010781**

## **The Scottish Episcopal Church**

St John's, Arpafellie: 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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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**

Almighty God, your Son revealed in signs and miracles the wonder of your saving love. Renew your people with your heavenly grace, and in all our weakness sustain us by your mighty power; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God for ever and ever. **Amen.**

#### **+ FIRST READING : Genesis 45:3-11, 15**

Joseph said to his brothers, "I am Joseph. Is my father still alive?" But his brothers could not answer him, so dismayed were they at his presence.

Then Joseph said to his brothers, "Come closer to me." And they came closer. He said, "I am your brother, Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither plowing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, 'Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there--since there are five more years of famine to come--so that you and your household, and all that you have, will not come to poverty.'"

And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Hear the word of the Lord.

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

**+ Psalm 37:1-12, 41-42**

Commit your way to the Lord.

**Commit your way to the Lord.**

Do not fret yourself because of evildoers; do not be jealous of those who do wrong. For they shall soon wither like the grass, and like the green grass fade away. **Commit your way to the Lord.**

Put your trust in the Lord and do good; dwell in the land and feed on its riches. Take delight in the Lord, and he shall give you your heart's desire. **Commit your way to the Lord.**

Commit your way to the Lord and put your trust in him, and he will bring it to pass. He will make your righteousness as clear as the light and your just dealing as the noonday.

**Commit your way to the Lord.**

Be still before the Lord and wait patiently for him. Do not fret yourself over the one who prospers, the one who succeeds in evil schemes. **Commit your way to the Lord.**

Refrain from anger, leave rage alone; do not fret yourself; it leads only to evil. For evildoers shall be cut off, but those who wait upon the Lord shall possess the land.

**Commit your way to the Lord.**

In a little while the wicked shall be no more; you shall search out their place, but they will not be there. But the lowly shall possess the land; they will delight in abundance of peace.

**Commit your way to the Lord.**

But the deliverance of the righteous comes from the Lord; he is their stronghold in time of trouble. **Commit your way to the Lord.**

The Lord will help them and rescue them; he will rescue them from the wicked and deliver them, because they seek refuge in him. **Commit your way to the Lord.**

**+ SECOND READING : 1 Corinthians**

**15:35-38,42-50**

Someone will ask, "How are the dead raised? With what kind of body do they come?" Fool! What you sow does not come to life unless it dies. And as for what you sow, you do not sow the body that is to be, but a bare seed, perhaps of wheat or of some other grain. But God gives it a body as he has chosen, and to each kind of seed its own body.

So it is with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour, it is raised in glory. It is sown in weakness, it is raised in power. It is sown a physical body, it is raised a spiritual body. If there is a physical body, there is also a spiritual body. Thus it is written, "The first man, Adam, became a living being"; the last Adam became a life-giving spirit. But it is not the spiritual that is first, but the physical, and then the spiritual. The first man was from the earth, a man of dust; the second man is from heaven. As was the man of dust, so are those who are of the dust; and as is the man of heaven, so are those who are of heaven. Just as we have borne the image of the man of dust, we will also bear the image of the man of heaven.

What I am saying, brothers and sisters, is this: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.

Hear the word of the Lord.

## **+ THE HOLY GOSPEL : Luke 6:27-38**

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!**

Jesus said, "I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

"If you love those who love you, what credit is that to you? For even sinners love those who love them. If you do good to those who do good to you, what credit is that to you? For even sinners do the same. If you lend to those from whom you hope to receive, what credit is that to you? Even sinners lend to sinners, to receive as much again. But love your enemies, do good, and lend, expecting nothing in return. Your reward will be great, and you will be children of the Most High; for he is kind to the ungrateful and the wicked. Be merciful, just as your Father is merciful.

"Do not judge, and you will not be judged; do not condemn, and you will not be condemned. Forgive, and you will be forgiven; give, and it will be given to you. A good measure, pressed down, shaken together, running over, will be put into your lap; for the measure you give will be the measure you get back."

Give thanks to the Lord for this his glorious Gospel.

**Praise to Christ our Lord.**

## **PRAYER REQUESTS**

For grace to see God's presence in our lives every day! 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 a de-escalation of the tensions between Ukraine and Russia. 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 Episcopal Church in Jerusalem & the Middle East.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. Tony C, Patricia E, Maureen F, Jackie F, Tim H, Camayo H, Ross J, 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 Columba's, Nairn. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

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

For all affected by Covid. For all who are ill. For those joining in worship online. 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 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 comforted the widow who had lost her only son: let us pray to him, who will come at the last to wipe away every tear from our eyes. – Come, Lord Jesus.

