

Lent 3
3rd March 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 3rd March 2024

Lent 3

THE HOLY EUCHARIST

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

RESERVED SACRAMENT SERVICE

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

11:30am in St Andrew's with Alison & Joan

(Readings: Ex 20.1-17. Ps 19. 1 C 1.18-25. Jn 2. 13-22)

+PSALM: 19

The statutes of the Lord are just and rejoice the heart.

The statutes of the Lord are just and rejoice the heart.

The heavens declare the glory of God, and the firmament shows his handiwork. One day tells its tale to another, and one night imparts knowledge to another. Although they have no words or language, and their voices are not heard, their sound has gone out into all lands, and their message to the ends of the world.

The statutes of the Lord are just and rejoice the heart.

In the deep has he set a pavilion for the sun; it comes forth like a bridegroom out of his chamber; it rejoices like a champion to run its course. It goes forth from the uttermost edge of the heavens and runs about to the end of it again; nothing is hidden from its burning heat.

The statutes of the Lord are just and rejoice the heart.

The law of the Lord is perfect and revives the soul; the testimony of the Lord is sure and gives wisdom to the innocent. The statutes of the Lord are just and rejoice the heart; the commandment of the Lord is clear and gives light to the eyes.

The statutes of the Lord are just and rejoice the heart.

The fear of the Lord is clean and endures for ever; the judgments of the Lord are true and righteous altogether. More to be desired are they than gold, more than much fine gold, sweeter far than honey, than honey in the comb.

The statutes of the Lord are just and rejoice the heart.

By them also is your servant enlightened, and in keeping them there is great reward. Who can tell how often he offends? cleanse me from my secret faults. Above all, keep your servant from presumptuous sins; let them not get dominion over me; then shall I be whole and sound, and innocent of a great offense.

The statutes of the Lord are just and rejoice the heart.

Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my strength and my redeemer.

The statutes of the Lord are just and rejoice the heart.

THIS WEEK AT A GLANCE (4- 9 March)

MON:

TUE: 8:00pm On-line Lent Course

WED: 9:00am Celtic Morning Prayer :- to join either, please contact annegilliannewman@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 Blythwood Boxes at Rev. Christine's)

SAT: 10:00am Charity Shop

Sunday 10th March 2024

Lent 4 / Mothering Sunday

THE HOLY EUCHARIST

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

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

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with LR Pat

(Readings: 1 Samuel 1:20-28; Psalm 34:11-20; 2 Corinthians 1; 3-7; John 19:25b-27.)

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 Uganda.

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. Michael and All Angels, Inverness: Iain Macritchie.

& 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 call on the name of the Lord Jesus, who saves his people from their sins.

-Jesus, Son of David, have mercy on us.

Christ our Lord, you gave yourself up for the Church to make her holy: renew her once more through the spirit of repentance.

-Jesus, Son of David, have mercy on us.

Good master, let young people discover their true vocation and ministry: may they be faithful to your grace and fulfil your will for them.

-Jesus, Son of David, have mercy on us.

Give hope to the sick and make them well again: help us to comfort and take care of them.

-Jesus, Son of David, have mercy on us.

In baptism you made us sons of the Father: may we live for you now and always.

-Jesus, Son of David, have mercy on us.

Grant to the faithful departed peace and glory: let us reign with them one day in your heavenly kingdom.

-Jesus, Son of David, have mercy on us.

Conclude with the Lord's Prayer.

ONLINE LENT COURSE

This year's on-line Lent course will run on Tuesdays until 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

annegilliannevman@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 31st March (it would normally be a 5th 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 **4th March** at 7pm at Rev. Christine's house.

STATIONS OF THE CROSS (& Blythswood fundraiser)

We will walk the Stations of the Cross every Friday in Lent 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 Blythswood Christmas Shoebox project. Everyone welcome. If only coming for lunch - about 12.45pm.



AN IDEA FOR ACTION IN LENT

Forty Days - Forty Items

We have a challenge for you!

Each day of Lent remove 1 item from your wardrobe that you no longer wear or need and put it in a trash bag.

At the end of the forty days donate this bag to a place that can share them with someone who can really use them.

OPERATION SHOEBOX UPDATE

Well, as the saying goes "Many hands make light work"!! Eleven of us jolly wrappers met on Friday and managed to wrap 50 boxes in two hours, with a tea

break in between!! Great fun, and lots of busy chatter amongst busy hands!! We also received some lovely donations, and all towards filling those colourful and beautifully wrapped boxes. Our next box wrapping session will be on Friday, March 22nd, between 2-4pm. We are still needing donations of bars of soap for the rest of this month, and from March 1st, male and female deodorants would be most welcome. If you would like to come along and help, please do, it's so rewarding, and it's a great ministry.

“Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me”.
Matthew 25:40.



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.

RECRUITMENT OF RECTOR

Links to the advert and to the Charge Profile are below. Please hold us and any interested parties in your prayers as we move forward & if you know of someone who might be interested do send them the links.


<https://www.scotland.anglican.org/vacancy-rector-the-black-isle-charge/>

or

<https://jobs.churchtimes.co.uk/jobs/Rector-in-Scotland-jn12112>

<https://www.scotland.anglican.org/wp-content/uploads/Black-Isle-Priest-Profile-Final-and-updated.pdf>

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/cornd 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 583483



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/>

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.



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)