

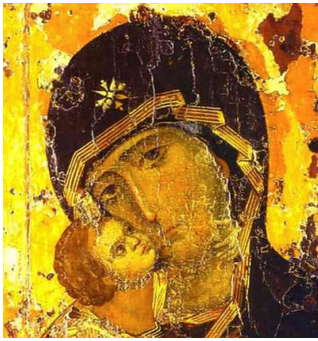
**SUNDAY**  
**27th March 2022**  
**Lent 4**  
**SC010781**

## 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  
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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

Almighty God, through the waters of baptism your Son has made us children of light. May we ever walk in his light and show forth your glory in the world; through Jesus Christ our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

### + FIRST READING : Joshua 5:9-12

The LORD said to Joshua, "Today I have rolled away from you the disgrace of Egypt." And so that place is called Gilgal to this day.

While the Israelites were camped in Gilgal they kept the passover in the evening on the fourteenth day of the month in the plains of Jericho. On the day after the passover, on that very day, they ate the produce of the land, unleavened cakes and parched grain. The manna ceased on the day they ate the produce of the land, and the Israelites no longer had manna; they ate the crops of the land of Canaan that year.

Hear the word of the Lord.

## THE PROCLAMATION OF THE WORD cont.

### + PSALM 32

Mercy embraces those who trust in the Lord.

**Mercy embraces those who trust in the Lord.**

Happy are they whose transgressions are forgiven, and whose sin is put away! Happy are they to whom the Lord imputes no guilt, and in whose spirit there is no guile!

**Mercy embraces those who trust in the Lord.**

While I held my tongue, my bones withered away, because of my groaning all day long. For your hand was heavy upon me day and night; my moisture was dried up as in the heat of summer.

**Mercy embraces those who trust in the Lord.**

Then I acknowledged my sin to you, and did not conceal my guilt. I said, "I will confess my transgressions to the Lord." Then you forgave me the guilt of my sin.

**Mercy embraces those who trust in the Lord.**

Therefore all the faithful will make their prayers to you in time of trouble; when the great waters overflow, they shall not reach them.

**Mercy embraces those who trust in the Lord.**

You are my hiding-place; you preserve me from trouble; you surround me with shouts of deliverance.

**Mercy embraces those who trust in the Lord.**

"I will instruct you and teach you in the way that you should go; I will guide you with my eye.

**Mercy embraces those who trust in the Lord.**

Great are the tribulations of the wicked; but mercy embraces those who trust in the Lord. Be glad, you righteous, and rejoice in the Lord; shout for joy, all who are true of heart.

**Mercy embraces those who trust in the Lord.**

### + SECOND READING : 2 Corinthians 5:16-21

From now on, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. If anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new! All this is from God, who reconciled us to himself through Christ, and has given us the ministry of reconciliation; that is, in Christ God was reconciling the world to himself, not counting their trespasses against them, and entrusting the message of reconciliation to us. So we are ambassadors for Christ, since God is making his appeal through us; we entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

Hear the word of the Lord.

**+ THE HOLY GOSPEL : Luke 15:1-3,11b-32**

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!**

All the tax collectors and sinners were coming near to listen to Jesus. And the Pharisees and the scribes were grumbling and saying, "This fellow welcomes sinners and eats with them."

So Jesus told them this parable:

"There was a man who had two sons. The younger of them said to his father, 'Father, give me the share of the property that will belong to me.' So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, 'How many of my father's hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, "Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands."' So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his slaves, 'Quickly, bring out a robe--the best one--and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found!' And they began to celebrate.

"Now his elder son was in the field; and when he came and approached the house, he heard music and dancing. He called one of the slaves and asked what was going on. He replied, 'Your brother has come, and your father has killed the fatted calf, because he has got him back safe and sound.' Then he became angry and refused to go in. His father came out and began to plead with him. But he answered his father, 'Listen! For all these years I have been working like a slave for you, and I have never disobeyed your command; yet you have never given me even a young goat so that I might celebrate with my friends. But when this son of yours came back, who has devoured your property with prostitutes, you killed the fatted calf for him!' Then the father said to him, 'Son, you are always with me, and all that is mine is yours. But we had to celebrate and rejoice, because this brother of yours was dead and has come to life; he was lost and has been found.'"

