

SUNDAY
1st May 2022
Easter 3
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

AT THE EUCHARIST

Collect

O God, your Son made himself known to his disciples in the breaking of bread. Open the eyes of our faith, that we may see him in his redeeming work, who is alive and reigns with you and the Holy Spirit, one God, now and for ever. **Amen.**

+ FIRST READING : Acts 9:1-6

Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, "Saul, Saul, why do you persecute me?" He asked, "Who are you, Lord?" The reply came, "I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do."

Hear the word of the Lord.

THE PROCLAMATION OF THE WORD cont.

+ Psalm 30:1-7, 12-13

You have clothed me with joy! Alleluia!

You have clothed me with joy! Alleluia!

I will exalt you, O LORD, because you have lifted me up and have not let my enemies triumph over me. O LORD my God, I cried out to you, and you restored me to health.

You have clothed me with joy! Alleluia!

You brought me up, O LORD, from the dead; you restored my life as I was going down to the grave. Sing to the LORD, you servants of his; give thanks for the remembrance of his holiness.

You have clothed me with joy! Alleluia!

For his wrath endures but the twinkling of an eye, his favour for a lifetime.

You have clothed me with joy! Alleluia!

While I felt secure, I said, "I shall never be disturbed. You, LORD, with your favour, made me as strong as the mountains."

You have clothed me with joy! Alleluia!

You have turned my wailing into dancing; you have put off my sack-cloth and clothed me with joy. Therefore my heart sings to you without ceasing; O LORD my God, I will give you thanks for ever.

You have clothed me with joy! Alleluia!

+ SECOND READING : Revelation 5:11-14

I looked, and I heard the voice of many angels surrounding the throne and the living creatures and the elders; they numbered myriads of myriads and thousands of thousands, singing with full voice, "Worthy is the Lamb that was slaughtered to receive power and wealth and wisdom and might and honour and glory and blessing!"

Then I heard every creature in heaven and on earth and under the earth and in the sea, and all that is in them, singing, "To the one seated on the throne and to the Lamb be blessing and honour and glory and might forever and ever!"

And the four living creatures said, "Amen!" And the elders fell down and worshiped.

Hear the word of the Lord.

+ **THE HOLY GOSPEL : John 21:1-19**

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!

Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, "I am going fishing." They said to him, "We will go with you." They went out and got into the boat, but that night they caught nothing.

Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, "Children, you have no fish, have you?" They answered him, "No." He said to them, "Cast the net to the right side of the boat, and you will find some." So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, "It is the Lord!" When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the sea. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off.

When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, "Bring some of the fish that you have just caught." So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, "Come and have breakfast." Now none of the disciples dared to ask him, "Who are you?" because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead.

When they had finished breakfast, Jesus said to Simon Peter, "Simon son of John, do you love me more than these?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Feed my lambs." A second time he said to him, "Simon son of John, do you love me?" He said to him, "Yes, Lord; you know that I love you." Jesus said to him, "Tend my sheep." He said to him the third time, "Simon son of John, do you love me?" Peter felt hurt because he said to him the third time, "Do you love me?" And he said to him, "Lord, you know everything; you know that I love you." Jesus said to him, "Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go." (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, "Follow me."

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!

PRAYER REQUESTS

For grace to live as God's Easter people...fearlessly and to the full!

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 Episcopal Church in the Philippines.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Val C, Godwin C, Tony C, Patricia E, Maureen F, Jackie F, Tim H, 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 Peter & Holy Rood, Thurso; St John's, Wick; Freswick Castle Chapel. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For Jeremy & Julie. For Betty. For Dorothy. 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 pray to Christ, our life and our resurrection.

– Son of the living God, protect your people.

We pray for your One Holy, Catholic and Apostolic Church: may she reveal among the nations your kingdom of justice, love, peace and holiness.

– Son of the living God, protect your people.

We pray for the sick, the sorrowful, captives and exiles: show them your power and compassion.

