



# ST JOHN'S CATHEDRAL, OBAN

ST JAMES, ARDBRECKNISH & KILBRANDON



## March 30<sup>TH</sup> ~ Mothering Sunday

### CATHEDRAL SERVICES

Every Sunday	10.15am	Cathedral Sung Eucharist
2nd & 4th Sundays	5pm	Fellowship @ 5
3rd Sunday	5.15pm	Cathedral Evensong
Wednesdays	11am	Shorter Cathedral Eucharist
Thursdays	10am	Morning Prayer

ST JAMES ARDBRECKNISH  
EPISCOPAL EUCHARIST IN KILBRANDON

Next: April 20th @ 10.30am (see p4)  
Next: April 6th @ 3.30pm

### DIARY FOR THE WEEK

**Sun March 30th**    **Mothering Sunday** (p4)  
10.15am    Sung Eucharist

Wed April 2    11am    Shorter Eucharist *followed by coffee*

Thu 3rd    10am    Morning Prayer  
10.30-11.30 Coffee Morning

**Sun April 6**    **Passiontide begins**  
10.15am    Sung Eucharist  
5pm    Eucharist at Kilbrandon

**Sunday April 13th**    **Palm Sunday**  
10.15am    Journey to the Cross (see poster)  
12.15pm    Eucharist (from the Eucharistic Prayer)



### Lent #act #pray #reflect...

*Thoughts for the coming week.... Sundays not included in the 40 days*

- Clean up a common area at work, in the neighbourhood, or at home. Do it as your gift for the good of all / pray for those who keep our environment tidy or empty our wastebins
- Look at the birds flying around us, and consider our part in the diversity of creation
- Speak less and listen more. Give others the gift of your undivided attention.
- Pray for the children and young people living near you and their families
- Fast from overscheduling your time. Leave some time to simply be - to think on God's impact in your life
- Think of three words that describe God for you, that you could share

ST JOHN'S EPISCOPAL CATHEDRAL, GEORGE STREET, OBAN

## Mothering Sunday Eucharist

March 30<sup>th</sup>  
10.15am

Refreshments afterwards

Giving thanks for all who have shown us  
God's 'mothering love'

All welcome...

All invited...

SC016664

Today, the traditions of years gone by come together as we celebrate **Laetare Sunday**, the 4th Sunday in Lent; so called from the first word "Rejoice" of the introit of the liturgy.

It is also known as **Refreshment Sunday** because it may be observed with some relaxation of Lenten strictness.

It is traditional to use Rose vestments to mark this relaxation from the Austerity of purple and enhance the time of rejoicing.

**Mothering Sunday** grew out of this, when children were allowed their only day off in the year, to return to their mothers from their work as servants and from this, the church developed the tradition of celebrating in their mother church — their Cathedral. Posies were given and simnel cakes were often made and consumed on this day. For all of us it is a chance to give thanks for those who have nurtured us in our lives and to reflect and rejoice in the cherishing nature of God, whom

*Julian of Norwich* refers to as

'God, mother and father of us all'

*Words from St Anselm in 1033....*

Jesus, like a mother you gather your people to you; you are gentle with us as a mother with her children. Often you weep over our sins and our pride, tenderly you draw us from hatred and judgement. You comfort us in sorrow and bind up our wounds.

# LENT 2025



## DIOCESAN LENT BOOK.

Bishop David has chosen the book 'Healing Wounds' by Erik Varden

**Are we healed through our wounds or are our wounds themselves healed from some other source?**

In this 2025 Lent Book, Erik Varden starts by examining the New Testament where it spells out why Christ's wounds were efficacious for the healing of humankind. He contends that while this theological perspective is fundamental, it often falls short of addressing the emotional and spiritual needs of believers. Bob Dylan once said, tongue in cheek, 'Pain sure does bring out the best in people.' The philosopher Donald MacKinnon said, 'Suffering never ennobled anyone.' Suffering by nature poses questions people wrestle with today in many fields of life with counsellors, therapists, philosophers, and spiritual directors. But the conundrum remains and in this book Varden sets out to resolve it. Structured to guide readers through a journey of reflection, beginning with the raw reality of suffering and moving toward the possibility of redemption and renewal. Varden employs a contemplative tone, inviting readers to sit with their own experiences of pain and consider how these might be transformed through faith and introspection. His insights are particularly relevant during the Lenten season, a time of reflection on Christ's passion and its implications for believers.

