

SUNDAY

27th February 2022

Epiphany 8 /

Quinquagesima

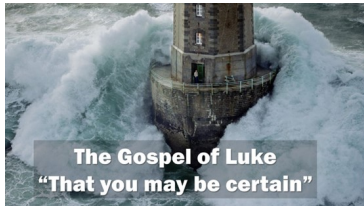
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The Scottish Episcopal Church

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
1 Dean's Road
Fortrose, Ross-shire, Scotland IV10 8TJ
Phone: 01381 622241 Email: 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

Collect

Almighty God, grant us the Spirit to think and do always those things that are right, that we who can do nothing good without you, may live according to your holy will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God for ever and ever. **Amen.**

+ FIRST READING : Sirach 27:4-7

When a sieve is shaken, the refuse appears; so do a person's faults when he speaks. The kiln tests the potter's vessels; so the test of a person is in his conversation. Its fruit discloses the cultivation of a tree; so a person's speech discloses the cultivation of his mind.

Do not praise anyone before he speaks, for this is the way people are tested.

Hear the word of the Lord.

+ Psalm 92:1-4

I shout for joy because of the works of your hands.

I shout for joy because of the works of your hands.

It is a good thing to give thanks to the Lord, and to sing praises to your Name, O Most High;

I shout for joy because of the works of your hands.

To tell of your loving-kindness early in the morning and of your faithfulness in the night season;

I shout for joy because of the works of your hands.

On the psaltery, and on the lyre, and to the melody of the harp.

I shout for joy because of the works of your hands.

For you have made me glad by your acts, O Lord;

I shout for joy because of the works of your hands.

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

Tel No: 01381 620110: E w.r.mcghee@btinternet.com: Mobile: 07770 37 37 72

THE PROCLAMATION OF THE WORD cont.

+ SECOND READING : 1 Corinthians 15:51-58

Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable body must put on imperishability, and this mortal body must put on immortality. When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

‘Death has been swallowed up in victory.’

‘Where, O death, is your victory?

Where, O death, is your sting?’

The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Therefore, my beloved, be steadfast, immovable, always excelling in the work of the Lord, because you know that in the Lord your labour is not in vain.

Hear the word of the Lord.

+ THE HOLY GOSPEL : Luke 6:39-49

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 also told them a parable: ‘Can a blind person guide a blind person? Will not both fall into a pit? A disciple is not above the teacher, but everyone who is fully qualified will be like the teacher. Why do you see the speck in your neighbour’s eye, but do not notice the log in your own eye? Or how can you say to your neighbour, “Friend, let me take out the speck in your eye”, when you yourself do not see the log in your own eye? You hypocrite, first take the log out of your own eye, and then you will see clearly to take the speck out of your neighbour’s eye.

‘No good tree bears bad fruit, nor again does a bad tree bear good fruit; for each tree is known by its own fruit. Figs are not gathered from thorns, nor are grapes picked from a bramble bush. The good person out of the good treasure of the heart produces good, and the evil person out of evil treasure produces evil; for it is out of the abundance of the heart that the mouth speaks.

‘Why do you call me “Lord, Lord”, and do not do what I tell you? I will show you what someone is like who comes to me, hears my words, and acts on them. That one is like a man building a house, who dug deeply and laid the foundation on rock; when a flood arose, the river burst against that house but could not shake it, because it had been well built. But the one who hears and does not act is like a man who built a house on the ground without a foundation. When the river burst against it, immediately it fell, and great was the ruin of that house.’

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!

PRAYER REQUESTS

For grace to keep a holy Lent! 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 Anglican Church of Kenya.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Blayne P, Ferdinand vonP, Eilidh P, Helen R, Roberta R, Louise S, Janet 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 Christ church, Huntly; Holy Trinity, Keith; Gordon Chapel, Fochabers; St Michael's, Dufftown & St Marnan's, Abirchirder. 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: mind, body of spirit. 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 taught us to set our hearts on the Kingdom of God, and on its justice. In that Kingdom all that we need will be given to us. Until then, let us pray: – *Your Kingdom come, O Lord.*

Blessed are those who know their need of God: lead us to seek your face in purity of heart. – *Your Kingdom come, O Lord.*

Blessed are those who work for no reward, those who suffer for what is right: comfort them with your presence, lighten their burden. – *Your Kingdom come, O Lord.*

Blessed are the gentle, those who show mercy, and forgive; they shall know your forgiveness at the end of time. – *Your Kingdom come, O Lord.*

Blessed are the peacemakers, those who reconcile conflict and hate: they are indeed the sons and daughters of God. – *Your Kingdom come, O Lord.*

Bring consolation to all who mourn the dead: may they share the blessed hope of all who have died in the peace of Christ. – *Your Kingdom come, O Lord.*

Conclude with the Lord's Prayer.

