

**SUNDAY**  
**4th September 2022**  
**Pentecost 13**  
**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](mailto: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

Stir up, O Lord, the wills of your faithful people, that richly bearing the fruit of good works, we may by you be richly rewarded; through Jesus Christ our Lord who lives and reigns with you, O Father and the Holy Spirit, one God for ever and ever. **Amen.**

### + FIRST READING : Deuteronomy 30:15-20

Moses said to all Israel the words which the Lord commanded him, "See, I have set before you today life and prosperity, death and adversity. If you obey the commandments of the Lord your God that I am commanding you today, by loving the Lord your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the Lord your God will bless you in the land that you are entering to possess. But if your heart turns away and you do not hear, but are led astray to bow down to other gods and serve them, I declare to you today that you shall perish; you shall not live long in the land that you are crossing the Jordan to enter and possess. I call heaven and earth to witness against you today that I have set before you life and death, blessings and curses. Choose life so that you and your descendants may live, loving the Lord your God, obeying him, and holding fast to him; for that means life to you and length of days, so that you may live in the land that the Lord swore to give to your ancestors, to Abraham, to Isaac, and to Jacob."

Hear the word of the Lord.

**Vestry Secretary:** Ramsay McGhee, Tigh Ur, Deans Road, Fortrose.  
Tel No: 01381 620110: E [w.r.mcghee@btinternet.com](mailto:w.r.mcghee@btinternet.com): Mobile: 07770 37 37 72

**+ PSALM 1**

THE LORD knows the way of the righteous!

**THE LORD knows the way of the righteous!**

Happy are they who have not walked in the counsel of the wicked, nor lingered in the way of sinners, nor sat in the seats of the scornful!

**THE LORD knows the way of the righteous!**

Their delight is in the law of the LORD, and they meditate on his law day and night.

**THE LORD knows the way of the righteous!**

They are like trees planted by streams of water, bearing fruit in due season, with leaves that do not wither; everything they do shall prosper.

**THE LORD knows the way of the righteous!**

It is not so with the wicked; they are like chaff which the wind blows away.

**THE LORD knows the way of the righteous!**

Therefore the wicked shall not stand upright when judgment comes, nor the sinner in the council of the righteous.

**THE LORD knows the way of the righteous!**

For the LORD knows the way of the righteous, but the way of the wicked is doomed.

**THE LORD knows the way of the righteous!**

**+ SECOND READING : Philemon**

Paul, a prisoner of Christ Jesus, and Timothy our brother, to Philemon our dear friend and co-worker, to Apphia our sister, to Archippus our fellow soldier, and to the church in your house:

Grace to you and peace from God our Father and the Lord Jesus Christ.

When I remember you in my prayers, I always thank my God because I hear of your love for all the saints and your faith toward the Lord Jesus. I pray that the sharing of your faith may become effective when you perceive all the good that we may do for Christ. I have indeed received much joy and encouragement from your love, because the hearts of the saints have been refreshed through you, my brother.

For this reason, though I am bold enough in Christ to command you to do your duty, yet I would rather appeal to you on the basis of love-- and I, Paul, do this as an old man, and now also as a prisoner of Christ Jesus. I am appealing to you for my child, Onesimus, whose father I have become during my imprisonment. Formerly he was useless to you, but now he is indeed useful both to you and to me. I am sending him, that is, my own heart, back to you. I wanted to keep him with me, so that he might be of service to me in your place during my imprisonment for the gospel; but I preferred to do nothing without your consent, in order that your good deed might be voluntary and not something forced. Perhaps this is the reason he was separated from you for a while, so that you might have him back forever, no longer as a slave but more than a slave, a beloved brother-- especially to me but how much more to you, both in the flesh and in the Lord.

So if you consider me your partner, welcome him as you would welcome me. If he has wronged you in any way, or owes you anything, charge that to my account. I, Paul, am writing this with my own hand: I will repay it. I say nothing about your owing me even your own self. Yes, brother, let me have this benefit from you in the Lord! Refresh my heart in Christ. Confident of your obedience, I am writing to you, knowing that you will do even more than I say.

Hear the word of the Lord.

## + THE HOLY GOSPEL : Luke 14:25-33

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 large crowds were travelling with Jesus; and he turned and said to them, "Whoever comes to me and does not hate father and mother, wife and children, brothers and sisters, yes, and even life itself, cannot be my disciple. Whoever does not carry the cross and follow me cannot be my disciple. For which of you, intending to build a tower, does not first sit down and estimate the cost, to see whether he has enough to complete it? Otherwise, when he has laid a foundation and is not able to finish, all who see it will begin to ridicule him, saying, 'This fellow began to build and was not able to finish.' Or what king, going out to wage war against another king, will not sit down first and consider whether he is able with ten thousand to oppose the one who comes against him with twenty thousand? If he cannot, then, while the other is still far away, he sends a delegation and asks for the terms of peace. So therefore, none of you can become my disciple if you do not give up all your possessions."

