

**Remembrance Sunday
12th November 2023**



**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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For a fuller newsletter, please contact Isla Cruden:
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THE PROCLAMATION OF THE WORD

Collect

O God, whose will it is to hold both heaven and earth in a single peace: let the design of your great love shine on the waste of our wraths and sorrows; and give peace to your Church, peace among nations, peace in our homes, and peace in our hearts; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

+FIRST READING: Job 19.21-27

Have pity on me, have pity on me, O you my friends, for the hand of God has touched me!
Why do you, like God, pursue me, never satisfied with my flesh?

O that my words were written down! O that they were inscribed in a book! O that with an iron pen and with lead they were engraved on a rock for ever!

For I know that my Redeemer^[b] lives, and that at the last he will stand upon the earth;[and after my skin has been thus destroyed, then in my flesh I shall see God, whom I shall see on my side, and my eyes shall behold, and not another. My heart faints within me!

+PSALM 90

Lord, teach us to number our days.

Lord, teach us to number our days.

Lord, you have been our dwelling-place^[a]

in all generations. Before the mountains

were brought forth, or ever you had formed the earth and the world, from everlasting to everlasting you are God.

Lord, teach us to number our days.

You turn us^[b] back to dust, and say, 'Turn back, you mortals.' For a thousand years in your sight are like yesterday when it is past, or like a watch in the night.

Lord, teach us to number our days.

You sweep them away; they are like a dream, like grass that is renewed in the morning; in the morning it flourishes and is renewed; in the evening it fades and withers.

Lord, teach us to number our days.

For we are consumed by your anger; by your wrath we are overwhelmed. You have set our iniquities before you, our secret sins in the light of your countenance.

Lord, teach us to number our days.

For all our days pass away under your wrath; our years come to an end^[c] like a sigh. The days of our life are seventy years, or perhaps eighty, if we are strong; even then their span^[d] is only toil and trouble; they are soon gone, and we fly away.

Lord, teach us to number our days.

Who considers the power of your anger? Your wrath is as great as the fear that is due to you. So teach us to count our days that we may gain a wise heart.

Lord, teach us to number our days.

Turn, O Lord! How long? Have compassion on your servants! Satisfy us in the morning with your steadfast love, so that we may rejoice and be glad all our days.

Lord, teach us to number our days.

Make us glad for as many days as you have afflicted us, and for as many years as we have seen evil. Let your work be manifest to your servants, and your glorious power to their children.

Lord, teach us to number our days.

Let the favour of the Lord our God be upon us, and prosper for us the work of our hands—O prosper the work of our hands!

Lord, teach us to number our days.

+SECOND READING: 1 Cor 15.51-57

Listen, I will tell you a mystery! We will not all die, but we will all be changed, in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised imperishable, and we will be changed. For this perishable body must put on imperishability, and this

mortal body must put on immortality. When this perishable body puts on imperishability, and this mortal body puts on immortality, then the saying that is written will be fulfilled:

‘Death has been swallowed up in victory.’

‘Where, O death, is your victory?

Where, O death, is your sting?’

The sting of death is sin, and the power of sin is the law.

+Gospel: Jn 6.37-40

Everything that the Father gives me will come to me, and anyone who comes to me I will never drive away; for I have come down from heaven, not to do my own will, but the will of him who sent me. And this is the will of him who sent me, that I should lose nothing of all that he has given me, but raise it up on the last day. This is indeed the will of my Father, that all who see the Son and believe in him may have eternal life; and I will raise them up on the last day.’

