

SUNDAY
6th March 2022
Lent 1
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
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 and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. **Amen.**

+ FIRST READING : Deuteronomy 26:1-11

When you have come into the land that the Lord your God is giving you as an inheritance to possess, and you possess it, and settle in it, you shall take some of the first of all the fruit of the ground, which you harvest from the land that the Lord your God is giving you, and you shall put it in a basket and go to the place that the Lord your God will choose as a dwelling for his name. You shall go to the priest who is in office at that time, and say to him, "Today I declare to the Lord your God that I have come into the land that the Lord swore to our ancestors to give us." When the priest takes the basket from your hand and sets it down before the altar of the Lord your God, you shall make this response before the Lord your God: "A wandering Aramean was my ancestor; he went down into Egypt and lived there as an alien, few in number, and there he became a great nation, mighty and populous. When the Egyptians treated us harshly and afflicted us, by imposing hard labor on us, we cried to the Lord, the God of our ancestors; the Lord heard our voice and saw our affliction, our toil, and our oppression. The Lord brought us out of Egypt with a mighty hand and an outstretched arm, with a terrifying display of power, and with signs and wonders; and he brought us into this place and gave us this land, a land flowing with milk and honey. So now I bring the first of the fruit of the ground that you, O Lord, have given me." You shall set it down before the Lord your God and bow down before the Lord your God. Then you, together with the Levites and the aliens who reside among you, shall celebrate with all the bounty that the Lord your God has given to you and to your house.

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: Mobile: 07770 37 37 72

THE PROCLAMATION OF THE WORD cont.

+ Psalm 91:9-16

God shall give his angels charge over you. **God shall give his angels charge over you.**

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.

God shall give his angels charge over you.

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.

God shall give his angels charge over you.

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

God shall give his angels charge over you.

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

God shall give his angels charge over you.

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.

God shall give his angels charge over you.

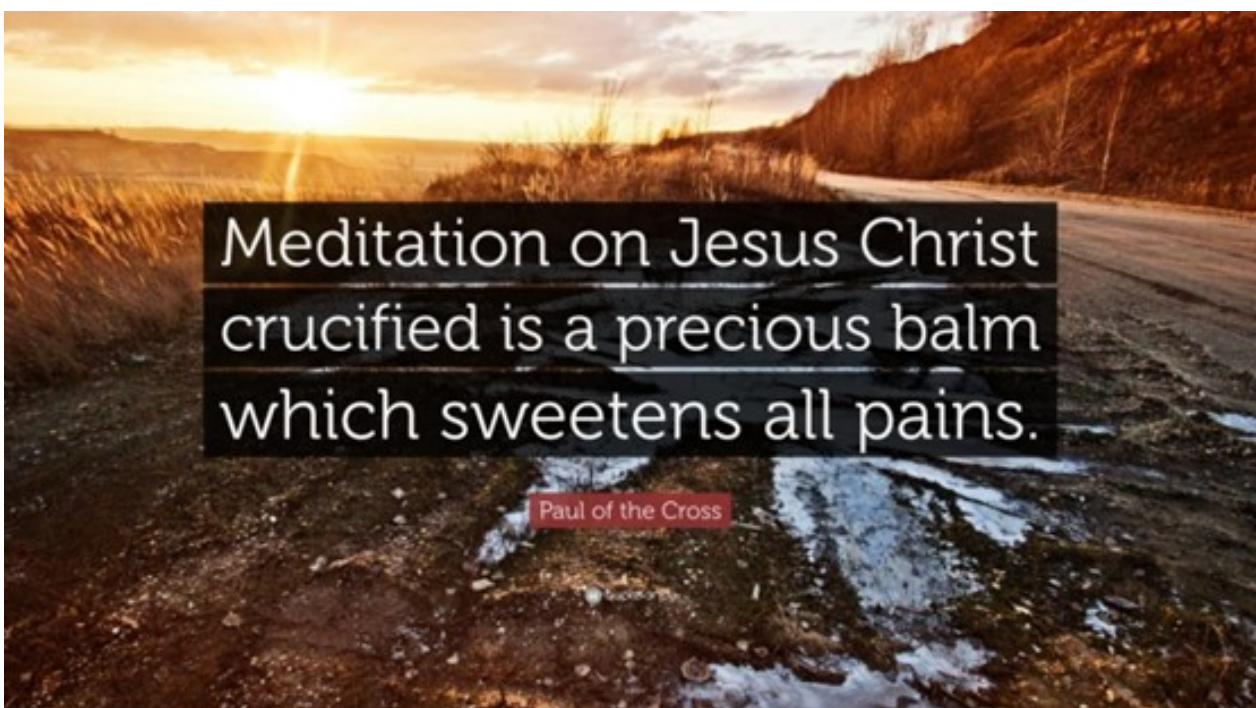
With long life will I satisfy him, and show him my salvation.

