

**EASTER 3**  
**14<sup>th</sup> April 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

Phone: 01463 811333

Email: [bishop@moray.anglican.org](mailto:bishop@moray.anglican.org)

Charge Website: [episcopalblackisle.scot](http://episcopalblackisle.scot)  
Vestry Secretary:- Isla Cruden: [isla@ricruden.net](mailto:isla@ricruden.net)

**Sunday 14<sup>th</sup> April 2024**  
**Easter 3**

### **THE HOLY EUCHARIST**

**9:45am in St John's with Fr Arthur**  
**11:30am in St Andrew's with Rev Christine**

### **RESERVED SACRAMENT SERVICE**

**9:45am in St Regulus' with Jeremy & Hannah.**  
*(Readings Acts 3.12-19. Ps 4. 1 Jn 3.1-7. Lk 24.36b-48)*

### **+PSALM 4**

Lift up the light of your countenance upon us, O Lord.

**Lift up the light of your countenance upon us, O Lord.**

Answer me when I call, O God, defender of my cause; you set me free when I am hard-pressed; have mercy on me and hear my prayer. "You mortals, how long will you dishonour my glory; how long will you worship dumb idols and run after false gods?" Know that the Lord does wonders for the faithful; when I call upon the Lord, he will hear me. Tremble, then, and do not sin; speak to your heart in silence upon your bed.

**Lift up the light of your countenance upon us, O Lord.**

Offer the appointed sacrifices and put your trust in the Lord. Many are saying, "Oh, that we might see better times!" Lift up the light of your countenance upon us, O Lord.

**Lift up the light of your countenance upon us, O Lord.**

You have put gladness in my heart, more than when grain and wine and oil increase. I lie down in peace; at once I fall asleep; for only you, Lord, make me dwell in safety.

**Lift up the light of your countenance upon us, O Lord**

### **WEEK AT A GLANCE 15-20 April)**

**MON:**

**TUE:**

**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:**

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

**Sunday 21st April 2024**

**Easter 3**

### **THE HOLY EUCHARIST**

**9:45am in St Regulus' with Rev. Christine**  
**11:30am in St Andrew's with Rev Ellie**

### **RESERVED SACRAMENT SERVICE**

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

*(Readings Acts 4.5-12; Ps 23; 1 Jn 3.16-24; Jn 10.11-18)*

### **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 and for The Anglican Church in Aotearoa, New Zealand and Polynesia.

### **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. Columba, Nairn: Alison Simpson, Marion Keston, Blayne Peacock. Lay Reader: Pat Ellison.

& 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 to Christ, our life and our resurrection.

– *Son of the living God, protect your people.*

We pray for your One, Holy, Catholic and Apostolic Church: may she reveal among the nations your kingdom of justice and holiness.

– *Son of the living God, protect your people.*

We pray for all who are sick, sorrowful...for refugees, captives, and exiles: show them your love, power and compassion.

– *Son of the living God, protect your people.*

We pray for those who have lost you in the maze of life: let them know once more the joy of coming home.

– *Son of the living God, protect your people.*

Crucified and risen saviour, you will come again in judgement: be merciful to us sinners.

– *Son of the living God, protect your people.*

We pray for all the living, and for those who have left this world in the hope of the resurrection.

– *Son of the living God, protect your people.*

*Conclude with the Lord's Prayer.*

### TEXTILE ART BANNERS

#### St Andrews Church Fortrose

Thursday 11 April  
from 1pm

#### Textile Art Banners

Showcasing many interesting techniques, they were made by women in the Highlands and Islands to celebrate 100 years since women got the vote and are really worth popping in to see. Storyteller Lizzie McDougall will be there to share some of the stories behind the banners.



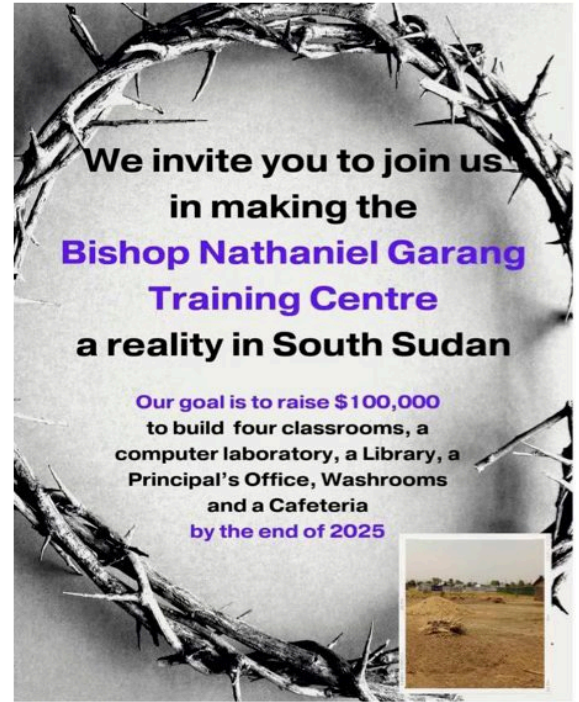
This is a FREE EVENT

Donations to the St Andrews Christmas Boxes for Blythswood are welcome

### EASTER FLOWERS EVENT

Last week's event raised £200 for church funds when people gathered to view the Easter flowers in St Andrews and for tea, coffee and cake while listening to background organ music. Many thanks to all who planned, served, played, and donated! A wonderful afternoon!

### BISHOP'S LENT APPEAL



#### Diocesan Lenten Appeal 2024

A shared fundraising goal with other diocese and interested international parishes

A reminder that the closing date for donations is 30<sup>th</sup> April 2024

### 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



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

## BIG SING



## STANDING ON THE EDGE

An invitation from Helen



All are welcome to join members of the Iona Community at Huntly Street Methodist Church Inverness on Sunday April 14th at 2pm. Come and join in.

*Helen Robinson*

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE

The next prayer meeting will be on **6<sup>th</sup> May at 7pm** at Rev. Christine's house.



Please come to an Informal Lounge gig by this talented folk/singer songwriter at the Old Mill - Helen Robinson's house, at 7pm on Thursday April 11th. Refreshments available.

RSVP as places limited to Helen on 07889181529 or [helen.charley@doctors.org.uk](mailto:helen.charley@doctors.org.uk)

## STREET PASTORS



## OPERATION SHOEBOX UPDATE

We have had the most wonderful donation of £670.00 from Reverend Christine's Lenten lunches and this is so so needed in order to buy the goods that we cannot make, like soap, shower gel, shampoo, toothbrushes and toothpaste, hairbrushes and pants, socks, enamel mugs etc. Each and every pound really matters in getting these wonderful boxes of love filled and sent to the vulnerable, the poor, the needy, the displaced, those in war torn areas, and those on the edge of society where they are alone. This is showing God's love, this is where the Cross of Christ matters, where we show our love for others, for what he did for us. We will be wrapping more boxes for this wonderful ministry on April 26th, 2-4 pm at the Lodge, Fortrose. We would welcome donations of shampoo and shower

gel this month of April. Thank you, and with love and blessings,

Jan MacLennan xxx

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

And the usual 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))



### 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

For the more IT savvy, there is now an App which can tell you in 'real time' which donations are needed urgently. It