**The book can be obtained through any bookseller, but is currently available on Amazon for £11.95.**

**We will read it individually through Lent, THEN GATHER WITH BISHOP DAVID IN THE CATHEDRAL ON TUESDAY APRIL 15TH AT 10.30AM to reflect together on all that it has stirred in us.**

**For those unable to gather in-person, Bp David will lead a Zoom Reflection on Wednesday April 16th at 2pm**

**PLEASE SIGN THE LIST IN THE CATHEDRAL IF YOU ARE COMING ON TUE APRIL 15TH @ 10.30AM OR CONTACT THE OFFICE IF YOU WOULD LIKE THE ZOOM LINK [Office <office@argyll.anglican.org](mailto:office@argyll.anglican.org)**



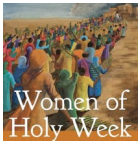
## PRAYER STATIONS

A different prayer station will be available each week in the Lady Chapel as we invite you to spend a few minutes reflecting on aspects of faith—use it before or after services, or pop into the Cathedral at a time each week to focus more deeply and walk Lent more intentionally.



**40 DAYS to do more than give things up 40 simple ideas to act # pray# reflect on**

See the front page for the first set of actions/ thoughts for this week.....



## LISTENING FOR GOD

Each week at the Wednesday Communion we will hear a reading from Paula Gooder's 'Women of Holy Week' - encountering the life of Jesus in those momentous days—reflecting on the tension, drama and shock of Holy Week, encouraging us to banish the overfamiliarity and feel the Passion in a new way.

## PROVINCIAL



**The latest in the series of online short courses provided by the Scottish Episcopal Institute will take place throughout Lent, It is made up of six roughly 25-minute video's with questions for reflection or discussion.**

The course will consider how different times demand a different kinds of leadership, involving imagination and creativity – gifts and qualities exhibited by numerous women in scripture. Monday 31 March – Leadership as Breaking the Mould –

Mary of Bethany Monday 7 April – Leadership as Finding New Landmarks – for such a time as this

The course can be joined at the above links from 7pm each Monday in Lent

## HOLY WEEK & EASTER



**Sunday April 13th Palm Sunday**—Journey to the Cross (see p4)

**Monday/ Tuesday / Wednesday** 5pm Compline

**Maundy Thursday** 7pm Mass of the Last Supper / Vigil til 9pm

**Good Friday** 12– 12.30pm Stations of the Cross then quiet reflection

1- 1.30pm Taize Readings & Chant then quiet reflection

2– 3pm Passion Reading and Liturgy of the Last Hour

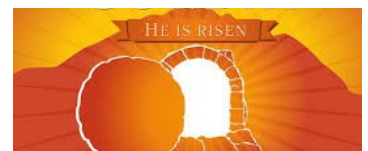
**Holy Saturday**

7pm The story of Faith and lighting of the Easter Fire

## Easter Day

Cathedral 10.15am Easter Celebration Eucharist

St James 10.30am Easter Celebration Eucharist



**MARCH 30TH**

**Eucharist Readings:** 1 Samuel 1: 20-28

Luke 13: 1-9

**Hymns:** Sheet SP 197 Sheet NEH 413

Communion: SP217

### **COLLECT for Mothering Sunday**

God our Father and our Mother, we give you thanks and praise for all that you have made,  
for the stars in their splendour, the world in its wonder, and for the glorious gift of human life.

With the saints and angels in heaven we praise your holy name. grant that we, who are weighed down by our sins,  
may be relieved and encouraged by your grace;  
through Jesus Christ, our Lord, who lives and reigns with you,  
in the unity of the Holy Spirit, one God, world without end. **Amen**

### **INTERCESSIONS**

*Province—Primus Mark,*

*Diocese – Bp David; Provost Margi; Tom, Assistant Curate (NSM); Canon Ian, Assistant Priest (rtd); ); the people  
of St Peter’s, Stornoway, and St Moluag’s, Eòropaidh—The Revd Jody Szoke*

*Anglican Communion – Zanzibar, our companion diocese: Bp Michael Hafidh; the Province of the Anglican  
Church of the Congo: Archbp Georges Titre Ande*

*Porvoo Communion – Armagh, Ireland: Bp John McDowell; Funen (Odense), Denmark: Bp Mads Davidsen.*

### **PRAYERS**

We pray for our Cathedral and the congregations in Ardbrecknish and Seil, Easedale and Luìng.  
May we be inspired to work to deepen our faith and draw others into our worshipping community.

