



**23 AUGUST
2026**

With prayer & faith in God we seek to engage with the community - *inside* we enrich & equip: *outside* we give & care.

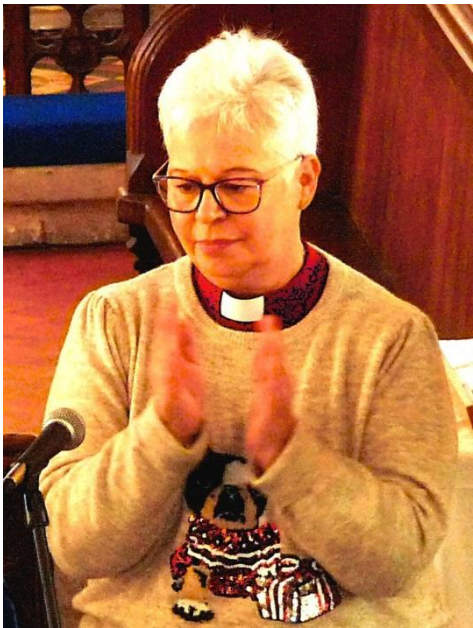
Come and join us with our community of faith at St Mary's!

**TODAY'S LINK NEWSLETTER FOR:
23 AUGUST to 6 SEPTEMBER**

A gentle reminder to us all:



Are Rev Sally's days of rest each week - no contact unless essential please:



"Every day we are given is a new start" Rev Sally Letman



Eclipse Special...

Page 2: Worship Timeline - our service list;
Page 4: Readings of the Day;

Page 4: Another great Spud Club;

Page 5: Solar Eclipse - amazing photos;

Page 9: News from the Pews - What's On!

Page 18: *VIEWPOINT*: Repeating the sins of the Past

Page 23: Mo's Prayer List

Page 24: Don't Look at the Sun Dept; LINK takes a whimsical look.





WORSHIP TIMELINE

St Mary's is open for private prayer every day.

2026

23 Aug, 9.30am, St John's, *Family Service.*
10.45am, St Mary's, *Holy Communion led by Rev Sally.*
12 midday, *St Mary's Church Barbeque*

26 Aug, 10.00am, St Mary's, *Benefice Holy Communion.*

30 Aug, 9.30am, St John's, *Celtic Prayer*
10.45am, St Mary's, *Holy Communion led by Rev Adrian*

2 Sept. 10.00am, St Mary's, *Benefice Holy Communion.*

6 Sept, 9.30am, St John's, *Holy Communion.*
10.45am, St Mary's, *Holy Communion.*

7 Sept, 7.00pm, The Rectory, Bible Study Group

9 Sept, 10.00am, St Mary's, *Benefice Holy Communion.*

13 Sept, 9.30am, St John's, *Morning Prayer.*
10.45am, St Mary's, *Holy Communion.*

14 Sept, 7.00pm, The Rectory, Bible Study Group

15 Sept, 12.30pm, St Mary's Hall, *Luncheon Club*

16 Sept, 10.00am, St Mary's, *Benefice Holy Communion.*





ST MARY'S BARBEQUE is this Sunday 23 AUGUST at MIDDAY

Jean says:

We have started a list for those who would like to join us at the barbeque - and also a similar list for those able to provide salads and puddings at the event.

Contact Jean Goyder for more information:



NEW TESTAMENT READING - TWELFTH SUNDAY AFTER TRINITY

Peter Declares That Jesus Is the Messiah



When Jesus came to the region of Caesarea Philippi, he asked his disciples, *"Who do people say the Son of Man is?"*

They replied, *"Some say John the Baptist; others say Elijah; and still others, Jeremiah or one of the prophets."*

"But what about you?" he asked. *"Who do you say I am?"*

Simon Peter answered, *"You are the Messiah, the Son of the living God."*

Jesus replied, *"Blessed are you, Simon son of Jonah, for this was not revealed to you by flesh and blood, but by my Father in heaven."*

"And I tell you that you are Peter, and on this rock I will build my church, and the gates of Hades will not overcome it."

"I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven."

Then he ordered his disciples not to tell anyone that he was the Messiah.



ECLIPSE SPECIAL:

Awe and wonder at the solar eclipse: how religions interpret the sun going dark

Millions gathered to watch the solar eclipse last week, with commentators describing excitement and awe, silence as the moon covered the sun, and applause as the sunshine re-appeared.

