

Second Sunday after Epiphany
14th January 2024



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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Sunday 14th January 2024
Epiphany 2

THE HOLY EUCHARIST
9:45am in St John's with Fr Arthur

RESERVED SACRAMENT SERVICE
9:45am in St Regulus, Cromarty with Jill & Simon.
11:30am in St Andrew's with LR Pat.

THE PROCLAMATION OF THE WORD

Collect

Almighty and eternal God, ruler of heaven and earth:
mercifully hear the prayers of your people, and grant
your peace to our times; 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: 1 Samuel 3. 1-10 (11-20)

Now the boy Samuel was ministering to the LORD
under Eli. The word of the LORD was rare in those
days; visions were not widespread.

At that time Eli, whose eyesight had begun to grow
dim so that he could not see, was lying down in his
room; the lamp of God had not yet gone out, and
Samuel was lying down in the temple of the LORD,
where the ark of God was.

Then the LORD called, "Samuel! Samuel!" and he
said, "Here I am!" and ran to Eli, and said, "Here I am,

for you called me." But he said, "I did not call; lie
down again." So he went and lay down.

The LORD called again, "Samuel!" Samuel got up and
went to Eli, and said, "Here I am, for you called me."
But he said, "I did not call, my son; lie down again."
Now Samuel did not yet know the LORD, and the
word of the LORD had not yet been revealed to him.
The LORD called Samuel again, a third time. And he
got up and went to Eli, and said, "Here I am, for you
called me." Then Eli perceived that the LORD was
calling the boy.

Therefore Eli said to Samuel, "Go, lie down; and if he
calls you, you shall say, 'Speak, LORD, for your
servant is listening.'" So Samuel went and lay down in
his place.

Now the LORD came and stood there, calling as
before, "Samuel! Samuel!" And Samuel said, "Speak,
for your servant is listening."

Then the LORD said to Samuel, "See, I am about to do
something in Israel that will make both ears of anyone
who hears of it tingle.

On that day I will fulfil against Eli all that I have
spoken concerning his house, from beginning to end.
For I have told him that I am about to punish his house
forever, for the iniquity that he knew, because his sons
were blaspheming God, and he did not restrain them.
Therefore I swear to the house of Eli that the iniquity
of Eli's house shall not be expiated by sacrifice or
offering forever."

Samuel lay there until morning; then he opened the
doors of the house of the LORD. Samuel was afraid to
tell the vision to Eli.

But Eli called Samuel and said, "Samuel, my son." He
said, "Here I am."

Eli said, "What was it that he told you? Do not hide it
from me. May God do so to you and more also, if you
hide anything from me of all that he told you."

So Samuel told him everything and hid nothing from
him. Then he said, "It is the LORD; let him do what
seems good to him."

As Samuel grew up, the LORD was with him and let
none of his words fall to the ground.

And all Israel from Dan to Beer-sheba knew that
Samuel was a trustworthy prophet of the LORD.

+PSALM 139, 1-5, 12-17

I will thank you because I am marvellously made.

**I will thank you because I am
marvellously made.**

O LORD, you have searched me and known me.
You know when I sit down and when I rise up; you
discern my thoughts from far away.

**I will thank you because I am
marvellously made.**

You search out my path and my lying down, and are
acquainted with all my ways.

Even before a word is on my tongue, O LORD, you
know it completely.

You hem me in, behind and before, and lay your hand upon me.

Such knowledge is too wonderful for me; it is so high that I cannot attain it.

I will thank you because I am marvellously made.

For it was you who formed my inward parts; you knit me together in my mother's womb.

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; that I know very well.

I will thank you because I am marvellously made.

My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth.

Your eyes beheld my unformed substance. In your book were written all the days that were formed for me, when none of them as yet existed.

I will thank you because I am marvellously made.

How weighty to me are your thoughts, O God! How vast is the sum of them!

I try to count them -- they are more than the sand; I come to the end -- I am still with you.

