

SUNDAY
20th March 2022
Lent 3
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
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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

Father of mercy, alone we have no power in ourselves to help ourselves. When we are discouraged by our weakness, strengthen us to follow Christ, our pattern and our hope; who lives and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

◆ FIRST READING : Isaiah 55:1-9

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food.

Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David.

See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you.

Seek the Lord while he may be found, call upon him while he is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon.

For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Hear the word of the Lord.

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THE PROCLAMATION OF THE WORD cont.

+ PSALM 63:1-8

My soul clings to you; your right hand holds me fast.

My soul clings to you; your right hand holds me fast.

O God, you are my God; eagerly I seek you; my soul thirsts for you, my flesh faints for you, as in a barren and dry land where there is no water.

My soul clings to you; your right hand holds me fast.

Therefore I have gazed upon you in your holy place, that I might behold your power and your glory. For your loving-kindness is better than life itself; my lips shall give you praise.

My soul clings to you; your right hand holds me fast.

So will I bless you as long as I live and lift up my hands in your Name.

My soul clings to you; your right hand holds me fast.

My soul is content, as with marrow and fatness, and my mouth praises you with joyful lips, When I remember you upon my bed, and meditate on you in the night watches.

My soul clings to you; your right hand holds me fast.

For you have been my helper, and under the shadow of your wings I will rejoice.

My soul clings to you; your right hand holds me fast.

+ SECOND READING : 1 Corinthians 10:1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness.

Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, "The people sat down to eat and drink, and they rose up to play." We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Hear the word of the Lord.

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!

At that very time there were some present who told Jesus about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, "Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them--do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did."

Then he told this parable: "A man had a fig tree planted in his vineyard; and he came looking for fruit on it and found none. So he said to the gardener, 'See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?' He replied, 'Sir, let it alone for one more year, until I dig around it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.'"

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 La Iglesia Anglicana de Mexico.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Tim H, Camayo H, Ross J, Blayne P, Ferdinand vonP, Eilidh P, Helen R, 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 John's, Forres. 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 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 the world to make her holy; renew her 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 which you have planned 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 sons and daughters 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



OPEN WIDE YOUR HAND

“Open wide your hand, you shall give freely ... because for this the Lord your God will bless you in all your work ... For the poor will never cease out of the land; therefore I command you, you shall open wide your hand ...”Deuteronomy 15:10-11

At the heart of the Torah, the "Law" or "instruction" of the Old Testament is a gospel-like sensitivity to one's fellow creature.

We are thrown together in this life with our neighbours, willy-nilly, and we are instructed to help them.

It is a command from the Lord, touching us at the deepest level of our humanity. This help will - indeed, the Bible implies must - be done freely, ungrudgingly. They, those in need, have the same right to live as we do. There, but for the grace of God, we ourselves might be.

We do not lose our self while doing this, however. We have needs also, and these are met by the blessing that the Lord returns to us in this giving. This blessing comes in many ways depending upon the person.

To some, it may come as a "good feeling," to others as a satisfaction in doing the Lord's work, to others perhaps as a way of dealing with guilt at their oversupply of this world's goods.

This is not selfishness. This is our reward from a God who has tied us all together by a common bond, allowing us to act as that brother or sister to the poor that we really are.

Each of us is thus given the opportunity of fulfilling our deepest self. Wouldn't it be great if we could go one step further and solve their problems, so that there would be no more poor? We are to work on that, too; but right now, today, the poor are with us, and the testimony of

Deuteronomy is right to say that they always will be with us. We could “harden our hearts,” but we must not. They need us; we need them. We should not get entangled in agonizing questions such as, “Why did the Lord make the world this way?” This is a subtle step leading to an excuse to do nothing. The poor bring out, as it were, the humanity in us that otherwise would lay dormant. And, finally, we read not just “open your hand,” but “open **wide** your hand.” In that way we are acknowledging our connectedness to all humanity, we are showing our belief in the one Creator God, and we are receiving a wonderful blessing that we didn't start out to seek.

A NOTE FROM THE RECTOR

Dear All,

In this Sunday's readings we are reminded of our Baptism. Lent, from its earliest days, was seen as a time to prepare people (called catechumens) for their Baptism. In the early days they would have been preparing for several years as the Church needed to be sure of their commitment. Sadly that relaxed when Christianity became legal and persecution ended...and now we rarely speak of that commitment...response to God's call.

