



14 DECEMBER 2025

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









A warm welcome from Rev Sally Letman, Paloma, and everyone else at St Mary's!

TODAY'S LINK NEWSLETTER FOR:

14 DEC to 28 DEC 2025

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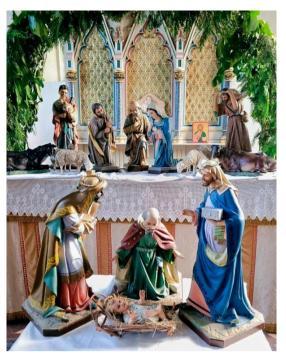
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TOMORROW IS OUR CHRISTMAS FAIR

AND COFFEE MORNING - PLEASE DONT MISS IT



WORSHIP TIMELINE

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

(Left: St Mary's Nativity Scene)

2025

13 Dec, St Mary's, 10.00am to 2.00pm, Christmas Fair

14 Dec, 4.00pm, St John's, Carol Service. 10.45am, St Mary's, Holy Communion.

15 Dec, 2.00pm, St Mary's Compassionate Cafe 7.00pm, St Mary's Church,

Third Advent Course.

17 Dec, 10.00am, St Mary's, Benefice Holy Communion

19 Dec, 9.30am, St Mary's, Capel Primary School
Carol service.
21 Dec, 9.30am, St John's, Holy Communion
10.45am, St Mary's,
Nine Lessons & Carols Service



22 Dec, 7.00pm, St Mary's Church, Final Advent Course.

23 Dec, 9.30am, St Mary's Church Hall, Christingle making with Jenny - help required please

24 Dec, 4.00pm, St John's,

Christingle Service led by Rev Sally
4.00pm, St Mary's,

Christingle Service led by Jenny
7.00pm, Carols in the Precinct.
11.30pm, St Mary's, Midnight Mass.

25 Dec, St Mary's, 10.45am, Christmas Day Holy Communion

28 Dec, 9.30am, St John's, Morning Prayer
10.45am, St Mary's, Morning Prayer.
31 Dec, 10.00am, St Mary's, Benefice Holy Communion

Third Sunday of Advent - readings & reflections

New Testament Readings

James 5, 7 -11. Patience in Suffering



Be patient, then, brothers and sisters, until the Lord's coming. See how the farmer waits for the land to yield its valuable crop, patiently waiting for the autumn and spring rains. You too, be patient and stand firm, because the Lord's coming is near. Don't grumble nding at the door!

Brothers and sisters, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord.

Matthew 11, 2 - 11

When John, who was in prison, heard about the deeds of the Messiah, he sent his disciples to ask him, "Are you the one who is to come, or should we expect someone else?"

Jesus replied, "Go back and report to John what you hear and see: The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. Blessed is anyone who does not stumble on account of me."



As John's disciples were leaving, Jesus began to speak to the crowd about John: "What did you go out into the wilderness to see? A reed swayed by the wind? If not, what did you go out to see? A man dressed in fine clothes? No, those who wear fine clothes are in kings' palaces.

"Then what did you go out to see? A prophet? Yes, I tell you, and more than a prophet. This is the one about whom it is written:

"'I will send my messenger ahead of you, who will prepare your way before you.'

"Truly I tell you, among those born of women there has not risen anyone greater than John the Baptist; yet whoever is least in the kingdom of heaven is greater than he."

Sally's Reflection

James 5:7-10 and Matthew 11:2-11

"Heavenly Father, through weak human words, give us grace to hear your true and living Word, Jesus Christ our Lord"

So, this week's Collect, gives me an impossible task 'Grant that the ministers and stewards of your mysteries; May likewise so prepare and make ready for your way

By turning the hearts of the disobedient to the wisdom of the just.

Yes, as a minister and steward I can attempt to prepare the way for the Lord, in our hearts and minds and in my own life and in the life of the congregation. Well, I can try as best as I can

But, 'to turn the hearts of the disobedient to the wisdom of the just'. Me? Surely not, I am so often disobedient and need to ask Jesus for forgiveness and guidance. How can I tell others they are disobedient?

