

**23rd SUNDAY after PENTECOST**  
**5<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, Arpafeelie + 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**

O Lord, watch over your household with constant love: that with you as our shelter your family may be free from all distress, and devoted to good works for the glory of your name; through Jesus Christ, our Lord, who lives and reigns with you, in the unity of the Holy Spirit, one God, world without end.

**St Andrew's & St John's - ALL SAINTS**

**+FIRST READING: Revelation 7.9-17**

After this I, John, looked, and there was a great multitude that no one could count, from every nation, from all tribes and peoples and languages, standing before the throne and before the Lamb, robed in white, with palm branches in their hands. They cried out in a loud voice, saying, 'Salvation belongs to our God who is seated on the throne, and to the Lamb!' And all the angels stood around the throne and around the elders and the four living creatures, and they fell on their faces before the throne and worshipped God, singing, 'Amen! Blessing and glory and wisdom and thanksgiving and honour and power and might be to our God for ever and ever! Amen.'

Then one of the elders addressed me, saying, 'Who are these, robed in white, and where have they come from?' I said to him, 'Sir, you are the one that knows.' Then he said to me, 'These are they who have come

out of the great ordeal; they have washed their robes and made them white in the blood of the Lamb. For this reason they are before the throne of God, and worship him day and night within his temple, and the one who is seated on the throne will shelter them.

They will hunger no more, and thirst no more; the sun will not strike them, nor any scorching heat; for the Lamb at the centre of the throne will be their shepherd, and he will guide them to springs of the water of life, and God will wipe away every tear from their eyes.'

This is the word of the Lord.

**+PSALM 34 1-10**

Taste and see that the Lord is good: happy are they who trust in him!

**Taste and see that the Lord is good: happy are they who trust in him!**

I will bless the Lord at all times; his praise shall ever be in my mouth. I will glory in the Lord: let the humble hear and rejoice. Proclaim with me the greatness of the Lord; let us exalt his Name together.

**Taste and see that the Lord is good: happy are they who trust in him!**

I sought the Lord, and he answered me, and delivered me out of all my terror. Look upon him and be radiant; and let not your faces be ashamed. I called in my affliction and the Lord heard me and saved me from all my troubles.

**Taste and see that the Lord is good: happy are they who trust in him!**

The angel of the Lord encompasses those who fear him, and he will deliver them. Taste and see that the Lord is good; happy are they who trust in him! Fear the Lord, you that are his saints for those who fear him lack nothing.

**Taste and see that the Lord is good: happy are they who trust in him!**

The young lions lack and suffer hunger, but those who seek the Lord lack nothing that is good. The Lord ransoms the life of his servants, and none will be punished who trust in him.

**Taste and see that the Lord is good: happy are they who trust in him!**

**+SECOND READING: 1 John 3. 1-3**

See what love the Father has given us, that we should be called children of God; and that is what we are. The reason the world does not know us is that it did not know him. Beloved, we are God's children now; what we will be has not yet been revealed. What we do know is this: when he<sup>[a]</sup> is revealed, we will be like him, for we will see him as he is. And all who have this hope in him purify themselves, just as he is pure.

This is the word of the Lord.

**+Gospel: Matthew 5. 1-12**

When Jesus saw the crowds, he went up the mountain; and after he sat down, his disciples came to him. Then he began to speak, and taught them, saying:

‘Blessed are the poor in spirit, for theirs is the kingdom of heaven.

‘Blessed are those who mourn, for they will be comforted.

‘Blessed are the meek, for they will inherit the earth.

‘Blessed are those who hunger and thirst for righteousness, for they will be filled.

‘Blessed are the merciful, for they will receive mercy.

‘Blessed are the pure in heart, for they will see God.

‘Blessed are the peacemakers, for they will be called children of God.

‘Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven.

‘Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely<sup>[b]</sup> on my account. Rejoice and be glad, for your reward is great in heaven, for in the same way they persecuted the prophets who were before you.

