



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 Lord, forgive the transgressions of your people:
and by your goodness release us from the snare of sin,
in which, by our frailty, we have been caught; 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: Zephaniah 1: 7,12-18

Be silent before the Lord God! For the day of
the Lord is at hand; the Lord has prepared a sacrifice,
he has consecrated his guests. At that time, I will
search Jerusalem with lamps, and I will punish the
people who rest complacently on their dregs, those
who say in their hearts, "The Lord will not do good,
nor will he do harm." Their wealth shall be plundered,
and their houses laid waste. Though they build houses,
they shall not inhabit them; though they plant
vineyards, they shall not drink wine from them.
The great day of the Lord is near, near and hastening
fast; the sound of the day of the Lord is bitter, the
warrior cries aloud there. That day will be a day of
wrath, a day of distress and anguish, a day of ruin and
devastation, a day of darkness and gloom, a day of
clouds and thick darkness, a day of trumpet blast and
battle cry against the fortified cities and against the
lofty battlements. I will bring such distress upon

people that they shall walk like the blind; because they
have sinned against the Lord, their blood shall be
poured out like dust, and their flesh like dung. Neither
their silver nor their gold will be able to save them on
the day of the Lord's wrath; in the fire of his passion
the whole earth shall be consumed; for a full, a terrible
end he will make of all the inhabitants of the earth.

+PSALM 90 (1-8 (9-11) 12

Satisfy us by your loving kindness: so shall we rejoice
and be glad.

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.**

Lord, you have been our dwelling-place 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. You turn us back to dust, and say, 'Turn
back, you mortals.'

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.**

For a thousand years in your sight
are like yesterday when it is past, or like a watch
in the night. 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.

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.**

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.

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.**

[For all our days pass away under your wrath; our
years come to an end like a sigh. The days of our
life are seventy years, or perhaps eighty, if we are
strong; even then their span is only toil and
trouble; they are soon gone, and we fly away.
Who considers the power of your anger? Your
wrath is as great as the fear that is due to you.

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.]**

So teach us to count our days that we may gain a
wise heart.

**Satisfy us by your loving kindness: so shall
we rejoice and be glad.**

+SECOND READING: 1Thesalonians 5, 1-11

Now concerning the times and the seasons, brothers,
and sisters, you do not need to have anything written
to you. For you yourselves know very well that the day
of the Lord will come like a thief in the night. When
they say, "There is peace and security," then sudden

destruction will come upon them, as labour pains come upon a pregnant woman, and there will be no escape! But you, beloved, are not in darkness, for that day to surprise you like a thief; for you are all children of light and children of the day; we are not of the night or of darkness.

So then let us not fall asleep as others do but let us keep awake and be sober; for those who sleep, sleep at night, and those who are drunk get drunk at night. But since we belong to the day, let us be sober, and put on the breastplate of faith and love, and for a helmet the hope of salvation. For God has destined us not for wrath but for obtaining salvation through our Lord Jesus Christ, who died for us, so that whether we are awake or asleep we may live with him.

Therefore encourage one another and build up each other, as indeed you are doing.

+Gospel: Matthew 25, 14-30

“For it is as if a man, going on a journey, summoned his slaves and entrusted his property to them; to one he gave five talents, to another two, to another one, to each according to his ability. Then he went away. The one who had received the five talents went off at once and traded with them and made five more talents. In the same way, the one who had the two talents made two more talents. But the one who had received the one talent went off and dug a hole in the ground and hid his master’s money. After a long time, the master of those slaves came and settled accounts with them. Then the one who had received the five talents came forward, bringing five more talents, saying, ‘Master, you handed over to me five talents; see, I have made five more talents.’ His master said to him, ‘Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.’ And the one with the two talents also came forward, saying, ‘Master, you handed over to me two talents; see, I have made two more talents.’ His master said to him, ‘Well done, good and trustworthy slave; you have been trustworthy in a few things, I will put you in charge of many things; enter into the joy of your master.’ Then the one who had received the one talent also came forward, saying, ‘Master, I knew that you were a harsh man, reaping where you did not sow, and gathering where you did not scatter seed; so I was afraid, and I went and hid your talent in the ground. Here you have what is yours.’ But his master replied, ‘You wicked and lazy slave! You knew, did you, that I reap where I did not sow, and gather where I did not scatter? Then you ought to have invested my money with the bankers, and on my return, I would have received what was my own with interest. So, take the talent from him, and give it to the one with the ten talents. For to all those who have, more will be given, and they will have an abundance; but from those who have nothing, even what they have will be taken away. As for this worthless slave, throw him into the