I so often fall short of what God wants me to be. Don't we all? How many perfect people have you met in your life? You might be able to count them on one hand. But we always get marks for trying.

We are, as we light the third Advent candle in a period of waiting, and that is the point. Because as James tells us, if we are patient and are strengthened and don't grumble, endure suffering and wait patiently, we might be changed. We can be transformed and become the real people God calls us to be, and the Lord makes us wait on purpose.

Because waiting is discipline and from the word disciple, you get the word disciple!

The Lord has a different view of us than we do and He knows we can get there if we wait patiently and learn.

John the Baptist had been waiting. He is waiting in prison and he has a view of what he has been waiting for and what he expects. And Jesus is nothing like he expected.

John the Baptist is in prison because King Herod had taken offence at John's fiery preaching. And

particularly his denunciation of him for marrying his brother's wife!

John had announced the new King was on His way, a true King and part of God's Kingdom. Obviously, King Herod was not best pleased and so put him in prison. Sometimes people don't want to have their hearts turned 'of the disobedient to the wisdom of the just.'

And John the Baptist in prison is frankly disappointed, so disappointed in fact that even he has to check, 'are you the one who is to come or should we wait for another?'

That line. Even John didn't know and he hadn't liked what he had heard. Because this King, was not a man of fire like Elijah, he would not topple Kings, raise a mighty army and brandish his sword.

No. This King would be friend sinners, tax collectors, foreigners, 'sinners' in fact, outsiders, those people who aren't like us and make us feel a bit uncomfortable, they are not part of the acknowledged groups.





Someone said to me once that preaching should make people feel slightly uncomfortable. Maybe the Collect is right after all. Was John mistaken?

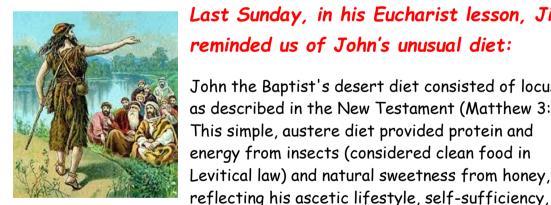
Matthew wants us to know that yes, this is a King, the Messiah, was but he had rewritten our expectations, it is the breaking in of mercy, of a gentle humane justice; the blind would see, the lame would run, and this was Jesus' main task.

Jesus understood that the people do not like the message of judgment, even good people, because they have to show mercy and not revenge. There we are, uncomfortable again. Mercy was at the heart of Jesus' message, just as it is the heart of the people today. A counter cultural message in today's world. Mercy.

And so, I return to the Collect. Those of us who recognise we are disobedient, and are not offended by being called out in it; then we truly will come to know God's blessing and forgiveness.

Let's start small this Advent with ourselves and then 'Go Large' in the World! Amen.

Do you fancy Locusta migratoria and Fructose & glucose for lunch?



Last Sunday, in his Eucharist lesson, Jim Kelland reminded us of John's unusual diet:

John the Baptist's desert diet consisted of locusts and wild honey, as described in the New Testament (Matthew 3:4, Mark 1:6). This simple, austere diet provided protein and energy from insects (considered clean food in Levitical law) and natural sweetness from honey,

and deep reliance on God's provision in the wilderness, symbolizing a call to spiritual purity and simplicity.

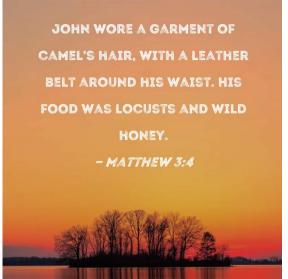


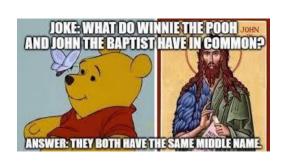


JOHN THE BAPTIST Mt 3:4 Before 'Chips & Salsa' there was.. 'Locusts and Honey'.

