



**Welcome to the Cathedral in Inverness.**  
**You will find details of this week's services and events as well as details of the Daily Prayer Readings for the week along with prayer suggestions. DO take it away with you for your use through the week.**

**If you require anything then please do speak to one of the Welcomers / Sides-people or one of the Ministry Team who will be happy to help.**

<b>Notices for Sunday 20 August 2017 PENTECOST 11 (Trinity 10)</b>		
<b>Sunday 20 August*</b>	<b>17:30</b>	<b>Gaelic Eucharist</b>
<b>Monday 21 August*</b> <i>(20<sup>th</sup> Week in Ordinary Time – Year 1)</i>	08:00 12:15 17:00	Morning Prayer Eucharist Evening Prayer
<b>Tuesday 22 August*</b>	08:00 17:15 17:30	Morning Prayer Evening Prayer Eucharist
<b>Wednesday 23 August*</b>	08:00 08:15 17:00	Morning Prayer Eucharist Evensong (SPB)
<b>Thursday 24 August</b> <i>BARTHOLOMEW, APOSTLE</i>	08:00 10:15 17:00	Morning Prayer Service of Holy Communion from the Reserved Sacrament Evening Prayer
<b>Friday 25 August</b> <i>Ebba of Coldingham, Abbess, 683</i>	08:00 12:00 17:00	Morning Prayer Eucharist Evening Prayer
<b>Saturday 26 August</b>	17:00	Eucharist
<b>Sunday 27 August</b> <b>Pentecost 12 (Trinity 11)</b> <i>Anniversary of Norma's Ordination to the Diaconate (2016)</i>	08:15 09:15 11:00 17:30	<b>Eucharist (1970 Rite)</b> <b>Eucharist with hymns</b> <b>Sung Eucharist</b> <b>Evening Prayer</b>

\* Rev Sarah on Annual Leave

## *Deacon Peter Writes:*

In our Gospel reading today (Matthew 15.21-28), we hear about Jesus casting a demon out of a girl, and healing her. However, the girl's mother did not have an easy time! First, she had to deal with some grumpy disciples who were perhaps a bit too full of themselves, and then she had to face some direct questioning of her faith by Our Lord. Fortunately, the end result was a happy one!

When I was Chaplain at a well-known public school in London, I sometimes had to 'contend' with the Head's PA! Not only was she extremely protective of the Head, she believed she was far more important than most of the teaching staff. On one occasion, I wanted to make an appointment to see the Head, and she was telling me what a busy man he was. At that moment, he entered the PA's office, said 'hello to me', and I said I was trying to make an appointment to see him. He asked me whether I was free there and then, and on hearing that I was, invited me into his study. A couple of minutes later he phoned his PA and asked if she could bring a couple of cups of coffee into his study. I did take some mischievous pleasure when being handed the cup by the PA!

I am sure we have all experienced situations similar to this one. But, as a member of the clergy, I need to ask myself the question – 'do I make it easier, or harder for people to approach Jesus?' Of course, we all have a direct 'hot-line' to Jesus, there is no need to go through a member of the clergy as if they are the telephone operator or Jesus' PA, but there are times when clergy (rightly or wrongly) are used in this sort of way.

I have mentioned in this column before, how in my younger days, I used to go to confession at church about once a quarter. I would go to a priest, and through him, tell God how sorry I was for some of the sins I had committed since my last confession. After hearing some advice from the priest, I would be assured that God had completely forgiven my sins.

But to be honest, my experience varied according to which priest I went to. Sometimes I went into the confessional feeling pretty miserable, but soon the priest would make me feel that Jesus was smiling on me – I even remember one time the priest telling me he thought I was giving Jesus a real good laugh! With some other priests, it felt more like going to the Head's PA and asking for an appointment with 'the Boss'. I well remember one priest giving me a pretty tough time – rather like the disciples in today's Gospel reading.

