

PENTECOST 3
9th June 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 9th June 2024

Pentecost 3

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 Gen 3.8-15. Ps. 130. 2 C 4.13-5.1 Mk 3.20-35)

WEEK AT A GLANCE 10 June – 15 June)

MON: 7.00pm Alpha Course, Cromarty

TUE:

WED: 9:00am Celtic Morning Prayer: - to join,
please contact annegilliannevman@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 16th June 2024

Pentecost 4

THE HOLY EUCHARIST

11.30am in St Andrew's Rev. Christine Presiding.
LR Pat preaching

RESERVED SACRAMENT SERVICE

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

9:45am in St Regulus' with Jeremy

*(Readings Ezek 17.22-24. Ps. 92.1-4,11-14. 2 C 5.6-10(11-13)14-17. Mk
4.26-34)*

+PSALM:130

With the Lord there is mercy and plenteous redemption.

With the Lord there is mercy and plenteous redemption.

Out of the depths have I called to you, O Lord; Lord, hear my voice; let your ears consider well the voice of my supplication.

If you, Lord, were to note what is done amiss, O Lord, who could stand? For there is forgiveness with you; therefore, you shall be feared.

With the Lord there is mercy and plenteous redemption.

I wait for the Lord; my soul waits for him; in his word is my hope.

My soul waits for the Lord, more than watchmen for the morning, more than watchmen for the morning.

With the Lord there is mercy and plenteous redemption.

O Israel, wait for the Lord, for with the Lord there is mercy; With him there is plenteous redemption, and he shall redeem Israel from all their sins.

With the Lord there is mercy and plenteous redemption.

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 Province de L'Eglise Anglicane Du Congo.

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. Maelrhubha, Poolewe; Heather Widdows.

& 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:

Christ taught us to set our hearts on the Kingdom of God, and on its justice. In that Kingdom all that we need will be given to us. Until then let us pray:

-Your Kingdom come. O Lord.

Blessed are those who know their need of God: lead us to seek your face in purity of the heart.

-Your Kingdom come. O Lord.

Blessed are those who work for no reward, those who suffer for what is right: comfort them with your presence, lighten their burden.

-Your Kingdom come. O Lord.

Blessed are the gentle, those who show mercy, and forgive; they shall know your forgiveness at the end of time.

-Your Kingdom come. O Lord.

Blessed are the peacemakers, those who reconcile conflict and hate: they are indeed the sons of God.

-Your Kingdom come. O Lord.

Bring consolation to all who mourn departed loved ones: may they share the blessed hope of all who have died in the peace of Christ.

-Your Kingdom come. O Lord.

Conclude with the Lord's Prayer.

ST REGULUS SUMMER SERVICES

Rev Christine will be celebrating **Holy Communion at St Regulus at 7.00pm on the third Tuesday of every month until further notice.** Other services on Tuesday will be announced when organised.

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.

Gillian

OPEN INVITATION TO INSTALLATION OF MR JOHN STUART AS LAY CANON

The Bishop of Edinburgh would like to extend an invitation to all across the Province to attend the Evensong Service at **St Mary's Cathedral in Edinburgh on Sunday 9 June 2024** where the Secretary General of the General Synod of the Scottish Episcopal Church, Mr John Stuart, will be installed as Lay Canon.

The Edinburgh Diocesan Synod agreed earlier this year to honour the retiring Secretary General's long service and dedication to the SEC, and Bishop John Armes would be delighted to welcome people from all dioceses to the service, which starts at **3.30pm**.

At the Diocesan Synod, Bishop John paid tribute to Mr Stuart's "unique blend of skills, legal nous, administrative efficiency, personal charm and above all, devout faith in Jesus Christ".

He continued: "John has never sought the limelight. He seems to understand innately Jesus' teaching that greatness comes through service. But now, as he prepares to step back from his long and faithful service to the church, we want, in our small way, to recognise and to applaud all that he has given the Scottish Episcopal Church by inviting him to become a Lay Canon of St Mary's Cathedral."

ALPHA COURSE

This week (10th June) – **Why & How Should I Tell Others?** 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!

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



OPERATION SHOEBOX UPDATE

Our next box wrapping session will be on Friday June 28th between 2-4 pm at the Lodge, Fortrose. Why not come and join us? We have a tea and coffee /cake break, and great conversation. For such a worthy cause and fun whilst you work too!! **For the month of June, we would appreciate donations of notebooks.**

God Bless You All,

Jan Maclennan



JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE



The next prayer meeting will be on **1st July at 7pm** at Rev. Christine's house.

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)