

**Lent 4**  
**10th 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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Vestry Secretary:- Isla Cruden: [isla@ricruden.net](mailto:isla@ricruden.net)

**Sunday 10<sup>th</sup> 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 St R & St J: 1 Samuel 1:20-28; Psalm 34:11-20; 2 Corinthians 1; 3-7; John 19:25b-27.*

*Readings at St A: Ex 2.1-10; Psalm 34:11-20; Col 3.12-17; John 19:25b-27.)*

**+PSALM: 34: 11-20**

I will teach you the fear of the Lord.

**I will teach you the fear of the Lord.**

Come, O children, listen to me; I will teach you the fear of the Lord. Which of you desires life, and covets many days to enjoy good?

**I will teach you the fear of the Lord.**

Keep your tongue from evil, and your lips from speaking deceit. Depart from evil, and do good; seek peace, and pursue it.

**I will teach you the fear of the Lord.**

The eyes of the Lord are on the righteous, and his ears are open to their cry. The face of the Lord is against evildoers, to cut off the remembrance of them from the earth.

**I will teach you the fear of the Lord.**

When the righteous cry for help, the Lord hears, and rescues them from all their troubles. The Lord is near to the broken-hearted, and saves the crushed in spirit.

**I will teach you the fear of the Lord.**

Many are the afflictions of the righteous, but the Lord rescues them from them all. He keeps all their bones; not one of them will be broken.

**I will teach you the fear of the Lord.**

**THIS WEEK AT A GLANCE 11- 16 March)**

**MON:**

**TUE:** 8:00pm On-line Lent Course

**WED:** 9:00am Celtic Morning Prayer:- to join, please contact [annegillianneyman@gmail.com](mailto:annegillianneyman@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 Blythswood Boxes at Rev. Christine's)

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

**Sunday 17<sup>th</sup> March 2024**

**Lent 5 - Passion Sunday**

**THE HOLY EUCHARIST**

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

**RESERVED SACRAMENT SERVICE**

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

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

*(Readings: Jer 31: 31-34, Ps 51: 1-13, Heb5: 5-10, John 12: 20-33)*

**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 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. We pray for the congregation of St. Mary-in-the-Fields, Culloden: overseen by the Inverness City Team. & 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](mailto:annegilliannevman@gmail.com) for the relevant Zoom link.**

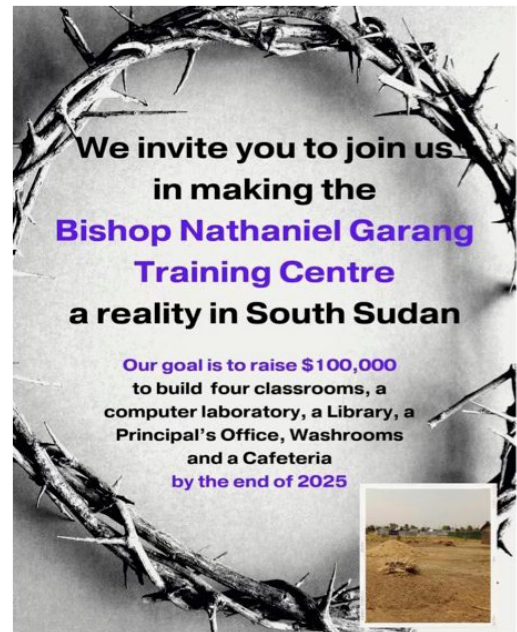
### LENT & EASTER SERVICES

+ 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 31<sup>st</sup> March (it would normally be a 5<sup>th</sup> Sunday).

Services during Holy Week will be confirmed in due course.

### BISHOP'S LENT APPEAL

Bishop Mark's 2024 Lent Appeal is supporting communities in South Sudan.



### Diocesan Lenten Appeal 2024

A shared fundraising goal with other diocese and interested international parties

### JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on **8<sup>th</sup> April** 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.



## 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>

profile

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

## FROM BLYTHSWOOD FOODBANK

**Highland foodbank**

Can you help?

**Items we're shorter of**

**March/April 2024**

- 1kg bags of rice
- Microwave packs of rice
- Tins of custard
- Cartons of long life juice
- UHT milk
- Tins of ham/corned beef
- Tins of macaroni cheese
- Washing up liquid
- Cat food

**Emergency Food for local people in crisis.**

**Please donate an item or two from the list, if you can**

**Thank You!**

01463 717630  
foodbank.admin@blythswood.org  
Registered Charity in Scotland 048001  
Company Number 583493

**BLYTHSWOOD CARE**  
EDUCATION COMMUNITY GOSPEL

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/>

## 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](mailto:jeanmedavis@gmail.com))