### **St Regulus – Pentecost 23 (Thematic)**

#### **+FIRST READING: Micah 3:5-12**

Thus says the Lord concerning the prophets who lead my people astray, who cry “Peace” when they have something to eat, but declare war against those who put nothing into their mouths. Therefore it shall be night to you, without vision, and darkness to you, without revelation. The sun shall go down upon the prophets, and the day shall be black over them; the seers shall be disgraced, and the diviners put to shame; they shall all cover their lips, for there is no answer from God.

But as for me, I am filled with power, with the spirit of the Lord, and with justice and might, to declare to Jacob his transgression and to Israel his sin. Hear this, you rulers of the house of Jacob and chiefs of the house of Israel, who abhor justice and pervert all equity, who build Zion with blood and Jerusalem with wrong! Its rulers give judgment for a bribe, its priests teach for a price, its prophets give oracles for money; yet they lean upon the Lord and say, “Surely the Lord is with us! No harm shall come upon us.” Therefore because of you Zion shall be ploughed as a field; Jerusalem shall become a heap of ruins, and the mountain of the house a wooded height.

This is the word of the Lord.

#### **+PSALM 43**

Lord, send forth your light and your truth.

**Lord, send forth your light and your truth.**

Give judgment for me, O God, and defend my cause against an ungodly people; deliver me from the deceitful and the wicked.

**Lord, send forth your light and your truth.**

For you are the God of my strength; why have you put

me from you? and why do I go so heavily while the enemy oppresses me?

**Lord, send forth your light and your truth.**

Send out your light and your truth, that they may lead me, and bring me to your holy hill and to your dwelling;

**Lord, send forth your light and your truth.**

That I may go to the altar of God, to the God of my joy and gladness; and on the harp I will give thanks to you, O God my God.

**Lord, send forth your light and your truth.**

Why are you so full of heaviness, O my soul? and why are you so disquieted within me?

Put your trust in God; for I will yet give thanks to him, who is the help of my countenance, and my God.

**Lord, send forth your light and your truth.**

#### **+SECOND READING: 1 Thessalonians 2:9-13**

You remember our labour and toil, brothers and sisters; we worked night and day, so that we might not burden any of you while we proclaimed to you the gospel of God. You are witnesses, and God also, how pure, upright, and blameless our conduct was toward you believers. As you know, we dealt with each one of you like a father with his children, urging and encouraging you and pleading that you lead a life worthy of God, who calls you into his own kingdom and glory.

We also constantly give thanks to God for this, that when you received the word of God that you heard from us, you accepted it not as a human word but as what it really is, God’s word, which is also at work in you believers.

This is the word of the Lord.

#### **+Gospel: Matthew 23:1-12**

Then Jesus said to the crowds and to his disciples, “The scribes and the Pharisees sit on Moses’ seat; therefore, do whatever they teach you and follow it; but do not do as they do, for they do not practice what they teach. They tie up heavy burdens, hard to bear, and lay them on the shoulders of others; but they themselves are unwilling to lift a finger to move them. They do all their deeds to be seen by others; for they make their phylacteries broad and their fringes long. They love to have the place of honour at banquets and the best seats in the synagogues, and to be greeted with respect in the marketplaces, and to have people call them rabbi. But you are not to be called rabbi, for you have one teacher, and you are all students. And call no one your father on earth, for you have one Father—the one in heaven. Nor are you to be called instructors, for you have one instructor, the Messiah. The greatest among you will be your servant. All who exalt themselves will be humbled, and all who humble themselves will be exalted.

## **THIS WEEK AT A GLANCE (6-11)**

**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: 10:00am Eucharist in St Andrew's**

**FRI:**

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

**Sunday 12<sup>th</sup> November 2023**

**Remembrance Sunday**

### **THE HOLY EUCHARIST**

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

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

### **RESERVED SACRAMENT SERVICE**

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

*(Readings Job 19.21-27, Ps 90,1 Cor 15.51-57, Jn 6.37-40)*

## **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. For all those affected by the continuing action in Israel & Gaza and for those in Ukraine and all suffering strife and disaster throughout the world.

