



**The Scottish Episcopal Church on the Black Isle
Eaglais Easbaigeach na h-Alba san Eilean Dubh**

Charity Number SC010781

St Regulus' Cromarty + St John's, Arpafeelie + St Andrew's,
Fortrose

The Most Rev'd Mark Strange,
Bishop of Moray, Ross & Caithness

Interim Rector

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If you wish to receive the newsletter via email, please
contact Isla Cruden: isla@ricruden.net who will add you to
the circulation list.

**Note There is one service only on 10th December at
St Andrews Fortrose at 11am to be followed by The
Black Isle Charge AGM & a bring & share lunch.**

**THE ADVENT WREATH
Second Sunday of Advent**

Upon hearing the news that his son would be a prophet
of the Most High Zechariah broke into a song of
praise.

“And you, child, will go before the Lord to
prepare his ways, to give knowledge of salvation to his
people by the forgiveness of their sins.”

We light the second Advent candle as an act of praise
that by God's mercy, the Messiah will come to give
light to those in darkness, and to guide our feet into the
way of peace.

Light the candle.

Sing... (Tune: Away in a Manger)

A candle is burning, a candle of *Peace*;
A candle to signal that conflict must cease.
For Jesus is coming to show us the way;
A message of peace humbly laid in the hay.

Come Lord Jesus.

Blessed is he who comes in the name of the
Lord.

THE PROCLAMATION OF THE WORD

Collect

Stir up our hearts, Lord, to prepare the way of your
only begotten Son: that, in his coming, we might serve
you with our hearts made pure; through the same Jesus
Christ, our Lord, who lives and reigns with you, in the
unity of the Holy Spirit, one God, world without end.

+FIRST READING: Isaiah 40:1-11

Comfort, O comfort my people, says your God.
Speak tenderly to Jerusalem, and cry to her that she
has served her term, that her penalty is paid, that she
has received from the Lord's hand double for all her
sins.

A voice cries out: "In the wilderness prepare the way
of the LORD, make straight in the desert a highway
for our God.

Every valley shall be lifted up, and every mountain
and hill be made low; the uneven ground shall become
level, and the rough places a plain.

Then the glory of the LORD shall be revealed, and all
people shall see it together, for the mouth of the
LORD has spoken."

A voice says, "Cry out!" And I said, "What shall I
cry?" All people are grass, their constancy is like the
flower of the field.

The grass withers, the flower fades, when the breath of
the LORD blows upon it; surely the people are grass.
The grass withers, the flower fades; but the word of
our God will stand forever.

Get you up to a high mountain, O Zion, herald of good
tidings; lift up your voice with strength, O Jerusalem,
herald of good tidings, lift it up, do not fear; say to the
cities of Judah, "Here is your God!"

See, the Lord GOD comes with might, and his arm
rules for him; his reward is with him, and his
recompense before him.

He will feed his flock like a shepherd; he will gather
the lambs in his arms, and carry them in his bosom,
and gently lead the mother sheep.

Psalm 85:1-2, 8-13

Show us your mercy, O Lord, and grant us your
salvation.

**Show us your mercy, O Lord, and grant us
your salvation.**

LORD, you were favourable to your land; you restored
the fortunes of Jacob. You forgave the iniquity of your
people; you pardoned all their sin.

**Show us your mercy, O Lord, and grant us
your salvation.**

Let me hear what God the LORD will speak, for he
will speak peace to his people, to his faithful, to those
who turn to him in their hearts. Surely his salvation is
at hand for those who fear him, that his glory may
dwell in our land.

**Show us your mercy, O Lord, and grant us
your salvation.**

Steadfast love and faithfulness will meet;

righteousness and peace will kiss each other. Faithfulness will spring up from the ground, and righteousness will look down from the sky.

Show us your mercy, O Lord, and grant us your salvation.

The LORD will give what is good, and our land will yield its increase. Righteousness will go before him, and will make a path for his steps.