I will thank you because I am marvellously made.

+SECOND READING: 1 Corinthians 6. 12-20

"All things are lawful for me," but not all things are beneficial. "All things are lawful for me," but I will not be dominated by anything.

"Food is meant for the stomach and the stomach for food," and God will destroy both one and the other. The body is meant not for fornication but for the Lord, and the Lord for the body.

And God raised the Lord and will also raise us by his power.

Do you not know that your bodies are members of Christ? Should I therefore take the members of Christ and make them members of a prostitute? Never!

Do you not know that whoever is united to a prostitute becomes one body with her? For it is said, "The two shall be one flesh."

But anyone united to the Lord becomes one spirit with him.

Shun fornication! Every sin that a person commits is outside the body; but the fornicator sins against the body itself.

Or do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own?

For you were bought with a price; therefore glorify God in your body.

+GOSPEL: John 1. 43-51

The next day Jesus decided to go to Galilee. He found Philip and said to him, "Follow me."

Now Philip was from Bethsaida, the city of Andrew and Peter.

Philip found Nathanael and said to him, "We have found him about whom Moses in the law and also the prophets wrote, Jesus son of Joseph from Nazareth."

Nathanael said to him, "Can anything good come out of Nazareth?" Philip said to him, "Come and see."

When Jesus saw Nathanael coming toward him, he said of him, "Here is truly an Israelite in whom there is no deceit!"

Nathanael asked him, "Where did you get to know me?" Jesus answered, "I saw you under the fig tree before Philip called you."

Nathanael replied, "Rabbi, you are the Son of God! You are the King of Israel!"

Jesus answered, "Do you believe because I told you that I saw you under the fig tree? You will see greater things than these."

And he said to him, "Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man."

THIS WEEK AT A GLANCE (15- 20)

MON:

TUE:

WED: 9:00am Celtic Morning Prayer via Zoom (to join please contact annegillianewman@gmail.com)

10:00am Charity Shop

10:00am Bible Study Group

THU: 10:30am Service in St Andrew's

2pm Church walk from St John's to Killearnan CoS. Contact anndanson@btinternet.com for details.

FRI:

SAT: 10:00am Charity Shop

Sunday 21st January 2024

Epiphany 3

THE HOLY EUCHARIST

9:45am in St Regulus' with Rev. Christine

11:30am in St Andrew's with Rev. Christine

RESERVED SACRAMENT SERVICE

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

(Readings Jon 3.1-5,10. Ps 62.6-14.1 C 7.29-31.

Mk 1.14-20)

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 the Church of the Province of South East Asia.

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, Tain: James Currall. Assistant Priest – Simon Scott.

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:

Let us unite ourselves with all Christians, praising the Father and asking for his protection.

-Heavenly Father, hear your children

Father help those who search for an unknown God: and let them discover the light of Christ.

-Heavenly Father, hear your children

Look in mercy on those who adore you as the one and only God; show them that you are always close.

-Heavenly Father, hear your children

Remember all your children throughout the world; see that they never stray far from you.

-Heavenly Father, hear your children

Send your angels to protect all your children; save them from sudden and unprepared death.

-Heavenly Father, hear your children

Bring the dead to the vision of your glory; give them eternal happiness in your presence.

-Heavenly Father, hear your children

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 **5th February** at 7pm at Rev. Christine's house.

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 28 January at 1.00 pm, at the Home of Elizabeth Waters - St Katherine'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. This will be our last gathering before Easter, as once we enter Lent, there will be soup lunches every Friday at 12 noon, at my place - fund raising for the Blythswood Shoe Box Project.

Please let me know if you have any food allergies. (Note change of e-mail address)

Christine

CHURCH WALK

Our annual walk between St John's Arpafeelie and Killearnan Church of Scotland takes place on **Thurs 18th January**. We start at St John's at **2pm** with a hymn and prayer and then walk to Killearnan where after a cup of tea those who left their cars at St John's will get a lift back to collect their vehicles.

