



# **The Free North Church Inverness**

*a congregation of the Free Church of Scotland*

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## **A GUIDE TO SUNDAY WORSHIP**

### **11 am – Sunday 8<sup>th</sup> November 2020**

*Sunday services are conducted today at 11 am and 6 pm*

*by our minister Rev Angus MacRae. Tel: (01463) 832616.*

*Mobile: 07 506 006 459. Email: angusmacrae1967@gmail.com*

This is a guide to our 11 am **Sunday Morning Service**, held live in-person at the Free North Church and broadcast online the Free North YouTube channel. Join us tonight for the **“Sundays at 6”** evening service, available only on YouTube. Both our Sunday services are available afterwards for catch-up. Subscribe to our YouTube channel: [youtube.com/c/FreeNorthChurchInverness](https://youtube.com/c/FreeNorthChurchInverness).

#### **WELCOME & MOMENT OF SILENCE FOR REMEMBRANCE SUNDAY**

##### **CALL TO WORSHIP (based on Psalm 119:162-163,165,167-168)**

*Lord, we rejoice at your word, like one who finds great spoil.*

*May we hate falsehood, even as we love your law.*

*Those who love your law have great peace, and nothing can make them stumble.*

*Help us to obey your statutes and love them greatly,*

*for all our ways are known to you.*

*Grant this for the sake of Jesus, in whom we pray. Amen.*

##### **PSALM 103:1-4,8-11 (SING PSALMS)**

Praise God, my soul! With all my heart  
Let me exalt his holy name.  
Forget not all his benefits;  
His praise, my soul, in song proclaim.  
The LORD forgives you all your sins,  
And heals your sickness and distress;  
Your life he rescues from the grave,  
And crowns you in his tenderness.

The LORD is merciful and kind,  
To anger slow, and full of grace.  
He will not constantly reprove,  
Or in his anger hide his face.  
He does not punish our misdeeds,  
Or give our sins their just reward.  
How great his love—as high as heaven—  
Towards all those who fear the LORD!

*Recorded at Buccleuch Free Church, Edinburgh. Tune: Before The Throne (DLM). CCL License No. 616262.*

#### **PRAYER & LORD'S PRAYER**

**Praying for PLOCKTON & KYLE and DUNBLANE.**

#### **BIBLE READING: JOHN 6:25-36**

<sup>25</sup> When they found him on the other side of the lake, they asked him, ‘Rabbi, when did you get here?’ <sup>26</sup> Jesus answered, ‘Very truly I tell you, you are looking for me, not because you saw the signs I performed but because you ate the loaves and had your fill. <sup>27</sup> Do not work for food that spoils, but for food that endures to eternal life, which the Son of Man will give you. For on him God the Father has placed his seal of approval.’ <sup>28</sup> Then they asked him, ‘What must we do to do the works God requires?’ <sup>29</sup> Jesus answered, ‘The work of God is this: to believe in the one he has sent.’ <sup>30</sup> So they asked him, ‘What sign then will you give that we

may see it and believe you? What will you do? <sup>31</sup> Our ancestors ate the manna in the wilderness; as it is written: "He gave them bread from heaven to eat." <sup>32</sup> Jesus said to them, 'Very truly I tell you, it is not Moses who has given you the bread from heaven, but it is my Father who gives you the true bread from heaven. <sup>33</sup> For the bread of God is the bread that comes down from heaven and gives life to the world.' <sup>34</sup> 'Sir,' they said, 'always give us this bread.' <sup>35</sup> Then Jesus declared, 'I am the bread of life. Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty. <sup>36</sup> But as I told you, you have seen me and still you do not believe.

### CHILDREN'S SONG: WHO IS THIS MAN?

*He's the King of Kings,  
He's the Lord of Lords.  
He can heal the sick,  
He can calm the storm.  
He's the Son of God,  
He can save us from sin.  
And He calls us to follow Him.*

Jesus met a man covered in disease.  
Knew he needed to be clean.

Jesus just touched him, the disease was gone.  
Only God can do that! Who is this man?

Jesus and his friends caught in a storm.  
Lookin' like they're gonna drown.

Jesus yelled: "QUIET!" and the storm was calm.  
Only God can do that! Who is this man?

Jesus on a cross was crucified.  
Darkness covered all the land.  
After three days Jesus rose again.  
Only God can do that! Who is this man?

*After last chorus:*  
Yes, He calls us to follow Him.  
Are you gonna follow Him?

