

Fifth Sunday after Epiphany
4th 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

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For a fuller newsletter, please contact Isla Cruden:
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Sunday 4th February 2024
Epiphany 5

THE HOLY EUCHARIST

9:45am in St John's with +Mark

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

11:30am in St Andrew's with +Mark

(Readings: Is 40.21-31. Ps 147.1-12. 1 C 9.16-23. Mk 1.29-39)

+PSALM: Psalm 147. 1-12

Sing praises to our God, who heals the broken-hearted.

Sing praises to our God, who heals the broken-hearted.

Hallelujah! How good it is to sing praises to our God! how pleasant it is to honour him with praise! The Lord rebuilds Jerusalem; he gathers the exiles of Israel. He heals the broken-hearted and binds up their wounds. He counts the number of the stars and calls them all by their names.

Sing praises to our God, who heals the broken-hearted.

Great is our Lord and mighty in power; there is no limit to his wisdom. The Lord lifts up the lowly, but casts the wicked to the ground. Sing to the Lord with thanksgiving; make music to our God upon the harp.

Sing praises to our God, who heals the broken-hearted.

He covers the heavens with clouds and prepares rain for the earth; He makes grass to grow upon the mountains and green plants to serve mankind.

He provides food for flocks and herds and for the young ravens when they cry.

Sing praises to our God, who heals the broken-hearted.

He is not impressed by the might of a horse; he has no pleasure in the strength of a man; But the Lord has pleasure in those who fear him, in those who await his gracious favour. Hallelujah

Sing praises to our God, who heals the broken-hearted.

THIS WEEK AT A GLANCE (4- 10)

MON:

TUE:

WED: 9:00am Celtic Morning Prayer via Zoom (to join please contact annegillianewman@gmail.com)

10:00am Charity Shop

10:00am Bible Study Group

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

FRI:

SAT: 10:00am Charity Shop

Sunday 11th February 2024

Epiphany 6

THE HOLY EUCHARIST

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

RESERVED SACRAMENT SERVICE

9:45am in St Regulus' with Jeremy

11:30am in St Andrew's with LR Barrie

(Readings: 2 Kg 2: 1-12. Ps 50:1-6. 2 C 4.3-6. Mk 9.2-9.)

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 Anglican Church of South America.

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 the congregation of St. Finnbar, Dornoch: Simon Scott. Assistant Priest, 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.

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE

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



STATIONS OF THE CROSS

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 Blythswood Christmas Shoebox project. Everyone welcome. If only coming for lunch - about 12.45pm.

OPERATION SHOEBOX UPDATE

A great start to the new year, with 7 of us at the Lodge on Friday and we managed to wrap 29 boxes with lots of laughter, conversation and tea and cakes in between. It's always a good time to meet up and help put together boxes that will look so joyful, colourful and ready to be filled later in the year with lots of essential items for their recipients. I was just thinking and praying about the boxes for this year, and I realised that we have sent 1,146 boxes to Eastern Europe in the last 3 years of our group's work. That means 1,146 men, women and children have received a powerful sign of God's love through administering to their needs in time of poverty, war, or displacement. It is also a powerful sign that shows they are thought of and loved from thousands of miles away.

We received a certificate for 2023's donation, and so I have attached it.

Our next box wrapping session will be held on Friday 23rd of February, at the Lodge, Fortrose, between 2-4pm. For the month of February, we would welcome donations of bars of soap please.

With every Blessing,
Jan Maclellan



BLYTHSWOOD THANKSGIVING CELEBRATION

On Saturday 27th January, Trish McKeggie and I went to the Culduthel Christian Centre for the Thanksgiving celebrations and for the retiral of James Campbell, Chief Executive, and for the baton being handed over to Minister Jeremy Ross, whose father Jackie Ross was one of those young Ministers to start the Blythswood organisation back in Glasgow in 1966.

It was such a beautiful service, with great worship songs, wonderful band, and powerful prayers. Throughout the service, we were shown videos of the amazing work done in Eastern Europe, from Romanian orphanages, as they were, and I know I can remember those haunting news bulletins from the time. Babies, children, chained to their cots, left to cry and then learn not to cry, in soiled linen, hungry and alone. Rocking backwards and forwards, I remember it sadly. The powerful videos of the people of Romania, Hungary, Budapest, Burundi, India, Ukraine, Moldova, their gratitude, their joy at receiving care, physically, medically and spiritually from Blythswood volunteers, builders, care workers, young people workers, getting the young teenagers off the streets, equipping them with hope, meeting their educational needs, physical and mental needs, giving them a stable place to learn new skills, to equip them for life and earning a living to get out of poverty. Sending aid and containers of ambulances, medical equipment, food etc. to Burundi and to India, helping them to help themselves, and all because God loves us, we can help those in need, and who need us.

This is faith at work. And the shoeboxes are part of that! How lovely to see the faces and smiles as they received their boxes. I sat there with Trish, and at times was so tearful because of the power of the work being done, and as James Campbell, (retiring CEO) took us through the last 26 years of his work, he was tearful at times too. It is so humbling to see the joy and comfort that the boxes bring to those who have nothing, the displaced, the desperate, the marginalised of their communities. Let us always be looking to Jesus for his guidance, and to be there for those in need.

Very powerful, very memorable. May God bless Jeremy Ross in his new role, and we give him our prayers, and support in challenges ahead, as there is always so much more to be done, for those in need.

With every Blessing,
Jan MacLennan

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



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/>

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



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.






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)