SUNDAY 10th April 2022 Palm Sunday	The Scottish Episcopal Church St John's, Arpafeelie: St Andrew's , Fortrose: St Regulus, Cromarty The Black Isle Family of Congregations	TO T
SC010781	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: <u>mel@sagart.me.uk</u>	



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 BLESSING OF THE PALMS

The Lord be with you.

And also with you.

Hear the Good News of our Lord Jesus Christ according to Saint Luke (19:28-40):

Glory to Christ our Saviour!

After telling a parable to the crowd at Jericho, Jesus went on ahead, going up to Jerusalem. When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, "Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here. If anyone asks you, 'Why are you untying it?' just say this, 'The Lord needs it.'' So those who were sent departed and found it as he had told them. As they were untying the colt, its owners asked them, "Why are you untying the colt?" They said, "The Lord needs it." Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it. As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying, "Blessed is the king who comes in the name of the Lord!

Peace in heaven, and glory in the highest heaven!"

Some of the Pharisees in the crowd said to him, "Teacher, order your disciples to stop." He answered, "I tell you, if these were silent, the stones would shout out."

Give thanks to the Lord for this his glorious Gospel.

Praise to Christ our Lord!

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

THE PROCLAMATION OF THE WORD cont.

AT THE EUCHARIST

Collect

Almighty and everliving God, in tender love for all our human race you sent your Son our Saviour Jesus Christ to take our flesh and suffer death upon a cruel cross. May we follow the example of his great humility, and share in the glory of his resurrection; through Jesus Christ our Lord who lives and reigns with you and the Holy Spirit: God, now and for ever. **Amen.**

+ FIRST READING : Isaiah 50:4-9

The Lord GOD has given me the tongue of a teacher, that I may know how to sustain the weary with a word.

Morning by morning he wakens-- wakens my ear to listen as those who are taught.

The Lord GOD has opened my ear, and I was not rebellious, I did not turn backward. I gave my back to those who struck me, and my cheeks to those who pulled out the beard;

I did not hide my face from insult and spitting. The Lord GOD helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near.

Who will contend with me? Let us stand up together. Who are my adversaries? It is the Lord GOD who helps me; who will declare me guilty?

Hear the word of the Lord.

+ PSALM 31:9-16

I trust in you, O Lord. You are my God! I trust in you, O Lord. You are my God!

Have mercy on me, O Lord, for I am in trouble; my eye is consumed with sorrow, and also my throat and my belly. I trust in you, O Lord. You are my God!

For my life is wasted with grief, and my years with sighing; my strength fails me because of affliction, and my bones are consumed. I trust in you, O Lord. You are my God!

I have become a reproach to all my enemies and even to my neighbours, a dismay to those of my acquaintance; when they see me in the street they avoid me.

I trust in you, O Lord. You are my God!

I am forgotten like a dead man, out of mind; I am as useless as a broken pot.

I trust in you, O Lord. You are my God!

For I have heard the whispering of the crowd; fear is all around; they put their heads together against me; they plot to take my life. I trust in you, O Lord. You are my God!

But as for me, I have trusted in you, O Lord. I have said, "You are my God.

I trust in you, O Lord. You are my God!

My times are in your hand; rescue me from the hand of my enemies, and from those who persecute me. I trust in you, O Lord. You are my God!

Make your face to shine upon your servant, and in your loving-kindness save me."

I trust in you, O Lord. You are my God!

+ SECOND READING : Philippians 2:5-11

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness.

And being found in human form, he humbled himself and became obedient to the point of death -- even death on a cross.

Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Hear the word of the Lord.

+ THE PASSION OF OUR LORD JESUS CHRIST ACCORDING TO SAINT LUKE (22:14-23:56)

(The traditional responses are not made before or after the Passion...and because of the length of the reading, please remain seated until you are invited to stand...and later, kneel.)