outer darkness, where there will be weeping and gnashing of teeth.’

THIS WEEK AT A GLANCE (20-25)

MON:

TUE: 7:00pm Eucharist in St Regulus’

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

annegilliannevman@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 26th November 2023

Christ the King

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, Cromarty with LR Barrie

(Readings Ezek 34.11-16,20-24; Ps 95.1-7a ; Eph 1.15-23; Mt 25.31-46)

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 Church of the Province of Myanmar (Burma)

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. John, Forres: Hamilton Inbadas, Grace Siromony, Anthony Matchwick, John Dale. Lay Reader: Glenda Thompson. 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. 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.

SAINT OF THE WEEK

Saint Cecilia

22nd Nov



Saint Cecilia probably lived in the second or third century, and tradition says she died about 177 AD. Saint Cecilia was one of the most revered early virgin martyrs of Rome.

Cecilia was born in a wealthy Roman family and was a Christian by birth. Her family gave her in marriage to Valerius, a pagan nobleman. Cecilia promised to remain a virgin, and she was successful in persuading Valerius to respect her virginity on their wedding

night. Later, Valerius was converted to Catholicism along with his brother, Tiburtius.

These two brothers dedicated themselves to burying the Christian martyrs, which was illegal. They were arrested and sentenced to death for refusing to renounce their religion.

Cecilia continued the work of converting people to the Christian faith and of burying the Christian dead, even though it was against the law. Hundreds were baptized through her witness and strength of faith. She planned to have her home preserved as a church after her death. Her refusal to worship false gods and her burying of the dead led to her arrest & martyrdom.

In the Middle Ages, Saint Cecilia became a very popular saint. She was said to have heard heavenly music inside her heart when she was forced to marry the pagan Valerian. During her wedding, Cecilia sat and sang to God in her heart. Thus, she was declared to be the patron of musicians. Musical compositions, poems, art, and festivals have grown out of this story.

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on 11th December at 7pm at Rev Christine's house in Fortrose.

PATRONAL SERVICE AT ST ANDREW'S FORTROSE ON 30th NOVEMBER

There will be one service in St Andrews Fortrose on 30th November at 6pm to be followed by drinks and nibbles at Rev. Christine's.

There is no morning service on 30th November.

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).

REMEMBRANCE DAY

I hope many have seen these beautiful tapestries displayed in Fortrose which are a reminder of the many lives laid down that we may live in freedom. The primary schools of Avoch, Cromarty, Culbokie & Resolis did a wonderful job last year creating these weatherproof tapestries! It is wonderful to see them displayed again. *Diana*



& here are some photos of the Crosses laid by Diana in the cathedral grounds.



OPERATION SHOEBOX UPDATE

It was Tuesday afternoon last week that the Lorry came to pick up our 534 boxes!! Always a happy and joyous event, seeing the work of the year being collected for its journey to Eastern Europe. We had the joy of seeing Mel again, and for his update on his move and house, and he blessed all the boxes, those who will receive the boxes, all of us and the Lorry drivers too!! We had great fun as always, forming a loving human chain, and passed boxes to one another, till they reached the Lorry!! As in the years before, it is now a well-established custom that Reverend Christine hands the last box to the drivers!! You will see from the photos!! We then proceeded upstairs to the ready prepared nibbles, drinks, and to toast the boxes, and have a well-deserved get together!!

