



# **The Free North Church Inverness**

*a congregation of the Free Church of Scotland*

## **A GUIDE TO SUNDAY WORSHIP**

**11 am – Sunday 28<sup>th</sup> February 2021**

*Sunday services today at 11 am and at 6 pm are **ONLINE ONLY**.*

*Our guest preacher today is Dr Jamie Grant from HTC. You can contact our minister, Rev Angus MacRae at Tel: (01463) 832616.*

*Mobile: 07 506 006 459. Email: [angusmacrae1967@gmail.com](mailto:angusmacrae1967@gmail.com)).*

*Contact Carrie Marlow, our Women's Pastoral Worker at:  
[carrie.marlow@freenorthchurch.org](mailto:carrie.marlow@freenorthchurch.org) or 07583 498782.*

We have suspended all in-person worship at the Free North Church for February and March in response to public health regulations, so all our services are ONLINE only. We will advise you of any changes as the situation develops. It is possible that small numbers may gather again in-person from around Eastertime, but we await clarification from the Scottish Government. You will find our Morning and Evening services on our YouTube channel at 11 am and 6 pm. (Available afterwards for catchup. Subscribe to the channel at: [www.youtube.com/c/FreeNorthChurchInverness](http://www.youtube.com/c/FreeNorthChurchInverness)).

### **WELCOME & CALL TO WORSHIP (2 Timothy 3:14-17)**

But as for you, continue in what you have learned and have become convinced of, because you know those from whom you learned it, and how from infancy you have known the Holy Scriptures, which are able to make you wise for salvation through faith in Christ Jesus. All Scripture is God-breathed and is useful for teaching, rebuking, correcting and training in righteousness, so that the servant of God may be thoroughly equipped for every good work.

### **NEW CITY CATECHISM (Q. 42) ASKS: HOW IS THE WORD OF GOD TO BE READ AND HEARD?**

With diligence, preparation, and prayer; so that we may accept it with faith, store it in our hearts, and practice it in our lives.

### **A PRAYER FOR GOD'S PEOPLE**

Giver of the Word, help us to treasure your Scriptures as our most precious possession. May it be in our minds and on our lips. Let it transform our thinking and reform our living. Make us attentive students and devoted servants of your perfect Word. Amen.

### **PSALM 23:1-6 (Sing Psalms version)**

The LORD is my shepherd; no want shall I know.  
He makes me lie down where the green pastures  
grow;  
He leads me to rest where the calm waters flow.

My wandering steps he brings back to his way,  
In straight paths of righteousness  
making me stay;  
And this he has done his great name to display.

Though I walk in death's valley,  
where darkness is near,

Because you are with me, no evil I'll fear;  
Your rod and your staff bring me comfort and  
cheer.

In the sight of my enemies a table you spread.  
The oil of rejoicing you pour on my head;  
My cup overflows and I'm graciously fed.

So surely your covenant mercy and grace  
Will follow me closely in all of my ways;  
I will dwell in the house of the LORD all my days.

### **TALK TO CHILDREN – WONDER WALKS (SEE SCOTTISH BIBLE SOCIETY)**

In the weeks before Easter, families can download six activity guides with Bible readings and ideas for a family walk (See <https://scottish.bible/wonderwalks/>). Perhaps you could do a walk together on a Saturday or a Sunday afternoon, and talk together about what you see and hear as well as the Bible story?

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

This week Free Church congregations are praying for sister churches in **Dingwall & Strathpeffer; Charleston Community Church**, a church plant in Dundee; and **Covenant Church, Newmilns**, a recently formed congregation in East Ayrshire.

### **BIBLE READING: ECCLESIASTES 1:1-11**

<sup>1</sup>The words of the Teacher, son of David, king in Jerusalem:

<sup>2</sup>“Meaningless! Meaningless!”  
says the Teacher.  
“Utterly meaningless!  
Everything is meaningless.”

<sup>3</sup>What do people gain from all their labours  
at which they toil under the sun?

<sup>4</sup>Generations come and generations go,  
but the earth remains forever.

<sup>5</sup>The sun rises and the sun sets,  
and hurries back to where it rises.

<sup>6</sup>The wind blows to the south  
and turns to the north;  
round and round it goes,  
ever returning on its course.

<sup>7</sup>All streams flow into the sea,

yet the sea is never full.

To the place the streams come from,  
there they return again.

<sup>8</sup>All things are wearisome,  
more than one can say.

The eye never has enough of seeing,  
nor the ear its fill of hearing.

<sup>9</sup>What has been will be again,  
what has been done will be done again;  
there is nothing new under the sun.

<sup>10</sup>Is there anything of which one can say,  
“Look! This is something new”?

It was here already, long ago;  
it was here before our time.

<sup>11</sup>No one remembers the former generations,  
and even those yet to come  
will not be remembered  
by those who follow them.

### **HYMN: LORD, FOR THE YEARS**

Lord, for the years your love has kept and guided.  
urged and inspired us, cheered us on our way,  
sought us and saved us, pardoned and provided,  
Lord of the years, we bring our thanks today.

Lord, for that word, the word of life which fires  
us,  
speaks to our hearts and sets our souls ablaze,  
teaches and trains, rebukes us and inspires us;  
Lord of the word, receive your people's praise.

Lord, for our land in this our generation,  
spirits oppressed by pleasure, wealth and care;  
for young and old, for this and every nation,  
Lord of our land, be pleased to hear our prayer.