Give thanks to the Lord for this his glorious Gospel.

**Praise to Christ our Lord!**



## THE SAINTS THIS WEEK

### Saint Constance & Companions

In 1878 the American city of Memphis on the Mississippi River was struck by an epidemic of yellow fever, which so depopulated the area that the city lost its charter and was not reorganized for fourteen years. Almost everyone who could afford to do so left the city and fled to higher ground away from the river. (It was not yet known that the disease was mosquito-borne, but it was observed that high and dry areas were safe.) There were in the city several communities of nuns, Episcopalian or Roman Catholic, who had the opportunity of leaving, but chose to stay and nurse the sick. Most of them, thirty-eight in all, were themselves killed by the fever. One of the first to die (on 9 Sept 1878) was Constance, head of the (Episcopalian) Community of St Mary.

## **PRAYER REQUESTS**

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 sister in Pakistan and all affected by the flooding. 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 Church in Australia.

## **OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. Enza G, Tim H, Camayo H, Anne Macd, Blayne P, Ferdinand von P, Eilidh P, 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 Maelrubha (pronounced: mawl-roo-ah), Poolewe. For our sister Dioceses of Quebec, Canada & Tuam, Limerick & Killaloe, Ireland (Note the change in the name of the Diocese!).

## **OUR CHURCH & COMMUNITY FAMILY & FRIENDS**

For Marjorie T. For a special intention. For Brian O. For Barbara J. For Jeremy & Julie. For Betty M. 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. 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:*

Christ is the shepherd of his flock: he loves and cares for his people. We turn to him in trust and say:

*– Lord, we need your care.*

Christ our Lord, you are pastor of all the ages, protect our Bishop, **Mark**, and all the pastors of your Church.

*– Lord, we need your care.*

Be with those who are persecuted for their faith, and those cut off from the support of the Church: Good Shepherd, in their pain and isolation may they know your care.

*– Lord, we need your care.*

Bring healing to the sick; give nourishment to the hungry. *– Lord, we need your care.*

We remember those who make our laws and those who apply them: Lord, give them wisdom and discernment, compassion and understanding.

*– Lord, we need your care.*

Gather the flock for which you laid down your life: bring home to their Father's house all who have died in your peace.

*– Lord, we need your care.*

*Conclude with the Lord's Prayer.*

## A NOTE FROM THE RECTOR

My Dear Friends,

Well, last Sunday was lovely. Our service at the Eilean Dubh Care Home was well supported and seemed to be very much enjoyed by all who attended (approximately 30). Thank you to Ali for tickling the ivories and to the Choir for singing support and for special piece that was clearly enjoyed by all present. It was beautiful and we have been asked to keep the 4<sup>th</sup> Sunday of each month in mind for the future.

**Evensong**...will resume on Sundays at 6:30pm in St Andrew's as of Sunday the 4<sup>th</sup> of September....simple said service for now.

**Study Group resumption**....How does Wednesday the 14<sup>th</sup> sound for getting back together? Still at 10am? In the Rectory?

**Vestry, Mission & Ministry and Ministry Team members, please plan to be present Wednesday 7 September** when we will meet to discuss our Bishop's challenge to develop a 5 year plan for our Joint-Charge. **It will be in the St Duthac Centre at 7:00pm!!**

Janet Spence will be ordained a Deacon on Sunday 25 September in Edinburgh. Some of us are planning to be there to join in celebrating the event. If you are interested, let Fr Mel know! Please keep her and the others, mentioned elsewhere in the Newsletter, in your prayers!

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**

Online...

Daily Morning Prayer (8:30am – 8am on Sundays)

Daily Evening Prayer (6:00pm)

**MON** : RECTOR DAY OFF

**TUE** : 7:00pm Eucharist – St Regulus’

**WED** : 10:00am Charity Shop

**7:00pm : MEETING OF VESTRY, MISSION & MINISTRY COMMITTEE AND  
MINISTRY TEAM...St Duthac Centre.**

**THU** : 10:00am Eucharist in St Andrew’s

**FRI** : RECTOR DAY OFF

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

**SAT** : 10:00am Charity Shop

Rector catching up for Sunday, etc.

