

**PENTECOST 16**  
**8th September 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](mailto:isla@ricruden.net)

**Sunday 8<sup>th</sup> September 2024**

**Pentecost 16**

**THE HOLY EUCHARIST**

**9.45am in St John's with Fr Arthur**

**RESERVED SACRAMENT SERVICE**

**9.45am in St Regulus with Stuart**

**11.30am in St Andrew's with LR Barrie**

*(Readings: Is 35.4-7a, Ps 146, Jas 2.1-10(11-13)14-17 Mk 7.24-37)*

**WEEK AT A GLANCE 9 Sept – 16 Sept)**

**MON:**

**TUE:**

**WED:** 09.30am Celtic Morning Prayer (Online)

10:00am Charity Shop

**THU:** 10:30am Service at St Andrew's

**FRI:**

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

**Sunday 15<sup>th</sup> September 2024**

**Pentecost 17**

**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 Jean & Ann**

*(Is 50.4-9a, Ps 116.1-8, Jas 3.1-12, Mk 8.27-38)*

**+PSALM: 146**

You open wide your hand, O Lord, and satisfy our needs.

**You open wide your hand, O Lord, and satisfy our needs.**

Hallelujah! Praise the Lord, O my soul! I will praise the Lord as long as I live; I will sing praises to my God while I have my being.

**You open wide your hand, O Lord, and satisfy our needs.**

Put not your trust in rulers, nor in any child of earth, for there is no help in them. When they breathe their last, they return to earth, and in that day their thoughts perish.

**You open wide your hand, O Lord, and satisfy our needs.**

Happy are they who have the God of Jacob for their help! whose hope is in the Lord their God; Who made heaven and earth, the seas, and all that is in them; who keeps his promise for ever; Who gives justice to those who are oppressed, and food to those who hunger.

**You open wide your hand, O Lord, and satisfy our needs.**

The Lord sets the prisoners free; the Lord opens the eyes of the blind; the Lord lifts up those who are bowed down;

The Lord loves the righteous; the Lord cares for the stranger; he

sustains the orphan and widow, but frustrates the way of the wicked.

**You open wide your hand, O Lord, and satisfy our needs.**

The Lord shall reign for ever, your God, O Zion, throughout all generations. Hallelujah!

**You open wide your hand, O Lord, and satisfy our needs.**

**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 Church of the Province of Myanmar (Burma).

**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 the Mid Ross Charge - St. Anne, Strathpeffer; Dingwall Town Chaplaincy: Julia Boothby, Gordon Sleight, Barbara Chandler, Norma

Higgott. & 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 who will be ordained Deacon this month. For 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:*

The will of Christ is for all to be saved. Let us pray that his will may be done.

*-Draw all people to yourself Lord.*

Lord, by your sacrifice on the cross you redeemed us from the slavery of sin: lead us to the freedom and glory of the sons and daughters of God.

*-Draw all people to yourself Lord.*

Be with our bishop, Mark, and all the bishops of your Church: grant them courage and compassion in their ministry.

*-Draw all people to yourself Lord.*

Bless our sisters and brothers of every tradition and teach us to hunger and thirst for unity.

*-Draw all people to yourself Lord.*

Help those who seek the truth to find it: let them be consecrated in truth.

*-Draw all people to yourself Lord.*

Bless all with whom we share life here on the Black Isle and guide us as we support and encourage one another.

*-Draw all people to yourself Lord.*

We pray especially for peace in family life, and for those orphaned and widowed: comfort them in your love.

*-Draw all people to yourself Lord.*

May our departed brothers and sisters come to the heavenly city: there, with the Father and the Holy Spirit, you will reign forever.

*-Draw all people to yourself Lord.*

*Conclude with the Lord's Prayer.*

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE

The next prayer meeting will be on 7<sup>th</sup> October at 7pm at Alison's house.