Lord, for ourselves, in living power remake us-  
self on the cross and Christ upon the throne,  
past put behind us, for the future take us,  
Lord of our lives, to live for Christ alone.

**SERMON:**  
**MAKING SENSE OF PASSING SEASONS**  
**Preacher: Dr Jamie Grant (HTC).**

**HYMN: THERE IS A HOPE**

There is a hope that burns within my heart,  
that gives me strength for every passing day;  
a glimpse of glory now revealed in meagre part,  
yet drives all doubt away:

I stand in Christ, with sins forgiven,  
and Christ in me, the hope of heaven!  
My highest calling and my deepest joy,  
to make his will my home.

There is a hope that lifts my weary head,  
a consolation strong against despair,  
that when the world has plunged me in its  
deepest pit,  
I find the Saviour there!

Through present sufferings, future's fear,  
he whispers 'Courage' in my ear  
for I am safe in everlasting arms,  
and they will lead me home.

There is a hope that stands the test of time,  
that lifts my eyes beyond the beckoning grave,  
to see the matchless beauty of a day divine  
when I behold his face!

When sufferings cease and sorrows die,  
and every longing satisfied,  
then joy unspeakable will flood my soul,  
for I am truly home.

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After morning service on YouTube why not log onto Zoom for a 15-minute informal “**coffee and chat**” catch up. Use the usual Zoom log-in details.

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**SUNDAY AT SIX – on our YOUTUBE CHANNEL at 6 PM tonight.**

**Tonight:**  
**JOB 42 – FAKE NEWS AND HONEST CONVERSATION**  
**With Dr Jamie Grant.**

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**DIARY, NEWS & PRAYER**

We are sorry in-person services remain suspended due to the public health regulations. In the light of recent Government announcements, we do not expect any major change to this suspension before Easter 2021. Please get in touch if you need help or are aware of pastoral and practical needs in the church family. Carrie has produced a helpful guide to using ZOOM, available to anyone on request.

**Today: Youth Alpha** is at 10 am on Sunday mornings For Secondary age young people. Details from Fiona Cameron (fionamarion@yahoo.co.uk) or the church office (office@freenorthchurch.org). After morning service join us on Zoom for a 15-minute “**coffee-time**” catch up at around 12 noon.

**Services today at 11 am & 6 pm:** We are delighted to welcome our guest speaker, Dr Jamie Grant.

**Tuesday 2<sup>nd</sup>** – The elders of our congregation will meet online at 7.30 pm.

**Wednesday 3<sup>rd</sup> - Wednesday Church Night** is at 7.30 pm on Zoom, conducted this week by Donnie MacLeod of the Faith Mission. The minister and some of our elders will be absent taking part in a meeting of the General Assembly (Commission) on Wednesday evening.

**Thursday 4<sup>th</sup>** – **ETS Annual Church History Lecture**, online at 2.30 pm, with **Dr Carl Truman**.

**Friday 5<sup>th</sup>** - We meet online on Zoom on Friday at 11 am for 30 minutes of prayer and Bible reading, conducted by an office-bearer. Use the usual log on details.

**Next Sunday 7<sup>th</sup> March** – Services at 11 am and 6 pm, led by our minister, with an evening fellowship.

The next **Guys Group** is online on Zoom on Monday 8<sup>th</sup> March (10 am & 7 pm), looking at *The Way Forward* by Joe Barnard (The Plan, Part 1, from pages 125-139).

The **Women's Bible Study** will next meet on Thursdays 11th and 25th March to study 1<sup>st</sup> Peter.

**AGM:** We hope to hold our church AGM online on Wednesday 7<sup>th</sup> April.

**Prayer:** Pray that our Young People would continue to find ways to get stuck into church life and to form and maintain good relationships both with Christians and with non-Christians. Pray too that they would not depart from all they have been taught and that they would stand strong in faith. Pray for Alastair Morrison in the loss of his mother and for all who mourn. Pray for those facing challenging life circumstances and for those who are feeling particularly worn-down during lockdown, that we would find our refuge in God. Lift up in prayer Elise Murray, in Raigmore Hospital, and Fiona Clark and Julie Ferguson and their families. May God be gracious to all who are suffering or coping with bad news, granting His peace and salvation.

**Marmalade:** Jane MacLeod has both Seville and Three Fruit marmalades available at £1.50 per 1lb jar. These can be collected from 7 Old Mill Lane, or they can be delivered (ring 237310). Jane would like you to keep any empty jam jars with lids for future use. We thank Jane and all who bought some jars last year, raising £792. This wonderful sum was split equally between The Leprosy Mission and WfM.

**Meal Train:** If you are interested in supporting folk with hot meals at times of need, please contact Carrie to learn more. Thanks to all who have supported the Macleod family in this way following the birth of Jude.

**Book of the month** – *Pray Big*, by Alistair Begg. A book to help us pray like an apostle, shaped by Paul's prayers in Ephesians 1 & 3. To get a copy popped through your letterbox contact Carrie. (£5, payable whenever convenient).

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:** To donate to the work of the congregation or to contribute to the recently completed Livestream Video Project visit our website (PayPal logo) or donate via our treasurer, Mrs Barbara Macphail, 31 Towerhill Avenue, IV2 5FX. (01463 794622, [treasurer@freenorthchurch.org](mailto:treasurer@freenorthchurch.org)).