Show us your mercy, O Lord, and grant us your salvation.

+SECOND READING 2 Peter 3:8-15a

But do not ignore this one fact, beloved, that with the Lord one day is like a thousand years, and a thousand years are like one day.

The Lord is not slow about his promise, as some think of slowness, but is patient with you, not wanting any to perish, but all to come to repentance.

But the day of the Lord will come like a thief, and then the heavens will pass away with a loud noise, and the elements will be dissolved with fire, and the earth and everything that is done on it will be disclosed.

Since all these things are to be dissolved in this way, what sort of persons ought you to be in leading lives of holiness and godliness, waiting for and hastening the coming of the day of God, because of which the heavens will be set ablaze and dissolved, and the elements will melt with fire?

But, in accordance with his promise, we wait for new heavens and a new earth, where righteousness is at home.

Therefore, beloved, while you are waiting for these things, strive to be found by him at peace, without spot or blemish; and regard the patience of our Lord as salvation. So also our beloved brother Paul wrote to you according to the wisdom given him.

+GOSPEL Mark 1:1-8

The beginning of the good news of Jesus Christ, the Son of God.

As it is written in the prophet Isaiah, "See, I am sending my messenger ahead of you, who will prepare your way; the voice of one crying out in the wilderness: 'Prepare the way of the Lord, make his paths straight,'" "

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins.

And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins.

Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey.

He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals.

I have baptized you with water; but he will baptize you with the Holy Spirit."

THIS WEEK AT A GLANCE (11-16)

MON: Prayer Meeting

TUE: 7:00pm Eucharist in St Regulus'

8.00pm Advent Study Group St Regulus - to join please contact annegillianneyman@gmail.com

WED: 9:00am Celtic Morning Prayer via Zoom - to join please contact annegillianneyman@gmail.com

10:00am Charity Shop

10:00am Advent Study Group in Fortrose

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

FRI:

SAT: 10:00am Charity Shop

10:30 Coffee Morning (see poster)

Sunday 17th December 2023

Advent 3 Gaudete

THE HOLY EUCHARIST

9.45am at Sr Regulus with Rev. Christine

11.30 am at St Andrews with Rev. Christine

RESERVED SACRAMENT SERVICE

9.45am at St John's with Jean & Ann

(Readings Is 61.1-4, 8-11; Ps 126;

1 Th 5.16-24; Jn 1.6-8,19-28)

PRAYER REQUESTS

For grace to be Jesus' hands, feet, voice, eyes, and heart in the world...that we may all LIVE and Be the GOOD NEWS.

OUR WORLD

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 Anglican Church of Papua New Guinea.

OUR DIOCESE

For our brothers & sisters in the Porvoo Communion of Churches. For all who are studying for Ordination or Readership. For their instructors & all who support them. For Mark, our Bishop, and all priests, lay readers and Eucharistic Ministers, helping to maintain our cycle of worship during the interregnum. For the congregation of St. Andrew's Cathedral, Inverness: Sarah Murray, Katrina O'Neil, Margaret Massey. For our sister Dioceses of Québec, Canada & Tuam, Limerick & Killaloe, Ireland.

OUR CHURCH & COMMUNITY FAMILY & FRIENDS

For our three congregations, those who can join us in public worship and those joining us in spirit at home. For the Eilean Dubh care home & all care homes and for our church members who are living in them. For Laura S, Stuart T & all studying for ordination &

readership. For Igor, Oleksii & Families. For all who are ill in mind, body, or spirit. Pray for our Granny in Guatemala: Santos De La Cruz Mendez. For all we know to need our prayers.

A DAILY PRAYER for the WEEK

Spend a moment in silence and call to mind any concerns... then pray:

Christ is the high priest of his people: it is in him that we come together to make our prayers to the father of us all.

- *Father, put new hearts within us.*

We thank you for calling us into the Church: bless us with constant faith and make it a source of life for others.

