

EASTER DAY
31st 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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Sunday 31st March 2024

Easter Sunday

THE HOLY EUCHARIST

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

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

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

(Readings St R & St A: Is 25.6-9; Ps 118.1-2,14-24; Acts 10.34-43; Jn 20.1-18)

Readings St J: Acts 10.34-43; Ps 118.1-2,14-24; 1 C 15.1-11; Mk 16.1-8)

Please don't forget the clocks
spring forward one hour on
Saturday night - so set your time
& don't be late for church on
Easter Sunday!!!

+PSALM 118. 1-2,14-24

This is the day that the Lord has made; we will rejoice and be glad in it.

This is the day that the Lord has made; we will rejoice and be glad in it.

Give thanks to the Lord, for he is good; his mercy endures for ever. Let Israel now proclaim, "His mercy endures for ever."

This is the day that the Lord has made; we will rejoice and be glad in it.

The Lord is my strength and my song, and he has become my salvation. There is a sound of exultation and victory in the tents of the righteous:

"The right hand of the Lord has triumphed! the right hand of the Lord is exalted! the right hand of the Lord has triumphed!"

This is the day that the Lord has made; we will rejoice and be glad in it.

I shall not die, but live, and declare the works of the Lord. The Lord has punished me sorely, but he did not hand me over to death. Open for me the gates of righteousness; I will enter them; I will offer thanks to the Lord.

This is the day that the Lord has made; we will rejoice and be glad in it.

"This is the gate of the Lord; he who is righteous may enter." I will give thanks to you, for you answered me and have become my salvation.

The same stone which the builders rejected has become the chief cornerstone.

This is the day that the Lord has made; we will rejoice and be glad in it.

This is the Lord's doing, and it is marvelous in our eyes. On this day the Lord has acted; we will rejoice and be glad in it.

This is the day that the Lord has made; we will rejoice and be glad in it.

HOLY WEEK SERVICES – a reminder

HOLY WEEK AND EASTER 2024
with the Black Isle Episcopalians

Charity Number SC010781

EVERYONE IS WELCOME TO ALL SERVICES!!

TUESDAY 26th March

7pm Eucharist at St Regulus, Cromarty

WEDNESDAY 27th March

On line - 9:00am Celtic Morning Prayer (via Zoom)

Contact AnneGillianNewman@gmail.com for details

MAUNDY THURSDAY MORNING (28th March)

11.30am Chrim Mass in St Andrew's Cathedral, Inverness
with Bishop Mark & all of our diocesan Clergy

MAUNDY THURSDAY EVENING

7.00pm Eucharist & Foot washing
in St Andrew's, Fortrose

GOOD FRIDAY (29th March)

12 Noon in St Regulus

Jeremy will be leading a Stations of the Cross

3pm in St Andrew's, Fortrose AT THE FOOT OF THE CROSS

A quiet service for Good Friday

HOLY SATURDAY (30th March)

7pm in St Andrew's, Fortrose

Vigil and first Eucharist of Easter

EASTER SUNDAY (31st March)

THE HOLY EUCHARIST

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

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

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

For those attending the Chrim Mass in the Cathedral on Maunday Thursday at 11.30am, this will be followed by a 'bring and share' lunch. Please do bring along something for the lunch table. Tea and coffee will be available.

WEEK AT A GLANCE 1-6 April

MON:

TUE:

WED: 9:00am Celtic Morning Prayer: - to join, please contact annegillianewman@gmail.com for the relevant Zoom link

10:00am Charity Shop

10:00am Bible Study

THU: 10.30am Service in St Andrew's

FRI:

SAT: 10:00am Charity Shop

Sunday 7th April 2024

Easter 2

THE HOLY EUCHARIST

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

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

RESERVED SACRAMENT SERVICE

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

(Readings Acts 4.32-3.5 Ps 133. 1 Jn 1.1-2:2. Jn 20.19-31)

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 peace of Jerusalem (Psalm 122:6) & for The Church in the Province of the West Indies.*

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 Gordonstoun School: Chaplain - Christian Collett. Assistant Chaplain - Philip Schonken. & 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.

FLOWER FESTIVAL

Easter Flowers



Tuesday 2nd April

At St Andrew's Church, Academy Street, Fortrose

2.00 pm

TEAS & COFFEES

HOME BAKING



Black Isle Charge - Scottish Episcopal Church - SC010781

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on **8th April** at 7pm at Rev. Christine's house.

