

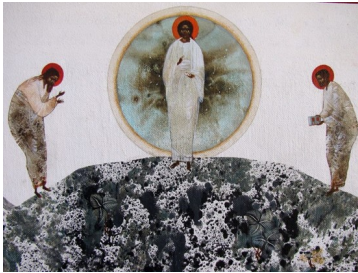
SUNDAY
13th March 2022
Lent 2
SC010781

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
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.

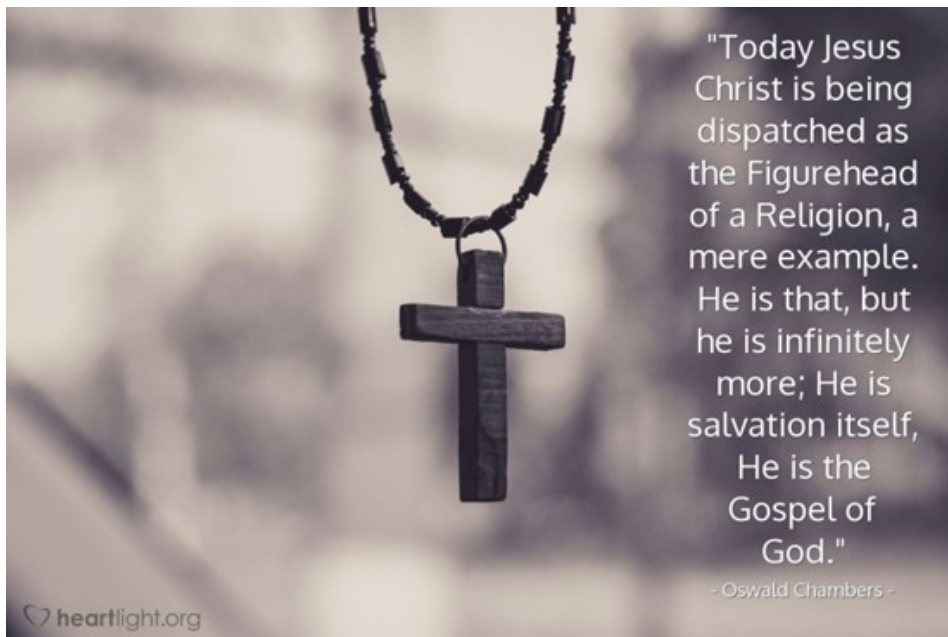
If you are not baptised or would prefer, you are welcome to come forward and receive a blessing (simply come forward with hands together and head bowed as a sign to the priest).



THE PROCLAMATION OF THE WORD

Collect

Almighty God, whose Son was revealed in majesty before he suffered death upon the cross, give us faith to perceive his glory, that being strengthened by his grace we may be changed into his likeness, from glory to glory; 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.
Tel No: 01381 620110: E w.r.mcghee@btinternet.com: Mobile: 07770 37 37 72

THE PROCLAMATION OF THE WORD cont.

+ FIRST READING : Genesis 15:1-12,17-18

The word of the Lord came to Abram in a vision, "Do not be afraid, Abram, I am your shield; your reward shall be very great." But Abram said, "O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?" And Abram said, "You have given me no offspring, and so a slave born in my house is to be my heir." But the word of the Lord came to him, "This man shall not be your heir; no one but your very own issue shall be your heir." He brought him outside and said, "Look toward heaven and count the stars, if you are able to count them." Then he said to him, "So shall your descendants be." And he believed the Lord; and the Lord reckoned it to him as righteousness.

Then he said to him, "I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess." But he said, "O Lord God, how am I to know that I shall possess it?" He said to him, "Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtledove, and a young pigeon." He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away.

As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him.

When the sun had gone down and it was dark, a smoking fire pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, "To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates."

Hear the word of the Lord.

+ PSALM 27:1-13

Your face, O Lord, I will seek.

The Lord is my light and my salvation; whom then shall I fear? The Lord is the strength of my life; of whom then shall I be afraid?

When evildoers came upon me to eat up my flesh, it was they, my foes and my adversaries, who stumbled and fell.

Though an army should encamp against me, yet my heart shall not be afraid; And though war should rise up against me, yet will I put my trust in him.