LORD JESUS, YOU CALL US TO BE DISCIPLES.

GUIDE AND STRENGTHEN US TO SHARE YOUR LOVE WITH ALL WE MEET

GIVE US COURAGE TO REACH OUT TO HELP OTHERS, GIVE US WISDOM TO KNOW HOW BEST TO CARE  
AND GIVE US HOPE TO BELIEVE YOU CAN TRANSFORM US AND ALL YOUR PEOPLE INTO YOUR LIKENESS.

We pray for all who are suffering as a result of the earthquake in Myanmar and surrounding countries, for all aid  
agencies and those seeking to help

We pray for the fear engendered around the nations when diplomacy disintegrates and the politics of power are  
paraded to subjugate others and maintain control ....we pray for places where peace still seems afar  
Ukraine, Gaza, the West Bank, Israel and the region, DR Congo, Sudan ....and all peoples living in fear...  
may hearts be changed and vision enlarged to bring new life and peace-filled present and future...

We pray for real and lasting peace in the world, built on justice and care, to be instilled in homes and hearts that  
all may know God’s Kingdom in their lives.

May leaders of nations and peoples administer their role with wisdom and integrity and for the wellbeing of all  
in their care and as part of the global family.

We pray for Anglican churches around the world in our common mission to draw people to know Christ and live  
out his love for the world by inspiring and resourcing faith communities, deepening spiritual growth, and  
working for justice. We pray for churches where they are unable to witness of live their faith openly...where  
there is conflict or discrimination that your strength will enable them to grow and minister.

We pray for our community, especially those working to bring calm and hope in times of difficulty.... for the  
work of Crossroads North Argyll in respite care for carers , their staff, carers, Board, volunteers and all who  
find help and friendship, support and encouragement.

We pray for all who are unwell, troubled or distressed may they know God’s healing and strength, hope and renewal  
and we give thanks where healing is felt and seen. We pray for all medical professionals and volunteers ....

We give thanks for the lives of those who now worship in God’s nearer presence and pray for those who mourn, that  
they may know God’s comfort.

### **A LENT PRAYER FROM CAFOD**

God of all wholeness,

heal our hearts of all that prevents us responding to our sisters and brothers  
excluded by poverty and prevented from living a full and healthy life.

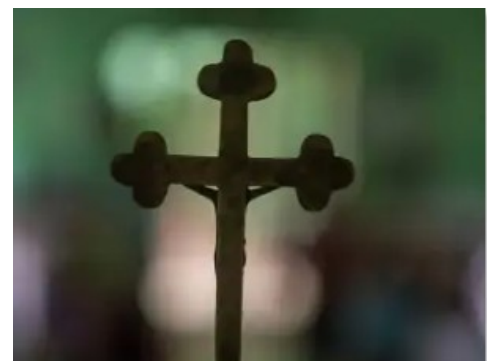
This Lent, may we: implore justice through our prayer,

stand in solidarity through our fasting, and reach out through our giving.

Send your life-giving power to revive the weary,

restore the broken and renew the face of the earth.

We ask this through Christ our Lord. Amen.





ST JOHN'S EPISCOPAL CATHEDRAL  
DIOCESE OF ARGYLL & THE ISLES

**PALM SUNDAY**  
**JOURNEY TO THE CROSS**  
Sunday April 13th


10.15am  
The Passion Reading  
with anthems & hymns

12.15pm  
Liturgy of the Sacrament  
Eucharistic Prayer  
and receiving of communion

*Setting Holy Week apart  
to enter the Easter joy  
more fully*

THE SCOTTISH EPISCOPAL CHURCH DIOCESE OF ARGYLL & THE ISLES

**ST JAMES' ARDBRECKNISH**



**April 20 10.30am**  
**Easter Eucharist**  
The Rev'd Tom Ebbens RN

**HOME COMMUNION**  
Please ring Provost Margi  
on 01631 562323

if you would like her—or one of the  
team—to bring communion at home if  
you are unable to be at services.