## **OUR COMMUNION**

Pray for the peace and unity of the Church. Pray for our sisters and brothers of La Iglesia Anglicana de Mexico

## **OUR DIOCESE**

For our sisters and brothers of Aberdeen & Orkney 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. Margaret of Scotland, Aberlour. 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 be in need of our prayers.

## **A DAILY PRAYER for the WEEK**

*Spend a moment in silence and call to mind any particular concerns... then pray:*

Let us pray to God who never deserts those who trust in him.

- *Lord in your mercy, hear our prayer.*

Pour out your spirit on the church; let all see in her the greatness of your loving kindness.

- *Lord in your mercy, hear our prayer.*

Be with your priest and ministers of your church; what they preach to others, may they practice in their lives.

- *Lord in your mercy, hear our prayer.*

Teach us to understand one another more deeply; by your presence free us from prejudice and fear.

- *Lord in your mercy, hear our prayer.*

Give married and committed couples constancy and mutual understanding; may their difficulties help to deepen the love they have for each other.

- *Lord in your mercy, hear our prayer.*

Pardon the sins of all our departed brothers and sisters; may they enjoy new life in the company of your saints.

- *Lord in your mercy, hear our prayer.*

*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 Willibrord**

**(7 Nov)**



Willibrord was born in Northumbria and educated at Ripon but the main part of his life was dedicated to his missionary work in Frisia and northern Germany. He built many churches, inaugurated bishoprics and consecrated cathedrals: the Cathedral of Utrecht, with an organisation based on Canterbury, is his most well-known foundation. Together with his young contemporary Boniface, he began a century of English Christian influence on continental Christianity. Alcuin



described him as venerable, gracious, and full of joy, and his ministry as based on energetic preaching informed by prayer and sacred reading. He was buried at Echternach monastery in Luxembourg, which he founded. He is the patron saint of Holland.

## ALL SOULS 2<sup>nd</sup> NOVEMBER

### Memory Tree

Dear friends,

As an act of remembrance of loved ones who are no longer with us, we invite anyone who wishes to, to add their names to our Tree of Remembrance to be used as part of All Souls Day commemorations at St Andrews, Fortrose.

**Heather**

## STREET PASTORS COMMISSIONING 3<sup>rd</sup> NOV

A message from Sandie Evans.

Dear friends,

A short but enormous Thankyou to all my friends throughout our Charge.

Your prayers and generosity in respect of me becoming a Street Pastor in Inverness are greatly appreciated.

The Commissioning Service is at 7pm on Friday 3<sup>rd</sup> November at Crown Church Kingsmills. IV2 3JT. You are all invited! And I would love to see you there.

There is free parking for the evening at Crown Primary School nearby.

I feel extremely lucky to be able to serve the community in this way and I am truly grateful to you all for the support you give me.

Bless you all,

Much love,

**Sandie xx**

## OPERATION SHOEBOX – UPDATE



Well, it just goes to prove that ‘many hands make light work’!! There were eleven of us at the Lodge last Friday, and we managed to fill 100 Men’s boxes in just under three hours!! Record time and great results. Beautifully filled to the brim with all their essentials, hats, gloves and scarves, underwear and socks, toiletries, toothbrushes,

toothpaste, soap, shampoo, shaving gel, razors, combs, shower gel, face cloths, and with gifts for the men that would be practical and enjoyable. This coming Friday we are set to fill the 100 Women’s boxes and with baby boxes, the grand total may well be over 530!!

