

**PENTECOST 21**  
**13<sup>th</sup> October 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 13<sup>th</sup> October 2024**

**Pentecost 21**

**THE HOLY EUCHARIST**

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

**11.30am in St Andrew's with Rev. Ian Pallett**

**RESERVED SACRAMENT SERVICE**

**9.45am in St Regulus with LR Megan Cambridge**

(Readings: Am 5.6-7,10-15. Ps 90.12-17. Heb 4.12-16. Mk 10.17-31)

**WEEK AT A GLANCE 14 Oct – 19 Oct)**

**MON:**

**TUE:**

**WED:** 9.30am Celtic Morning Prayer (Online)

10.00am Bible Study

10:00am Charity Shop

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

**FRI:**

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

**Sunday 20<sup>th</sup> October 2024**

**Pentecost 22**

**RESERVED SACRAMENT SERVICE**

**9.45am in St John's with Ann & Jean**

**9.45am in St Regulus Presiding TBC**

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

**Maclaren**

(Readings: Is 53.4-12. Ps 91.9-16. Heb 5.1-10. Mk 10.35-45)

**+PSALM 90, 12-17**

We shall rejoice and be glad all the days of our lives.

**We shall rejoice and be glad all the days of our lives.**

So teach us to number our days that we may apply our hearts to wisdom.

Return, O Lord; how long will you tarry? be gracious to your servants.

Satisfy us by your loving-kindness in the morning; so shall we rejoice and be glad all the days of our life.

**We shall rejoice and be glad all the days of our lives.**

Make us glad by the measure of the days that you afflicted us and the years in which we suffered adversity.

Show your servants your works and your splendour to their children.

**We shall rejoice and be glad all the days of our lives.**

May the graciousness of the Lord our God be upon us; prosper the work of our hands; prosper our handiwork.

**We shall rejoice and be glad all the days of our lives.**

**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 Episcopal Church in The Philippines.

**OUR DIOCESE**

For our brothers & sisters in the Porvoo Communion of Churches. For Stuart T & 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 congregations of Christ Church, Huntly; HolyTrinity, 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 who was ordained Deacon on 14<sup>th</sup> September and who will serve at St Andrews Cathedral, Inverness. 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.

## JOINT PRAYER MEETING FOR THE BLACK ISLE CHARGE




The next prayer meeting will be on 4<sup>th</sup> November at 7pm at Christine's house

## 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 16th OCTOBER  
TO 20th NOVEMBER**

**6pm to 7pm**

- Week 1: Our Liturgy. Fr Iain Macrithchie
- 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.

## SHOEBOX OPERATION UPDATE

300 boxes filled, 250 to go!!! At our last gathering seven of us packed 100 beautiful boxes with lots of essentials, toiletries, hats, mittens/gloves and scarves for 100 boys. I wish we could see their faces when they open them!! What joy and love they will receive. As Reverend Christine said the following Sunday, how

blessed are we that we are able to give to others who need this ministry. If you are able to pop along on the 18th or 25th October, at the Lodge between 12 - 4pm, bring a sandwich. Tea, coffee and cakes provided. Next filling stations are for little girls!! We would welcome sweets (expiry date later than end March 2025), and for the month of October, we would welcome donations of hats, gloves and scarves. Primark are very reasonable for gloves.

Bless you for reading this.

*Jan MacLennan xxx*



## COME FOR A CURRY

Rev Christine and Jan  
invite you to  
**COME FOR A CURRY**  
Friday 8 November  
1.00pm

Chapter Cottage, Cathedral Square, Fortrose  
Fundraiser for our Shoebox Project  
**Booking essential, places limited**  
01381 621975 or [christinemylne85@gmail.com](mailto:christinemylne85@gmail.com)

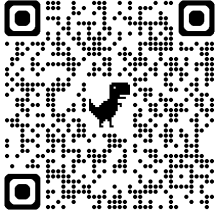


Photo by [Dragne Marius on Unsplash](#)

## DIOCESAN SURVEY (A story to tell in our place)

Those on the congregation circulation list should have received an email from the Vestry Secretary containing a letter asking you to complete an online survey. I include the link to access and QR code (should you wish to upload to another device) here and encourage you to complete it. All the instructions you need are on the screen.

<https://collector.sensemaker-suite.com/collector?projectID=81368796-20dd-4af1-b58f-7cb7e489c14a>




## 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/>

## FROM BLYTHSWOOD FOODBANK



# 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


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.



"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."

01463 717630  
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)*