

EASTER 4
21st 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

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Vestry Secretary:- Isla Cruden: isla@ricruden.net

Sunday 21st April 2024
Easter 4

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. Jn10.1-18)

WEEK AT A GLANCE 22-27 April)

MON:

TUE:

WED: 9:00am Celtic Morning Prayer: - to join,
please contact 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 28th April 2024
Easter 5

THE HOLY EUCHARIST

9:45am in St John's with Rev Christine
RESERVED SACRAMENT SERVICE
9:45am in St Regulus' with LR Barrie
11:30am in St Andrew's with LR Barrie

(Readings Acts 8.26-40. Ps 22.24-30. 1 Jn 4.7-21. Jn 15.1-8)

+ PSALM: 23

The Lord is my shepherd; I shall not be in want.

The Lord is my shepherd; I shall not be in want.

The Lord is my shepherd; I shall not be in want.

He makes me lie down in green pastures and leads me beside still waters.

The Lord is my shepherd; I shall not be in want.

He revives my soul and guides me along right pathways for his Name's sake.

Though I walk through the valley of the shadow of death, I shall fear no evil; for you are with me; your rod and your staff, they comfort me.

The Lord is my shepherd; I shall not be in want.

You spread a table before me in the presence of those who trouble me; you have anointed my head with oil, and my cup is running over.

Surely your goodness and mercy shall follow me all the days of my life, and I will dwell in the house of the Lord for ever.

The Lord is my shepherd; I shall not be in want.

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 of Australia.

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 Christ Church, Huntly; Holy Trinity, Keith; Gordon Chapel, Fochabers; St. Michael, Dufftown and St. Marnan's, Aberchirder: Michael Last, Peter Shaw. Lay Reader: Megan Cambridge. & 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.

BISHOP'S LENT 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

**A reminder that the closing date
for donations is 30th 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. (See below for more info & contact details) 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



CALL FOR HELP WITH CATERING FOR ALPHA

The Alpha Course runs for 11 weeks, and each week begins with a shared meal. We would be so grateful for any contributions towards the catering, food or finance!

If you would like to cook, please use the foil dishes available in church and write the ingredients on the lid (for allergies). Let us know reheating temp and time. We can arrange to collect the dishes, fresh or frozen.

Please contact: Gillian 07732451513
annegilliannewman@gmail.com or Charlotte
07775505114 c.macd@gmail.com to discuss preferred menu and date(s) you can offer. Volunteers needed for sessions from 6th May to 1st July inclusive.

CROMARTY GARDEN TIDY UP

Come and join us to help tidy up the garden at St Regulus' Cromarty. First session this year on **Sat 20th from 10 am**. Even half an hour of help will make a difference so please come along to help!

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE

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



MERRY WIDOWS, WIDOWERS & LIVE ALONERS

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 April at 1.00 pm**, at the home of Helen Robinson, 1 Marine Terrace, Rosemarkie (The Old Mill). Booking essential at christinemylne85@gmail.com or on 01381 621975. No need to bring anything, but a **SMALL** contribution towards cost would be appreciated.



Note - because of the new one-way system, you need to turn right (if coming from Fortrose) by the Plough Inn. The previous right turn leaves you with no access to Marine Terrace - *i.e.* you cannot turn left by The Crofters.

Please let me know if you have any food allergies.

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



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/>

SUFFRAGETTE BANNERS

A huge thank you to all who came to see the beautiful banners on Thursday. More photos can be found on our Facebook Page

<https://www.facebook.com/blackislecharge>

£43 was raised for Blythwood Boxes.



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.

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)