

**Lent 1**  
**18<sup>th</sup> February 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

Phone: 01463 811333

Email: [bishop@moray.anglican.org](mailto:bishop@moray.anglican.org)

Charge Website: [episcopalblackisle.scot](http://episcopalblackisle.scot)

For a fuller newsletter, please contact Isla Cruden:  
[isla@ricruden.net](mailto:isla@ricruden.net)

**Sunday 18<sup>th</sup> February 2024**

**Lent 1**

**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 Isla & Donald**

*(Readings: Gen 9.8-17. Ps 25.1-9. 1 P 3.18-22. Mk 1.9-15)*

**+PSALM: 25. 1-9**

Your paths, O Lord, are love and faithfulness.

**Your paths, O Lord, are love and faithfulness.**

To you, O Lord, I lift up my soul; my God, I put my trust in you; let me not be humiliated, nor let my enemies triumph over me. Let none who look to you be put to shame; let the treacherous be disappointed in their schemes.

**Your paths, O Lord, are love and faithfulness.**

Show me your ways, O Lord, and teach me your paths. Lead me in your truth and teach me, for you are the God of my salvation; in you have I trusted all the day long.

**Your paths, O Lord, are love and faithfulness.**

Remember, O Lord, your compassion and love, for they are from everlasting. Remember not the sins of my youth and my transgressions; remember me

according to your love and for the sake of your goodness, O Lord.

**Your paths, O Lord, are love and faithfulness.**

Gracious and upright is the Lord; therefore he teaches sinners in his way. He guides the humble in doing right and teaches his way to the lowly. All the paths of the Lord are love and faithfulness to those who keep his covenant and his testimonies.

**Your paths, O Lord, are love and faithfulness.**

**THIS WEEK AT A GLANCE (19- 24)**

**MON:**

**TUE: 8:00pm On-line Lent Course**

**WED: 9:00am Celtic Morning Prayer :- to join either, please contact [annegillianneyman@gmail.com](mailto:annegillianneyman@gmail.com) for the relevant Zoom link**

10:00am Charity Shop

10:00am Bible Study

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

**FRI: 12 noon Stations of the Cross in St Andrew's**  
(Followed by soup lunch in aid of Blythswood Boxes at Rev. Christine's)

**SAT: 10:00am Charity Shop**

**Sunday 25<sup>th</sup> February 2024**

**Lent 2**

**THE HOLY EUCHARIST**

**9:45am in St John's with Rev. Christine**  
**11:30am in St Andrew's with Rev. Christine**

**RESERVED SACRAMENT SERVICE**

**9:45am in St Regulus' with LR Pat**

*(Readings: Gen17.1-7,15-16, Ps 22.22-30. Ro 4.13-25. Mk 8.31-38.)*

**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 Province of the Episcopal Church of Sudan.

**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. We pray for the congregation of St. Trolla at the Crask: Bishop Mark, James Currall. & we pray 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 pray earnestly to Christ the Lord. He tells us to watch and pray that we may not fall into temptation.

-Hear us Lord and have mercy

Lord Jesus, you promised to be with those who are gathered in your name; keep us united with you as we pray to the Father in the Holy Spirit.

-Hear us Lord and have mercy

Cleanse your church from every stain of sin; make her alive with hope and the power of the Spirit.

-Hear us Lord and have mercy

Help us to care for our neighbour and show your love for people: through us let the light of your salvation shine in the world.

-Hear us Lord and have mercy

Let your peace spread to the ends of the earth; let all people see in every place the signs of your presence.

-Hear us Lord and have mercy

Bring all who have died to everlasting happiness; let glory and immortal life be theirs.

-Hear us Lord and have mercy

*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.*

### ONLINE LENT COURSE

This year's on-line Lent course will run on 5 Tuesdays from 20th February until Tuesday 19th March 8-9pm on Zoom. It will be based on 'Jesus Stands Before Pilate' (John 18,19) from the Mapping the Gospels series by Susannah Gunner.

**Week 1:** "We are not permitted to put anyone to death."

A weak excuse then to anti-semitism now.

**Week 2:** "So you are a king?"

Two different images of kingship face each other.

**Week 3:** "What is Truth?"

A deeply relevant question in a post-truth society.

**Week 4:** 'Pilate took Jesus and had him flogged.'

Thoughts on torture then and now.

**Week 5:** "Behold the man!"

Said in derision but with eternal significance.

**To join please contact [annegillianne Newman@gmail.com](mailto:annegillianne Newman@gmail.com) for the relevant Zoom link.**

### LENT & EASTER SERVICES

+ Mark has now confirmed the clergy rota for Lent and confirmed that there will be an Easter service in each of the 3 churches on 31<sup>st</sup> March (it would normally be a 5<sup>th</sup> Sunday).

Services during Holy Week will be confirmed in due course.

### JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on **4<sup>th</sup> March** at 7pm at Rev. Christine's house.

### STATIONS OF THE CROSS (& Blythwood fundraiser)

We will walk the Stations of the Cross every Friday in Lent (beginning Feb.16th) at 12.00 noon in St Andrew's - followed by a soup lunch at Rev Christine's house. The lunch is a fund-raiser for our Blythwood Christmas Shoebox project. Everyone welcome. If only coming for lunch - about 12.45pm.



### OPERATION SHOEBOX APPEAL

How would you like to join us, 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. Our next meeting will take place on the 23rd of this month (February). 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 bars of soap. I look forward to seeing you there. God Bless, and thank you.


*Jan MacLennan*

## FROM BLYTHSWOOD FOODBANK

See below for preferred donations for February.

For the more IT savvy, there is now an App which can tell you in 'real time' which donations are needed urgently. It will also link you to your nearest food drop off point. This is the weblink for further information.

<https://www.bankthefood.org/whatisbankthefood/>



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@blythswood.org  
Registered Charity in Scotland 048001  
Company Number 583493



## CHURCH WALK

Postponed from 18th January (snow), our annual walk between St John's Arpafeelie and Killearnan Church of Scotland will now take place on **Thurs 29th February**. 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.

## WORLD DAY OF PRAYER

This year's theme is Palestine, and our service will be at St Regulus at 3pm on Friday 1st March. Further information can be found at <http://www.wdpscotland.org.uk> or locally, from Helen Robinson.



## BLYTHSWOOD BALL. 22nd March 2024



RhythmicReel

### Blythswood Spring Fling Ball



Help us transform lives through education, community and gospel activities.

Join us at the Drumossie Hotel on Friday 22nd March 2024.

Tickets £75pp or £675 for a table of 10 or £825 for table of 12.



## MESSAGE FROM THE EDITOR

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

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](mailto:jeanmedavis@gmail.com))