



# Welcome to the Free North

a congregation of the Free Church of Scotland

## A GUIDE TO SUNDAY WORSHIP 11 am – Sunday 19<sup>th</sup> September 2021

Sunday services are at 11 am & at 6 pm, both online & in-person. Contact our minister, **Rev Angus MacRae**, on: (01463) 832616; Mobile: 07506 006459; Email: [angusmacrae1967@gmail.com](mailto:angusmacrae1967@gmail.com). You can contact **Carrie Marlow**, our **Women's Pastoral Worker**, on: [carrie.marlow@freenorthchurch.org](mailto:carrie.marlow@freenorthchurch.org) or 07583 498782.

### WELCOME

Welcome to the Free North, particularly if you are with us for the first time or exploring the Christian faith. We would love to help you become part of the Christian family. We usually stand for our praise songs. Refreshments are served in the hall after morning and evening services. Younger children will be invited to leave for age-appropriate activities part-way through morning service. There is no need to book a place to attend. There is a small social distancing zone at the back. Please use a face covering indoors, unless exempt. Subscribe to our YouTube channel for live worship: [www.youtube.com/c/FreeNorthChurchInverness](http://www.youtube.com/c/FreeNorthChurchInverness).

### CALL TO WORSHIP (ISAIAH 55:6-7)

*Seek the Lord while he may be found; call on him while he is near. Let the wicked forsake their ways and the unrighteous their thoughts. Let them turn to the Lord, and he will have mercy on them, and to our God, for he will freely pardon.*

### SING PSALMS 96a:7-13 (CM)

All nations, to the LORD ascribe  
the glory that is due;  
Glory and strength ascribe to God,  
and praise his name anew.

Enter his courts with joy, and bring  
an offering with you.  
Worship the LORD in holy fear;  
all earth, before him bow.

Tell every land: "The LORD is King!"  
Established is the earth

And cannot move; the LORD will judge  
the peoples in his truth.

Let heavens rejoice, and earth be glad;  
with joy let oceans ring.  
The fields and all in them will shout,  
and forest trees will sing.

They all will sing before the LORD,  
who comes to judge the earth.  
He'll judge the world in righteousness,  
the peoples in his truth.

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### PRAYER & LORD'S PRAYER

Today we pray for sister churches in **Smithton** (ministers, Revs Alasdair MacLeod and Innes MacSween), and **North Uist & Grimsay** (minister Rev Calum Smith).

### TALK TO CHILDREN

## BIBLE READING: EXODUS 5:22 – 6:12

<sup>22</sup> Moses returned to the Lord and said, 'Why, Lord, why have you brought trouble on this people? Is this why you sent me?' <sup>23</sup> Ever since I went to Pharaoh to speak in your name, he has brought trouble on this people, and you have not rescued your people at all.' <sup>6:1</sup> Then the Lord said to Moses, 'Now you will see what I will do to Pharaoh: because of my mighty hand he will let them go; because of my mighty hand he will drive them out of his country.' <sup>2</sup> God also said to Moses, 'I am the Lord. <sup>3</sup> I appeared to Abraham, to Isaac and to Jacob as God Almighty, but by my name the Lord I did not make myself known to them. <sup>4</sup> I also established my covenant with them to give them the land of Canaan, where they resided as foreigners. <sup>5</sup> Moreover, I have heard the groaning of the Israelites, whom the Egyptians are enslaving, and I have remembered my covenant. <sup>6</sup> Therefore, say to the Israelites: "I am the Lord, and I will bring you out from under the yoke of the Egyptians. I will free you from being slaves to them, and I will redeem you with an outstretched arm and with mighty acts of judgment. <sup>7</sup> I will take you as my own people, and I will be your God. Then you will know that I am the Lord your God, who brought you out from under the yoke of the Egyptians. <sup>8</sup> And I will bring you to the land I swore with uplifted hand to give to Abraham, to Isaac and to Jacob. I will give it to you as a possession. I am the Lord.'" <sup>9</sup> Moses reported this to the Israelites, but they did not listen to him because of their discouragement and harsh labour. <sup>10</sup> Then the Lord said to Moses, <sup>11</sup> 'Go, tell Pharaoh king of Egypt to let the Israelites go out of his country.' <sup>12</sup> But Moses said to the Lord, 'If the Israelites will not listen to me, why would Pharaoh listen to me, since I speak with faltering lips?'

### HYMN: AND CAN IT BE?

And can it be that I should gain  
an interest in the Saviour's blood?  
Died he for me, who caused his pain?  
For me, who him to death pursued?  
Amazing love! How can it be  
that thou, my God, shouldst die for me?