Now, let us examine the second issue – the questioning which the woman faced from Jesus. What’s all this stuff about dog food? Well, ‘dog’ was a term the Jews commonly applied to the Gentiles – it was not meant to be complimentary. 2,000 years ago, most Jewish people considered these pagan people (the Gentiles) as no more likely than dogs to receive God’s blessing.

In our passage, Jesus was not degrading the woman by using this term; he was reflecting the attitude of most of the Jews – so as to contrast it with his own. To her credit, the women did not argue! Instead (using Jesus’ choice of words), she agreed to be considered a dog as long as she could receive God’s blessing for her daughter.

As we read some later passages in the Gospels, and in particular, as we read the Acts of the Apostles, we come to see that many Jewish people would lose God’s blessing and salvation because they rejected Jesus; whilst many Gentiles would find salvation because they recognised and accepted him.

I am a little concerned that today’s Gospel passage gives the impression that it is very hard to get Jesus to do a healing! First, you have to get through some pretty vicious PA’s, and then face a tough examination by Jesus. What a pity the Gospel passage finishes where it does (verse 28), and does not continue with verses 29-31. These three verses tell us about Jesus healing many people. They are as follows:

**<sup>29</sup> Jesus left the district of Tyre and Sidon and went along the Sea of Galilee. Then he went up on a mountainside and sat down. <sup>30</sup> Great crowds came to him, bringing the lame, the blind, the crippled, the mute and many others, and laid them at his feet; and he healed them. <sup>31</sup> The people were amazed when they saw the mute speaking, the crippled made well, the lame walking and the blind seeing. And they praised the God of Israel.**

Matthew then moves to the story of Jesus feeding the four thousand. (Matthew 15.32-37). I am starting to see the limitations of our three-year lectionary! Because only a small Gospel passage is chosen each week, and because often great ‘chunks of text’ are left out as we move from one Sunday to the next, there is the danger that we get a rather distorted picture of the ministry of Jesus. That is why I am enjoying reading *The Bible in One Year* so much ([www.bibleinoneyear.org](http://www.bibleinoneyear.org)). Nicky and Pippa Gumbel have made me look at all the Scripture texts, and so have given me a better appreciation of who Jesus truly

is. As Charles Wesley (1707-88) writes in his great hymn, 'O for a thousand tongues to sing':

**Hear him, ye deaf; his praise, ye dumb,  
Your loosened tongues employ;  
Ye blind, behold your Saviour come;  
And leap, ye lame, for joy!**

*The Bible in One Year can be found at the following link on-line: -  
[www.bibleinoneyear.org/](http://www.bibleinoneyear.org/)*

### **NOTICES**

We send out a regular E-Newsletter, if you don't already receive this email and you would like to do so please email your request to [invernesscathedraloffice@gmail.com](mailto:invernesscathedraloffice@gmail.com) Please mark the email with the subject:- Request for E-Newsletter.  
Many thanks

The Next  
**'Family Service'**  
is  
Sunday 3<sup>rd</sup>  
September at  
9.15am.

For Pastoral Emergencies during Rev Sarah's annual leave please continue to call the Cathedral Office number 01463 225553. Thank you.

### **HOLY LAND TRIP 2018**

The trip will be from 10<sup>th</sup> - 19<sup>th</sup>

October with a varied and interesting itinerary. We will have the opportunity to visit Nazareth, Bethlehem, Tiberias & the Sea of Galilee, Capernaum and many other places on the routes between.

If you are interested then please do let Rev Sarah know. Thank you to those who have already noted their interest.

### **BLYTHSWOOD FOOD BANK**

Please do continue to support the Food Bank.

The box for donations can be found in the cathedral by the side entrance.

We are thanked for our continued support of the Food Bank

### **Flowers at the Cathedral.**

We have a team of very dedicated people who ensure the cathedral is decorated each week for both the services and for the visitors to the cathedral through the week. Flowers are in the cathedral during the church year with the exception of Advent & Lent.