Fascinated by the concept of someone existing on such a diet the LINK explored contemporary thinking on the subject:









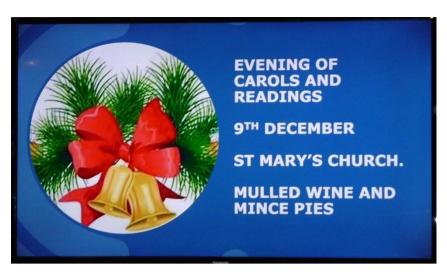
(Left: We poo-pooed the idea of locusts being extant in England until we were invited by Sarah to dip into a bag and extracted these)





The beauty of Art Deco

Church Christmas decoration was influenced by Art Deco the glamorous, modern design style from the 1920s and 1930s, characterized by sleek geometric shapes, bold symmetry, rich colours (like jewel tones), luxurious materials (chrome, lacquer, ivory), and stylized forms (zigzags, sunbursts). These celebrated the Machine Age, speed, and sophistication.



Tuesday 9 December and another special St Mary's Evening of Carols & whimsical Readings

(Below) Prior to the service Jim pours the mulled wine and offers the mince pies as the choir warms up)







Playing to a packed church, Gill and the choir start swinging with the

Calypso Carol



The choir is superbly augmented with Christina - our new flautist.









(Above: our tenor and bass section)

(Right: The ever-versatile Carole switches between organ and piano accompanied by David and Jim on guitar)



Rev Sally: "A thank you to everyone involved in this evening - the choir, the bakers, and especially YOU!"

And very well done Mel Sutcliffe for overall organising the content!





Let's try a Hymn for Christmas -

See amid the winter's snow.....

https://www.youtube.com/watch?v=cBM8LYMsA0g

Click above to watch and hear.....



Sung here with gusto and enthusiasm by Harmonius Chorale of Accra, Ghana.

The relatively under-rehearsed aspect of this performance by the chorale in no way detracts from the beauty of this rendition.

VIEWPOINT



The Changing Landscape of Faith in Britain: Rebirth, Renewal and Reimagining

A recent survey by the Institute for the Impact of Faith in Life, conducted by Charlotte Littlewood (pic right), found that Britons are shifting both towards and away from faith affiliation.

It suggested religion is diversifying, not disappearing: 39% moved to atheism or agnosticism, while 49% adopted a different faith tradition or spiritual path.



Drawing on a unique survey of 2,774 adults who self-identified as having experienced a change in their religious belief, this report presents the most detailed picture to date of how, why, and in what direction Britons are moving between faiths, spiritualties, and non-belief

The findings reveal that the country is undergoing a re-composition of belief, a shift away from inherited institutional structures towards personalised, practice-based, and wellbeing-oriented forms of faith.

A personal toolkit

Religion in contemporary Britain functions less as a set of communal obligations and more as an existential toolkit, an array of resources for healing, clarity, purpose, and identity. Far from fading, faith is being remade according to one's own needs.

The key findings from the report are:

- Islam's growth is outward-facing; Christianity's is inward. Some 73% of new Christians were already Christian (deepening faith or changing denomination), while Islam (59%), Dharmic (Hinduism, Buddhism, Jainism, and Sikhism) traditions (55%), and spirituality (62%) drew converts from other or no faiths;
- Secularisation is the main destination. The largest single shift is away from organised religion: 39% of participants became atheist.

 Christianity recorded the heaviest outflow, with some 44% of all respondents leaving the faith, usually into no faith rather than another religion.

• Dharmic faiths form a quiet growth lane compared to other faiths. Some 3% adopted Hinduism, Buddhism, or Sikhism with three in four of these becoming Buddhist.

Mental health was the top reason cited for conversion (35%), the highest across all traditions.

- Spiritual-but-not-religious identities are on the rise. Nearly one in ten respondents became spiritual, split between a number of self-identified beliefs, including spiritual (51%), Pagan (40%), and Wiccan (9%). The most cited reason for leaving a faith for spiritualism was disillusionment with doctrine (41%) and value clashes (38%).
- Motivations and outcomes differ sharply by tradition. Bereavement (31%) and mental health (23%) drive most Christian conversions; global conflict (20%) and mental health (18%) were the most often cited life events considered to have marked a respondent's faith change journey into Islam (47% selected "none");

For those adopting Dharmic traditions (Hinduism, Buddhism, Jainism, and Sikhism) these were mental health (35%) and conflict (16%); while spiritual converts move away from their faith of origin due to doctrinal conflict (41%).

