

**Third Sunday after Epiphany  
21st 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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**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)*

**+PSALM 62. 6-14**

God alone is my rock and my salvation.

**God alone is my rock and my salvation.**

For God alone my soul in silence waits; truly, my hope is in him. He alone is my rock and my salvation, my stronghold, so that I shall not be shaken.

**God alone is my rock and my salvation.**

In God is my safety and my honour; God is my strong rock and my refuge. Put your trust in him always, O people, pour out your hearts before him, for God is our refuge.

**God alone is my rock and my salvation.**

Those of high degree are but a fleeting breath, even those of low estate cannot be trusted. On the scales they are lighter than a breath, all of them together. Put no trust in extortion; in robbery take no empty pride; though wealth increase, set not your heart upon it.

**God alone is my rock and my salvation.**

God has spoken once, twice have I heard it, that power belongs to God. Steadfast love is yours, O Lord, for you repay everyone according to his deeds.

**God alone is my rock and my salvation.**

**THIS WEEK AT A GLANCE (22- 28)**

**MON:**

**TUE:**

**WED: 9:00am Celtic Morning Prayer via Zoom (to join please contact [annegillianneyman@gmail.com](mailto:annegillianneyman@gmail.com))**

10:00am Charity Shop

10:00am Bible Study Group

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

**FRI: 2pm Operation Shoebox @ Seaforth Lodge**

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

**Sunday 28th January 2024**

**Epiphany 4**

**THE HOLY EUCHARIST**

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

**RESERVED SACRAMENT SERVICE**

**9:45am in St Regulus' with Jeremy**

**11:30am in St Andrew's with LR Pat.**

*(Readings Dt 18.15-20. Ps 111. 1 C 8.1-13. Mk 1.21-28.)*

**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 the Church of South India (United).

**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. & in our own Diocesan prayer cycle this week we pray for our own congregations of St. Andrew, Fortrose; St. John the Evangelist, Arpafeelie; & St. Regulus, Cromarty. & 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 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.*

## 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](mailto: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 18<sup>th</sup> 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

Dear Everyone,

The New Year is here, and we begin again, wrapping boxes for the Blythswood 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**

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on **5<sup>th</sup> February** at 7pm at Rev. Christine's house.

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



## BYTHSWOOD INVITATIONS

### Afternoon Tea and Thanksgiving Celebration. 27<sup>th</sup> January 2024

We would love for you to join us for Afternoon Tea and a Thanksgiving Celebration on Saturday 27<sup>th</sup> January at 2pm at Culduthel Christian Centre, Inverness.

As I retire as Chief Executive, after 25 years of leading Blythswood, and hand over to Jeremy Ross, we want to share this time with you to look backwards and forwards with thanks and praise to God.

We hope you can come along; it would be great to see you. You may already have registered, if so, that's perfect, thank you. If not, for catering purposes, please register using the QR code link below, or you can email to let us

know [thanksgiving@blythswood.org](mailto:thanksgiving@blythswood.org)



With every blessing,  
James Campbell  
Chief Executive

### Blythswood Ball. 22nd March 2024



## RhythmReel 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.



## A 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))