Lord Jesus, you consoled especially the poor and troubled: look with mercy on those in any kind of need. – Come, Lord Jesus.

The angel brought you the Father's comfort on the eve of your passion: we pray that your comfort may strengthen those who are dying. – Come, Lord Jesus.

Let all exiles know your care for them; may they find their homelands once more, and come one day in joy to the Father's house. – Come, Lord Jesus.

Look in love on all whose sins have separated them from you: reconcile them to yourself and to your Church. – Come, Lord Jesus.

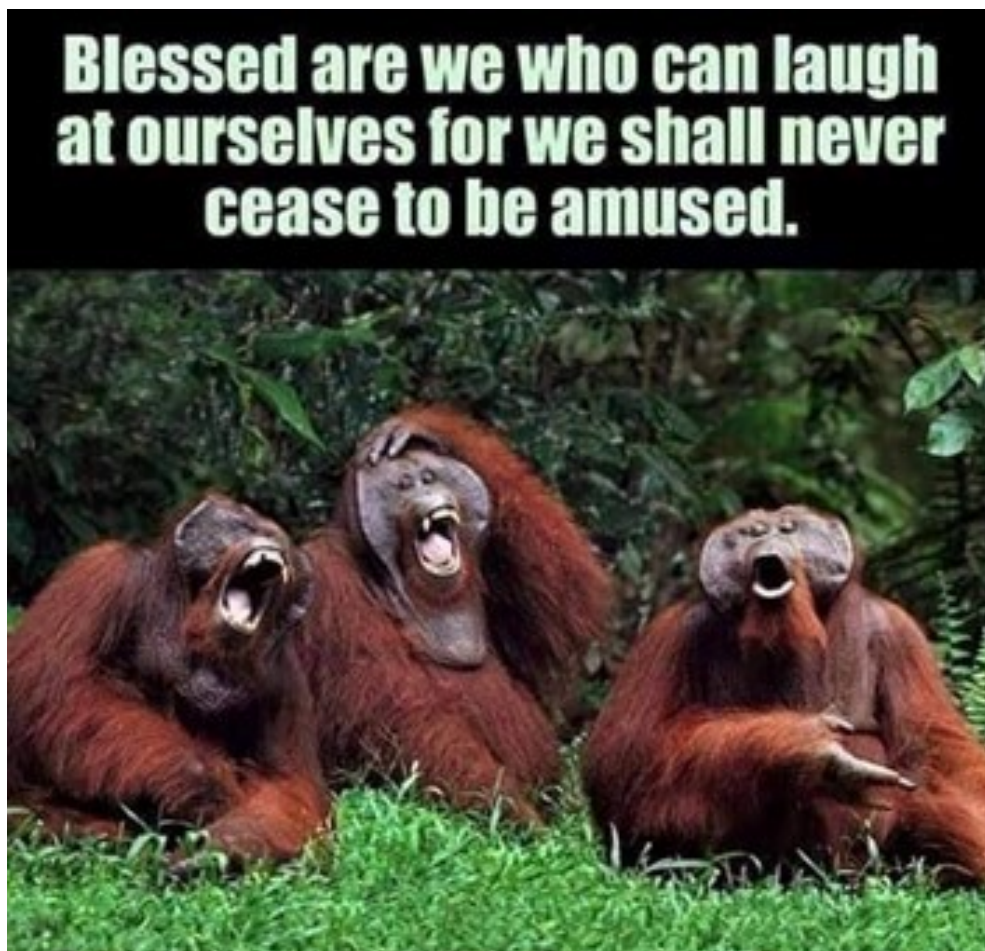
The dead suffered the pain and loss of human life: give them the fullness of life and joy in heaven. – Come, Lord Jesus.

*Conclude with the Lord's Prayer.*

## A STEWARDSHIP THOUGHT

### The Blessing of Talent

Each of us has fingerprints which differ from those of all the other billions on the earth. Our talents are unique in such a way that if we could measure and code them, we would find them as distinctive as our fingerprints. This is not as preposterous as it sounds. Nature abounds with uniqueness. No two snowflakes, as we all know, are identical in form and outline. Each race horse has a vestigial second toe called a chestnut, which is different in contour from all other racing horses. The possession of unique talents is a blessing from God. Everyone is given a variety of talents. They mark us as individuals. Too many of us think that having a talent means having or doing something greater or better than others. That is not what God intended. Many of us can sing, but few of us will be lyric tenors. Many of us can cook, but there are few world famous chefs. Many of us can write, but few of us will be famous poets. Gifts are meant to be used, not compared. God wants us to use whatever talent or talents we possess in God's service. It does not have to be "the best" or a sublime talent as long as it is our talent freely given in God's service. Use your talents in God's service, whether in the parish or in the community. Remember you were blessed with talents by God; return the blessing in full measure by sharing yourself and your talents with God and your sisters and brothers in Christ in gracious thanks giving.