One thing have I asked of the Lord; one thing I seek; that I may dwell in the house of the Lord all the days of my life; To behold the fair beauty of the Lord and to seek him in his temple.

For in the day of trouble he shall keep me safe in his shelter; he shall hide me in the secrecy of his dwelling and set me high upon a rock.

Even now he lifts up my head above my enemies round about me. Therefore I will offer in his dwelling an oblation with sounds of great gladness; I will sing and make music to the Lord.

Hearken to my voice, O Lord, when I call; have mercy on me and answer me. You speak in my heart and say, "Seek my face." Your face, Lord, will I seek.

Hide not your face from me, nor turn away your servant in displeasure. You have been my helper; cast me not away; do not forsake me, O God of my salvation.

Your face, O Lord, I will seek.

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+ SECOND READING : Philippians 3:17-4:1

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Savior, the Lord Jesus Christ. He will transform the body of our humiliation that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Hear the word of the Lord.

+ THE HOLY GOSPEL : Luke 9:28-36

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!

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

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 our brothers and sisters in Ukraine and for those standing up for justice in Russia and the world over. For a softening of Vladimir Putin's heart and those of his supporters. 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 Melanesia.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Niccolò A, Val C, Godwin C, Tony C, Patricia E, Maureen F, Jackie F, 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 Holy Trinity, Elgin; St Margaret's, Lossiemouth; Burghead Mission. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Marina, Val & Families. For Igor, Oleksii & Families. For all preparing for Marriage. 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 praise God the Father, who hears the prayers of his children and grants what they ask.

– Lord, have mercy on your people.

Lord, on Sinai you gave the law to Moses and completed it through Christ; write your law in the hearts of all people that they may be faithful to your covenant.

– Lord, have mercy on your people.

Help us to create a community where people care for one another; let us work together for the good of all.

– Lord, have mercy on your people.

Strengthen missionaries when their courage fails; send them helpers to gather in your harvest.

– Lord, have mercy on your people.

May children grow strong in grace; may the young advance in your love.

– Lord, have mercy on your people.

Remember our sisters and brothers who rest in your peace; make them sharers of eternal life.

– Lord, have mercy on your people.

Conclude with the Lord's Prayer.

A STEWARDSHIP THOUGHT



GRATITUDE

When we were children we loved magic words which we imagined could transform things. With Shazam! we could turn ourselves into Captain Marvel and other such heroes. By saying abracadabra we could make things appear or disappear.

Our parents, however, may have told us that the magic word was "please." That was how we got things. We may even have been told to say "please" in our prayers.

Archbishop William Temple wrote that "it is more important to thank God for blessings received than to pray for them beforehand. For that forward-looking prayer, though right as an expression of dependence upon God, is still self-centred in part ... But the backward-looking act of thanksgiving is quite free from this... This is akin to love." Meister Eckhart maintained that "if the only prayer you say in your whole life is 'thank you,' that would suffice."

Perhaps there are people today who think there are no magic words C not even "thanks." But have we not all seen circumstances and situations transformed by words and acts of thanksgiving? Anger is turned aside. Envy is overcome. Depression and self-pity can be buoyed up when we remember to be thankful.

Those of us who are blessed in life have the magical opportunity to lift our own spirits and to give joy to others by expressing our gratitude through sharing what we have.

One of the happiest aspects of the Bible is all the thanks and praise it contains. David's arms are upraised before the Lord, rejoicing because "I have seen thy people, who are present here, offering freely and joyously to you." The psalmist urges that we make a "joyful noise to the Lord" and "enter God's gates with thanksgiving." Even in prison Paul pours out his thanks to God.

The poet George Herbert prays for the magic of thanksgiving which we can all express in our lives with our words and through our generous gifts:

"Thou that hast given so much to me, Give one thing more, a grateful heart.... Not thankful, when it pleaseth me; As if Thy blessing hid spare days: But such a heart, whose pulse may be Thy praise."

