

PENTECOST
19th 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 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 Acts 2. 1-21. Psalm 104.25-35, 37. Ro 8, 22-27, John 15:26-
27 16: 4b-15)

WEEK AT A GLANCE 20 May - 25 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: 10:30am Service at St Andrew's

FRI:

SAT: 10:00am Charity Shop

Sunday 26th May 2024

Trinity Sunday

THE HOLY EUCHARIST

9:45am in St John's with Rev. Christine

9:45am in St Regulus' with Rev. Hamilton Inbadas.

RESERVED SACRAMENT SERVICE
11.30am in St Andrew's with Alison & Joan.

(Readings Is 6. 1-8. Ps 29. Ro 8. 12-17. Jn 3.1-17)

+PSALM:104: 25-35,37

Send forth your Spirit, O Lord, and renew the face of
the earth.

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

O Lord, how manifold are your works! in wisdom you
have made them all; the earth is full of your creatures.

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

Yonder is the great and wide sea with its living things
too many to number, creatures both small and great.
There move the ships, and there is that Leviathan,
which you have made for the sport of it.

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

All of them look to you to give them their food in due
season. You give it to them; they gather it; you open
your hand, and they are filled with good things.
You hide your face, and they are terrified; you take
away their breath, and they die and return to their dust.

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

You send forth your Spirit, and they are created; and
so you renew the face of the earth.

May the glory of the Lord endure for ever; may
the Lord rejoice in all his works. He looks at the earth
and it trembles; he touches the mountains and they
smoke.

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

I will sing to the Lord as long as I live; I will praise my
God while I have my being. May these words of mine
please him; I will rejoice in the Lord. Bless the Lord,
O my soul. Hallelujah!

**Send forth your Spirit, O Lord, and renew
the face of the earth.**

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 Canada

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. For the congregations of St. John, Rothiemurchus; St Columba, Grantown on Spey: Richard Gillings, Alison Hart, Tony Sparham, Jenny Jones, Ellie Charman. Lay Readers: Deborah Munday, Judith Page, Christine Burry. & 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.

CHRISTIAN AID WEEK

This week is Christian Aid Week. There are lots of suggestions for fundraising & campaigning via this internet link and a button to donate online for those who are able.

<https://www.christianaid.org.uk>

JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



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

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



This week (20th May) – **Why & How Should I Read the Bible.** 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!

OPERATION SHOEBOX UPDATE



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

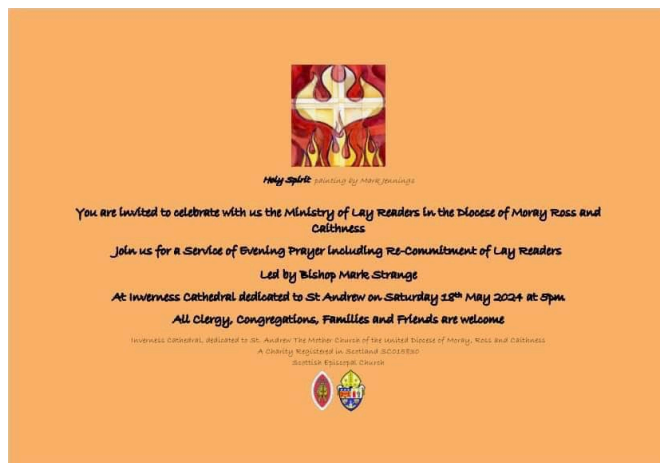
INSTITUTION OF RECTOR OF HOLY TRINITY, ELGIN & ST MARGARET'S, LOSSIEMOUTH

The Vestry and the congregations of Holy Trinity Church, Elgin & St Margaret's Church, Lossiemouth warmly invite you to the Institution of The Rev'd Tembu Namderr Rongong as the Rector of Holy Trinity and St Margaret's by the Most Reverend Mark Strange, Bishop of Moray, Ross and Caithness & Primus of the Scottish Episcopal Church

at 4pm on Sunday 26 May 2024 at Holy Trinity Church, Trinity Place, Elgin, and afterwards in the church hall for light refreshments. Clergy and Lay Readers are invited to robe if they wish. R.S.V.P. by Sunday 19 May to: Dr Jacquelyn Mobbs, Vestry Secretary, on Jacquelyn.mobbs@gmail.com

CATHEDRAL EVENTS

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.**



CATHEDRAL FLOWER FESTIVAL

Our wonderful flower fairies from St Andrew's and St John's will be contributing to this. Please go along to view the flowers or attend the service on 26th May.



CROMARTY 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



FROM BLYTHSWOOD FOODBANK



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)