THIS WEEK AT A GLANCE (13-18)

MON:

TUE: 7:00pm Eucharist in St Regulus’

WED: 9:00am Celtic Morning Prayer via Zoom (to join please contact

annegilliannewman@gmail.com)

10:00am Charity Shop

10:00am Bible Study Group

THU: 10:00am Eucharist in St Andrew’s

FRI:

SAT: 10:00am Charity Shop

Sunday 19th November 2023

Pentecost 25

THE HOLY EUCHARIST

9:45am in St Regulus, Cromarty with Rev Christine

RESERVED SACRAMENT SERVICE

9:45am in St John’s Arpafeelie with Ann & Jean

11:30am in St Andrew’s Fortrose with LR Barrie

(Readings Zeph 1.7,12-18; Ps 90.1-8(9-11)12; 1 Th 5.1-11; Mt 25.14-30)

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 God’s blessing upon all who labour for peace in the world. For those of our nation who have made the supreme sacrifice in that cause... and for all who continue to bear the scars outwardly and inwardly. For the men and women of our armed forces.

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.

For all those affected by the continuing action in Israel & Gaza and for those in Ukraine and all suffering strife and disaster throughout the world.

OUR COMMUNION

Pray for the peace and unity of the Church. Pray for our sisters and brothers of Igreja Anglicana de Mocambique e Angola

OUR DIOCESE

For our sisters and brothers of Aberdeen & Orkney 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 congregations of Holy Trinity, Elgin; Burghead Mission; St. Margaret, Lossiemouth: Tembu Rongong, Jenny Sclater, Philip Schonken. 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 Sandy M who is undergoing surgery on Friday 10th. 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 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:

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.

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on 4th December at 7pm at Rev Christine's house in Fortrose.

CONGREGATIONAL MEETING AT ST ANDREW'S

Our next Congregational meeting will be held after our service on **November 12th, (Remembrance Sunday)**. Exciting times we are now in, and lots of things to think about, and to get on with, so please aim to be present for a short while following the service. We are looking for two volunteers to be part of the Black Isle Episcopal Eco group. Along with St John's, and St Regulus, we will be able to initiate some work towards becoming more environmentally friendly and this is all part of the Bishop's five year plan for us. We are a charge that works well together, and that should be a cause to celebrate and be a motivation too.

Jan

A note from Rev. Christine to all Merry widows, widowers and live-aloners.

If you would like to spend a Sunday afternoon in company rather than on your own, join us for lunch on Sunday 26 November at 1.00 pm, at the Home of Elizabeth Waters – St Catherine's, Union Street, Fortrose. Booking essential at christinemylne85@gmail.com or on 01381 621975. No need to bring anything, but a SMALL contribution towards cost would be appreciated. Please let me know if you have any food allergies. (Note change of e-mail address).

BLYTHSWOOD SHOEBOX OPERATION UPDATE

Well, we made it!! This year's work has culminated in 534 boxes, all wrapped, and lovingly filled with hats, gloves, scarves, toothbrushes, toothpaste, soap, sanitary wear, underwear and socks, sweets, toys or gifts, brushes or combs, playing cards, screwdrivers, or sewing kits, shampoo or shower gel, pens and pencils, notebooks and lots of other gifts !! We send a big thank you to all who joined in, donated, fundraised, and for the satellite wrappers in Cromarty, the knitters, crocheters, sewing folk, cutters of scarves, and everyone who came and joined in with the 2023 operation!!

We will be having a break from November to January with regards to wrapping and filling. We would

though, still welcome the continued good support of kind folk who can buy the extra bar of soap or toothbrush and toothpaste with their weekly shopping, as every little helps. The shops still have hats, gloves, and scarves in, and if you could manage it, the odd pair of gloves or a hat would be most useful for the boxes.

This is such an amazing ministry, and so very much needed, especially in worn torn Ukraine just now. Please continue to hold them in prayer. Below are just a few photos of our last Filling Stations Day, and next week, the great send off!!!

Yours,
Jan



THIS WEEK'S NEWS FROM AROUND THE CHARGE

As we approach Advent there will be an Advent and Christmas service leaflet available in the churches and for distribution elsewhere in the Black Isle. In addition, please check here and on the Facebook Page for other events.

This week here is some information from St Regulus about events in the next few weeks.

There will be a family and community service on Remembrance Sunday at 9.45am, with the Act of Remembrance at the War Memorial (followed by refreshments in church).