When the hour for the Passover meal came, Jesus took his place at the table, and the apostles with him. He said to them, "I have eagerly desired to eat this Passover with you before I suffer; for I tell you, I will not eat it until it is fulfilled in the kingdom of God." Then he took a cup, and after giving thanks he said, "Take this and divide it among yourselves; for I tell you that from now on I will not drink of the fruit of the vine until the kingdom of God comes." Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, "This is my body, which is given for you. Do this in remembrance of me." And he did the same with the cup after supper, saying, "This cup that is poured out for you is the new covenant in my blood. But see, the one who betrays me is with me, and his hand is on the table. For the Son of Man is going as it has been determined, but woe to that one by whom he is betrayed!" Then they began to ask one another, which one of them it could be who would do this.

A dispute also arose among them as to which one of them was to be regarded as the greatest. But he said to them, "The kings of the Gentiles lord it over them; and those in authority over them are called benefactors. But not so with you; rather the greatest among you must become like the youngest, and the leader like one who serves. For who is greater, the one who is at the table or the one who serves? Is it not the one at the table? But I am among you as one who serves.

"You are those who have stood by me in my trials; and I confer on you, just as my Father has conferred on me, a kingdom, so that you may eat and drink at my table in my kingdom, and you will sit on thrones judging the twelve tribes of Israel.

"Simon, Simon, listen! Satan has demanded to sift all of you like wheat, but I have prayed for you that your own faith may not fail; and you, when once you have turned back, strengthen your brothers." And he said to him, "Lord, I am ready to go with you to prison and to death!" Jesus said, "I tell you, Peter, the cock will not crow this day, until you have denied three times that you know me."

He said to them, "When I sent you out without a purse, bag, or sandals, did you lack anything?" They said, "No, not a thing." He said to them, "But now, the one who has a purse must take it, and likewise a bag. And the one who has no sword must sell his cloak and buy one. For I tell you, this scripture must be fulfilled in me, `And he was counted among the lawless'; and indeed what is written about me is being fulfilled." They said, "Lord, look, here are two swords." He replied, "It is enough."

He came out and went, as was his custom, to the Mount of Olives; and the disciples followed him. When he reached the place, he said to them, "Pray that you may not come into the time of trial." Then he withdrew from them about a stone's throw, knelt down, and prayed, "Father, if you are willing, remove this cup from me; yet, not my will but yours be done." Then an angel from heaven appeared to him and gave him strength. In his anguish he prayed more earnestly, and his sweat became like great drops of blood falling down on the ground. When he got up from prayer, he came to the disciples and found them sleeping because of grief, and he said to them, "Why are you sleeping? Get up and pray that you may not come into the time of trial."

While he was still speaking, suddenly a crowd came, and the one called Judas, one of the twelve, was leading them. He approached Jesus to kiss him; but Jesus said to him, "Judas, is it with a kiss that you are betraying the Son of Man?" When those who were around him saw what was coming, they asked, "Lord, should we strike with the sword?" Then one of them struck the slave of the high priest and cut off his right ear. But Jesus said, "No more of this!" And he touched his ear and healed him. Then Jesus said to the chief priests, the officers of the temple police, and the elders who had come for him, "Have you come out with swords and clubs as if I were a bandit? When I was with you day after day in the temple, you did not lay hands on me. But this is your hour, and the power of darkness!"

Then they seized him and led him away, bringing him into the high priest's house. But Peter was following at a distance. When they had kindled a fire in the middle of the courtyard and sat down together, Peter sat among them. Then a servant-girl, seeing him in the firelight, stared at him and said, "This man also was with him." But he denied it, saying, "Woman, I do not know him." A little later someone else, on seeing him, said, "You also are one of them." But Peter said, "Man, I am not!" Then about an hour later still another kept insisting, "Surely this man also was with him; for he is a Galilean." But Peter said, "Man, I do not know what you are talking about!" At that moment, while he was still speaking, the cock crowed. The Lord turned and looked at Peter. Then Peter remembered the word of the Lord, how he had said to him, "Before the cock crows today, you will deny me three times." And he went out and wept bitterly.

Now the men who were holding Jesus began to mock him and beat him; they also blindfolded him and kept asking him, "Prophesy! Who is it that struck you?" They kept heaping many other insults on him.