ST JOHN'S EPISCOPAL CATHEDRAL, OBAN

*Fellowship @ 5*

*All Welcome for  
music, prayer  
& discussion  
with food*

Every 2nd & 4th Sundays  
5pm  
St John's, Narthex, George Street

*#inclusive #open #informal* SC016664

**The Primus of the Scottish Episcopal Church, the Most Rev Mark Strange, has joined faith leaders across the UK in sending an open letter to call for bold action on child poverty.**

The letter has been sent to Liz Kendall and Bridget Philipson, the Secretaries of State for Works and Pensions, and Education and reads: "We write to you as faith leaders from communities across the UK, to encourage you to be bold and ambitious in your upcoming Child Poverty Strategy. We welcome the government's acknowledgement in its manifesto that the UK's increasing levels of child poverty and reliance on emergency food are a "moral scar" on our nation. Without action this scar will deepen, with an additional 400,000 children set to be pulled into poverty over the next decade."

Commenting, Bishop Mark said: "This letter comes from a place of hope. Hope that the call for action on child poverty be heeded by those in power, and that our representatives take the time to listen and learn from those most affected.

"Across the Scottish Episcopal Church there are congregations large and small who are doing their part in their local communities to target poverty. From hosting food banks, clothing banks, and breakfast clubs, to offering warm spaces in cold weather, or simply a place to be welcomed on Sundays or during the week.

"This is part of our call to minister, and as people of hope, we are always seeking to do more. This letter calls on our leaders to do the same – to seek to do more to support those whose lives are made that much more difficult due to the grinding effects of poverty." For online readers: [You can read the full letter here.](#)

**CATHEDRAL VESTRY MEMBERS 2025**

**EX-OFFICIO**

Provost as Chair  
Rectors Warden – Ken Oxland – *plus Assisting Finance*  
Peoples Warden & Synod Lay Rep – Colum Scott  
Alt Synod Lay Rep – Daniel Stollard  
Lead Property – Ken and Colum  
Link for Finances – David Pollard  
Secretary – Margaret Sime

**4 CONSTITUENT MEMBERS**

Stewardship/ Gift Aid – Susannah Hughes  
Members: Mark Evetts, Jenny McEvoy, Joy Blakeney

**ACTING ON BEHALF OF & REPORTING TO SYNOD**

Safeguarding: Catriona Petit Assisting: Mel Crossley

**WAYS of GIVING to the CATHEDRAL** We are so grateful to all who give to the Cathedral to safeguard our present & future

**BANK:** RBS, George St, Oban Sort Code: 83-26-04  
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**STEWARDSHIP /GIFT AID** contact Susannah Hughes if you would like more information.

**CONTACT DETAILS & INFORMATION**

**CATHEDRAL PROVOST & DIOCESAN DEAN**  
The Very Rev'd Canon Margi Campbell *Non work days Fri/ Sat*

Cathedral: provostoban@argyll.anglican.org  
01631 562323

Diocese: dean@argyll.anglican.org

- **NSM CURATE: The Rev'd Tom Ebbens RN**  
tomebbens09@hotmail.co.uk  
*Tom's work is for the RN thus he is not always available.*
- **Assisting Priest (Rtd) The Rev'd Canon Ian Walter**

CATHEDRAL WEBSITE: [stjohnsoban.org.uk/](http://stjohnsoban.org.uk/)

CATHEDRAL FACEBOOK: [www.facebook.com/stjohnsoban](http://www.facebook.com/stjohnsoban)

ST JAMES' WEBSITE: [stjamesardbrecknish@outlook.com](mailto:stjamesardbrecknish@outlook.com)

DIOCESAN WEBSITE: [argyll.anglican.org/](http://argyll.anglican.org/)

PROVINCIAL WEBSITE: [www.scotland.anglican.org/](http://www.scotland.anglican.org/)