The same physical phenomenon and emotional response have been written about in sacred scriptures and interpreted across the world's religious traditions over thousands of years. Various as a divine warning, cosmic disorder, a time of intensified prayer, spiritual opportunity, or simply a powerful symbol of humanity's place in the universe.

In ancient religion, from Egypt to south America, solar eclipses were more than astronomical events. They were signs of supernatural power with an impact on agriculture, rituals and rulers.

In Hinduism, there are stories of the god Rahu swallowing the sun, or the sun being overcome by a demon, leading to rituals of purification and prayer.

For Tibetan Buddhists, this is a time when spiritual practices are intensified. In Islam, the eclipse is not an omen, but a sign of the power of Allah requiring respect.

In Judaism, it is a sign with a reason, sometimes a moral judgment, requiring repentance and reflection.

In Christianity, the sun being darkened is spoken of in apocalyptic literature as a sign of the end times, but elsewhere a sign of judgment, divine intervention and the power of God.



Eclipse through a Sieve

Chrissie Hart managed to view over 100 eclipses by using her kitchen colander to act as a pin-hole camera and display the phenomenon through its base.

Ingenious!!

Meanwhile, on Dufton Pike on the edge of the Lake District, the renowned photographer and outdoor film maker, Terry Abrahams awaited the eclipse with a few friends.



The results he achieved are among the most amazing photographic record of a solar eclipse we've ever seen....

Be sure to check out our extended "Don't look at the Sun!" Dept. on page 21





MAJOR REPAIRS NEEDED TO ST MARY'S NAVE ROOF



Ed Dale from St Mary's Fabric Committee explains:

The repair works comprise the conservation-led repair of the east end of the south aisle roof to the church.

These include the opening-up of existing roof coverings, the temporary stabilisation of the affected structure, and the repair, strengthening and reinstatement of historic timber members.

That is to say the east and south fluted wall plates, Primary Rafter, Purlin and associated rafters and decorative timber elements.

The project also includes reconstruction of the lead-lined back gutter, renewal of the zinc standing seam roofing finish, reinstatement of the displaced Solar Photovoltaic (PV) panels, and the making good of all affected internal and external finishes.

*The repairs are required to the south aisle
- shown to the right.*



Ed added: "The work on the roof will last for up to 20 weeks and cost in the region of £130,000."

Our very first step is a brilliant new enterprise by The Friends - **Going for Gold**

See below.....



ST MARY'S CHURCH IS:



The Great St Marys Melt Down continues

Jim Kelland explains this important new fundraising initiative:

Here at St Marys, we are starting to oil the wheels of the mission that has been set before us.

Raising funds for the new repairs that the church requires are starting in earnest.

One such way you can help is to have a look around for any pieces of gold jewellery.

We are looking literally for any odd pieces: broken items, odd earrings or cufflinks and the like,

We are not looking for anything that is precious to you but things that you have forgotten about sitting in a drawer somewhere.

We have had our first melt and will be collecting throughout the whole process. May thanks in advance

STOP PRESS!! - to date Jim has converted almost £15,000 of your gold into cash savings towards the roof repairs.

PLEASE KEEP SEARCHING FOR THAT OLD UNWANTED GOLD!

If you have something to donate, please contact Jim Kelland on 07803133183





NEWS from the PEWS

New Date!

Afternoon Tea

2pm - 4pm
Huntley House
The Street
Copdock, IP8 3HT

Sat 29th Aug

For catering purposes, if you would like to join us, please contact Allison:
adawson36@gmail.com
07792 449290

Payment by donation on the day
Towards rehanging the bells at
St Peter's Church.
Copdock with Washbrook Church
Heritage Trust.



Make and Mingle



Beverley says; "Our next meeting is on Wednesday 9 September from 1.30pm to 3.30pm."

MAKE & MINGLE

From 1.30pm to 3.30pm in St Mary's Church Hall on the second Wednesday monthly.



Beverley says: "This is an opportunity for us to come together for two hours to Make and/or Mingle. "At our first meeting eight of us came together and we had a go at decoupage and some people worked on their own projects. Good conversations over tea and biscuits.