**SUNDAY 11 September**

**FOURTEENTH SUNDAY after PENTECOST**

**The Holy Eucharist**

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





**Black Isle Charge**

**CAR BOOT**

**SALE**

**ST ANDREW'S CHURCH**

**SATURDAY 3RD SEPTEMBER**

**10.30 - 12.30**

**TO RESERVE A SPACE—CONTACT ANN MCGHEE**

**01381 620 110**

## **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: [annegillianewman@gmail.com](mailto:annegillianewman@gmail.com))



# St John's Arrafeelie

**Sunday 4th September**

## **THIS WEEK AT A GLANCE**

Online...

Daily Morning Prayer (8:30am – 8am on Sundays)

Daily Evening Prayer (6:00pm)

**MON : RECTOR DAY OFF**

**TUE : 7:00pm Eucharist – St Regulus'**

**WED : 10:00am Charity Shop**

**7:00pm : MEETING OF VESTRY, MISSION & MINISTRY COMMITTEE AND MINISTRY TEAM...St Duthac Centre.**

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

**FRI : RECTOR DAY OFF**

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

**SAT : 10:00am Charity Shop**

Rector catching up for Sunday, etc.

**SUNDAY 11 September**

**FOURTEENTH SUNDAY after PENTECOST**

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9:45am in St Regulus' with Fr Mel

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





**St. Andrew's Scottish Episcopal Church, Fortrose  
Additional Choir Members**

Earlier this year a small choir was formed consisting mostly of members of the congregation. Our principal aim is to support the weekly Sunday 1130h service. Now that we have found our feet and got to know each others' voices and capabilities we have started to enhance our programme a little and have provided additional music at special services.

We hope to grow further and would welcome anyone who would like to join us. Our usual choir practises take place in the church on Saturdays at 1315h for about 45 minutes and on Sundays at 1100h just prior to the service.

Please contact Diana Hamilton-Jones if you would like further information or would like to join us. We look forward to welcoming you to our choir! ( [dchj@pm.me](mailto:dchj@pm.me) )

# SHOEBOX



# APPEAL

Dear Everyone,

The meetings for our merry band of shoebox wrappers and fillers will now be weekly on Fridays between 2 - 4pm at the Seaforth Lodge, Fortrose. This will continue till the end of October, when they will be collected by Blythswood.

Please feel free to join our happy and welcoming group where instructions will be offered to wrap both ordinary & hinged boxes.

The exciting and fun time of filling will soon begin when we have enough essentials to put in them.

This month we would be very grateful for donations of hats, scarves & gloves which must all be new, and small toys which must have the CE label on them.

Our craft group is nearing completion of beautiful sewing kits for the Ladies & I will post photos when finished. Next we're going to make scarves out of new 'throws', warm and cosy fleece type.

I look forward to seeing you.

Thanking you in anticipation and in Jesus's name

Jan MacLennan



**COLOURFUL BOOK FEEDS CURIOSITY OF BOY LEARNING TO READ**

**"I want you to read me this story!"**  
Eight-year-old Krasimir is in the second grade at school and cannot yet read for himself. But curiosity is a powerful motive to learn and soon he persuades an older sister to read him the colourful book which he discovered in his Blythswood shoebox.

The age-old story of Sarah and Abraham is as relevant to the Roma community in central Bulgaria as it is to family life anywhere. When Abraham's faith is tested, God provides a ram to take the place of Isaac, pointing to the coming of Jesus, God's sacrifice for the sins of the world.

Each year Blythswood provides a Bible story book for children, a booklet of Christian testimony for teenagers or a calendar with Bible verses for adults. In 2022 the book for children is the story of Samson, while the teens' booklet tells the story of Oana, a young Romanian who became a Christian.

Home for Krasimir is one small room which he shares with his parents and his six brothers and sisters. For families like his, every item in a Blythswood shoebox is useful and appreciated.

*Krasimir with his shoebox: home is one small room shared by nine people*



## SOMETHING NEW TAKES VILLAGE CHILDREN BY SURPRISE

**Six-year-old Masha and her brother who is eight seldom get anything new. So it was a great surprise when, on the road outside their village home in northeast Moldova, they were each presented with a box full of gifts.**

"The family lives in very poor conditions," says shoebox distributor Valentina Feodorova who makes a special effort to reach some of the poorest people in her country with your gifts. "Their father is a heavy drinker who doesn't work and their mother is having a hard time. "When we gave Christmas presents to the children they were very happy, because they had never had such toys. Thank you so much for your care for them."

**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**

### **Thought for today**

If we are facing in the right direction, all we have to do is keep on walking.

Buddhist proverb



**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 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.



# **Church Rotas**

## **St Andrew's**

### **Readers & Intercessors**

A Garraway / H Ireland / D Hamilton-Jones / B Cran

### **Sides-men**

Bill Fraser

### **Servers**

### **Sacristan**

### **Flowers**

### **Teas**

### **Cleaning**

## **St John's**