STREET PASTORS

Do you love to pray?

STREET PASTORS are looking for people like you who would like to pray for our patrols and the people of our city. Training is provided.

To find out more about Prayer Pastors, please talk to your church Street Pastors Champion or email inverness@streetpastors.org.uk

If anyone would like more details, please contact Ann Danson on 07731696520.

BISHOP'S LENT APPEAL

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

Donations to Richard at St Regulus, Donald at St John's & Peter at St Andrew's or, if you have a payment from back account set up, by bank transfer clearly marked "Lenten Appeal".

We invite you to join us in making the Bishop Nathaniel Garang Training Centre a reality in South Sudan

Our goal is to raise \$100,000 to build four classrooms, a computer laboratory, a Library, a Principal's Office, Washrooms and a Cafeteria by the end of 2025

Diocesan Lenten Appeal 2024

A shared fundraising goal with other diocese and interested international parties

Closing date for donations 30th April 2024

OPERATION SHOEBOX UPDATE

Although the weather and illness reduced our number of happy wrappers to 8, we managed 34 boxes in two hours (including a tea break), and with previously wrapped box donations, our number this afternoon came up to 43! Our next scheduled box wrapping session will be from 2-4pm at the Lodge, Fortrose on April 26th. We would still welcome donations of male and female deodorants for the rest of this month. We put them not only into the adult boxes, but the teenagers as well.

With every blessing,
Jan Maclennan



SMALLS FOR ALL

Dear everyone, as you know, I collect the gently laundered bras and new pairs of pants to send to this marvellous charity. Here's a wee update just from February alone!!

There were 1,835 parcels received for the month in February.

300 pairs of pants were sent to the Beatrice Project, an organisation working with the Ntombi Nto Girl Child Network, a registered trust in Zimbabwe. They're supporting schoolgirls by providing access to sanitary products. This enables them to go to school each day when they have their periods.

Demena, a charity supporting women in Northern Ethiopia - were given 1,263 pairs of pants and bras. 20 pairs of pants were included in hygiene kits going to Africa with the Days for Girls (Cuddington) project. Zambia and Malawi Community Partnership working with the Tafika Youth Organisation in the Mzuzu region of Malawi received 1,025 pairs of pants and bras.

River Kids, an organisation supporting children and their families in the West Lothian area received 539 pairs of pants and bras.

Ten Little Toes Baby Bank, and organisation providing essential items to children in West Sussex received 1,075 pairs of pants.

A total of 557 pairs of pants and worn bras were sent to Life Support, a charity that supports people living in poverty in Chingola in the Copper belt of Zambia. The women they support often don't own underwear, and if they do, it's threadbare because they have one bra and one pair of knickers which they wash each night, so they're fresh in the morning.

In Kenya, 60% of girls and women do not have the means to manage their periods except using old rags, ash, bits out of their mattresses, leaves or some just sit in a hole. (Freedom4Girls).

It is difficult to hear about the challenges around managing their periods that so many women and girls face, but Smalls for All tries to support these women and girls through the organisations that produce the hygiene kits.

As always, thank you for supporting Smalls for All. With every Blessing,

Jan MacLennan xx.

ALPHA COURSE

St Regulus are starting an Alpha course – “Alpha in Cromarty” – we would very much appreciate prayer for the course from our friends at St Andrews and St Johns.

If anyone from our sister churches would like to invite someone and perhaps come along with them, they are very welcome.

We are also looking for able and willing bodies to help with the catering – please contact Charlotte and Gillian about this.

Stuart and I are contact points for anything else (we are co-leading it together).

In faith and love!

Hannah

Alpha in Cromarty!

Curious about faith?



Alpha is a series of group conversations that explore the basics of the Christian faith in an open, friendly environment. We'll eat together, watch a video, and then talk about it in small groups.

Everyone is welcome, no matter background or beliefs. It's free and there is no pressure to come back.

We would love it if you would join us in prayer for our course.

In fellowship and love, Hannah, Stuart, and the rest of the Alpha team at St Regulus

Where? St Regulus' Church, Church Street, Cromarty
When? Starting 7pm, Monday 22 April and following Mondays until 1 July
streguluscromarty@gmail.com



FROM BLYTHSWOOD 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



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)