## ST REGULUS SUMMER SERVICES

Rev Christine will be celebrating Holy Communion at St Regulus at 7.00pm on **Tuesday 17<sup>th</sup> of September**. This will be the final Tuesday service at St Regulus this year.


## CELTIC MORNING PRAYER

Celtic morning prayer takes place every Wednesday morning at 9am via Zoom for about 30 mins. To add your name, contact Gillian Newman.

[annegilliannewman@gmail.com](mailto:annegilliannewman@gmail.com)


## CONFIRMATION STUDY GROUP

This is an open invitation from Fr Iain to anyone from any of the congregations who wants to prepare for confirmation or simply revisit their confirmation vows.



### Saint Michael and All Angels

Scottish Episcopal Church  
Abban Street Inverness



#### CONFIRMATION STUDY GROUP

WEDNESDAYS 16<sup>th</sup> OCTOBER  
TO 20<sup>th</sup> NOVEMBER

6pm to 7pm

- Week 1: Our Liturgy. Fr Iain Macritchie
- Week 2: Confirmation in the different Christian traditions. The distinctive history of the Scottish Episcopal Church. Brian Marshall and Fr Ian Pallett
- Week 3: The 'Marks of Mission' and the mission of the Church. Fr Ian Pallett
- Week 4: What we believe. The Creed. Brian Marshall
- Week 5: What we believe. The Creed (part 2). Brian Marshall
- Week 6: Christian communities and hope. Brian Marshall

All are very welcome to attend this group.

Some may wish to attend, simply to engage with the study.

Some may wish to use this as an opportunity to revisit and perhaps even renew their confirmation vows.

Some may wish to use this as preparation for Confirmation.

## NET ZERO TOOLKIT

Churches will be asked to review what can be done now and, in the future, to reduce our carbon footprint ahead of a meeting in the autumn. For those interested in what must be done and the support available to use from the province please take a look at this link.

<https://www.scotland.anglican.org/new-net-zero-toolkit-and-net-zero-cards/>

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 8<sup>th</sup> September**, at St Katherine's, Union Street, Fortrose (the pink house). **Booking essential** at

[christinemylne85@gmail.com](mailto:christinemylne85@gmail.com) or on 01381



621975. No need to bring anything, but a **SMALL** contribution towards



cost would be appreciated. Please let me know if you have any food allergies.

### **OPERATION SHOEBOX UPDATE**

Well, it's a wrap!!! All the boxes have been beautifully and lovingly wrapped with gorgeous bright Christmas paper, and on Friday, we covered 36 and now have enough to start filling them with the wonderful gifts, essentials and necessary items for all the adults and children. We still have a lot to make and collect, but with the grace of God, and lots of willing hands and donations, we will.

Our filling stations start on Friday, 6th September, and we start at 12 midday, and up until 4pm, hopefully filling 100 boxes. Then the 13th, and the 20th, and then a wee break as the Lodge is busy, and I am away first two weeks in October, so the next filling stations will be the 18th and 25th. We will have to fill another 50, maybe adding on to a day if we finish early.



This is Melisa, as she clutches a Blythswood shoebox on a December day, outside her village near Kosovo. The Shoebox distributor Faton Berisha explains that there are 10 children in the household, and that Melisa's parents feed the family by gathering aluminium cans and scrap metal to sell to recyclers. The 12 boxes given to the family made them so happy. They found socks, underwear, T shirts, hats, shampoo and soap. Melisa liked the toys and sweets best of all.

Looking forward to seeing you at the Filling of the Boxes!!

God bless you for reading this and helping if you can.

**Jan MacLennan**

P.S This month we are looking for donations of sweets (expiry date later than March 2025), and hairbrushes.

### **DATES FOR THE DIARY**

You are warmly invited to attend the **ordination of Laura and Maureen to the order of Deacon on the 14<sup>th</sup> of September 2024**. Please RSVP the Cathedral office on [office@invernesscathedral.org](mailto:office@invernesscathedral.org) by the 9th of September 2024.