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### CHURCH FAMILY UPDATE

We plan to celebrate **COMMUNION** on Sunday 22<sup>nd</sup> (11 am service), when we will welcome several new members into the church fellowship. The bread and wine will be prepared following strict guidance for hygiene and placed at either end of each socially distanced pew from the outset of the service for the use of communicants. Government guidance sets a maximum attendance of 50 for each act of public worship. In the light of growing demand to attend in person worship we now plan to offer **TWO MORNING SERVICES** each Sunday starting from 29<sup>th</sup> November. This should enable a greater number to benefit from meeting together regularly for fellowship and worship. A **10 am morning service** in the Church Hall will last around 40-minutes. **ANYONE** may choose to attend the 10 am service each week. An **11 am morning service** will be held in the Church, when Sunday School and creche will be provided in the fellowship area. For the time being attendance at the 11 am service will be restricted to families with children (who may attend every week) and to other individuals and families who may attend at 11 am **week-about** according to familiar alphabetic split of the congregation. Access to both morning services is by the Church Street Lane entrance. The 10 am service will exit by the Church Hall lane leading onto Church Street, to avoid congestion between those exiting and others arriving for the second service. These arrangements will be reviewed after two months. If there is a good uptake of the 10 am service, and depending on numbers attending at 11 am, we may be able to do away with the alphabetic split of the congregation at 11 am. To assist us in our planning please let the welcome team know if you expect to attend the 10 am service regularly (or send an email to Sandy Finlay indicating this at: rfinlay122@gmail.com).

### SERMON: JOHN 6:25-36 – RUNNING ON EMPTY

Joy Davidman, the poet and wife of C.S. Lewis once wrote a book on the 10 Commandments. Commenting on the first commandment she said: "We live in an age of lost faith and lost hope and empty hearts. Today the Commandment, "Thou shalt have no other gods before me," must include, 'Thou SHALT have me!'" Without a firm faith in God and His only Son we are wasting our lives and running on empty. **1). JESUS**

**UNCOVERS EMPTY HEARTS.** The crowds seem focussed on their empty bellies rather than the eternal Kingdom of God. Their aims and ambitions are too low. They focus on the short term, and on the means to their goals. Because they are empty inside, they are not looking for Jesus to feed them and to fill them. The only “work” that God wants is for them to believe in Jesus (v. 29). **2). JESUS ALONE FILLS EMPTY HEARTS.** Verses 30-36 discuss ‘manna’ – the bread from heaven provided by God in Exodus 16, which fed the Exodus generation for 40 years. The sad background to that story was the spiritual emptiness, grumbling and unbelief of the ancient Jews. They had to learn to trust God for salvation and SATISFACTION. Their descendants in the time of Jesus had forgotten the lesson of the Exodus. Sadly the crowd seem more and more hostile to Jesus and his claims, but he alone can fill their empty hearts. Perhaps we are not trying to comfort our hearts with bread. But we may try to replace God with a quest for approval, security, and comfort in this life. These things are poor substitutes for feeding on Jesus. Are you full, or running on empty? In verse 35 Jesus promises, “*Whoever comes to me will never go hungry, and whoever believes in me will never be thirsty.*” Have you come? Do you believe? Keep feeding on Jesus, who says “I AM the Bread of Life”. Keep feeding on him through the weekly Sabbath, the fellowship-life of the church, reading God’s word, the privilege of prayer and enjoying the precious Sacraments.

### HYMN: WE WILL FEAST IN THE HOUSE OF ZION

*We will feast in the house of Zion.  
We will sing with our hearts restored.  
“He has done great things,” we will say together.  
We will feast and weep no more.*

We will not be burned by the fire;  
He is the LORD our God.  
We are not consumed, by the flood.  
Upheld, protected, gathered up.  
*We will feast...*

In the dark of night, before the dawn,  
My soul, be not afraid;  
For the promised morning, oh how long!  
O God of Jacob, be my strength.  
*We will feast...*

Every vow we’ve broken and betrayed,  
You are the Faithful One;  
And from the garden to the grave,  
Bind us together, bring shalom.  
*We will feast...*

*Sung by Ann MacRae. Words & Music Sandra McCracken & Joshua Moore. Drink Your Team Music © 2015.  
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### BENEDICTION

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**SUNDAY AT SIX, live evening worship on our YOUTUBE CHANNEL, from 6 PM tonight.  
Lessons for a United and Growing Church from Ephesians.**

We have a Sunday night Zoom Fellowship to Pray for the City next Sunday 15<sup>th</sup> November at 6.30 pm.  
There is a Zoom Fellowship on Sunday 22<sup>nd</sup> November when Carrie Marlow will lead a discussion.