'Tis mystery all! The Immortal dies!  
Who can explore His strange design?  
In vain the first-born seraph tries  
to sound the depths of love divine!  
'Tis mercy all! Let earth adore;  
let angel minds enquire no more.

He left his Father's throne above -  
So free, so infinite his grace -  
Emptied himself of all but love,

and bled for Adam's helpless race.  
'Tis mercy all, immense and free;  
For, O my God, it found out me!

Long my imprisoned spirit lay  
Fast bound in sin and nature's night:  
Thine eye diffused a quickening ray;  
I woke! The dungeon flamed with light!  
My chains fell off; my heart was free,  
I rose, went forth, and followed thee!

No condemnation now I dread!  
Jesus, and all in him, is mine!  
Alive in him, my living Head,  
And clothed in righteousness divine,  
Bold I approach the eternal throne,  
And claim the crown, through Christ, my own.

*Words: Charles Wesley (1707-1798). CCL License 616262. CCL Streaming 324811.*

### SERMON ON EXODUS 6 - THE NAME EVERY SUFFERER NEEDS TO KNOW

For a long time, things seemed to go from bad to worse for the Hebrew slaves in Egypt, and for Moses their liberator and leader. God has important lessons to teach. **1). WHEN YOU SUFFER – KNOW GOD'S NAME.** The Jewish people have suffered dreadful persecution through the ages. In Moses era and in the era of the 20<sup>th</sup> century holocaust this led some people, like the Italian journalist Primo Levi, into a spiral of despair or atheism, imagining that God did not care. But the lesson of Exodus 6 offers help to anyone who suffers. God Almighty does see us, he does care, and he speaks powerfully into our painful circumstances. He shows us his name and character. **2). WHEN YOU SUFFER – KNOW GOD'S PROMISES ARE TRUE.** God never lies, and he keeps his promises. His promise of a land was kept, and his promises to us for the future will also stand forever true. **3). WHEN YOU SUFFER – KNOW GOD'S PROMISES ARE LAVISH.** There is nothing cheap or stingy about salvation. God delivers the prisoners, and only he sets them free. If only those in despair could

see what every child of God should see! There is purpose in our pain, and there is hope for our future. The name of the Lord is the core truth we most need to face our future with confidence.

### SONG: CORNERSTONE – MY HOPE IS BUILT

My hope is built on nothing less  
than Jesus' blood and righteousness.  
No merit of my own I claim,  
but wholly trust in Jesus name.

When darkness veils His lovely face,  
I rest on His unchanging grace.  
In every high and stormy gale  
my anchor holds and will not fail.

*Christ alone, Cornerstone, weak made strong in  
the Saviour's love.  
Through the storm He is Lord, Lord of all.*

His oath, His covenant, His blood  
Support me in the rising flood:  
When all around my soul gives way,  
He then is all my hope and stay.

When He shall come with trumpet sound,  
Oh, may I then in Him be found.  
Clothed in His righteousness alone,  
faultless to stand before the throne.

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### BENEDICTION

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**SUNDAY AT SIX – live in-person and on our YOUTUBE CHANNEL at 6 PM tonight.  
Hebrews 11:4-7. The Gospel for Inverness – Faith that Pleases God.**

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### DIARY, NEWS & PRAYER

On Sunday mornings there is a **creche** and **Sunday School** in the hall. A **Youth Fellowship** meets in the CYC building at 6 pm. **Tea and coffee are served in the hall after both our Sunday services.**

**Songs of Praise:** Several City Centre Churches are holding a **Songs of Praise** service at the Old High Church today at **3 pm**, with a focus on thankfulness to God. Our minister will read and explain the scripture and folk from several local congregations will introduce their favourite praise songs. All are very welcome.

**Note from Jane MacLeod (01463 237310):** Coffee@Dobbies is on Tuesday 21 September. An invitation is extended to all to come along from 10.30 am onwards to have a cup of coffee and an opportunity to chat and support one another. Buy your drink and go to the quiet area to the left of the tills.

**Wednesday:** Join us in-person at the church and online on YouTube for **Church Night** at 7.30 pm. Please try to attend in person if you can. We also wish to support those who take part from their homes. They may join on **Zoom** immediately after the live YouTube stream stops.