**Would you like to make a donation in memory of someone, or to mark an event in your life, such as a special anniversary or the birth of a grandchild or God child perhaps- during a particular month in the year?**

There is now the opportunity to do this. There are envelopes available (at the back of the Cathedral) for this, please mark on the name of the person and the month you wish them to be remembered in. Each month there will be a list in a frame to show who the flowers are in memory of.

*Thank you for your generosity.*

**Notices-**please let Rev Sarah have these preferably by email otherwise in writing as early in the week as possible. Thank you!

There is a worship night with the Methodist Youth Brass band on Thursday 24th August in the Methodist Church on Huntly Street at 5pm till 6:30pm. All are welcome to attend. The band is made up from youths from all over Britain and are of a very high standard.

**There are a number of initiative's which the Cathedral have begun and offer to help people in our community. The information in this notice sheet, is to give you the information and the invitation to be a part of these initiative's- be that through prayer, through organising, through offering a donation to some or all of the things mentioned here. The invitation is just that and is not compulsory. Many of the things we do, such as the food bank and the holiday lunches are literally transforming lives in our community, the gospel of Jesus Christ reminds us that our lives have been transformed through knowing Jesus and that love is the key to it all, so thank you to all of you who make a difference and are transforming lives.**

### **SUMMER HOLIDAY LUNCHES**

During the School Summer Holidays lunches were provided for a number of children and families, many of whom would have usually had a free school lunch. A huge thank you to those who volunteered and helped to prepare and serve the lunches, do know that your help and your welcome made a big difference to those who came and received your hospitality. A thank you to those who donated food, again this made a big difference to people and to the children. We also say thank you to Tesco who supported the lunches and also the MFR Cash 4 Kids who provided a small grant to help too.

We have funding to do something similar in the October Holidays, if you are interested in helping then please do let Sue Lightman know, every little really does make a difference.

### **SCHOOL UNIFORM BANK**

The school uniform bank has been well received and helped many children to be going back to school with new or good second hand school uniform. This has taken the pressure and stress from many families and will ensure that children going back to school don't look or feel different to their friends and peers. So thank you to those who donated school uniform. There were around 150 items of school uniform handed out to families this summer. We shall continue to hold a stock of school uniform for those who may need as we go towards autumn. We shall also be working with MFR Cash 4 Kids to have a stock of winter coats, hats and gloves etc.

Thank you for your generosity for this project over the summer holidays.

## **HOPE AT THE CATHEDRAL**

**LIBRARY OF HOPE-** is available for all to browse, read and borrow the books we have. If there are other books you would like to see, then please do let us know. There is an honesty book for borrowing the books. Please do let others know of this great resource.

**BAGS OF HOPE-** the response to the Bags of Hope has been amazing and thank you to all of you who have supported this. Many of them have been distributed to women across the city and items donated have also been given to men who have found themselves in need of toiletries. Please do continue to collect items for the Bags of Hope.

### **Refreshments after the 11am Service**

There are a couple of spaces available on the rota for serving refreshments after the 11am service. If you would like to be involved in this then please let Brenda Green know.

The more people we have on the rota the less frequently your turn comes around!

### **PARKING**

A gentle reminder...

Please **DO NOT** park on the grass in the Cathedral grounds.

Parking is restricted in the cathedral grounds- there are local car parks available.

A permit system will be in place soon so please be aware of this for the future.

**Cushions & a Rug-** do you have any of these items that you might no longer have any need of and be able to donate to Mrs Strange for her class room and her new book corner?

## **Concerts & Events in the Cathedral**

**Monday 21<sup>st</sup> August at 1pm -2pm** Lunchtime Concert by Lewis Dunsmore

**Sunday 3<sup>rd</sup> September at 5.30pm-** Choral Evensong to celebrate and mark the event of Bishop Mark being elected to the Office of Primus in the Scottish Episcopal Church, followed by a Drinks reception. The Diocese and wider church will be invited.