Next meeting 9 September at 1.30pm

Knitting, crochet, sewing, cross stitch, tapestry, decoupage, banner making or anything you enjoy making. Bring your own craft project to do while chatting, share your skills with others and just have fun or come and have a go.

If you are not into craft making just come and enjoy some company.

Open to all - No charge just a donation towards tea and coffee.

REGARDS AND HOPE TO SEE YOU THERE! BEVERLEY





The Friends of St Mary's
Registered Charity Number 286971

**DONATIONS & COAT
HANGERS URGENTLY
WANTED!**



Sue and Julie say:

St Mary's Church's **Fashion Show is getting closer.**

On 11 September at 7.30pm we will be displaying and selling pre-loved clothing, accessories, shoes and handbags and would appreciate any donations of good quality items you no longer wear. Male, Female or Teens.



Tickets on sale now!!

Call Julie 07539249234 to arrange pick up & tickets.

Many thanks in advance, Julie Wardley

(See more below.....)

**Pre Loved
Clothes**

**Accessories
Bags &
Shoes**

FASHION SHOW

Friday 11th September

7.30 PM

St Mary's church Capel St Mary

Tickets: £5 Include a glass of Prosecco on arrival...

Tickets from: 11.00 for 2 tickets Julie 07539249234





TRIANON MUSIC GROUP

Trianon Choir and Symphony Orchestra

Leader: Steve Browne

Soloist: Muriel Kwint (Soprano)

The Trianon Prom

A stirring collection of familiar tunes, including Zadok the Priest (Handel)
and Young Person's Guide to the Orchestra (Britten),
plus all the Proms favourites!



Saturday 12 September 2026, 7.30pm

Ipswich Corn Exchange

King Street, Ipswich IP1 1DH

For full details of the programme, visit the Trianon website at www.tmg.org.uk
Tickets from £16, concessions from £15, students and under-18s from £7 (incl. a £2 per ticket booking fee)
www.ipswichtheatres.co.uk, telephone: 01473 433100



Trianon Music Group is a supporter of "Ipswich City of Culture 2029"

Trianon Music Group is a member of Ipswich Arts Association and Making Music
Reg charity no. 276715



www.tmg.org.uk • [Facebook](https://www.facebook.com/TrianonMusicGroup) Trianon Music Group • [Instagram](https://www.instagram.com/MusicTrianon) @MusicTrianon



Gill Williams says: "There will be plenty of good tunes!"

"If anyone would like tickets, I can get them directly from Trianon, which saves paying the Ipswich Theatres booking fee."



RIDE 'N' STRIDE

Cyclists, walkers, vintage and classic car owners and even horse-riders, can start to plan their route for Suffolk Churches Ride and Stride and Pedal and Drive day, which will be held on **Saturday 12 September**. Details of how to get involved are now in churches and on the Suffolk Historic Churches Trust website - or even better by contacting to **Jean Goyder**.



Don't forget! The volunteers sitting in churches as welcomers can be sponsored too. Ideal for a church taking part who doesn't have anyone to Ride or Stride on their behalf.

CHURCH PHOTO COMPETITION 2026: Open to all ages, we need two photos (one of your favourite church or church feature **and** one of you on your journey). They must be taken on Ride and Stride Day - Saturday 12 September - as you take part in the event. CLICK [HERE](#) for details

The annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists, walkers and runners are out making money for their local county Churches Trust.



Jean explains:

The idea started in Suffolk, and is now held across England, with Suffolk leading the table of funds raised (over £200,00 last year). The Ride and Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels of all denominations towards repair and restoration costs.