When day came, the assembly of the elders of the people, both chief priests and scribes, gathered together, and they brought him to their council. They said, "If you are the Messiah, tell us." He replied, "If I tell you, you will not believe; and if I question you, you will not answer. But from now on the Son of Man will be seated at the right hand of the power of God." All of them asked, "Are you, then, the Son of God?" He said to them, "You say that I am." Then they said, "What further testimony do we need? We have heard it ourselves from his own lips!"

Then the assembly rose as a body and brought Jesus before Pilate. They began to accuse him, saying, "We found this man perverting our nation, forbidding us to pay taxes to the emperor, and saying that he himself is the Messiah, a king." Then Pilate asked him, "Are you the king of the Jews?" He answered, "You say so." Then Pilate said to the chief priests and the crowds, "I find no basis for an accusation against this man." But they were insistent and said, "He stirs up the people by teaching throughout all Judea, from Galilee where he began even to this place."

When Pilate heard this, he asked whether the man was a Galilean. And when he learned that he was under Herod's jurisdiction, he sent him off to Herod, who was himself in Jerusalem at that time. When Herod saw Jesus, he was very glad, for he had been wanting to see him for a long time, because he had heard about him and was hoping to see him perform some sign. He questioned him at some length, but Jesus gave him no answer. The chief priests and the scribes stood by, vehemently accusing him. Even Herod with his soldiers treated him with contempt and mocked him; then he put an elegant robe on him, and sent him back to Pilate. That same day Herod and Pilate became friends with each other; before this they had been enemies.

Pilate then called together the chief priests, the leaders, and the people, and said to them, "You brought me this man as one who was perverting the people; and here I have examined him in your presence and have not found this man guilty of any of your charges against him. Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. I will therefore have him flogged and release him."

Then they all shouted out together, "Away with this fellow! Release Barabbas for us!" (This was a man who had been put in prison for an insurrection that had taken place in the city, and for murder.) Pilate, wanting to release Jesus, addressed them again; but they kept shouting, "Crucify, crucify him!" A third time he said to them, "Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him." But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished.

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, "Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, 'Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.' Then they will begin to say to the mountains, 'Fall on us'; and to the hills, 'Cover us.' For if they do this when the wood is green, what will happen when it is dry?"

Two others also, who were criminals, were led away to be put to death with him.

ALL STAND

When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, "Father, forgive them; for they do not know what they are doing." And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, "He saved others; let him save himself if he is the Messiah of God, his chosen one!" The soldiers also mocked him, coming up and offering him sour wine, and saying, "If you are the King of the Jews, save yourself!" There was also an inscription over him, "This is the King of the Jews."

One of the criminals who were hanged there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." He replied, "Truly I tell you, today you will be with me in Paradise."

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two.

Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last.

ALL KNEEL IN SILENCE

When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent." And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

Now there was a good and righteous man named Joseph, who, though a member of the council, had not agreed to their plan and action. He came from the Jewish town of Arimathea, and he was waiting expectantly for the kingdom of God. This man went to Pilate and asked for the body of Jesus. Then he took it down, wrapped it in a linen cloth, and laid it in a rock-hewn tomb where no one had ever been laid. It was the day of Preparation, and the sabbath was beginning. The women who had come with him from Galilee followed, and they saw the tomb and how his body was laid. Then they returned, and prepared spices and ointments.

On the sabbath they rested according to the commandment.

PRAYER REQUESTS

For grace to keep the coming Week holy and to have heart full of joy for Easter! 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 Church of North India.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. Patricia E, Maureen F, Jackie F, Tim H, Camayo H, Ross J, Blayne 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 Andrew's Cathedral, Inverness. For our sister Dioceses of Quebec, Canada & Tuam, Killala and Achonry, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

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:

As his passion drew near, Christ looked on Jerusalem and wept, because it did not recognize that God's salvation had come. Let us pray in faith and repentance.

- Lord, have mercy on your people.

Lord, you longed to gather the children of Jerusalem as a hen gathers her chicks under her wings; help all people to recognize your love and that their moment of salvation has come.