## A NOTE FROM THE RECTOR

Dear All,

I enjoyed a lovely quiet week – mostly at home – some nice walks and a couple of, not so far away, day trips.

Ash Wednesday and Lent loom high on the horizon! There will be an assortment of Lenten possibilities available – both in person and online - together with the usual schedule of services, we will begin to include the Way of the Cross and, perhaps Sunday Evensong. Please let me know how you feel about attendance (in person) as I know many are, justifiably, still a bit anxious about Covid infection.

I will be available to hear Confessions on Shrove Tuesday morning – for any who wish to avail themselves of this Sacrament. If you'd like more information, please let me know.

Times for the above and more Lenten opportunities will be in next week's Newsletter.

Blessings to one and all and much love too!.

Mel +

## THIS WEEK AT A GLANCE

Daily Morning Prayer (8:30am – 8am on Sundays)

Daily Evening Prayer (6:00pm)

Mon: Rector's Day Off #1

Wed: Prep for Sunday

Thu: 10am **Eucharist** in St Andrew's

Fri: Rector's Day off #2

9:00am **Celtic Morning Prayer** via Zoom

Contact Gillian for details

(AnneGillianNewman@gmail.com)

Sat: Prepping for Sunday & Catching up

## SUNDAY 27 FEBRUARY

### EIGHTH SUNDAY after EPIPHANY

(Quinquagesima)

#### 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





## Lent Course 2022

Rev Christine will again be leading a Lent Course this year. The sessions will be on Wednesday evenings at 7.00pm, starting on March 9th, until April 13th (Wednesday of Holy Week), in Rev Christine's cottage on Cathedral Square. The course is based on a booklet entitled 'Days to Lament - a Lenten Journey'. Copies of the booklet can be obtained from Christine. You can contact her on 01381 621975 or [christinemylne67@gmail.com](mailto:christinemylne67@gmail.com).

## WORLD DAY OF PRAYER



**Friday, 4<sup>th</sup> March 2022**

**St Andrews  
Church Fortrose  
11am**



***'I know the plans I have for you'***

Written by Christian women  
of  
England, Wales & N. Ireland

World Day of Prayer Scottish Committee – SC020446

Dear Everyone,

We are kick starting our shoebox appeal off this month to begin nice and early.

We will be meeting at the Seaforth Lodge on Friday 25th February at 14:00 till 16:00. Please feel free to join us for a festive wrapping experience. This will be monthly, on the last Friday of the month.

If you have scissors and cellotape to bring to use, this will help, but I shall have supplies if not.

Maybe you have some Christmas wrapping paper left over, or unwanted gifts that may be useful. This month we would be very grateful for donations of new bars of soap, and shampoo. Thanking you in anticipation and in Jesus's name.

Jan Maclelland





# Fyrish Quartet

Joe Hodson, violin Emma Donald, violin Sarah Leonard, viola  
Tim Cais, cello

Friday

**25th February,**

7.30 pm

at

**St James' Church**

Castle Street

Dingwall

*Programme:*

*Haydn quartet op.76 no. 4 (Sunrise) Mayer quartet in G  
minor op 14.*

Entry free but donations for church funds appreciated



## **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 13th February 2022**



## **SUNDAY 20 FEBRUARY**

### **SIXTH SUNDAY after EPIPHANY**

**(Sexagesima)**

#### **EUCCHARIST**

9.45am in St John's with Fr Mel

9:45am in St Regulus' with Rev Christine

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## **SUNDAY 27 FEBRUARY**

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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**

*Giving opens doors in hearts and makes affections glow.*

*Giving stirs the fires of friendship when they're burning low.*

*All too often through our lives there runs a selfish theme.*

*Thoughts turn inwards seeking the fulfilment of a dream.*

*But if we thought of others more and self a little less,  
A wider world we should discover, giving happiness.*

# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

M Hulse / J Deakin / S A Jackson / A Garraway

### **Sides-men**

Ann McGhee and Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**