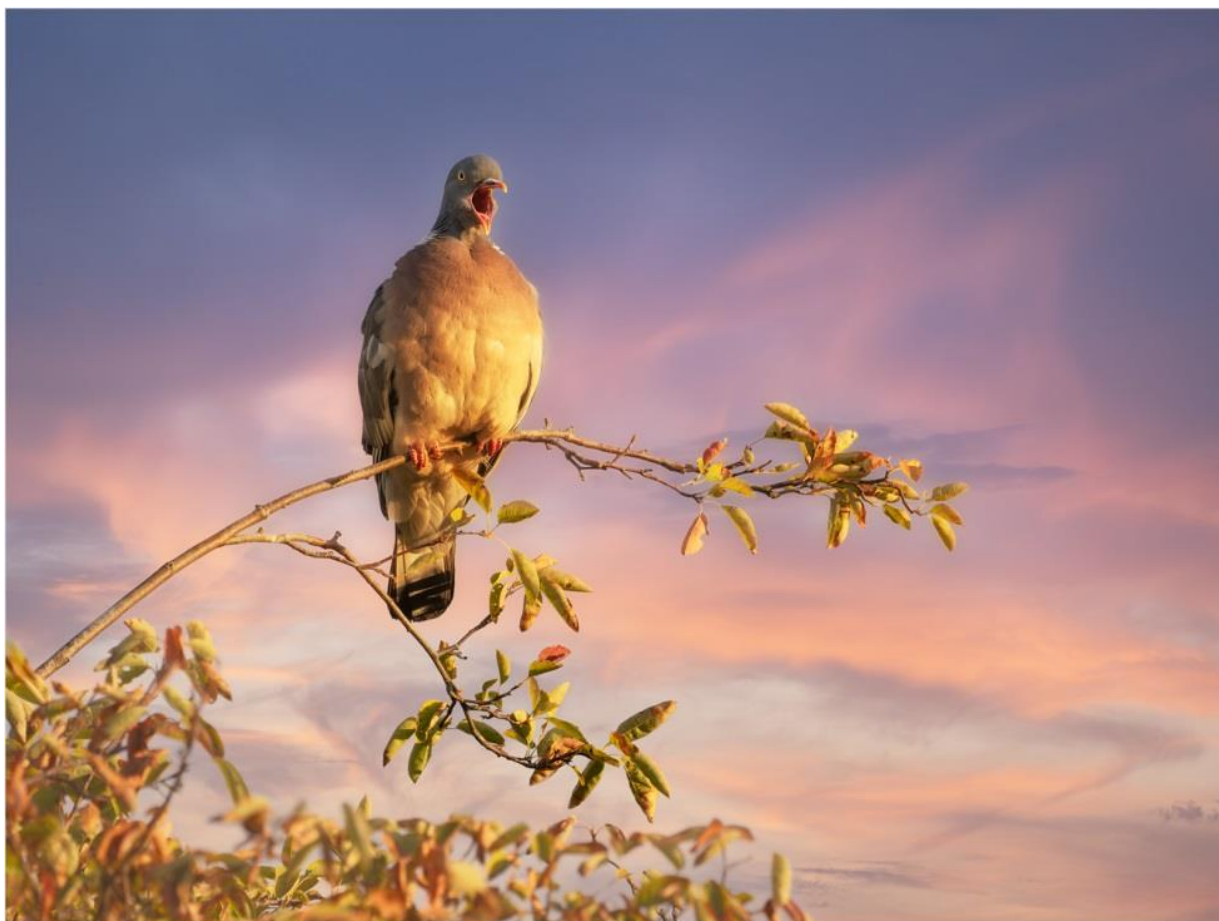
Ride and Stride is run entirely by volunteers and is inter-denominational, with participants sponsored for each place of worship visited between 9.00am and 5.00pm on Ride and Stride Day or with a donation, regardless of the number of churches visited.

The money raised by each cyclist or walker is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the participant.

As important as the participants are the many volunteers who give up the day to man the churches and chapels and sign in the cyclists and walkers as they arrive. Hundreds of places of worship are manned during the day and that takes quite a team of volunteers! It is a real community effort that is the lifeblood of the Trust.



A YAWN AT BEDTIME



Chrissie Hart sent us this super photo and added:

As many who live in Capel will know we have a large amount of Pigeons living in and visiting our gardens. I am not a great fan with monotonous "cooing" from the chimney pots early in the morning and large piles of poo under branches.

However, this one pigeon (I assuming it is the same one but cannot attest to that, not being conversant in pigeon speak!) has taken to sitting in the Amelanchier tree at the bottom of the garden. Lots of berries for it to feast on.

Normally, at sunset it sits with its back to me, presumably so as not to look straight into the sun. However, on this evening the beautiful evening sun coincided with a lovely sunset which showed up his colours beautifully. The Amelanchier has, this year, turned to its autumn colour earlier than normal and complimented the image.

Just wanting to capture the pigeon in this beautiful light, I snapped a couple of images when unexpectedly it opened its mouth wide. Pigeons do not sing with their beak open but make the cooing noise from their throats with the beak closed.