– Son of the living God, protect your people.

We pray for those who have lost you in the maze of life: let them know once more the joy of coming home.

– Son of the living God, protect your people.

Crucified and risen Saviour, you will come again in glory: by your grace help us to be prepared.

– Son of the living God, protect your people.

We pray for all the living, and for those who have left this world in the hope of the resurrection.

– Son of the living God, protect your people.

Conclude with the Lord's Prayer.

A NOTE FROM THE RECTOR

My Dear Friends,

Alleluia! Christ is risen!

This Sunday we reflect on our Lord's resurrection appearance to St Peter and his three "Do you love me?" questions. We will explore how our Lord comes to each one of us...where we are...never demanding more than we are sincerely able to give at any given moment.

It is truly sad that so many of the trees, so carefully planted around St Andrew's to mark the Queen's Jubilee, have been uprooted and tossed over the bank. Such a waste. Pray for those responsible.

The Tuesday evening Eucharist has resumed at St Regulus'. As with St Andrew's on Thursday mornings, all are most welcome.

It is a most convenient way of making one's Communion weekly even when one cannot be present on Sunday. Weekly receiving of the Eucharist is something we should all aim toward!

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 : Appointments

7:00pm Eucharist – St Regulus'

WED : 10:00am Study Group in Rectory

10:00am Charity Shop

Rector - Prep for Sunday

THU : **10:00am Eucharist – St Andrew's**

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

RECTOR DAY OFF 2

SAT : 10:00am Charity Shop

Rector tying up loose ends and prepping for Sunday

SUNDAY 8 MAY

FOURTH SUNDAY OF EASTER

The Holy Eucharist

9:45am in St Regulus' with Fr Mel

9:45am in St John's with Fr Arthur

11:30am in St Andrew's with Fr Mel



CHRISTMAS BOXES

Dear Everyone, the next meeting for wrapping the Blythwood Christmas shoeboxes will be on April 29th , 2-4pm at the Seaforth Lodge, Fortrose.

Please feel free to join our happy and welcoming group. Last month we celebrated one of our ladies' birthday as you can see from the photo !

The Blythwood shoeboxes also go into Ukraine, and will be needed more than ever this year.

This month we would be very grateful for donations of new face cloths and packets of moist wipes.

Thanking you in anticipation and in Jesus's name,

Jan Maclennan



Vandalised Trees

Diana Hamilton-Jones has offered to donate toward replacing some of the trees that have been vandalised if others would like to assist.

If anyone wishes to donate, could you make donations to the Church Treasurer in the normal manner marking the envelope appropriately.

Thank you.

COVID BOOSTER JAB

Re Covid Booster for local Over 75s - just in case you have not heard already - these vaccinations will be available at FORTROSE Leisure Centre, as well as Eastgate Centre, Inverness. From Wednesday 27 April, and fortnightly thereafter, they are BY APPOINTMENT. Valuable for many in our age group who have mobility or transport issues.

If anyone asks for advice, they can only be arranged by, or for, someone who has already got the appointment letter. They must ring the number on the back of the letter (NOT the surgery - it's NHS).

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 1st May 2022



Classic Film Club

Second Wednesday afternoon of the month

14.30 - 17.30

at the **Cromarty Cinema**

(by slipway in Cromarty)

“My Man Godfrey” Wed May 11th

details from **Helen Robinson**

07889181529

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

The new-born lamb, the fledging bird, the buttercup, the honey bee.

The pregnant earth, the greening wheat, the flush of bloom on bush and tree.

Once again the flowers are blowing and the songbirds call their mates.

Spring returns in all its glory. Man destroys and God creates.



Church Rotas

St Andrew's

Readers & Intercessors

J MacLennan / L MacDonell / D Hamilton– Jones / H Ireland

Sides-men

W Fraser / A Garraway

Servers

Sacristan

Flowers

Teas

Cleaning

St John's