

EASTER 7
12th May 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 12th May 2024
Easter 7

THE HOLY EUCHARIST

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

RESERVED SACRAMENT SERVICE

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

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

(Readings Acts 1.15-17,21-26. Ps 1. 1 Jn 5.9-13. Jn 17.6-19)

JILL & SIMON

There is a farewell lunch for Jill and Simon after the service this Sunday (12th May) at Cromarty. We are sharing a buffet lunch at Gillian's house. All are welcome.

WEEK AT A GLANCE 13 May - 18 May)

MON: 7.00pm Alpha Course, Cromarty

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:

FRI:

SAT: 10:00am Charity Shop

Sunday 19th May 2024
Pentecost

THE HOLY EUCHARIST

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

(Readings: Ezekiel 37: 1-14. Psalm 104:25-35,37.

Acts 2: 1-21. John 15:26-27 16: 4b-15)

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

(Readings – see below)

RESERVED SACRAMENT SERVICE

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

(Readings Acts2. 1-21. Psalm 104.25-35, 37. Ro.8, 22-27, John 15:26-27 16: 4b-15)

+PSALM: 1

Happy are they who trust in the Lord.

Happy are they who trust in the Lord.

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the LORD, and on his law they meditate day and night.

Happy are they who trust in the Lord.

They are like trees planted by streams of water, which yield their fruit in its season, and their leaves do not wither. In all that they do, they prosper.

Happy are they who trust in the Lord.

The wicked are not so, but are like chaff that the wind drives away. Therefore the wicked will not stand in the judgment, nor sinners in the congregation of the righteous; for the LORD watches over the way of the righteous, but the way of the wicked will perish.

Happy are they who trust in the Lord.

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 Burundi**

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. John, Forres: Hamilton Inbadas, Grace Siromony, Anthony Matchwick, John Dale. Lay Reader: Glenda Thompson & 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:

Rejoicing, let us pray to Christ who was buried in the heart of the earth to awake in the light of glory.

- *King of Glory hear us.*

We pray for bishops, priests, deacons and lay readers: may they be dedicated to their ministry; grant that they may present to you a people ready for every kind of good work.

- *King of Glory hear us.*

We pray for those who serve the Church as teachers of the faith: may they always seek your truth with sincerity of heart.

- *King of Glory hear us.*

We pray for all the faithful: may they run the great race, finish the course; let them receive the crown of victory in the kingdom of heaven.

- *King of Glory hear us.*

Lord, you cancelled on the cross our sentence of damnation; free us from the darkness of our sins.

- *King of Glory hear us.*

You descended into hell and opened wide its gates; receive the faithful and all the departed into your Father's house.

- *King of Glory hear us.*

Conclude with the Lord's Prayer.

ALPHA COURSE

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



At our second Alpha evening on 29th April, we were encouraged by four new people! We value all prayers of protection and blessing over our course and for the wonderful people coming along. If you are praying for us, thank you!

Next Monday (13th May at 7pm) our topic is How Can I Have Faith?

Please pray for us all as we continue this course and don't worry if you have missed previous sessions! Just come along anyway. You will be very welcome!

Please pray for us to be in an environment where we are encouraging the group to question and share – without judgement and without telling each other what to believe – this is a new and refreshing experience for some. We want to encourage our friends as they do this but also steer these discussions with wisdom and grace. Please pray for course leaders Stuart and Hannah in this!

We also give thanks for the catering team headed by the amazing Charlotte and Gillian. Alpha would not run without the fellowship of a shared meal, so we are incredibly grateful for them and all cooks!

With every blessing to you all!

From **Hannah and Stuart** (on behalf of the St Regulus' Alpha team).

OPERATION SHOEBOX UPDATE



There was a merry band of eight of us on Friday, and we managed to wrap 37 boxes in the two hours between us, and some boxes going home with members of the group as homework!! It's such a blessing to have some done at home, as it keeps the target on track!! We were talking about the boxes and the fact that they are being used afterwards as their precious store boxes, as the children and people on the videos say to the Blythswood teams that deliver them. If anyone would like boxes or paper to wrap some extra at home, please do get in touch and I can drop them off. Our next wrapping session will be on May 24th at the Lodge, between 2-4pm. For the month of May, we would welcome donations of shaving foam/cream and razors please.