This was a yawn!

*I was going to call the image **Heralding the Sunset. Singing at Sunset. Bedtime Yawn.** What would you entitle it? Answers on a postcard please..... 😊*

Chrissie

Another great photo Chrissie - thanks. Any ideas for an alternative caption for the photo please send to briancrogerson@btinternet.com for onward transmission!

PILGRIMAGE OF SONG

Saturday, 19 September 2026 - Blythburgh to Southwold

Christina says: "*Cantus Firmus, the Christian project choir based in Suffolk and Essex, is doing another one of its wonderful Pilgrimages of Song.*"



It's a day of walking through the beautiful Suffolk countryside around Southwold. Usually, the route takes in several churches, with a short reflective service held in each one.

There is a communal meal at the end of the day (optional). We bring a packed lunch, and usually churches on the way provide refreshments.



You do NOT need to be an experienced choral singer to take part!

The day is open for all, so if you sing hymns in church or sing in the shower, you'd be absolutely fine.

On the online form, just tick the box that best describes your voice, e.g. alto or bass.

You do not have to walk all the way - you'll see information on this on the online form.

You can find information here:

<https://cantusfirmus.org.uk/events/pilgrimage-of-song-southwold.html>

and the booking form is here:

<https://docs.google.com/forms/d/e/1FAIpQLSdzNb4EHCd1h9X50Vpw02GoIXpbO6gvRiHgHUjgZCgGZOrIPg/viewform>

I've been to many of these over the years, and they are always really lovely.

Christina





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With thanks to Diane



VIEWPOINT

Repeating the sins of the past! – says

Madeleine Grant

The Church of England can always be relied upon to walk into a room just as everybody else is leaving.

The question of whether we have reached 'peak woke' – the high watermark of Americanised racial politics dictating every aspect of public life – remains open.

However, those post-Black Lives Matter efforts, which saw mass demonstrations and acts of self-abasement by companies and institutions, are undeniably more muted and more disputed than they were in 2020. It seems unlikely that, for example, Andy Burnham would 'take the knee', as Keir Starmer did so unthinkingly.

The CofE has long been an institution where the eccentricities of the comfortable middle-classes survive long past their sell-by date. Bishops wore wigs deep into the 19th century, and gaiters well into the 20th century, after they had become obsolete elsewhere. Inevitably, they will sport rainbow lanyards well into the dog days of the 21st century, after everybody else has thrown them in a bin.

The centrepiece of the CofE's stubborn persistence to a 2020 mindset is **Project Spire**, its controversial plan to give £100 million in 'reparations' for its role in the transatlantic slave trade.

It does this despite the fact that:

- this role is historically contested;
- previous church bureaucrats have always insisted it is impossible to make single lump-sum grants of this size out of church funds; and
- perhaps most egregiously of all, despite the fact that many local churches face financial oblivion, which the central C of E regards with indifference.

In fairness, the £100 million figure was negotiated down from the swivel-eyed lunacy of the billion pounds quoted in the Justin Welby era.

Spire was something of a personal crusade for Welby, who brought a combination of Etonian hauteur and evangelical zeal in his efforts to basically smear as racist anyone who opposed it. The only other thing he did with equal enthusiasm was closing churches during Covid.

There was, then, a glimmer of hope when Sarah Mullally entered Lambeth Palace that this scheme might be put out to pasture.

Fast-forward to last month and images are beamed back from West Africa of the Archbishop perched on an enormous



gold throne, next to the King of the Ashanti.

Given the CofE's assiduousness in digging deep into how Georgian churchwardens could afford marble monuments in parish churches across the country, you might have thought a quizzical clerical eyebrow or two would have been raised at this, that the thought, *'I wonder how the King of the Ashanti got to sit on a big gold throne' might have entered some minds?*" Not so.

The Ashanti were among the most enthusiastic participants in chattel slavery; around 10% of the entire Gold Coast slave trade went through, and earned money for, their empire.

Rather than condemn this with the same vehemence or use it as a moment of reflection on the universality of the sin of slavery, Mullally instead put out a bizarre video of herself staring across the Atlantic, Caspar David Friedrich-style, accompanied by an apparent re-commitment to Spire.



