

SUNDAY
3rd April 2022
Lent 5
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
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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

Almighty God, your Son came into the world to free us all from sin and death. Breathe upon us with the power of your Spirit, that we may be raised to new life in Christ, and serve you in holiness and righteousness all our days; through the same Jesus Christ, our Lord, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

+ FIRST READING : Isaiah 43:16-21

Thus says the LORD, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick:

Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it?

I will make a way in the wilderness and rivers in the desert. The wild animals will honor me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise.

Hear the word of the Lord.

THE PROCLAMATION OF THE WORD cont.

+ PSALM 126

The Lord has done great things for us!

The Lord has done great things for us!

When the LORD restored the fortunes of Zion, then were we like those who dream. Then was our mouth filled with laughter, and our tongue with shouts of joy.

The Lord has done great things for us!

Then they said among the nations, "The LORD has done great things for them." The LORD has done great things for us, and we are glad indeed.

The Lord has done great things for us!

Restore our fortunes, O LORD, like the watercourses of the Negev. Those who sowed with tears will reap with songs of joy.

The Lord has done great things for us!

Those who go out weeping, carrying the seed, will come again with joy, shouldering their sheaves.

The Lord has done great things for us!

+ SECOND READING : Philippians 3:4b=14

If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless.

Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead.

Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on toward the goal for the prize of the heavenly call of God in Christ Jesus.

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 John:

Glory to Christ our Saviour!

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, "Why was this perfume not sold for three hundred denarii and the money given to the poor?" (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, "Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me."

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!

THE FAMILY CIRCUS®

By Bil Keane



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**"Heaven is a great big hug
that lasts forever."**

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 of Nigeria.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Cn Ian B, Bp Anne, Dr John McN-S, Niccolò A, Val C, Godwin C, Tony C, 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 Ninian's, Glenurquhart. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For the eternal peace of Joan...beloved mother of Jackie MacN. 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 Church 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 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 faithful and all 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 NOTE FROM THE RECTOR

Dear All,

Well, the lovely weather has disappeared for now...but it will return. Things are in wonderful bloom! Speaking of that, the trees have been planted all around St Andrew's...thank you Diana, Ramsay and Team for arranging that! PLEASE everyone....be careful when parking.

Next Sunday marks the beginning of Holy Week. Let's pray for some nice weather so we can, perhaps, have some wee outdoor processions to mark the day. Our Holy Week Schedule is included elsewhere in this newsletter.

I include the following once again for information purposes...if you have any questions or concerns, please give me a ring or drop an email.

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.

ALSO in keeping with restrictions relaxing, it is time for all our usual ministries to resume...sacristans setting up for Sunday and putting things away, flower arrangers, greeters, hospitality providers, Altar Servers, Eucharistic Ministers and others. All very significant ministries, most of which, were put on the back burner over the past few years.

All those who have been involved in Track & Trace, cleaning and sanitising our buildings and a million other important ministries during this challenging time...we owe you a great debt! THANK YOU.

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

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

HOLY WEEK 2022



SUNDAY 10 April - PALM SUNDAY EUCHARIST

9.45am in St John's with Fr Arthur

9.45am in St Regulus with Rev Christine

11.30am in St Andrew's with Fr Mel

Monday : Eucharist 10am in St Andrew's

Tuesday : Eucharist 7pm in St Regulus'

Wednesday : Eucharist 10am in St John's

MAUNDY THURSDAY

11:00am in St Andrew's Cathedral - CHRISM MASS & Renewal of Ordination Vows

ALL ARE WELCOME!

THE TRIDUUM

MAUNDY THURSDAY

7:00pm Mass of the Lord's Supper in St Andrew's

GOOD FRIDAY

10:00am in St Regulus'

12:00pm SOLEMN LITURGY in St Andrew's

2:00pm in St John's

HOLY SATURDAY

Morning...prepping for Easter Celebrations in all three churches. COME AND HELP!

EASTER EVE

8:00pm in St Andrew's

THE GREAT VIGIL of the RESURRECTION

EASTER DAY

9:45am Eucharist in St John's with Fr Mel

9:45am Eucharist in St Regulus' with Rev Christine

11:30am Eucharist 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





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 Arrapeelie

Sunday 3rd April 2022



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



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