God shall give his angels charge over you.

+ SECOND READING : Romans 10:8b-13

"The word is near you, on your lips and in your heart" (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, "No one who believes in him will be put to shame." For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, "Everyone who calls on the name of the Lord shall be saved."

Hear the word of the Lord.



+ THE HOLY GOSPEL : Luke 4:1-13

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!

After his baptism, Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, "If you are the Son of God, command this stone to become a loaf of bread." Jesus answered him, "It is written, 'One does not live by bread alone.'"

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, "To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours." Jesus answered him, "It is written, 'Worship the Lord your God, and serve only him.'"

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, "If you are the Son of God, throw yourself down from here, for it is written,

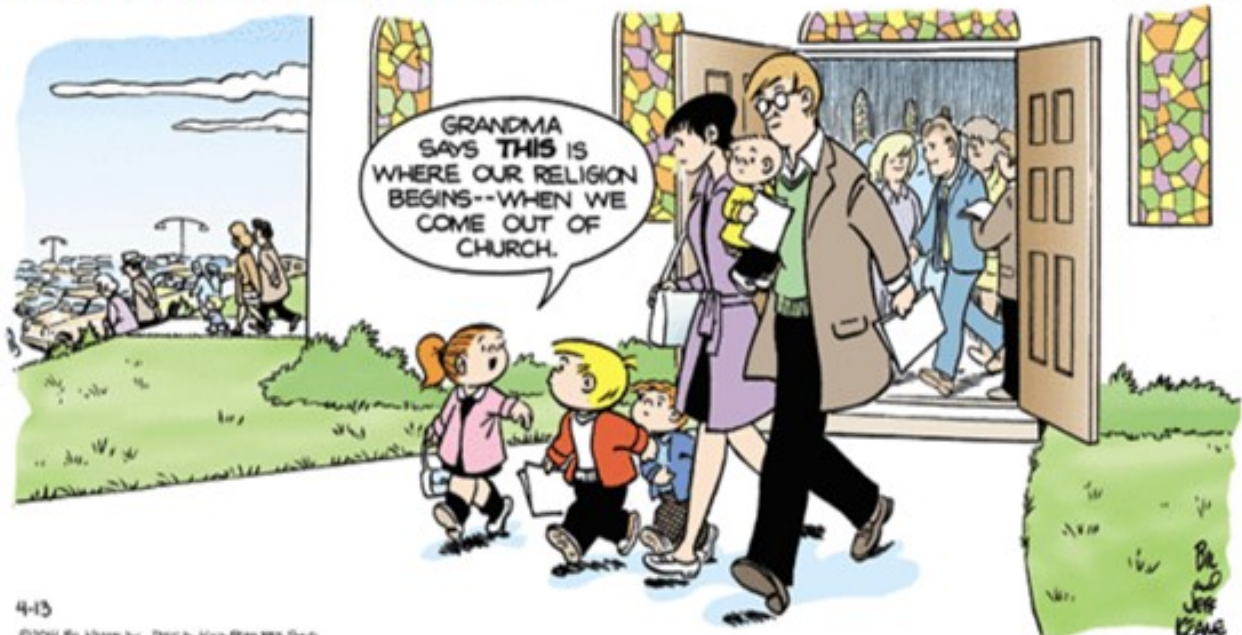
'He will command his angels concerning you, to protect you,' and 'On their hands they will bear you up, so that you will not dash your foot against a stone.'"