Christians prefer personal connection with God

Muslim converts are around two-and-a-half times more likely than Christian converts to cite rituals as playing a role in their faith change (27% vs. 11%), highlighting the appeal of structured, embodied practices.

Christian converts, by contrast, emphasise a personal connection with God (45% vs. 33% among Muslim converts), making this Christianity's most distinctive draw, alongside community being the highest cited relative to all other faiths (36%).

Across the majority of faiths, conversion is linked to greater purpose and wellbeing, with spiritual paths producing the strongest gains in emotional health (58%) and outlook (55%). However, those leaving Islam were significantly more likely to report improved emotional health (43%).

Charlotte Littlewood obtained her PhD in Arab and Islamic studies from the University of Exeter, where her research focused on the persecution of the Ahmadiyya Muslim Community in the UK. She has consulted for Muslims Against Antisemitism, an organisation that promotes community cohesion in the UK, and founded a community interest company which sought to counter extremism and promote equality and women's rights in the West Bank. Prior to this, Charlotte worked as a Prevent practitioner on behalf of the government and a Counter-Extremism Coordinator for a borough in East London.

Valerie's St Mary's Church Hall Bookings for December 2025

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
	Art Club Lunch	40.00.40.00	10.00 Communion	09.30-10.30		
	18.15-19.45	18.00-19.00 Rainbows		Pilates		
	Brownies 19.00- Advent Course	19.30	17.00-20.00 Street Dance	18.30-19.15		
		Ladies Meeting Point		Qi Gong		
7	10.00-12.30 8 Art Club?	12.30 9 Lunch Club	10	11	12	13
10.45			10.00 Communion	09.30-10.30		10.00-14.00
Advent 2 Communion	18.15-19.45	18.00-19.00 Rainbows		Pilates		Christmas Fayre
Rev Sally	Brownies (short) 19.00	19.30	17.00-20.00	18.30-19.15		
	Advent Course	Carols and Readings	Street Dance	Qi Gong		
14	15	16	17	18	19	20
10.45	14.00 Compassionate	12.30	10.00 Communion	09.30-10.30		
Advent 3 Communion Rev Sally	Cafe 19.00	Luncheon Club		Pilates		
Irish Set Dancing	Advent Course		17.00-20.00	18.30-19.15		
2.30-5.30			Street Dance	Qi Gong		
21	22	23	16.00 24	25	26	27
10.45			Christingle Service	10.45		
Advent 4 Nine Lessons and			19.00 Carols and	Christmas Day		
Carols			Readings - Precinct			
			23.30 Midnight Mass			
28	29	30	31			
10.45 Morning Prayer			10.00 Communion			
Christina						

PLEASE NOTE......

Valerie Franklin adds: "I'm planning an inventory audit of who holds church keys. Would current key-holders please let me know, personally, or by phone or email, which church keys they have.

"If in the past you were a key-holder - but you've lost them - I'd like to know that too.

01473 314179 <u>valeriefranklin@live.com</u>

NOSTALGIA CORNER

"Nostalgia is OK - but it isn't what it used to be" - Peter de Vries.





(Left) Sometimes the tree was small enough to stand on the small TV.

(Right) Posing by the Christmas tree was a must.





Look! - Father Christmas has been - and just see how beautifully he's wrapped up the presents!



Dressed up and ready for church..









Here comes the turkey - and after dinner how about another round of gin & tonics for good measure?











CHRISTMAS GREETINGS FROM BRENDA GREEN

Mo Hill says: "Brenda phoned me last night and wanted to wish all her friends in the congregation a very Happy Christmas.

"Brenda is in the Norwood Care Home on Park Road where Chris Hall was."

And to Brenda from all your friends at St Mary's Capel: "We miss you very much, think of you often, and wish you all blessings this Christmas and into the New Year."