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 Church in the Province of Myanmar (Burma).

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. Roberta R, Louise S, Janet S, Ross S-Y, Laura S, Rachael WCn Graham T, 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, Rothiemurchus & St Columba's, Grantown on Spey. 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:*

We give thanks to Christ, our head and our master. Let us pray to him with trust and humility, for he served all and was good to everyone. – *Lord Jesus, visit your family.*

Lord, help the bishops and priests of your Church, who share in your office of head and pastor; unite them with yourself to lead all people to the Father. – *Lord Jesus, visit your family.*

Send your angels to protect those who travel; keep them from harm and bring them safely home. – *Lord Jesus, visit your family.*

Teach us to care for everyone; make us more like you in serving others. – *Lord Jesus, visit your family.*

Help us to form a human community where men, women & children can live in friendship and peace; Lord, unite us in your love. – *Lord Jesus, visit your family.*

Show your love for the dead: let them see the light of your face. – *Lord Jesus, visit your family.*

*Conclude with the Lord's Prayer.*

## A NOTE FROM THE RECTOR



Dear All,

What beautiful weather we have been enjoying! Long may it last...and warm up!!!

I would like to thank one and all for the kind wishes and gifts I received for my birthday on the 21<sup>st</sup>! So very kind! Over £800 in contributions have been and will go to help the people of Ukraine. THANK YOU.

Restrictions are beginning to lift. We will soon be able to receive our Lord's Precious Blood from the chalice again...as well as his Sacred Body. This is cause for rejoicing! I know some will question the wisdom of returning to the common cup...but every precaution will be taken. If you would rather not partake of the consecrated wine, please do not feel you must. There have always been those who prefer to receive only the Sacred Host...and the Church has always been clear in her teaching that the fullness of Christ is received (Body, Blood, Soul and Divinity) in the tiniest particle (or drop) of either the Bread or the Wine. So please do not feel you must partake of both. I propose to begin use of the chalice once again on Easter Sunday (and the evening before at the Vigil). The Sign of Peace will slowly make a comeback too...but as with the above...do not feel you must.

**A MOST BLESSED MOTHERING SUNDAY** to all the Mums out there....living and departed!!!

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 +



# *A Mother's Day Blessing*

*I honor motherhood in its wounds and blessings.*

*I am aware of my own joys, mysteries, miracles, complexities and heartaches this Mother's Day. I desire to honor you, whoever you are, whatever your experience may be...*

If you are a mom, I celebrate you.

If you are a mom-to-be, I join you in your anticipation.

If your journey to motherhood has been met with loss, I grieve with you.

If you choose not to be a mother, I affirm you.

If you are an adoptive mom, I rejoice with you.

If you are a foster mom, appreciate you.

If you are a birth mother, I hold a deep place of honor for you.

If you struggle to have a peaceful relationship with your own mother, I support you.

If you struggle to have a peaceful relationship with your daughter, I support you.

If you have lost your mother, I weep with you.

If you have lost your child, I grieve with you.

If there are days when being a mom is physically draining, I am with you and I affirm the incredibly hard work that you do.

If there are days when being a mom is emotionally draining, I am with you and I wish for you a life free from shame, guilt, and regret.

If Mother's Day feels like a blessing, I see you. I am grateful for you and bless you.

If Mother's Day feels like a hardship, I see you. I am grateful for you and bless you.

*Through celebration, anticipation, grief and confusion, I prayerfully hope for light and grace to surround you this day and always.*



## **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**

**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 3 April**

### **FIFTH SUNDAY in LENT**

#### **EUCHARIST**

9.45am in St John's with Fr Mel

11.30am in St Andrew's with Fr Mel

#### **ALL-AGE SERVICE**

9.45am in St Regulus with Patsy & Jill



## 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).

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

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## *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 REGUGEE 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 whereby 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: annegilliannewman@gmail.com)

# **St John's Arpafeelie**

**Sunday 27th March 2022**



**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

**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, deo-  
dorant, sugar and toilet roll.

Thanks for all your ongoing generosity.

### **Thought for today**

*Kindness is a source of relief to the soul  
of the giver, creating a sense of fortitude  
that is incomprehensible to those who  
do not know what kindness is all about.*

*Janvier Chouteu-Chando*





# **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**