Jesus answered him, "It is said, 'Do not put the Lord your God to the test.'" When the devil had finished every test, he departed from him until an opportune time.

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!

THE FAMILY CIRCUS®



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 our brothers and sisters in Ukraine and for those standing up for justice in Russia and the world over. For peace throughout the world. 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 Korea.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Ross S-Y, Laura S, Rachael W, Cn Graham T, Cn Ian B, Bp Anne, Dr John McN-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 St Margaret of Scotland, Aberlour. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For all who are ill in mind, body or 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:

Let us call on the name of the Lord Jesus, who saves his people from their sins.

– Jesus, Son of David, have mercy on us.

Christ our Lord, you gave yourself up for all; renew your people once more through the spirit of repentance.

– Jesus, Son of David, have mercy on us.

Good master, let young people discover that way of life that is best for each one of them; may they be faithful to your grace and fulfil your will for them.

– Jesus, Son of David, have mercy on us.

Give hope to the sick and make them well again; help us to comfort and take care of them.

– Jesus, Son of David, have mercy on us.

In baptism you made us daughters and sons of the Father; may we live for you now and always.

– Jesus, Son of David, have mercy on us.

Grant to the departed peace and glory; let us reign with them one day in your heavenly kingdom.

– Jesus, Son of David, have mercy on us.

Conclude with the Lord's Prayer.

A STEWARDSHIP THOUGHT



STEWARDSHIP OF TIME

Perhaps the most important aspect of Stewardship, especially in today's world, is the proper management of the gift of time. Time is more fleeting than any talent and more precious than any treasure. It is ironic to think that technology has created many time-saving devices and yet we seem to have less and less time. Calendars seem to fill without us even being aware of whether we are making the best use of our time. God gives us 24 hours each day - how much of that time do we spend with Him and with one another.

Disciples in Prayer

The practice of stewardship has the power to change how we understand our lives. Christian stewards recognize God as the origin of life, giver of freedom, and the source of all we have and are. Christian stewards also know the power of prayer.

Communicating with God

Prayer has always been the cornerstone of the Christian experience. As we contemplate our Stewardship journey we must realize that all good things come from God and we are what we are because of Him. While individual prayer is the simplest form of praise to the Lord, Stewardship of Time asks for a commitment of allotting time for prayer. The intimacy of prayer must be captured at a dedicated, quiet time during the day. Just as we would make any other appointment, make an appointment with the Lord to pray.

How we pray is a personal choice with many variations. Our commitment to the Stewardship of Time calls us to daily prayer and spiritual exercises to strengthen our relationship with Jesus and one another.

Stewardship of Time

- * Sunday, Holy Day & Weekday Eucharist
- * Bible Study and Reflection
- * Meditation
- * Listen to Religious Programs on Radio/ TV
- * Presence at Church events
- * Morning, Midday, Evening and Night Prayers (Liturgy of the Hours)
- * Retreats and Days of Recollection
- * Spiritual Direction
- * Religious/Theological Articles and Books
- * Adult Religious Education Programs
- * Theology Classes and Seminars
- * Quality Time for Family and Friends
- * Ample Time for Rest and Recreation

A NOTE FROM THE RECTOR

Dear All,

Lent is here!

Let's encourage one another to keep the Season holy...and participate in the special study events and prayer gatherings that are scheduled below! May Easter see us all having deepened our relationship with God and with one another.

With all that is going on many have been asking for our dear friends Igor and Oleksii who live in Kyiv, Ukraine. They are stressed as you can imagine but, while heading bombs exploding all around them, they are safe and trying to keep calm. I have assured them of our love and prayers and they have asked me to thank you all. PRAY for peace!!!

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 +



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

WEDNESDAY EVENINGS at 7:00pm

Rev Christine will again be leading a Lent
April 13th in Rev Christine's cottage on Cathedral
let entitled 'Days to Lament - a Lenten
obtained from Christine. You can contact her on 01381621975 or
mylne67@gmail.com.