"Jesus sat down opposite the treasury and watched the crowd putting money into the treasury. Many rich people put in large sums. A poor widow came and put in two small copper coins, which are worth a penny. Then he called his disciples and said to them, 'Truly I tell you, this poor widow has put in more than all those who are contributing to the treasury. For all of them have contributed out of their abundance; but she out of her poverty has put in everything she had, all she had to live on.'" [Mark 12:41-44]

In this story of Jesus observing the poor widow in the temple, Mark gives us a perfect example of how personal sacrifice plays a major theological role in meaningful stewardship. The comparison drawn between the rich, who can afford to give generously and regularly to the temple, and the poor widow, who gives to the treasury sacrificially, is dramatic. Please notice. Jesus is not recorded as saying that the gifts of the wealthy are valueless or insignificant. He does not say that the rich should not give; nor does Jesus say that the poor widow is somehow a better person because she is poor and gives. What Jesus notes is that the rich are not giving sacrificially, and the poor widow is.

For /

For our modern giving to the Church to express truly our deep faith in Jesus Christ, we too need to give to the treasury of the Church with sacrifice. If it is too easy for us to give a little, then we have not given enough. If we fall into the ease of offering to our Church whatever we have left over to give, and not the first fruits of our income, then we show to God and the world that our priorities are focused on ourselves. This is why tithing is so important to the Episcopal Church as a standard of giving; it provides a biblically based, sacrificial level of giving that challenges our faith to be serious and active. Talk to someone who tithes. You will most likely discover that they do not see the money they give away as the significant meaning of tithing. People who tithe usually want to talk more about what has happened to them through the experience of giving. They want to talk about their faith and their love for God. Like the poor widow, your giving sacrificially will create immediately the risk of dependence upon God. Spiritual stretching through sacrificial giving can only lead to a deeper sense of God's presence in your life.

A NOTE FROM THE RECTOR

Dear All,

This coming Sunday will be the Second IN Lent. The Gospel will recall the Lord's Transfiguration (his metamorphosis) when to strengthen his disciples he is revealed to them in glory together with Moses (the Law) and Elijah (the Prophets). Peter pipes up wanting to stay on the hill top for a good long time...but he is silenced by the voice of the Father speaking from heaven and commanding them to LISTEN to his beloved Son. Do we listen to him? A good question to ask ourselves this coming week...or any time really. And listening, do we act? Jesus asked us a couple of weeks ago, "Why do you call me 'Lord, Lord', and do not do what I tell you?" Luke 6:46

Igor and family have moved to a safer place in Ukraine with other family members. Things are quieter but still a concern. Oleksii and his family are still in Kyiv. Please continue to pray for them and for Ukraine as requested in our prayer list above...and pray for the hearts of Russian leaders to soften and repent of their evil. (The wee icon of the Transfiguration for today's Newsletter is by the Ukrainian Iconographer, Ivanka Demchuk)

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 +



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

Contact Gillian for details

(AnneGillianNewman@gmail.com)

WED: 10am Study Group in the Rectory

7:00pm Lenten Study Group at Christine's

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 20 March

THIRD SUNDAY in LENT

EUCHARIST

9.45am in St John's with Fr Mel

11.30am in St Andrew's with Fr Mel

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with Jill & Simon



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



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.



To enable the Treasurer to transfer gifts to the Diocese by Good Friday, (15 April 2022), donations should be made as follows:

By Placing cash or a cheque in an envelope marked Bishop's Lent Appeal 2022 on your Church's Collection Plate. A supply of envelopes will be made to each church to enable you to do this. Please note that **cheques should be made out to BLACK ISLE CHARGE** and **not Diocese of Moray** as indicated on the original poster

Online By Bank Transfer (BACs). To BLACK ISLE CHARGE. Sort Code: 80-06-83 Account No: 00600410. Please include Reference: Lent Appeal 2022.

Thank you for your support for this vital cause.

Peter Furniss
Treasurer
Black Isle Charge
9 March 2022

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 Arrafeelie

Sunday 13th March 2022



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

SUNDAY 20 March

THIRD SUNDAY in LENT

EUCCHARIST

9.45am in St John's with Fr Mel

11.30am in St Andrew's with Fr Mel

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with Jill & Simon

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

“Sometimes God closes doors because it’s time to move forward. He knows you won’t move unless your circumstances force you. Trust the transition. God’s got you.”



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