But how often does Jesus, himself, spell out the cost of following him! "Take up your cross...", "Sell everything you have and give to the poor...", "Judge not and you will not be judged...", "Give to all who ask..." "Love as you are loved..." "Take, eat...Drink this..." I could go on, but I think the point is made.

We are constantly challenged to remember who we are and who we are called to be...and all of this is rooted in our Baptism.

Let us ponder, over the coming week, our Baptismal Promises. Bishop Mark spoke eloquently of those promises at Synod last Saturday...and challenged us all to consider making a public renewal of them when next he visits...and receive a fresh blessing. I provide them here. All of them are rooted and grounded in the teachings of our Lord:

RENEWAL OF BAPTISM /

RENEWAL OF BAPTISM

Celebrant: Do you reaffirm your renunciation of evil and renew your commitment to Jesus Christ?

People: **I do.**

Celebrant: Do you believe in God the Father?

People: **I believe in God, the Father almighty, Creator of heaven and earth.**

Celebrant: Do you believe in Jesus Christ, the Son of God?

People: **I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and was born of the Virgin Mary, he suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead.**

Celebrant: Do you believe in God the Holy Spirit?

People: **I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting.**

Celebrant: Will you continue in the apostles= teaching and fellowship, in the breaking of bread, and in the prayers?

People: **I will, with God's help.**

Celebrant: Will you persevere in resisting evil, and, whenever you fall into sin, repent and return to the Lord?

People: **I will, with God's help.**

Celebrant: Will you proclaim by word and example the Good News of God in Christ?

People: **I will, with God's help.**

Celebrant: Will you seek and serve Christ in all persons, loving your neighbour as yourself?

People: **I will, with God's help.**

Celebrant: Will you strive for justice and peace among all people and respect the dignity of every human being?

People: **I will, with God's help.**

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 +



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

SOUP & SWEET...at Rev Christine's after Stations...donations most welcome for our Shoebox campaign!

9:00am Celtic Morning Prayer via Zoom

Contact Gillian for details

(AnneGillianNewman@gmail.com)

SAT: Prepping for Sunday & Catching up

SUNDAY 27 March

LAETARE / MOTHERING SUNDAY

EUCHARIST

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.

SOUP & SWEET...at Rev Christine's after Stations...donations most welcome for our Shoebox campaign!

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



UKRAINIAN REFUGEE HELP

Our dear sister Gail wrote this last week...details have since come out from the Government...and the Bishop has also encouraged us to consider the cause. I have voiced my willingness to host.

Dear Friends,

We have all been profoundly disturbed by what we have seen unfolding in Ukraine these past two weeks and feel a sense of inadequacy and impotence to reach out in a meaningful way. This morning I was listening to a news broadcast dealing with refugees coming into the U.K. and the woeful government response to this. However they are planning to open a route where by individuals, charities, local councils etc can sponsor a refugee family and I had a 'lightbulb' moment. Surely this is something we as the Black Isle Charge can do? We see on our tv screens images of young mothers with a babe in arms and a toddler clutching their hand and we are reminded of our Lord fleeing into Egypt in his mother's arms. We are called to be Jesus' voice and hands in the world, so let us respond. Can I urge you to consider this and send your thoughts via your reps for discussion by the Vestry. Details of how the scheme will work have not yet been finalised but we can be ahead of the game by holding preliminary discussions, identifying a holiday cottage that might be available etc etc so that we are ready to submit a sponsorship form as soon as the system becomes operational. I leave this with you but appeal to you all to give it prayerful consideration.

With every blessing,

Gail (Sanderson)

A Prayer for Ukraine

God of peace and justice,
we pray for the people of Ukraine today.
We pray for peace and the laying down of weapons.
We pray for all those who fear for tomorrow,
that your Spirit of comfort would draw near to them.
We pray for those with power over war or peace,
for wisdom, discernment and compassion
to guide their decisions.
Above all, we pray for all your precious children, at risk and in fear,
that you would hold and protect them.
We pray in the name of Jesus, the Prince of Peace.
Amen.

Archbishop Justin Welby
Archbishop Stephen Cottrell





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 Arrpafeelie

Sunday 20th March 2022



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

SUNDAY 27 March

LAETARE / MOTHERING SUNDAY

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

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

Know that your thoughts carry energy and vibration with them which makes them manifest in your life. Think positively and attract all the magnetism and positive energy that is around you. Thoughts carry a powerful force.

Frances Mahan, A Journey into the Mind



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