NEW CHAPLAIN APPOINTED FOR EAST BERGHOLT HIGH SCHOOL

Simon Scott, chief executive of CYM Ipswich writes to say that a new chaplain has been appointed to East Bergholt High School.

She replaces Philip Morphy who served as chaplain there for the past 12 months. Becky Garland is an experienced educator and mentor with over two decades working across primary, secondary, and alternative education. She has taught in a wide range of settings—from Early Years through to Key Stage 4—holding roles such as Music Lead, RE Lead, SEND support teacher, and tutor for pupils unable to access mainstream schooling.

Becky is now a permanent tutor and mentor with CF Education, supporting young people across Norfolk, Suffolk, and Essex through personalised 1:1 teaching, pastoral support, and collaborative work with families and safeguarding teams. Alongside her professional work, she has many years of voluntary experience in children's and youth ministry.

Becky lives in Ipswich with her husband Chris and four boys, and her family are active members of Burlington Baptist Church.

Becky commences her chaplain role with CYM on the 2 December, and will be based in East Bergholt High School on Tuesdays and Wednesdays each week.

DAVID WILLIAMS GRADUATES WITH BSc HONS.

STOOD PHOTOLAY!

DEGREE IN CIVIL ENGINEERING

David has been studying and working at a degree apprenticeship over the past four years, working as a structural engineer at Superstructures in Ipswich whilst studying part-time at Anglia Ruskin University in Chelmsford.

Mum Gill says: "John and I recently attended David's Graduation ceremony in

Chelmsford Cathedral. He has achieved a BSc (Honours) Degree First Class in Civil Engineering.

"He is also working towards becoming an Incorporated Engineer, which he hopes to complete in the next 12 months.

She added: "This has been a good year for David, as in May he won the Construction Professional Apprentice of the Year Award 2025, awarded by the Suffolk Joint Construction Committee. He has worked hard and we are very proud of him!"





(Above: David with proud Mum Gill and Dad John)

And David great congratulations from all of us at St Mary's Capel - we are very proud of you too!!!

We wish you all the very best in your future career....





QiGong at St Mary's - Janet has a message:

Thank you to everyone who braved the dark, chilly Thursday evenings in November, and thus far in December, to attend "Discover QiGong" and who

shared that they left feeling calm and light—just two of the many benefits this health enhancing practice offers.

Due to the interest shown, Thursday evening QiGong classes in the Church Hall, will join the schedule of QiGong classes already running in Raydon, Burstall and Sproughton - from January 2026 (pending Church Hall hire confirmation and other arrangements).

For more information, please visit <u>www.bodymindasone.com</u> where you can subscribe to the monthly eNews to be kept up-to-date with progress.

Take care - Janet Drake

janet@bodymindasone.com or 07506 350 455

Janet stressed: "QiGong has no significance or relationship to any oriental religion"

HELP REQUIRED TO "OPEN THE BOOK!"

Maggie Boswell writes:

Back in 2012 I finally gave in to God and agreed to try and form a team for *Open the Book*.



A team of people who go into Capel Primary School once a month and dramatize a Bible Story in Assembly.

We are not particularly good actors but we share a passion to tell these stories to children, many of whom, don't even know the familiar stories.

We always involve the children in the stories too.

Back then I raised a team of 12 people but over the years we have lost several members for various reasons and we now have a team of only 6/7 which isn't really enough as invariably one or other can't make it and we have had to cancel a couple of times lately.

The children really look forward to our visits but we are in danger of not being able to continue with this important ministry if we don't manage to recruit some new members.



So...... Do you think you could be a part of this team?

If you want to see just what it involves you are welcome to come to our next rehearsal, Please speak to me if you think you might be interested, we really need you.

Maggie <u>maggie3@btinternet.com</u>



Diane launches Alpha Dog Supplies - A 100% natural treat company for healthier, happier pets

Diane explains:

Dog owners today have a huge range of options when it comes to treating their furrier family members to a tasty snack, but not every item on the shelf at the local pet store is born equal!

