

**First Sunday after Epiphany  
The Baptism of the Lord  
7<sup>th</sup> 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  
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[isla@ricruden.net](mailto:isla@ricruden.net)

**6pm Saturday 6<sup>th</sup> January**

**THE FEAST OF THE EPIPHANY**

**Eucharist at St Andrew's with Rev. Christine**

**to be followed by**

**refreshments at Rev. Christine's house**

**Services for 7<sup>th</sup> January**

**THE HOLY EUCHARIST**

11.30am in St Andrew's with Rev. Ellie

**RESERVED SACRAMENT SERVICE**

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

9.45am in St John's with Donald & Isla.

**THE PROCLAMATION OF THE WORD**

**Collect**

Eternal Father, who at the baptism of Jesus revealed him to be your Son, anointing him with the Holy Spirit: grant that we, being born again, and made your children by adoption and grace, may daily be renewed by your Holy Spirit; 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: Genesis 1: 1-5**

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness

covered the face of the deep, while a wind from God swept over the face of the waters.

Then God said, "Let there be light"; and there was light.

And God saw that the light was good; and God separated the light from the darkness.

God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

**+PSALM 29**

The voice of the Lord is upon the waters.

**The voice of the Lord is upon the waters.**

Ascribe to the LORD, O heavenly beings, ascribe to the LORD glory and strength.

Ascribe to the LORD the glory of his name; worship the LORD in holy splendour.

**The voice of the Lord is upon the waters.**

The voice of the LORD is over the waters; the God of glory thunders, the LORD, over mighty waters.

The voice of the LORD is powerful; the voice of the LORD is full of majesty.

**The voice of the Lord is upon the waters.**

The voice of the LORD breaks the cedars; the LORD breaks the cedars of Lebanon.

He makes Lebanon skip like a calf, and Sirion like a young wild ox.

**The voice of the Lord is upon the waters.**

The voice of the LORD flashes forth flames of fire.

The voice of the LORD shakes the wilderness; the LORD shakes the wilderness of Kadesh.

The voice of the LORD causes the oaks to whirl, and strips the forest bare; and in his temple all say, "Glory!"

**The voice of the Lord is upon the waters.**

The LORD sits enthroned over the flood; the LORD sits enthroned as king forever.

May the LORD give strength to his people! May the LORD bless his people with peace!

**The voice of the Lord is upon the waters.**

**+SECOND READING: Acts 19. 1-7**

While Apollos was in Corinth, Paul passed through the interior regions and came to Ephesus, where he found some disciples.

He said to them, "Did you receive the Holy Spirit when you became believers?" They replied, "No, we have not even heard that there is a Holy Spirit."

Then he said, "Into what then were you baptized?" They answered, "Into John's baptism."

Paul said, "John baptized with the baptism of repentance, telling the people to believe in the one who was to come after him, that is, in Jesus."

On hearing this, they were baptized in the name of the Lord Jesus.

When Paul had laid his hands on them, the Holy Spirit came upon them, and they spoke in tongues and prophesied--altogether there were about twelve of them.

## +GOSPEL: Mark 1. 4-11

John the baptizer appeared in the wilderness, proclaiming a baptism of repentance for the forgiveness of sins.

And people from the whole Judean countryside and all the people of Jerusalem were going out to him, and were baptized by him in the river Jordan, confessing their sins.

Now John was clothed with camel's hair, with a leather belt around his waist, and he ate locusts and wild honey.

He proclaimed, "The one who is more powerful than I is coming after me; I am not worthy to stoop down and untie the thong of his sandals.

I have baptized you with water; but he will baptize you with the Holy Spirit."

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan.

And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him.

And a voice came from heaven, "You are my Son, the Beloved; with you I am well pleased."

## **THIS WEEK AT A GLANCE (8- 13)**

**MON:**

**TUE:**

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

10:00am Charity Shop

10:00am Bible Study Group

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

**FRI:**

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

**Sunday 14<sup>th</sup> January 2024**

**Epiphany 2**

**THE HOLY EUCHARIST**

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

**RESERVED SACRAMENT SERVICE**

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

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

*(Readings 1 Sa 3.1-10(11-20), Ps 139.1-5,12-17,1 C 6.12-20, Jn 1.43-51)*

## **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 Scottish Episcopal Church.

## **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 congregation of St. Paul, Strathnairn: Alison Simpson, Blayne Peacock.

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.*

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on 15<sup>th</sup> January at 7pm at Rev. Christine's house.

### 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*

### FROM BLYTHSWOOD



A big thank you for the work done in 2023 and a reminder that this is a year-round project. If anyone has any wrapping paper saved from Christmas, please

consider donating it to our group. Also used Christmas cards for recycling are appreciated.

### Dear Churches Supporting Highland Foodbank.

Thank you all so very much for your practical support throughout 2023, in particular at Harvest and then via our Reverse Advent Calendar Appeal. Without the commitment of local churches, Highland Foodbank just wouldn't exist. We appreciate that the cost of living crisis is affecting everyone, but the generosity of so many has blown us away over these past months.


I would love to write to each church individually, expressing our thanks, but as you might imagine, this would be a massive undertaking. Be assured that we appreciate every item donated to us, which in turn makes a big difference to people facing crisis. Once our end of year stats are available, I'll let you know how many people we were able to help during 2023.

I know some of you are keen to have the most up-to-date list of items we're shorter of, so I've attached a copy of our January/February list.

Wishing you every blessing for 2024!

Kind regards,  
Lorna

**Lorna Dempster**  
Foodbank Manager



## 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](mailto:foodbank.admin@blythswood.org)  
Registered Charity in Scotland 048001  
Company Number 583493



## A MESSAGE FROM STREET PASTORS



Dear friends of Street Pastors,

Thank you for all your support this year. With your help we have given over 700 volunteer-hours to our city's streets where we have engaged with over 2,600 people - and that's not including the countless precious hours by our Prayer Pastors. We have revised our entire training course post-pandemic and commissioned 13 new Street Pastors. We have a lot to be grateful for and we couldn't have done it without you.

May you be blessed this Christmas with a very deep and meaningful sense of God's presence, and may you know God's leading as the new year reveals itself.

With love and appreciation,

Mark Hadfield  
Operations Manager, Inverness Street Pastors

## A MESSAGE FROM THE EDITOR

Hoping everyone had an enjoyable Christmas & New Year!

Here is the first newsletter for 2024. I will publish some further photos of activities during Advent & Christmas separately.

From this coming week we are back to the normal routine for the newsletter so 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))

**HAPPY  
NEW  
YEAR!**