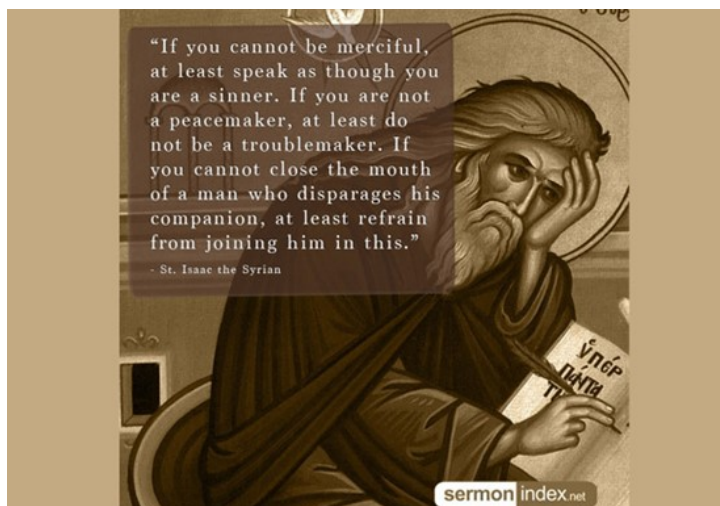
A STEWARDSHIP THOUGHT



LEARNING FROM ZACCHAEUS

In Luke's Gospel there is a story about Jesus' encounter with Zacchaeus, the rich superintendent of taxes in Jericho. Zacchaeus, who had heard of the teacher from Nazareth, wanted to see Jesus as he passed through town; but Zacchaeus was a short man, and the crowds around Jesus were huge. So Zacchaeus climbed up into a tree by the roadside in order to get a better view as Jesus passed by. Suddenly, to Zacchaeus's surprise, Jesus was speaking to him from the road below: When Jesus came to the place, he looked up and said, "Zacchaeus, be quick and come down; I must come and stay with you today." He climbed down as fast as he could, and welcomed him gladly. At this there was a general murmur of disapproval. "He has gone in" they said, "to be the guest of a sinner." But Zacchaeus stood there and said to the Lord, "Here and now, sir, I give half my possessions to charity; and if I have cheated anyone, I am ready to repay him four times over." Jesus said to him, "salvation has come to this house today!" (Luke 19:5-9)

What happened to Zacchaeus? The answer is simple enough. Zacchaeus's encounter with Jesus has caused him to repent of his sins, and his free gift to charity of one-half of his possessions is the most concrete expression of Zacchaeus's real thanksgiving for his new-found salvation. Sacrificial giving of one's money to God's Church can contain the same element of repentance as that found in Jesus' encounter with Zacchaeus. It all depends upon whether we give because we are thankful for our salvation or give for some other reason. To most people today the idea of thankfulness, especially in relation to salvation, seems foreign. But if you think about it for a moment, thankfulness and worship are closely related. For example, a prayer may thank God for some blessing. True Christian worship without thankfulness is almost impossible. If we encounter Jesus' loving grace and forgiveness, our first response must be thankfulness to God for this wonderful gift. But giving and repentance are very much related. By giving sacrificially, we show that we are willing to put our money behind our thankfulness and our faith. Like Zacchaeus, our faith is made into example by our willingness to work, pray, and give for the success of God's Kingdom on earth.