In doing so, the Archbishop is setting herself up for a fall. Not only is Spire loathed in the pews, church lawyers and bureaucrats privately admit it is immoral and possibly illegal under the laws of the Charity Commission.

There is some remaining goodwill towards Mullally, if only for the fact that she is not Welby. However, this will quickly evaporate should she make the pursuit of Spire the defining feature of her archiepiscopacy.

The financial ruin facing many churches is a combination of:

- the post-Covid lag on congregational growth in some places;
- and high inflation and utility bills; and
- exacerbated by Labour's spiteful decision to end the Listed Places of Worship scheme, which has seen a 20% price increase on almost all repairs.

For context, the quote my husband, a vicar, initially received for repairs on our town's church roof went from £50,000 to £60,000 overnight. These burdens are a struggle in Oxfordshire; they are a complete impossibility in Blackpool or Bootle or Redcar.

Were it not for legal challenges, the church would already have paid out £100 million in slave 'reparations'

While no donations to local churches go directly towards slavery reparations, the Project will erode morale, increase suspicion of the centre and upturn the fundamental principle on which church finances have been governed for the last 50 years.

Most frustratingly, none of the optics of this has resonated with Spire's most vehement defenders.

hang zigzag on hedges' - though sadly we have none of the 'cool, soft grass' he mentions left.

Across a field of sharp stubble a roe buck and doe pause and stare at me for a long moment before the doe hurries away towards a shadowed copse, the buck in close pursuit. It is their rut, and I have intruded. The bucks will often forget to eat or drink during the 36-48 hours that a doe is in oestrus; they are so intent on mating that they will sometimes collapse from exhaustion. I hope that this one's chosen territory gives him access to what's left of our little river, as the farmland ponds are empty. I hope he remembers to drink.



I miss loving high summer. I miss checking the forecast and realising with great joy that it was going to be another cloudless day. I miss saying, '*Hot enough for you?*' and grinning, and I miss calling it '*good weather*'.

I miss making the absolute most of it because it probably wouldn't last. I miss not being aware of the harm that's unfolding out of my sight. I miss the

habitable and generative and largely self-regulating world that isn't coming back. Bravo to whoever's taken the initiative and put fire warning signs up near where I live. In the village an emergency litter pick was organised: sunlight reflecting off glass and metal can be enough to start a blaze.

It feels good to know that people are taking action without waiting for official instructions.

It may be that something powerful comes out of this summer. I do think people's perceptions are shifting at pace.

The wildfire at Dunwich Heath may have been a news item to you - or perhaps you haven't even heard about it - but here we could smell the smoke from our gardens and see the grey pall hanging for days in a relentlessly hard, blue sky.

I've received permission to visit so I can write about it for my next *Times Nature Notebook*. I want to counter the dim-witted suggestion that rewilding was to blame.

According to my journal the last proper rain here was on 10 June, nearly ten weeks ago. The Met Office says that England had 5.6mm of rainfall in July - just 8% of the



average for the month and less than half of the previous record of 13.4mm set in 1911. Now we're halfway through August and here in East Anglia there's still been no relief.

I've abandoned some of the garden but I'm trying to keep a tall, dense privet hedge alive using grey water from my kitchen sink and bathroom basin. Not only does it provide a vital measure of privacy for my tiny bit of outdoor space, but it's often chock-full of sparrows. I'm topping up my tiny pond with tap water that I'm leaving in the watering can for 24 hours to make it safer (although I think my local water company uses chloramines rather than chlorine, which means I'm probably wasting my time).

I'm refilling three bird baths daily, plus a further three out in the village that I hope hedgehogs and foxes will visit - maybe even muntjac and badgers - but I know that all around me wild creatures are struggling and dying, and with more summers like this forecast, many animal populations won't bounce back.

Melissa Harrison is a novelist, children's author, journalist and nature writer. She contributes a monthly Nature Notebook column to The Times, and also writes regularly for the Guardian and the New Statesman. She lives in Suffolk.