From rawhide and dyed chews to highly processed treats - many highly processed items can pose notable risks to dogs including choking, blockages, and stomach upsets. Not to mention the comparatively few natural, high-protein options on the menu.

This is where Alpha Dog Supplies comes in. Built on a simple philosophy - natural products, ethical sustainable choices, and a love for dogs - Alpha was born from a passion for natural nutrition and honest values, combining modern convenience with good old-fashioned service. All of our treats are made from 100% natural hypoallergenic ingredients, ethically sourced, and sustainably produced in Britain and the EU. Our eco-friendly, biodegradable packaging ensures caring for our dogs never comes at the planet's expense.

Founded by lifelong dog lover Diane, Alpha draws on over 30 years of experience caring for dogs - especially her beloved Rottweilers.

"My journey began in a small pet shop and dog grooming parlour, where I fell in love with the sense of community and connection between owners and their dogs," she explained. "Since then, I've spent many years fostering, rehabilitating, and providing palliative care for Rottweilers - over twenty have shared my home and my heart."

"With four dogs at home, I understand the care and trust that goes into choosing the right products and as a vegetarian, I care deeply about where things come from and how they're made," Diane added.

Bundle & Save

Alpha aims to save dog owners money on treats, without sacrificing quality. That's the goal behind Alpha's range of treat bundles, which include:

- 1) <u>Senior Snouts Bundle</u> Senior dogs need treats that support ageing joints and vitality and are easy to digest so we made a bundle just for them. With 8 senior-friendly proteins, easy-to-chew textures, and natural ingredients from mussel bites and sprats to turkey chews, pâté, and more this bundle offers delicious variety that's kind on older teeth and tummies;
- 2) <u>Chearful Bundle</u> Specially selected for pups aged 6 months and older, this bundle is made up of 20 all-natural ears including cow, pig, buffalo, lamb, goat, and rabbit. We've included both plain and hairy types for a mix of tastes, chew experiences, natural dental benefits, and healthy digestion.
- 3) <u>Variety Bundle</u> Designed for dogs aged 12 months and over, this 20-piece box includes a range of chews for different chewing styles, sensitivities, and energy levels. With a range of all-natural items like pig snouts, cow hooves, and buffalo lung pieces,

this bundle is great whether you want to try new chews, enrich your dog's routine, or gift them an extra special treat.

4) <u>Alpha's Christmas Feast Bundle</u> - This bundle is teaming with indulgent festive treats for dogs aged 12 months and older, including turkey, pheasant, and venison, pork, and fish-based treats. Bolstered with naturally wholesome biscuits and a little something special for dessert, every piece is made to delight, nourish, and bring Christmas cheer to your dog's day.

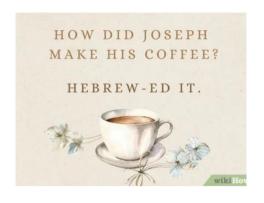
When you choose Alpha, you're supporting local craftsmanship, British small businesses, and a community that truly cares about dogs. More information can be found on Alpha Dog Supplies' website and social media pages (linked below), but any questions or orders can also be emailed to info@alphadogsupplies.co.uk

Website: https://www.alphadogsupplies.co.uk/

Instagram: https://www.instagram.com/alpha.dog.supplies.ltd/
Facebook: https://www.facebook.com/AlphaDogSuppliesLtd

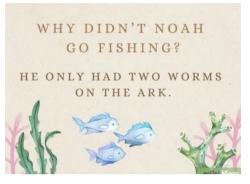


Rev Adrian's Christmas Funnies





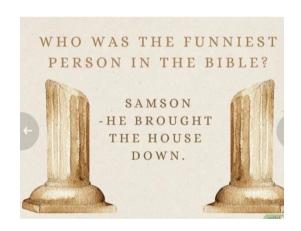




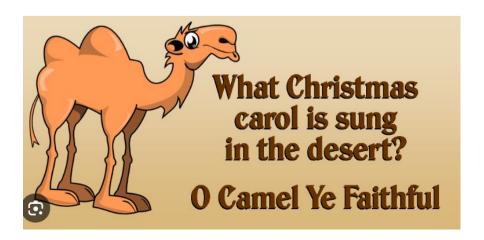
Fascinating Factoids

KFC for Christmas for Japanese Christians

In Japan, Christians are unfamiliar with turkey as a Christmas Day meal, so they buy KFC fried chicken instead! The popularity of KFC fried chicken for Christmas Day is so great that orders are placed starting at the beginning of Advent!