As this includes Laura Symon who was with us as part of her training, I'm sure quite a few will want to attend so please note the RSVP arrangements.



### **Invitation from Fortrose Free Church**

## **Coffee and Croissants?**

## **Women's Breakfast**

**Saturday 21<sup>st</sup> September 2024, 9.30 – 11am  
Fortrose Free Church**

If you are a Christian woman living in Avoch, Rosemarkie or Fortrose, we'd love you to come along for breakfast and a blether on Saturday 21<sup>st</sup> September. There will be a short talk about the Congregational Church's Jaffa Club for primary aged children and plenty of opportunity to share our experiences and encourage one another.

A quick email to [rona.moggach@btinternet.com](mailto:rona.moggach@btinternet.com) or [margaret@clanberry.net](mailto:margaret@clanberry.net) would be helpful (but not essential) to give us an idea of numbers.

Hope to see you there



## Licensing of Rev. Katrina O'Neil as Deacon of St John's Inverness.

You are warmly invited to attend the licensing of Rev Katrina as Deacon of St John's in Inverness on the 25th of September, further details can be found in the attached invitation.

Please RSVP to [sjepiscopalchurch@gmail.com](mailto:sjepiscopalchurch@gmail.com) by the 18th of September 2024.

You are warmly invited to the Licensing Service of



**Rev Katrina O'Neil**

as Deacon at St John's, Inverness



on Wednesday 25th September at 6:30 pm  
at a Service of Eucharist  
Refreshments to follow

RSVP to [sjepiscopalchurch@gmail.com](mailto:sjepiscopalchurch@gmail.com) before 18th September

Limited parking is available on street (restrictions apply)  
and Crown Church Car Park (Ringo 23452)

## Evensong to mark the 150<sup>th</sup> anniversary of the Consecration of the Cathedral on Sunday 29<sup>th</sup> September.



**Festal Choral Evensong**  
to mark the 150th Anniversary  
of the Consecration of the Cathedral

Sunday 29th September 2024 at 1730

All warmly invited- refreshments to follow  
RSVP to [office@invernesscathedral.org](mailto:office@invernesscathedral.org)  
01463 225553 | SC015830

## FROM BLYTHSWOOD FOODBANK

### HIGHLAND FOODBANK - HARVEST 2024

*(From Lorna Dempster, Foodbank Manager)*

Harvest is a time of year when we remember God's goodness to us – and also reflect on our responsibility to express his love to those in our community and in our world who are in need. So it's not surprising that

Harvest Thanksgiving continues to be the most significant time of year for giving to Foodbank from Highland Churches.

Nobody in the Highlands of Scotland should need to use a food bank, but the reality is that many do because income just isn't enough to afford the essentials.

I'm writing to ask if you would consider supporting us at Harvest this year, thus helping to make a difference in people's lives in the weeks and months ahead.

I'm assigning six products to each participating Church. The flyer attached lists the products we'd like your congregation to consider donating, if your Church decides to support Highland Foodbank this Harvest season.

Donations of used or new 'bags for life' would also be very welcome and much appreciated.




# Harvest 2024

Can you help by donating an item or two from the list below?

Items we'd be grateful for

- Small bags rice
- Long life juice/diluting
- Tins of ham
- Jars of pasta sauce
- Tins of custard/rice
- Shower gel/deodorant




"I'm a single mum of two primary aged children. I work full-time, and although money is always very tight I normally manage. With seven weeks of summer school holidays and only having two weeks annual leave from my job, I've had to pay child care for five weeks! The cost of this has taken me way beyond my budget. I don't know how we would have survived without a referral to food bank."

Highland Foodbank provides emergency food packages with enough food to make 3 meals over 3 days to people who would otherwise go hungry.

People in crisis are referred to Foodbank by a variety of different organisations including CAB and Social Work Teams.

01463 717630  
[foodbank.admin@blythswood.org](mailto:foodbank.admin@blythswood.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.

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))*