Course starting on March 9th, until
Square. The course is based on a book-
let entitled 'Days to Lament - a Lenten
Journey'. Copies of the booklet can be ob-
tained from Christine. You can contact her on 01381621975 or
christine-
mylne67@gmail.com.

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.

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

WEDNESDAY EVENINGS at 7:00pm

Rev Christine will again be leading a Lent Course starting on March 9th, until April 13th 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 01381621975 or christinemylne67@gmail.com.

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

TUE: Fr Mel meeting with people in the Rectory

7:30pm Zoom Lenten Study Group - (information elsewhere in this Newsletter)

WED: 10am Study Group in the Rectory

7:00pm Lenten Study Group at Christine's (Infor elsewhere in Newsletter)

THU: 10AM EUCHARIST IN ST ANDREW'S

FRI: Rector's Day off #2

12:00 Noon Stations of the Cross in St Andrew's

9:00am Celtic Morning Prayer via Zoom - Contact Gillian for details - (AnneGillianNewman@gmail.com)

SAT: Prepping for Sunday & Catching up

SUNDAY 13 March - SECOND SUNDAY in LENT

EUCHARIST

9.45am in St John's with Fr Arthur

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.

CHRISTMAS BOXES

Dear Everyone, the next date for wrapping Christmas boxes for Blythswood is March 25th at 2pm till 4pm. We managed a grand total of 29 in two hours !! Great work and fun had by all. Refreshments provided and lots of fundraising ideas discussed too !!

This month we would be grateful for donations of toothbrushes and toothpaste.

Thanking you in anticipation, and in Jesus's name, Jan Maclellan



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

WEDNESDAY EVENINGS at 7:00pm

Rev Christine will again be leading a Lent Course starting on March 9th, until April 13th 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 01381621975 or christinemyln67@gmail.com.

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.

Half an Hour about helping others

Sunday 6th March @ 9.45 am

Who is my neighbour?

Who is my friend?

All ages welcome -

Music - a Story - and Cake

St Regulus

Cromarty

HOW TO HELP THE VULNERABLE CAUGHT IN UKRAINE CRISIS

The conflict unfolding in Ukraine following invasion by Russian forces has been a shocking sight to witness over the past week.

Civilians are under attack and many thousands have had to flee Ukraine as refugees. We pray for peace.

Many of us have asked: how can we help? What can we do to support those who find themselves involved in a war they do not want?

Local initiatives are taking place across the country to provide funds and supplies for the vulnerable and those whose lives are at risk, and international aid agencies are appealing for support.

For those who would like to help but are unsure how to go about this, the College of Bishops would like to highlight two national donation schemes:

The Disasters Emergency Committee (DEC) Ukraine Humanitarian Appeal: <https://donation.dec.org.uk/ukraine-humanitarian-appeal> Among the DEC partners are Christian Aid, the British Red Cross, and Tearfund. The UK Government has pledged to match donations from the public to the DEC fund, pound-for-pound, up to £20 million

The UK for UNHCR: <https://www.unrefugees.org.uk/where-help-is-needed/ukraine-situation/>

As Bishop Mark Strange, Primus, said when the conflict began: “As Christians we are called to be people of prayer. Our prayer is for peace, and also for the strength to offer ourselves in the service of others.

“Let us pray for peace, and prepare ourselves to offer support where it is needed.”

BISHOP'S LENT APPEAL 2022



This year's lent appeal will be in support of UNICEF's work with the children of Ukraine.

Your gifts should be passed to your church treasurer by Good Friday.

Cheques should be made payable to the Diocese of Moray. (SC004655)

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: annegillianewman@gmail.com)

St John's Arrafeelie

Sunday 6th March 2022

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



SUNDAY 13 March - SECOND SUNDAY in LENT

EUCCHARIST

9.45am in St John's with Fr Arthur

9:45am in St Regulus' with Fr Mel

11.30am in St Andrew's with Fr Mel

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

*Kindness in words creates confidence.
Kindness in thinking creates profoundness.
Kindness in giving creates love.*

Lao Tzu



Church Rotas

St Andrew's

Readers & Intercessors

As per the rota

Sides-men

As per the rota

Servers

Sacristan

Flowers

Teas

Cleaning

St John's