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### SUPPORT FOR SARAH & SEORAS

If you would like to support Seoras and Sarah go to [www.uk.om.org/give](http://www.uk.om.org/give) and put 'MacGillivray family' in the comments box. To progress in their ministry, they need to raise 60% of additional support from individuals and congregations. Their support is most effectively directed to them through O.M.

### HARVEST THANKSGIVING GIFTS

You may wish to give a thanksgiving gift during November for the Free Church Disaster and Relief Fund.

## WOMEN'S PASTORAL WORKER - CONTACT DETAILS

If you would like to get in touch with Carrie Marlow, the Women's Pastoral Worker, you can contact her by phone on 07583 498782 or email [carrie.marlow@freenorthchurch.org](mailto:carrie.marlow@freenorthchurch.org). Please support this new role in prayer and by passing on any pastoral needs and referrals to Carrie.

## DIARY, NEWS & PRAYER

**IN-PERSON WORSHIP AT THE FREE NORTH:** Please see the Church Family Update above about plans for changes to our pattern services from Sunday 29<sup>th</sup> November. We make every effort to make in-person meetings as safe, un-stressful and comfortable as possible. We also maintain discrete but careful records of all who attend and obtain contact tracing details from anyone who is not personally known to the welcome team. Try to arrive in good time to be shown to your seat by the welcome team. If you need water bring your own bottle and any books, bibles, or children's toys and materials that you may require. Unless exempt, a face-covering should be worn indoors. Worshippers may be seated with other household members or with someone in their social "bubble". **Families with children are always welcome to come to church and a Sunday School for Primary age children is available.** We divide the 11 am congregation **by surname** into **two groups** so that as many as possible may attend. The pattern is Sunday 8<sup>th</sup> November - surnames **A to Mack**; Sunday 15<sup>th</sup> November - surnames **Macl to Z**. From Sunday 29<sup>th</sup> November there will be an early and later Sunday morning service. Anyone may attend the 10 am service. The alphabetic split will continue to apply to the 11 am service. Families with children are welcome each Sunday at 11 am. Visitors and folk who cannot attend when it is their "turn" will be welcomed when they are able to attend. We do not wish to exclude anyone who wishes to attend or to put pressure on anyone to return, for example if they have health concerns. Online worship services will continue to be provided for those worshipping at home. **Please DO NOT attend church if you experience any symptoms of Covid-19.**

**Monday:** Guy's Groups meet on Zoom at 10 am and 7 pm on 9<sup>th</sup> November ('**Men Need Camaraderie**' – read pages 87-94) and on Monday 7<sup>th</sup> December ('**Men Need Competence**' – read pages 95-108). Use the usual Zoom log-in. **Chris MacLeod** is running some catch-up sessions for any who missed earlier studies of Joe's book. **Email Martin** at [office@freenorthchurch.org](mailto:office@freenorthchurch.org) for details of **Chris MacLeod's Zoom meetings**.

**Wednesday:** We meet at 7.30 pm both in-person in the hall and online on Zoom for Prayer and Bible Study.

**New Members:** We hope to welcome new members into the Free North Church family on Sunday 22<sup>nd</sup> November. Contact the minister, any elder, or our women's pastoral worker to explore church membership.

**National Day of Prayer:** Wednesday 25<sup>th</sup> November. Zoom gatherings at 7 am, 12 noon, and an in-person and Zoom gathering at 7.30 pm. Prayer resources for individuals, youth and families will be shared.

**Prayer needs:** Christina MacArthur is home from hospital after an operation. Remember all struggling with bodily and mental health issues. Pray for our mission partners **Rev Patrick Jok**, Sudanese Reformed Church and **Mr Suresh Vemulapalli**, India Village Ministries. **Rev Stephen Allison** will address the Parliament Justice Committee with concerns about the proposed "Hate Crime" Bill this Tuesday.

**Give a Book this Christmas:** Who might you be able to bless with a gift? The CYC has a Christian bookstall with a selection of extremely reasonably priced Christmas cards and books for all ages. See more on the CYC Facebook page. Books can be reserved by emailing: [rfinlay@toucansurf.com](mailto:rfinlay@toucansurf.com).

If you need help of any sort, we would love to hear from you. Contact the minister (07 506 006 459; [angusmacrae1967@gmail.com](mailto:angusmacrae1967@gmail.com)), any elder or deacon, or the church office ([office@freenorthchurch.org](mailto:office@freenorthchurch.org)).

**Support the Free North:** Donate through our website (PayPal logo), the offering box, or via our treasurer, Mrs Barbara Macphail, 31 Towerhill Avenue, IV2 5FX. (01463 794622, [treasurer@freenorthchurch.org](mailto:treasurer@freenorthchurch.org)).