- *Father, put new hearts within us.*

Lord, bless Mark our Bishop and Primus: we pray that his faith may not fail, and that he may strengthen his sisters and brothers.

- *Father, put new hearts within us.*

Turn sinners back to you: grant us a humble and contrite heart.

- *Father, put new hearts within us.*

Your Son knew what it was to be excluded from his homeland. Be mindful of those who must live far from their family and country.

- *Father, put new hearts within us.*

Give eternal rest to the dead: bring the whole church together in heaven.

- *Father, put new hearts within us.*

In a moment of silence, call to mind the concerns of your own heart with those listed above and lift them up to God. Conclude with the Lord's Prayer.

CHRISTMAS CARDS

The craft group, normally responsible for the Blythswood boxes, ask that we save our Christmas cards for their later use.

TO THE MERRY WIDOWS, WIDOWERS & LIVE-ALONERS

Thank you to all those who contributed in cash or kind to the last Merry Widows, widowers and live-aloners lunch. We passed £35.00 on to the shoe box fund. Next gathering towards the end of January.

Christine and Elizabeth

DIOCESAN ADVENT MEDITATION CALENDAR

The Diocese has produced an interactive online advent calendar. It can be accessed by clicking the following link (or pasting into your browser). There is also a link on our FB Page

<https://calendar.myadvent.net/?id=j6yqx3y2eoojtd275b5nm7rowkwk6vzv>

ADVENT TALKS 2023



Here is the link for more information and to register.

<https://www.scotland.anglican.org/new-series-of-talks-in-advent-2023-the-coming-of-the-christ/>

COFFEE MORNING

The Scottish Episcopal Church on the Black Isle



Seasonal Coffee Morning



Image by xvector on Freepik

Home Baking & Stalls

Saturday 16th December

10.30 - 12 Noon

At

Seaforth Lodge, Fortrose

Eaglais Easbaigeach na h-Alba san Eilean Dubh
Charity Number SC010781
Charge Website: episcopalblackisle.scot

ADVENT AND CHRISTMAS SERVICES

Copies will be available in the churches, and it is posted separately on the website.

<p>OUR CHURCHES</p>  <p>St Andrew's Fortrose</p>  <p>St John's Arpafelle</p>  <p>St Regulus' Cromarty</p>	<p>OUR MISSION</p> <p>We are a community where ALL are welcome.</p> <p>We are a community where all seek to be loving and caring, welcoming and forgiving, serving and healing.</p> <p>We are a community where the poor can go for help, the lonely for company and the sorrowing for comfort.</p> <p>We are a community where, with fidelity to our own faith and respect for that of others, we seek the unity for which Christ prayed.</p> <p>In the spirit of faith, service, and community, we strive to bring people closer together and closer to God.</p> <p>The Most Rev'd Mark Strange, Bishop of Moray, Ross & Caithness Interim Rector Phone: 01463 811333 Email: bishop@morayangilligan.org Charge Website: episcopalblackisle.scot Facebook https://www.facebook.com/blackislecharge</p>	<p>THE SCOTTISH EPISCOPAL CHURCH ON THE BLACK ISLE</p> <p>EAGLAIS EASBAIGEACH NA H'ALBA SAN EILEAN DUBH</p> <p>SERVICES & EVENTS FOR ADVENT & CHRISTMAS</p> <p><i>Come and join us for all or any of our events and services. All are welcome!</i></p>  <p>Photo by Robert Thiemann on Unsplash</p> <p>The Scottish Episcopal Church on the Black Isle. A Charity registered in Scotland Charity Number SC010781</p>
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<p>EVENT Octavoce Friday 22nd December 7.30pm A Candlelight Concert At St Andrew's Fortrose</p>  <p>Followed by festive refreshments. Entry is by donation (suggested at £10).</p> <p>10th December One service only at 11am in St Andrew's Fortrose & to be followed by Black Isle Charge Annual General Meeting</p>	<p>Sunday Services During Advent/Christmas 9.45am in St Regulus' Cromarty 9.45am in St John's Arpafelle 11.30am St Andrew's Fortrose (Apart from 10th Dec - see separate announcement re AGM)</p> <p>Midweek Services Tues 7pm Eucharist or Reserved Sacrament at St Regulus, Cromarty Wed 9am - Celtic Morning Prayer (via Zoom. Contact Anne Gillian Newman@gmail.com for details) Thur 10am - Eucharist at St Andrew's Fortrose</p> <p>Services at St Andrew's Fortrose Sun 3rd December 7pm - Order of St John Carol Service</p> <p>Events & Services at St Regulus' Cromarty Advent Posada Trail daily at 4pm. The Holy Family journeying around Cromarty & arriving at St Regulus at 9.45am Christmas Eve. Thurs 21st December 7pm - Carols by Candlelight (community choir)</p> <p>Service in North Kessock Hall Hosted by St John's Arpafelle & The Church of Scotland Wed 20th December 7pm - Carol Service</p> <p>CHRISTMAS SERVICES CHRISTMAS EVE Morning services at usual times Sun 24th December 10pm - Midnight Mass at St Andrew's Fortrose (10pm is midnight in Bethlehem)</p> <p>CHRISTMAS DAY St Regulus' Cromarty - 9.45am St Andrew's Fortrose - 11.30am St John's Arpafelle - 10.30am</p>
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Note the Posada events in Cromarty will not now be taking place.