- Lord, have mercy on your people.

Do not abandon your faithful, even when they desert you; restore us to yourself, Lord Jesus, and we shall be restored. -Lord, have mercy on your people.

Unite the faithful to your passion in times of trouble and distress and let the power of your salvation shine forth in their lives. -Lord, have mercy on your people.

You are reigning now in the glory of the Father; remember those who have died today.

- Lord, have mercy on your people.

Conclude with the Lord's Prayer.

A NOTE FROM THE RECTOR

My Dear Friends,

Holy Week arrives this Sunday and with palms in our hands we will welcome the Lord to Jerusalem. There are services scheduled for each day. Please do make an effort to be present as the Week progresses. Those scheduled for Thursday evening, Good Friday, the Saturday evening Vigil and/or Easter Sunday are especially important.

The requirement for wearing masks has been lifted. This will be a cause of joy for some of us but a source of concern for many as well with so much Covid about. Please, if you choose to not wear one, maintain social distance within our church buildings. This is part of our mutual care and respect. Kindness and care come first.

Again, we are permitted to return to administering the consecrated Wine from the **CHALICE**. Please remember that intinction (dipping the consecrated Bread in the chalice) is not permitted. Every care will be taken to purify the chalice between communicants. **No one must receive from the chalice**...there have always been those in our congregations who don't. Please feel no pressure at all.

SIGN OF PEACE Please stand during the Sign of Peace and greet one another. For the time being continue to simply bow or wave and speak the peace.

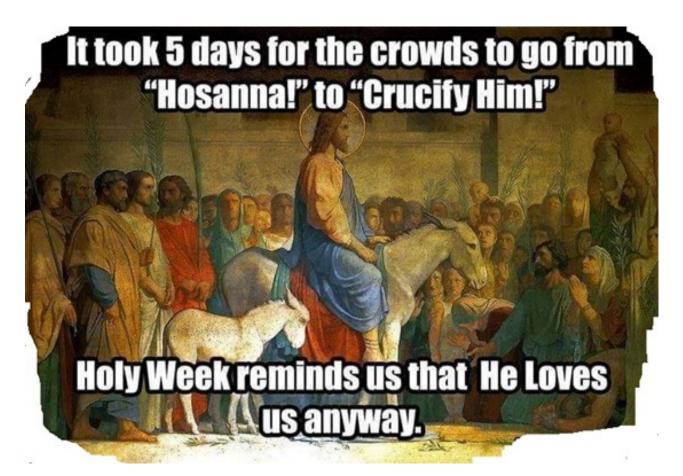
Again, if anyone would like a visit or to receive Holy Communion at home and is comfortable with me coming by in the midst of the current Covid situation, please give me a call – 01381 622 241 and we can set up a time!

Blessings to one and all and much love too! Mel +





Daily Morning Prayer (8:30am – 8am on Sundays) Daily Evening Prayer (6:00pm)



HOLY WEEK 2022

SUNDAY 10 April - PALM SUNDAY EUCHARIST

9.45am in St John's with Fr Arthur9.45am in St Regulus with Rev Christine11.30am in St Andrew's with Fr Mel

Monday :Eucharist 10am in St Andrew'sTuesday :Eucharist 7pm in St Regulus'

Wednesday : Eucharist 10am in St John's

MAUNDY THURSDAY

11:00am in St Andrew's Cathedral - CHRISM MASS & Renewal of Ordination Vows ALL ARE WELCOME! THE TRIDUUM

MAUNDY THURSDAY 7:00pm Mass of the Lord's Supper in St Andrew's

GOOD FRIDAY 10:00am in St Regulus' 12:00pm SOLEMN LITURGY in St Andrew's 2:00pm in St John's

HOLY SATURDAY Morning...prepping for Easter Celebrations in all three churches. COME AND HELP!