St Mary's Hall Bookings in August - with thanks to Valerie Franklin.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
AUGUST						
2	3	4	5	6	7	8
10.45 Communion Rev Adrian		19.30 Ladies Meeting Point	10.00 Midweek Communion			
9	10	11	12	13	14	15
10.45 Communion Anthony Lurie			10.00 Midweek Communion	13.30-15.30 Private Booking		
14.30-17.30 Irish Dancing			13.30 - 15.30 Make & Mingle			
16	17	18	19	20	21	22
10.45 Family Service Led by Beverley			10.00 Midweek Communion			
23	24	25	26	27	28	29
10.45 Communion Rev Sally			10.00 Midweek Communion			
12.00 Barbeque						
30	31					
10.45 Communion Rev Sally						

ST MARY'S PRAYER LIST



PRAYER LIST
23rd August 2026

We pray for major global tragedies including a 7.7 magnitude earthquake striking Indonesia.

Ongoing regional conflicts and shipping disruptions in the Middle East and severe summer heatwaves triggering major wildfires across parts of Europe.

We continue to pray for the war in Ukraine and also for David Jacobs as he bravely travels to and from Ukraine.

LONG TERM SICK AND HOUSE-BOUND

Pat Gladwin, Becky Carpendale, Rachael Martin, Brenda Green, Zoe & family.

SICK

Kevin Austin, Penny & David Thompson, Rev. Stephne, Molly Johanesen,
Sandy Mansfield, Geoff Cox, Pauline Stark, Andrew Skinner, Barbara Rogers
Doreen Parker, Eric Doe, Sue Dale, Lisa Manning, Bill Hayward, Val Bridgeman
June West, Michael Hole.

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Laura Towels, Peter Ellis (Methodist), Norman Peartree,
Rosie Waller.

FOR THOSE WHO HAVE DIED

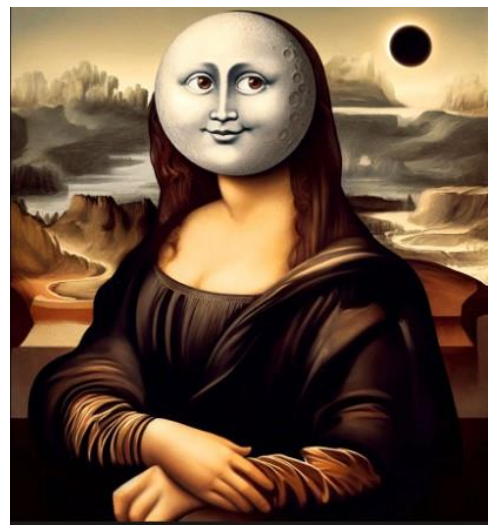
Please contact Maureen Hill mo.hill02@live.co.uk for new entries - or if people have made a recovery.
And with thanks to St Mary's Prayer Team



"DON'T LOOK AT THE SUN!" Dept.,



Truth to tell, most folk that LINK spoke to felt rather underwhelmed by last week's solar eclipse. But investigating deeper into the question we found some quirky viewpoints....



Me trying to peek at the solar eclipse
without "special" glasses 🙈



That's no moon..



Watching people attempt to view the eclipse
ended up being more entertaining than the
eclipse itself.



**CONTACT NUMBERS FOR BENEFICE
MINISTERS**

Priest in Charge *Rev Sally Letman* 311505

Church wardens

@ St Mary's *Mel Sutcliffe* 310967

Valerie Franklin 314179

@ St John's *John Cresswell* 311975

Diana Hunt 310441

Pastoral care

@ St Mary's *Rev Sally, Mo Hill and her team*

PCC Secretary

@ St Mary's *Jenny Hickley* 310991

Hall bookings

@ St Mary's *Valerie Franklin* 314179

Check out our website: www.capelstmarychurch.org.uk



AND FINALLY- HOW WE INTERPRET THOSE CONFUSING OLD PICTURES

Jonah's wife listening to his story of how he was not home for three days because he got swallowed by a fish....



When you wake up from a nap and you don't know what planet you're on....



A rare old photograph of Willie Nelson and Keith Richards at work in Egypt.....



EDITOR'S NOTE

The Link Newsletter shall continue to be published electronically on a fortnightly basis - please let me know of any news or views you may have for inclusion in the magazine.

Please be sure to forward any items for news to the editor at:

briancrogerson@btinternet.com

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Kindly note that editorial and production attempts to reflect accurately all submissions; however apologies are readily offered for any errors in transmission.

All features & news items & opinions in The Link are introduced & published by the Editor and only the church service, readings and reflection and prayers are submitted & authorised by the Priest in Charge and the PCC officers unless otherwise highlighted in the text.