**Thursday: Road to Recovery** meets in the fellowship area at 7.30 pm. Details from Martin MacLean.

**Friday Online Prayer:** A 30-minute Prayer Time on the usual Zoom codes, starting at 9 am.

**Family Night & Big Free Rally:** All young families are welcome to a **Family Night** this Saturday 25<sup>th</sup> September from 6 pm. The annual **Big Free Rally** for young people is virtual this year. We plan to coincide this with a family night at the Free North. Takeaway food will be available in the hall from 6pm and the Big Free videos will be shown for two age categories from 7 to 8 pm. All young families are welcome for some food and fellowship. **Please let either Rob or Brian know if you intend to come along.**

Next Sunday 26<sup>th</sup> – We look forward to welcoming to our evening service our mission partner **Philip Amos** from London and his colleague **Misha Vayshengolts**, based in Israel. They both work with the **International Mission to Jewish People** (formerly known as CWI). A good attendance will encourage our mission partners.

The **Guys Groups** meet this term on Mondays (4<sup>th</sup> & 25<sup>th</sup> Oct; 8<sup>th</sup> & 22<sup>nd</sup> November; and 6<sup>th</sup> December). We are reading Kent Hughes' **"Disciplines of a Godly Man"**. For 4<sup>th</sup> October, please read pages 61-74.

The **Ladies' Bible Study** meets next on Tuesday 28<sup>th</sup> at 10.30 am and 7.45 pm to study Revelation 2:8-11. Copies of a study guide are available. Contact Carrie on [carrie.marlow@freenorthchurch.org](mailto:carrie.marlow@freenorthchurch.org) or 07583 498782 for information, to get a study guide delivered or if you need a lift. Future dates are 28th Sept, 12th & 26th Oct, 9th & 23rd Nov and 7th December.

**September Book of the month - Side by Side** by Ed Welch. Everyone needs help sometimes but often we don't feel equipped to help others, or know how to ask for help. *Side by Side* seeks to help us walk with one another in wisdom and love as we share our burdens with one another. It shows us how God can and does work through ordinary Christians in our ordinary relationships and conversations. £7 a copy.

The church **Fellowship Walks** will resume on Saturday, 2nd October at 9 am. The venue is the Aldourie Estate Forestry walk. Aldourie is located between Inverness and Dores about 8 miles from the city. To get to the public car park turn right opposite Aldourie Primary School (follow the Aldourie direction sign) and you will find the car park approximately 200 yards on the left. The walk is around 4.5k and at one part there is steep decline towards Loch Ness, but we would not want to miss the idyllic Aldourie Estate bay and jetty on our walk. Any enquiries to Derek Morrison on 07469 975656 or [derekmary@icloud.com](mailto:derekmary@icloud.com).

**Survey:** We wish to survey the congregation to help deliver Home Groups, informal events and Midweek Meetings that best meet our needs and circumstances. It would be very helpful to get your thoughts. You can complete a "Google Form" here: <https://forms.gle/NFPcsUTXHm72zsHq8>. Alternatively, paper copies are available at church, and these can be returned in an envelope through the offering plate.

**Prayers:** Next Friday and Saturday the Free Church holds a **Vision** Conference & Training Event in Edinburgh for those involved in **Church Planting**. Several folk from Merkinch and the Free North plan to attend. Commit to God the *WfM Hope for the Hurting Project (2021/22)* aimed at raising prayer and financial support for *Safe Families Scotland*, *Community House Damaris* (in Athens), and *Lakhnadon Christian Hospital* (in India).

**Edinburgh Theological Seminary** run a monthly **Saturday Course** (in person at ETS, online, or in person by link at Knockbain FC). Remaining dates for this session are 9 Oct; 6 Nov; 11 Dec; 15 Jan 2022; 12 Feb; 19 March; 23 April. Enrol at [ets.ac.uk/saturday-courses-application](http://ets.ac.uk/saturday-courses-application).

**Communion:** We will next share in Communion on Sunday 14<sup>th</sup> November.

**Zoom:** To request log-on codes see the weekly email update or email Martin at [office@freenorthchurch.org](mailto:office@freenorthchurch.org).

**Helping with Teas and Coffees:** It is wonderful to be able to gather for fellowship over tea and coffee after services. There is a sign-up sheet for anyone interested in helping out serving teas.

**Supporting our work:** Thank you to all who give generously to maintain and develop the work of our church. You can donate at our website (PayPal logo), in the offering plate, or directly to our "Free North Church" bank account (82-65-18, a/c number 40246657). Direct enquiries to Mrs Barbara Macphail: [treasurer@freenorthchurch.org](mailto:treasurer@freenorthchurch.org). Donations can be for our general fund, a specific project (such as the Women's Worker, or Live Stream project) or earmarked for our local Congregational Development Fund.