With every blessing,
Jan Maclennan xxx

SERVICES AT THE CATHEDRAL

We have a service for Ascension Day in St Andrew's Fortrose at 10.30am on Thurs 9th May. There is also a service at **Inverness Cathedral at 3.30pm on Thurs 9th May**. Details below.



Bishop of Moray, Ross and Caithness & Primus of the Scottish Episcopal Church

the Most Reverend Mark Strange
warmly invites you to

a celebration of the **Eucharist for Ascension Day**
at 3.30 pm on Thursday the 9th of May at St Andrew's Cathedral, Inverness.

The service be followed by an event to **welcome the Revd Anthony Amair**,
Priest of St Andrew's Chandrapur, India.

St Andrew's, Chandrapur was at the heart of the Scottish Episcopal Church's mission in India from mid 19th to mid 20th century. Its origin has a particular connection to Inverness.

Revd Anthony will give a presentation on the current progress and initiatives of St Andrew's and the mission centres in the surrounding villages, carrying forward the enduring legacy of the Scottish Episcopal Church's missionaries. Refreshments will be served.

Please announce in your churches.

R.S.V.P. to Tina Coffey on secretary@stjohnsforres.org.uk by 6th May.



And a warm invitation to all to a service to celebrate the ministry of Lay Readers. A service of evening prayer including their recommitment led by + Mark. **Sat 18th May 5pm at Inverness Cathedral.**



Holy Spirit painting by Mark Jennings

You are invited to celebrate with us the Ministry of Lay Readers in the Diocese of Moray, Ross and Caithness

Join us for a Service of Evening Prayer including re-commitment of Lay Readers
Led by Bishop Mark Strange

At Inverness Cathedral dedicated to St Andrew on Saturday 18th May 2024 at 5pm.
All Clergy, Congregations, Families and Friends are welcome

Inverness Cathedral, dedicated to St. Andrew The Martyr, Church of the United Diocese of Moray, Ross and Caithness
A Church Registered in Scotland 200200000
Scottish Episcopal Church



COMARTY GARDEN FRIDAYS

Garden Fridays at St Regulus Church are running again this term. The children have been clearing the ground, checking in on their bug hotels from last year, adding new stakes to their willow den and making mud pizzas.

We would really value extra adult help. If anyone is available from 3-4.30 pm on a Friday, we would love to have you along.

Families of the children who come along are invited to family services. We had a lovely family service on Sunday, led by Stuart Thomson, with four children in attendance.

Gillian

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE

The next prayer meeting will be on **3rd June at 7pm** at Rev. Christine's house.



FROM BLYTHSWOOD FOODBANK

Dear Churches supporting Highland Foodbank. As always, we're so grateful for donations from individuals and families from your church. Without this support we wouldn't be able to keep up with the demand for Foodbank in the Highlands.

I've attached our May/June list, and I'd be really grateful if you'd circulate this amongst your congregation. I'm sending two attachments, one is an A4 flyer and the other, two A5 flyers. This gives you options as to how you'd like to advertise the list.

Last year we applied for funding for two years to employ a Food Insecurity Adviser within Citizen's Advice Bureau in Inverness. I'm delighted to say that we were successful with this bid, and a new Adviser took up post at the start of April. This will be a huge help for both Foodbank and CAB, in that the FI Adviser will have specific remit for people contacting CAB due to food crisis, helping them to engage with appropriate services. With the positive gains this engagement will bring, it should help reduce the need for Foodbank referrals going forward. We're really excited about how this project will help some people move out of food insecurity.

Kindest regards,

Lorna Dempster
Foodbank Manager Blythswood Care



Foodbank Isn't Just For Christmas May & June 2024 Items We **Need**:

- Cartons of Long Life Juice
- Tins of Potato/Smash
- Tins of Custard/Rice
- Tins of Corned Beef
- Jars of Pasta Sauce
- Oatcakes/Crackers
- 1kg Bags of Rice
- Tins of Ham
- Tins of Fruit
- UHT Milk

Nobody in the
Highlands of Scotland
should be without
food!

Please donate items
if you can.

Thank You!

01463 717630

foodbank.admin@blythwood.org

Registered Charity in Scotland 048001

Company Number 583493

MESSAGE FROM THE EDITOR

And the usual reminder to send any information you want included in the newsletter 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)