OPERATION SHOEBOX APPEAL

**THIS MONTH,
WE WOULD WELCOME**



**DONATIONS Of
TOOTHBRUSHES AND
TOOTHPASTE PLEASE
THANK YOU XXXXXXX
XXXXX.**


Dear Everyone,

The New Year is here, and we begin again, wrapping boxes for the Blythwood Christmas Shoebox appeal. We meet in the Seaforth Lodge at Fortrose and within two hours, have a lot of fun whilst wrapping the shoeboxes in such lovely, jolly, festive paper. We have kindly been given a lot of wrapping paper from Fortrose Post Office, but if you have any spare, that would be good to bring along too.

I supply the sellotape, and scissors, and if you'd like to learn how to wrap hinged boxes, I have clothes pegs too! We are a very friendly bunch and have refreshments and cakes/biscuits at 3pm too. I have to say that Caroline and Bob from Fortrose Post Office have been very kind in donating sellotape too!! Our next meeting will take place on the 26th of this month (January). If you are ever near a shoe shop, and could collect a few boxes, that would be amazing. This month, we would welcome donations of toothpaste and toothbrushes. I look forward to seeing you there. God Bless, and thank you.

Jan Maclennan x

FROM BLYTHSWOOD FOODBANK



can you help?

Items we're shorter of
Jan/Feb 2024


- Cartons of long life juice
- Diluting juice (small)
- Teabags
- Jars of instant coffee
- Oatcakes/crackers
- Tins of ham/corned beef
- UHT milk
- Shower gel
- Deodorant

Emergency Food for local people in crisis.

Please donate an item or two from the list

Thank You!

01463 717630
foodbank.admin@blythwood.org
Registered Charity in Scotland 048001
Company Number 583493



FROM JAN

I found this from an old newsletter in 2009, for new year resolutions.

To your enemies – forgiveness
To your adversaries – tolerance
To your friends – your heart

To your clients – service
To all mankind – Love
To each child – a good example
To yourself – respect
To your faith – yourself
All quite challenging to apply!

A DATE FOR THE DIARY - CATHEDRAL FLOWER FESTIVAL

All Churches in the Diocese are invited to join the Flower Fairies in the preparation of the flowers for the 150th Celebration of the Consecration of the Cathedral. I have attached a poster containing contact information should you wish to participate.



FLOWER FESTIVAL

Friday May 24th until Sunday May 26th 2024

All Churches in the Diocese are invited to join the Flower Fairies in the preparation of the flowers for the 150th Celebration of the Consecration of the Cathedral.



More information contact helen.holden@invernesscathedral.org

A MESSAGE FROM THE EDITOR

A reminder to send any information you want included to me by email by **noon on Tuesday each week.**

From next week I will be including the response for the psalm but will be omitting the readings as these are sent separately to the newsletter circulation list. If anyone has a problem with this change please email me to let me know.

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)

The Bicentenary Year of the Scottish Fire & Rescue Service



This is The Bicentenary Year of the Scottish Fire & Rescue Service, the founding of the world's first municipal fire service in Edinburgh and its first Master of Engines, James Braidwood. There will be activities planned by local fire stations up and down the country, special events and, hopefully, some memorabilia later in the year! As we have done each year since 2018 a service of thanks will be held in St. Andrew's Church on Sunday 23rd June at 1130h and in October a very special national & international service will be held in St. Giles Cathedral in Edinburgh.

The new Museum of Scottish Fire Heritage has finally opened in Edinburgh and is well worth a visit for young and not-so-young. Please visit their website to find out the details:

www.museumofscottishfireheritage.org

We do not need a special reason to be grateful for the fire service, but perhaps this year more than ever, we should show them how much we appreciate their bravery and all they do to keep us safe.

The Fire Fighters' Charity is another way we can show our appreciation:

www.firefighterscharity.org.uk

With thanks.

Diana