There will be an Advent discussion group each Tuesday from 8pm to 9pm, in church and online on 28th Nov & 5th, 12th and 19th Dec - contact Gillian for information.

The Holy Family will be journeying round Cromarty; at 4pm each day in Advent a new family will receive them with some short prayers and (occasionally) some light hospitality. They will arrive at St Regulus at the morning service on Christmas Eve.

SAINT OF THE WEEK

Saint Margaret of Scotland (16 Nov)



Born in the year 1046, Margaret was the daughter of the Anglo-Saxon royal house of England but educated in Hungary, where her family lived in exile during the reigns of Danish kings in England. After the Norman invasion in 1066, when still her royal person was a threat to the new monarchy, she was welcomed in the royal court of Malcolm III of Scotland and soon afterwards married him in 1069. Theirs was a happy and fruitful union and Margaret proved to be both a civilising and a holy presence. She was a woman of prayer as well as good works who seemed to influence for good all with whom she came into contact. She died on this day in 1093.

Jesus grew in stature and in WISDOM and in favour with God and people. Luke 2:52

1 Chronicles 12:32 says the men of Issachar “understood the times”

Peter says: “Be alert! Be sober minded!” 1 Peter 1:13 In Ephesians 5:13 is written: “Awake sleeper!”

Jesus says: “Be on guard! I have told you everything ahead of time.” Mark 13:23

Revelation 16:15 “Blessed is the one who stays awake and clothed”

Psalm 94: “Understand, you senseless among the people. And when will you understand, foolish ones.” “Take care how you listen! For whoever has, to them more will be given” Luke 8:18

“Be watchful in all things, endure afflictions, do the work of an evangelist, fulfil your ministry!” 2 Tim 4:5 “Be serious and watchful for the purpose of your

praying” 1 Peter 4:7
Do we get the message?

Sally Ann

FROM BLYTHSWOOD FOODBANK

This year’s reverse advent calendar suggestions.

Reverse Advent Calendar

Highland Foodbank

We'd be grateful if you would consider donating the following items during November, to give us time to add the items to food parcels for people in

November 2023	
1 st	Tin of mince
2 nd	Small packet of biscuits
3 rd	Hot water bottle
4 th	Box of washing powder
5 th	Carton of UHT milk
6 th	Sanitary items
7 th	Tin of potatoes
8 th	Men's deodorant
9 th	Small tin of ham
10 th	Jar of jam
11 th	Tin of carrots
12 th	£3 to help with deliveries
13 th	Toothpaste
14 th	Tin of corned beef
15 th	Packet of sweets
16 th	Tin of fruit
17 th	Packet of cream crackers
18 th	Bag of sugar
19 th	Small jar of instant coffee
20 th	Selection box
21 st	Toilet rolls
22 nd	Carton of long life juice
23 rd	Bar of chocolate
24 th	Jar of pasta sauce
25 th	Women's deodorant
26 th	Large tin of ham
27 th	Tin of chopped tomatoes
28 th	Shower gel
29 th	Bag of crisps/pringles
30 th	Box of 6 mince pies



We need your kind donations to be handed in to our Foodbank warehouse, 1 Glebe Street, Inverness, IV1 1RF or any of our shops **no later than the first week in December.**

Please note that the items we have asked for are not our exhaustive list, but items we are shorter of.

Foodbank enquiries: 01463 717630
blythwood.org/foodbank_advent

Thank You

Blythwood Care, Highland Deephaven,
Evanton, Ross-shire IV16 9XJ

Registered charity in Scotland no SC048001 Company no 583493
Northern Ireland no NIC014515 Company no NI050683

A message from the editor.

If you want to receive the newsletter regularly by email and currently do not do so, please contact Isla Cruden (isla@ricruden.net) who will arrange to add you to the circulation list.

Or you can bookmark it online at <https://episcopalbblackisle.scot>

A reminder to get any information you want in the newsletter to me by email by noon on Tuesday.

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.

If you want a particular person mentioned here in our prayers, please let me know & I will add them for the remainder of that calendar month.

Jean (jeanmedavis@gmail.com)