**3<sup>rd</sup> September-** BLAS Songs of Praise

**7<sup>th</sup> September-** BLAS Concert

**14<sup>th</sup> September-** Lunchtime Concert by Plockton School of Music

**Saturday 23<sup>rd</sup> September from 11am to 3pm-** Diocesan Gathering at the Cathedral

**27<sup>th</sup> September at 7.30pm** Saying Goodbye Service, see [www.sayinggoodbye.org/services/](http://www.sayinggoodbye.org/services/) for more information

**10<sup>th</sup> November-** Evening Concert for Remembrance by Tomas Leakey

**11<sup>th</sup> November-** Evening Concert by Inverness Military Wives for Remembrance

**1<sup>st</sup> December-** Fundraising Concert for Archie Foundation

**2<sup>nd</sup> December** at 7.30pm- Ness Sinfonia Concert

**4<sup>th</sup> December-** Highland Hospice Light up the Highlands

**8<sup>th</sup> December-** Scottish Ensemble Concert- more details from Eden Court Theatre

**9<sup>th</sup> December-** Evening Concert by the Mahler in Miniature Orchestra

**15<sup>th</sup> March 2018-** Christian Aid Concert

## For your prayers for this week: *(from the Diocesan Cycle of Prayer)*

- For the congregations of Holy Trinity, Elgin; Burghead Mission; St. Margaret, Lossiemouth: Christopher Ketley, Jenny Sclater.
- For Treasurers and Vestry members.
- For Bishops serving in the House of Lords.
- On UNESCO Slavery Memorial Day, for an end to the slave trade still going on today.
- That we may be bold in sharing our faith with others.
- For our neighbours.
- For all attending Christian Festivals over the Bank Holiday weekend.

## For your Bible Readings, this week: *(from Daily Prayer Readings)*

Sun. 20 <sup>th</sup> August	2 Kings 4: 8-37	Acts 16: 1-15	John 6: 51-58
Mon. 21 <sup>st</sup> August	2 Samuel 17: 24-18:8	Acts 22: 30-23:11	Mark 11: 12-26
Tues. 22 <sup>nd</sup> August	2 Samuel 18: 9-18	Acts 23: 12-24	Mark 11: 27-12:12
Wed. 23 <sup>rd</sup> August	2 Samuel 18: 19-33	Acts 23: 23-35	Mark 12: 13-27
Thurs. 24 <sup>th</sup> August	2 Samuel 19: 1-23	Acts 24: 1-23	Mark 12: 28-34
Fri. 25 <sup>th</sup> August	2 Samuel 19: 24-43	Acts 24: 24-25: 12	Mark 12: 35-44
Sat. 26 <sup>th</sup> August	2 Samuel 23: 1-7, 13-17	Acts 25: 13-27	Mark 13: 1-13

## Online Prayer Resources

<https://www.sacredspace.ie/>

<http://www.pray-as-you-go.org/home/>

<https://24-7prayer.com/>

<http://www.trypraying.co.uk/>

<http://www.christianaid.org.uk/resources/churches/prayer/>

<http://www.anglicancommunion.org/resources/cycle-of-prayer.aspx>

**Blank pages for you to write down your reflections from today's worship and sermon...**



If you are new to the Cathedral and would like to be contacted by a member of the Ministry Team and/ or to be added to our congregational list then please leave your contact details below and leave them with either a sides person/ welcomer or in the collection boxes at the back of the Cathedral.

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ Post Code \_\_\_\_\_

Email Address \_\_\_\_\_

Telephone/ Mobile \_\_\_\_\_

Comments \_\_\_\_\_

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Thank you

### Cathedral Contact Details

Vice Provost: Rev Sarah Murray [revsarahmurray@gmail.com](mailto:revsarahmurray@gmail.com) or  
[invernesscathedraloffice@gmail.com](mailto:invernesscathedraloffice@gmail.com) Tel. 01463 225553  
9-11 Kenneth Street, Inverness, IV3 5NR

For Contacting the Clergy outside of Office Hours- do continue to call the Office Telephone Number (01463 225553) and this rings through to either the Rectory or an appointed contact at all times.

 <https://www.facebook.com/invernesscathedral/>  [@invcathedral](https://twitter.com/invcathedral)

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