

**Christ the King**  
**26<sup>th</sup> 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, Arpafellie + St Andrew's,  
Fortrose

The Most Rev'd Mark Strange,  
Bishop of Moray, Ross & Caithness

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**THE PROCLAMATION OF THE WORD**

**Collect**

Almighty and everlasting God, whose will it is to restore all things in the kingdom of your well-beloved Son: mercifully grant that the peoples of the earth, now divided and enslaved by sin, may be freed and brought together under his most gracious rule; through the same Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

**+FIRST READING Ezekiel 34:11-16, 20-24**

For thus says the Lord GOD: I myself will search for my sheep and will seek them out.

As shepherds seek out their flocks when they are among their scattered sheep, so I will seek out my sheep. I will rescue them from all the places to which they have been scattered on a day of clouds and thick darkness.

I will bring them out from the peoples and gather them from the countries, and will bring them into their own land; and I will feed them on the mountains of Israel, by the watercourses, and in all the inhabited parts of the land.

I will feed them with good pasture, and the mountain heights of Israel shall be their pasture; there they shall lie down in good grazing land, and they shall feed on rich pasture on the mountains of Israel.

I myself will be the shepherd of my sheep, and I will

make them lie down, says the Lord GOD.

I will seek the lost, and I will bring back the strayed, and I will bind up the injured, and I will strengthen the weak, but the fat and the strong I will destroy. I will feed them with justice.

Therefore, thus says the Lord GOD to them: I myself will judge between the fat sheep and the lean sheep.

Because you pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide,

I will save my flock, and they shall no longer be ravaged; and I will judge between sheep and sheep.

I will set up over them one shepherd, my servant David, and he shall feed them: he shall feed them and be their shepherd.

And I, the LORD, will be their God, and my servant David shall be prince among them; I, the LORD, have spoken.

**PSALM 95:1-7a**

The Lord is a great God, and a great King above all gods.

**The Lord is a great God and a great King above all gods.**

O come, let us sing to the LORD; let us make a joyful noise to the rock of our salvation!

Let us come into his presence with thanksgiving; let us make a joyful noise to him with songs of praise!

**The Lord is a great God and a great King above all gods.**

In his hand are the depths of the earth; the heights of the mountains are his also.

The sea is his, for he made it, and the dry land, which his hands have formed.

**The Lord is a great God and a great King above all gods.**

O come, let us worship and bow down, let us kneel before the LORD, our Maker!

For he is our God, and we are the people of his pasture, and the sheep of his hand.

**The Lord is a great God and a great King above all gods.**

**+SECOND READING Ephesians 1:15-23**

I have heard of your faith in the Lord Jesus and your love toward all the saints, and for this reason

I do not cease to give thanks for you as I remember you in my prayers.

I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the

immeasurable greatness of his power for us who believe, according to the working of his great power.

God put this power to work in Christ when he raised him from the dead and seated him at his right hand in

Sunday 3<sup>rd</sup> December 2023

Advent 1

**THE HOLY EUCHARIST**

**11:30am in St Andrew's with Rev David**

**RESERVED SACRAMENT SERVICE**

**9:45am in St Regulus, Cromarty with Jill & Jeremy**

**9:45am in St John's with Isla & Donald**

*(Readings Is 64.1-9; Ps 80.1-7,16-18; 1 C 1.3-9; Mk 13.24-37)*

**ORDER OF ST JOHN CAROL SERVICE**

**7.00pm in St Andrew's Fortrose**

### **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 Nigeria (Anglican Communion)

### **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 homeless as winter draws in. 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.*

the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come.

And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

**+GOSPEL Matthew 25:31-46**

"When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory.

All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left.

Then the king will say to those at his right hand,

'Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.'

Then the righteous will answer him, 'Lord, when was it that we saw you hungry and gave you food, or thirsty and gave you something to drink?

And when was it that we saw you a stranger and welcomed you, or naked and gave you clothing?

And when was it that we saw you sick or in prison and visited you?'

And the king will answer them, 'Truly I tell you, just as you did it to one of the least of these who are members of my family, you did it to me.'

Then he will say to those at his left hand, 'You that are accursed, depart from me into the eternal fire prepared for the devil and his angels; for I was hungry and you gave me no food, I was thirsty and you gave me nothing to drink, I was a stranger and you did not welcome me, naked and you did not give me clothing, sick and in prison and you did not visit me.'

Then they also will answer, 'Lord, when was it that we saw you hungry or thirsty or a stranger or naked or sick or in prison, and did not take care of you?'

Then he will answer them, 'Truly I tell you, just as you did not do it to one of the least of these, you did not do it to me.'

And these will go away into eternal punishment, but the righteous into eternal life."

### **THIS WEEK AT A GLANCE (27-2)**

**MON:**

**TUE: 7:00pm Eucharist in St Regulus'**

**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: 6:00 pm Eucharist in St Andrew's (Patronal)**

**FRI:**

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

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 11<sup>th</sup> December at 7pm at Rev Christine's house in Fortrose.

## 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).

## BEREAVEMENT SERVICE ROSEMARKIE CHURCH OF SCOTLAND

From Helen Robinson. There will be a service at the Rosemarkie Church of Scotland on Sunday 26<sup>th</sup> November for all those who have suffered a bereavement this year and especially for those who were unable to attend funerals of loved ones. Rev Warren Beattie will be leading the service which starts at 3pm and will finish at 4pm with tea and mince pies.

### FROM BLYTHSWOOD FOODBANK

This year's reverse advent calendar suggestions. Note Christmas donations are needed THIS WEEK!

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

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



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

## Rise Up against domestic abuse Respond Inform Support Impower 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](mailto: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 stature and IN favour with GOD and people.**

Paul prayed that we would know the love of Christ (Ephesians 3:14-19)

There is a process in this. At first, we need the power of the Holy Spirit to receive Christ to dwell in our hearts.

We also need this power in order to be able to comprehend, to understand with our minds, the fullness of this love of Christ, in all its width and length and depth and height.

Out of this, then grows experience deep inside, beyond the knowledge that knows to the heart knowledge that experiences. This is the meaning of the word "know" in verse 19.

It is from head to heart knowledge.

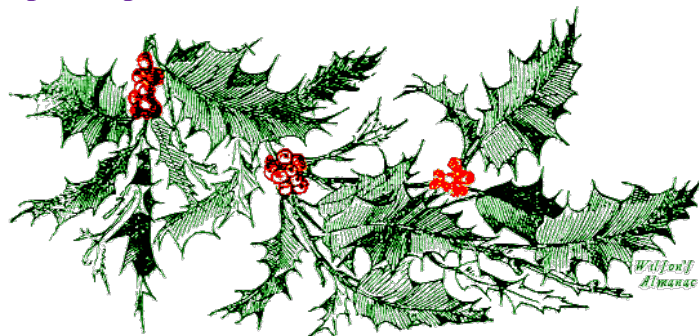
And why does Paul pray this? "That you, that we, might be filled with all the fullness of God." For God

is love (1John 4-7) Amen.

**Sally Ann**

**A message from the editor.**

**Please note that details of services and events during Advent & Christmas can be found in a separate post on the website.**



## Advent & Christmas Events & Services 2023

<https://episcopalblackisle.scot/advent-christmas-events-services-2023/>

**A reminder to send 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.

**Jean** ([jeanmedavis@gmail.com](mailto:jeanmedavis@gmail.com))