Things to Give Up for Lent

1. Social networking
2. Alcohol
3. Twitter
4. Chocolate
5. Lent
6. Meat
7. Swearing
8. Coffee
9. Soda
10. Sex
11. Worry
12. Sleeping in
13. Anger
14. Unforgiveness
15. Comparison
16. Gossiping
17. Stress eating
18. Complaining
19. Your Time
20. Your Money
21. Sleeping in a Bed
22. Taking Hot Showers
23. Watching TV/Youtube
24. Wearing Make-up
25. Games on Your Phone
26. Looking in the Mirror
27. Checking Your Bank Account
28. Bottled Water
29. Weighing Yourself
30. Questionable Books
31. Listening to the Radio
32. Using Instagram Filters
33. Texting While Driving
34. Driving Over the Speed Limit
35. Overeating
36. Getting Take Out
37. Talking About Yourself
38. Letting the Housework Pile Up
39. Avoiding Difficult Conversations
40. Working overtime
41. Nagging
42. Online Shopping
43. Snacking
44. Checking Your Phone
45. Hitting the Drive Thru
46. A Specific Food Group
47. Negative Relationships
48. Clutter
49. Negative Thoughts about Yourself
50. Trying to Get Your Own Way

A NOTE FROM THE RECTOR

Dear All,

Well, here we are – staring at the end of February already! And, after a lovely long Epiphany Season, we prepare to welcome Lent this coming Wednesday!

I will be available to hear Confessions on Shrove Tuesday at 10:30 am in St Andrew's – for any who wish to avail themselves of this Sacrament. If you'd like more information, please let me know. Shrove comes from the Old English and means "to forgive". It is a traditional day when those wishing to keep a holy Lent and, having been separated from the Church through sin and desiring to be forgiven and reconciled, came to make their confession and set off on the right foot. It is often referred to as Pancake Day, Mardi Gras and Carnival (carni-vale)...all of which have to do with getting rid of all meat and dairy products as such things were automatically given up until Easter.

Lent is a time for increased prayer – so please make time and aim to be present through the season...on Sundays and at some mid week event. It is a time for Fasting – so please consider giving up something...preferably something that will also benefit you bodily and spiritually. Lent is also a time for giving – so consider upping support of the charities of your choice and helping all who are less fortunate. It is also a time for study and reflection – consider one of the study events listed in this newsletter!

I am sure I am not the only one keeping an (I confess) anxious eye on the situation between Ukraine and Russia. It is quite worrying. Let us pray for God's peace to fill all hearts...and, remembering the wisdom of the old hymn, "What a Friend we have in Jesus", leave it all in His capable hands.

Again, if anyone would like a visit or to receive Holy Communion at home and is comfortable with me coming by in the midst of the current Covid situation, please give me a call – 01381 622 241 and we can set up a time!

Blessings to one and all!!!

And much love too!

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.

WORLD DAY OF PRAYER



Friday, 4th 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

LENTEN OPPORTUNITIES

In addition to the usual weekly offerings:

STUDY GROUPS

TUESDAYS (starting 8 March) 7:30pm

WE SHALL BE CHANGED

(Keith Duke) – a Lenten Study in the Celtic tradition.

VIA ZOOM

Contact Gillian for details (AnneGillianNewman@gmail.com)

WEDNESDAYS at 10am

In the Rectory...exploring the OT Prophecies of the Easter Vigil

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FRIDAYS at 12 noon (4 March start)

STATIONS OF THE CROSS

In St Andrew's but hopefully moving about and even outdoors on a nice day.

Dress warmly!!!

THIS WEEK AT A GLANCE

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

Daily Evening Prayer (6:00pm)

Mon: Rector's Day Off #1

Tues: 10:30am + Hearing Confession in St Andrew's (if not convenient, please make an appointment)

+ Appointments and Prep for Ash Wed.



ASH WEDNESDAY

EUCCHARIST & ASHES

10am in St John's

12:00noon in St Andrew's

7pm in St Regulus'

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 6 March

FIRST SUNDAY in LENT

EUCCHARIST

9.45am in St John's with Fr Mel

11.30am in St Andrew's with Fr Mel

A BRIEF FAMILY CELEBRATION

9:45am in St Regulus' with Fr Mel

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-man@gmail.com)

St John's Arpafeelie

Sunday 27th February 2022

SUNDAY 27 FEBRUARY

EIGHTH SUNDAY after EPIPHANY

(Quinquagesima)

EUCCHARIST

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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**



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

If you never lose your sense of joy and gratitude.

Day by day within your spirit youth will be renewed

If in "every common bush" God's glory you behold.

Let the years roll by! You'll be a long time growing old.



Church Rotas

St Andrew's

Readers & Intercessors

J MacLennan / L MacDonell / D Hamilton-Jones / ?

Sides-men

Ann McGhee and Bill Fraser

Servers

Sacristan

Flowers

Teas

Cleaning

St John's