OCTAVOCE

Friday 22nd December at 7.30pm,
St Andrew's Church, Fortrose

UNRESERVED SEATING - FIRST COME FIRST SERVED.

Followed by festive refreshments
(entry by donation - suggested at £10)



"Jesus grew in wisdom and in stature and in favour with God and people" Luke 2:52
How do we grow in wisdom? Spend time learning from one who is truly wise.
Jesus went up the mountain to pray and continued all

night in prayer to God. In the morning, long before daylight, He went out and departed to a solitary place and there he prayed. After he had sent the crowds away, he went up on a mountain by himself to pray. When evening came, he was there alone. Prayer is conversation, listening and talking.

There are 168 hours in a week. If we deduct time for sleeping, eating, working, and essentials we could still have 50 hours left. Could we give a tenth of this time to God?

The old excuse "I don't have any time" is not the case. What is most often the case is: too little planning of the time we have.

George Muller spent three hours every morning from 4-7 a.m. reading the Bible and praying. Towards the end of his life he was responsible for caring for 3000 orphans, staff, buildings, food, bills - all with no resources or income of his own.

If we are to do small or great exploits for God, we need to gain wisdom and strength from being with God.

Those who wait upon the Lord shall renew their strength.

Our Christian life is a life of relationship with God, getting to know him better and better and to learn from him daily, following his good advice. The Bible has an answer for all our needs. "Learn from me for I am gentle and humble of heart and you will find rest for your souls" Sally Ann

A message from the editor.

A reminder to send any information you want in the newsletter to me by email by (normally) noon on Tuesday.

There will be no newsletter published on 26th December. Information necessary for all services up to and including 31st December will be published in the previous week's newsletter.

If you have any notices to be published, please get them to me by noon on TUES 19th December.

The first new year publication date will be WED 3rd January. Please get any information to me by noon.

I have also been reviewing some of the 'tabs' on the website and editing pages. Hopefully all is clear to navigate but if anyone notices any problems, please let me know. (& to those who pointed out some issues, which, I hope, have now been resolved - a big thank you).

There may be some further updating and tidying in the New Year but I'm not risking any further editing during this important season!

For the FB page, information about St Regulus' activities should go to Stuart Thomson, St Andrew's, to Alison Garraway & St John's to me.

If anyone is housebound and would like to receive Holy Communion or simply a visit, please contact a member of the Ministry team of your local church who will be happy to arrange.

Jean (jeanmedavis@gmail.com)