We begin again in January!! Please look out for any Christmas sales of hats, gloves or scarves, and also if you see any wrapping paper in a sale!! God Bless you for your donations, support and prayers.

Jan MacLennan



AND A BIG THANK YOU FOR HARVEST DONATIONS

Dear Churches Supporting Highland Foodbank,

On behalf of Blythswood Care I'd like to thank everyone who was able to contribute to our Harvest Appeal this year. We were totally overwhelmed by the kindness and generosity from so many churches across the Highlands. Just over 10 tonnes of food was donated, which was a fantastic boost to our stocks, especially when referrals to each of our five Foodbank Centres remains high.

Some Churches have been asking for our November/December request list. However, we launched our Reverse Advent Calendar at the start of November and are considering this as an alternative to a November/December list. I've attached the calendar for your interest. I'll send out our January/February list at the start of the new year.

At the moment we're completely out of Teabags and instant coffee, so if you would like to donate either of these items, this would be really appreciated.

Very many thanks for all your support.

Kind regards,
Lorna

Lorna Dempster Foodbank Manager Blythswood Care

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
blythswood.org/foodbank_advent

Thank You

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

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

Rise Up against domestic abuse Respond Inform Support Empower Unite Pray

The Red Chair Project

Stand against domestic abuse

25 November - 10 December

Resources Pack

This autumn sees the start of the Mothers' Union preparations to raise awareness of domestic abuse in our dioceses. But domestic abuse doesn't just happen during the UN 16 days of activism it happens every day. The Mothers' Union have launched a campaign at their General Meeting in York called Rise Up (against domestic abuse), this is for us all to rise up on 356 days to raise awareness of abuse in our communities. Worldwide President Sheran's Harper's address at the general meeting was very empowering showing us the concerns particularly on gender abuse from around the world. We would highly recommend you read this. Here is an extract.

I was asked to speak in a Cathedral overflowing with people from 10 Dioceses in the Eastern Region of

Uganda where child marriage and domestic abuse were the norm of the day. I could remain silent no longer ... and spoke out ... the following day my address was carried in the national newspaper, and on television in a good way ... as though they were happy someone was brave enough to call for an end to the atrocities that destroy the lives of our beautiful girls.

What are we doing for the 16 days? Many are using the Empty Red Chair with the poster which symbolises the victim who was killed at the hand of their partner or ex-partner. You could designate a chair in your church, at a local cafe, or even a public space like a park bench (remember to ask permission first if needed!). Using red fabric to cover the chair is really powerful, but if you can't get hold of any, printing the sign and making sure the chair is left empty will still have impact. Let's try to have our local communities involved, maybe other churches would like to be involved? We could use some of the prayers on the Mary Sumner House website.

Let me know what you are doing and take a photograph. Let's see if we can show comfort and support for survivors during these 16 days and beyond.

Hilary Moran

hilary.moran@btinternet.com

[Note: The UN Women The 16 Days of Activism against Gender-Based Violence is an annual international campaign that kicks off on 25 November, the International Day for the Elimination of Violence against Women, and runs until 10 December, Human Rights Day.

Further information can also be found at <https://www.restored-uk.org/partner/cneda/red-chair/>

Jesus GREW in wisdom and in stature and in favour WITH GOD and people. Luke 2:52

Christianity is not a religion or a philosophy: it is a relationship. Love God with all your heart, your mind, your soul and your strength. We can't love God less than wholeheartedly, less than singlemindedly. It has to be a love with all that we are, losing no strength or direction of that love by any other competing person or thing.

Isaac Watts wrote: "Were the whole realm of nature mine, that were an offering far too small, love so amazing, so divine, demands my soul, my life, my all."

Sally Ann

A MESSAGE FROM THE EDITOR

A reminder to send any information you want in the newsletter to me by email by noon on Tuesday for. Inclusion in that week's newsletter.

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)