EASTER EVE 8:00pm in St Andrew's THE GREAT VIGIL of the RESURRECTION

EASTER DAY

9:45am Eucharist in St John's with Fr Mel9:45am Eucharist in St Regulus' with Rev Christine11:30am Eucharist in St Andrew's with Fr Mel





Lent Course 2022

Rev Christine will again be leading a Lent Course this year. The sessions will be on Wednesday evenings at 7.00pm, starting on March 9th, until April 13th (Wednesday of Holy Week), in Rev Christine's cottage on Cathedral Square. The course is based on a booklet entitled 'Days to Lament - a Lenten Journey'. Copies of the booklet can be obtained from Christine. You can contact her on 01381 621975 or christinemylne67@gmail.com.

SOUP & SWEET...at Rev Christine's after Stations...donations most welcome for our Shoebox campaign!

CHRISTMAS BOXES

Dear Everyone, the next meeting for wrapping the Blythswood 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 laddie's birthday as you can see from the photo !

The Blythswood 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



Bishop's Lent Appeal 2022

This year's lent appeal is in support of unicef's work with the children of Ukraine

As you may know, I am required to transfer all monies donated by our three churches to the Diocese by Good Friday,

If you wish to make a donation in cash or by cheque could you kindly make these via your Church's Collection Plate using an envelope previously supplied to your church, no later than this coming Sunday, 10 April 2022. Cheques should be made out to BLACK ISLE CHARGE.

Donations can also be made online to BLACK ISLE CHARGE. Sort Code: 80-06-83 Account No: 00600410. Please include Reference: Lent Appeal 2022. Closing date is Wednesday 13 April 2022. Thank you for your generous support, as ever.

Peter Furniss Treasurer 4 April 2022

A Big Thank You!!!

In my letter dated 4 February 2022 I made an urgent appeal to members to consider increasing their monthly tithe payments to help the Charge meet increased fuel charges and other cost increases effective from 1 March 2022. I am very pleased to report that, despite the mounting financial pressures on us all, many members have been able to respond extremely positively by increasing their monthly payments, including two significant one – off donations. It is very difficult to predict what the financial future holds for us, but these payments will ensure that we are now in a much better position to meet our financial obligations in the remainder of this year and in 2023. As I have previously intimated if we are able to increase our general fund-raising activities during the coming summer months, then this will help to make sure that our financial position becomes even more positive.

Peter Furniss Treasurer 4 April 2022

BISHOP'S LENT APPEAL 2022

This year's lent appeal will be in support of UNICEF's work with the children of Ukraine.



To enable the Treasurer to transfer gifts to the Diocese by Good Friday, (15 April 2022), donations should be made as follows:

- By Placing cash or a cheque in an envelope marked Bishop's Lent Appeal 2022 on your Church's Collection Plate. A supply of envelopes will be made to each church to enable you to do this. Please note that <u>cheques should be made out to</u> <u>BLACK ISLE CHARGE</u> and <u>not Diocese of Moray</u> as indicated on the original poster
- **Online By Bank Transfer (BACs).** To BLACK ISLE CHARGE. Sort Code: 80-06-83 Account No: 00600410. Please include Reference: Lent Appeal 2022.

Thank you for your support for this vital cause.

Peter Furniss Treasurer Black Isle Charge 9 March 2022



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. 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: annegilliannew-man@gmail.com)

St John's Arpafeelie

Sunday 10th April 2022



Open Spring Garden

The Old Mill, Rosemarkie

Sunday April 10th 2pm – 4pm

in aid of The Disasters Emergency Committee Ukrainian Appeal and The Puffin Hydrotherapy Pool in Dingwall

Donations at the gate Refreshments

Classic Film Club

Second Wednesday afternoon of the month

14.30 - 17.30

at the **Cromarty Cinema** (by slipway in Cromarty)

"Raise the Red Lantern" Wed April 13th "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

Thought for today

When you know that round the bend decisions must be made.

Pray for guidance. Keep right on and do not be afraid.

You won't take the wrong direction or be led astray,

If you read the signposts that God sets along the way.



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 findmore 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.



Church Rotas

St Andrew's

Readers & Intercessors

S A Jackson / J MacLennan / L MacDonell / J Deakin

Sides-men

A Garraway / J Deakin

Servers

Sacristan

Flowers

Teas

Cleaning

St John's