If you would like to join us, please come along to the Fortrose Lodge between 12 - 4pm this Friday, and full instructions will be given. I arrange the Filling stations in order, so it is not only easy to follow, but a quicker system too. Great fun, with refreshments, cakes and biscuits provided. Please bring a packed lunch if you come early, and last Friday, one of our team provided some lovely sandwiches!! Looking forward to seeing you there.

Please hold the vulnerable, the poor, and the war-torn countries and their people in your Prayers.

**Jan**

## ALSO FROM BLYTHSWOOD - FOODBANK

This year’s reverse advent calendar suggestions.

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



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

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on 6<sup>th</sup> November at Rev Christine’s house in Fortrose.

**Remembrance Sunday**  
**12/11/2023**



Dear Friends,

Remembrance Day will soon be upon us and more than ever our brave veterans and their families and dependants need our help. Times are tough for so many people at the moment and the dreadful situation in Ukraine, the conflict in the Middle East, as well as far too many other countries facing oppression and attack from outside forces, remind us how fortunate we are to live in a country where we enjoy freedom thanks to the ultimate sacrifice made by so many in the past.

I will be laying down the Poppy Crosses at Fortrose Cathedral I have kept for some of you over the past few years, but I will also be asking for donations to Poppy Scotland via the Black Isle Branch of the Royal British Legion. If you would like to purchase a Poppy Cross, please let me know; the suggested donation per Poppy Cross is £5.

Payment: It would be preferred if payment for the crosses or for poppies could be cash placed in the poppy tin at the back of St. Andrew's church, Fortrose. If you wish to place cheques, they should be made out to The Earl Haig Fund Scotland HT A/C.

Thank you.

Diana Hamilton-Jones

**CONGREGATIONAL MEETING AT ST ANDREW'S**

Our next Congregational meeting will be held after our service on **November 12th, (Remembrance Sunday)**. Exciting times we are now in, and lots of things to think about, and to get on with, so please aim to be present for a short while following the service. We are looking for two volunteers to be part of the Black Isle Episcopal Eco group. Along with St John's, and St Regulus, we will be able to initiate some work towards becoming more environmentally

friendly and this is all part of the Bishop's five-year plan for us. We are a charge that works well together, and that should be a cause to celebrate and be a motivation too.

*Jan*

**Jesus grew in WISDOM and STATURE and in favour with God and people Luke 2:52**

Psalm 119 Oh how I love your law! ... I have more understanding than my teachers, for your testimonies are my meditation. (From vs97-99)

If we seek wisdom, then we need to meditate on God's word night and day, in openness to the teaching of the Holy Spirit.

Who wanting to know a friend better, spends less and less time with them? How much more should we spend time to know our God? Only by spending time in the Lord's presence, by being washed in his Word, can our hearts be changed. From the fullness of the heart, the mouth speaks. Luke 6:45.

"Fill my heart with your Word, Lord, that I might speak life-giving words to others." Amen

*Sally Ann*

**THIS WEEK'S NEWS FROM AROUND THE CHARGE**

29<sup>th</sup> October was our 5<sup>th</sup> Sunday gathering at St John's Arpafeelie. It was lovely to see people from all our churches gathering in communion in one place and despite the clock change all turned up at the appropriate hour. We even had some guests and some less frequent attendees come along! It was a lovely service led by Christine followed by more than enough food and much sharing. Such events are so important in a joint charge like ours. Each individual church has its own 'style' but we each have things to contribute to the whole and things to learn from each other. We are one body and like body parts we are different but our whole is greater than our part and last Sunday reminded us of this truth.

*Jean*

***"The Information Bit"***

*If you want to receive the newsletter regularly by email and currently do not do so, please contact Isla Cruden (isla@ricruden.net) who will arrange to add you to the circulation list. Or you can bookmark it online at <https://episcopalblackisle.scot>*

*A reminder to get 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.*

*If you want a particular person mentioned here in our prayers, please let me know & I will add them for the remainder of that calendar month. ([jeanmedavis@gmail.com](mailto:jeanmedavis@gmail.com))*