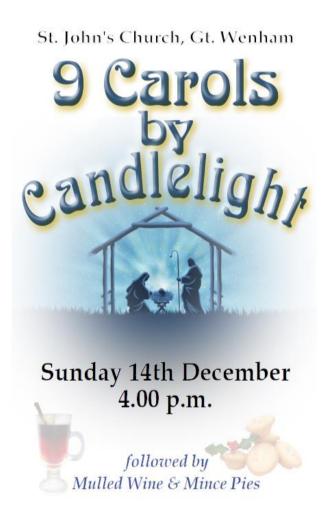






Hille and Trevor wish everyone a Happy Christmas saying: "We shall not be sending out cards again this year, but rather donating the cash to a charity."









COMPASSIONATE FRIENDS CAFÉ

At St Mary's Church Hall has its next meeting on Monday 15 Dec @ 2.00pm





Rev Sally says:

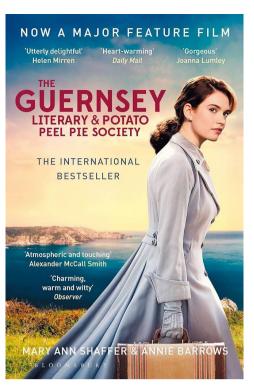
Our compassionate café has become <u>the in-place</u> to share our stories with each other, with people who understand what it means to lose

someone you love.



There is much chatting, laughter, reminiscing and cake enjoyed by all. The café enables us to help each other - and build a community together.

The next Café is on 15 December at 2.00pm. Do come and bring a friend. You will leave feeling better! Rev Sally x



ST MARY'S ADVENT COURSE CONTINUES ON MONDAY 15 DECEMBER

Rev Sally says: Inspired by historical events of the German occupation of the Channel Islands during WW2 - the course will explore the impact of collaboration, forgiveness and community in adversity.

The third and fourth sessions on 15 and 22 December 2025 at 7pm in St Mary's Church

SEE YOU THIS SATURDAY



ST MARY'S CHURCH CAPEL ST MARY CHRISTMAS COFFEE MORNING AND CRAFT FAIR

SATURDAY 13th DECEMBER 2025 10.00 - 2.00

CHRISTMAS HAMPER RAFFLE, GAMES, SURPRISE BOTTLE BAG TOMBOLA

BACON BUTTIES, SAUSAGES BAPS COFFEE AND CAKE, SOUP AND A ROLL

CRAFT STALLS FROM LOCAL CRAFTERS
AND LOTS MORE

<u>free</u> entry WE LOOK FORWARD TO WELCOMING YOU







With thanks to Linda Garrad



Rev Sally says:

Let's fill St

Mary's Church with stars
on Sunday 11 January
2026 for our Star-aThon service.

Beverley is organising the STAR-A-THON





And she has already made around 400 stars – so we still need 600 more to reach the total of 1,000 which will transform St Mary's Church internally into something rather different to our pic on the left.

Beverley has a supply of small wooden stars which she can pass out to anyone who is willing to decorate them in some way prior to Sunday 11 January.

Let Beverley have them as they become completed since she says: "I have plenty of storage room available."

Meanwhile Mike Johansen is planning to create a huge star for suspending from the ceiling.



Melissa says: "Wet-weather Winter walking changed me for the better"

My year of wet-weather walking changed me for the better, not only making me more resilient but giving me more time outdoors.

It changed my relationship with the natural world, too. Going out when other people went in usually meant I had the place to myself, and I often saw more wildlife than I would have otherwise: swallows flying low before an incoming weather front; rain flies congregating on Queen Anne's lace; and scarlet pimpernel closing its petals at the approach of a storm.

I got to experience a different aspect of the outdoors - a whole suite of sounds and smells and views - that had been

denied to me when I'd been afraid a little rain would somehow wash me away.

I relished the smell of rain on dry ground, known as *petrichor*, and the way moisture in the air alters distance and sound. I realised that only wanting to walk in dry weather was like only ever listening to music in a major key. I'd been missing out on so much.

This winter, none of us wants to be stuck indoors with no fresh air or exercise. We can't control the weather, but with a bit of preparation now, we can spend deeply pleasurable time outdoors in the wetter months to come. That means waterproof boots or trainers, a proper coat with a hood, and - my secret weapon - waterproof overtrousers.





There's so much to enjoy on a wet walk, whether you live in the countryside or a city centre: the rainbow sheen on puddles created as decaying leaves release their plant oils; the prints of birds and animals in mud giving clues to the secret lives of our non-human neighbours; the differently coloured deposits of sand, sorted by weight and left there by water along a footpath that has overnight become a stream.

The air is washed clean, birds in the hedges are fat balls of feathers, and the pavements shine; and as you walk, you can listen to the rain pattering on your clothing, which is like being safe and dry inside a tent.

There's no need to let a bit of precipitation stop you enjoying the outdoors this winter. We all need to be connected to nature, whatever the weather - now more than ever, in fact.

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.





15 DECEMBER 1944

American band leader disappears



"Even the birds are grounded. We'll never even get off today."

Glenn Miller reputedly says, peering out of the car window into low cloud, heavy rain and patchy fog today in 1944.

The big band leader is driving to RAF Twinwood Farm in Bedfordshire to fly to recently liberated Paris where he's organising the Allied troops' Christmas Concert.

"The fog and rain could be cut with a knife," says his manager, Don Haynes. Most airports

across Britain are closed today; nevertheless the single-engine Noorduyn Norseman aircraft takes off, disappearing quickly into the low cloud.

Miller is never seen again.



Nine days later, a terse BBC communique announces that he is missing. As befits great pop star of his era, the conspiracy theories and rumours begin immediately - and 70 years later are still circulating.

Some say he's captured and tortured by the Nazis, others say he dies in the arms of a Parisian prostitute. Another explanation is that Miller's the victim of "friendly jettisoning": a fleet of 139 Lancaster bombers, returning from an aborted mission over Germany unload their unused bombs in the Channel at about the time Miller is flying to France.

Miller would have been on the Supreme Headquarters Allied Expeditionary Force air route - and the unofficial "jettison zone" for returning bombers is near the SHAEF path. It's not inconceivable that a heavy bomb falls out of the heavy cloud onto the Norseman.

The truth behind Miller's death, however, is probably more prosaic: an inexperienced pilot gets out of his depth crossing the Channel in bad weather.











PRAYER LIST FOR 14 DECEMBER 2025

We pray for all the conflicts in the world. Also we continue to pray for David Jacobs, still bravely travelling to Ukraine.

Continued prayer support please for Becky Garland, the new East Bergholt school chaplain,

LONG-TERM SICK AND HOUSEBOUND

Pat Gladwin, Becky Carpendale, Rachel Martin, Brenda Green

SICK

Kevin Austrin, Zoe and family,
Penny & David Thompson, Rev Stephne.
Molly & Mike Johansen, Sandy Mansfield,
Geoff Cox, Pauline Stark, Andrew Skinner,
Barbara Rogers, Doreen Parker, Eric Doe,
Malcolm & Chris Fenn. Esme Booth, Trevor Bailey, Zena Steward,
Peter Ellis (Methodist), Laura Towells, Angie Heath

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Sylvia Lambert

FOR THOSE WHO HAVE DIED

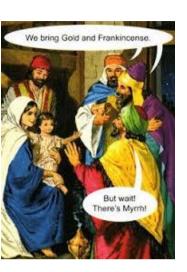
June Balaam

Please contact Hille at hillepearz@gmail.com
If people have made a recovery



AT CHRISTMAS





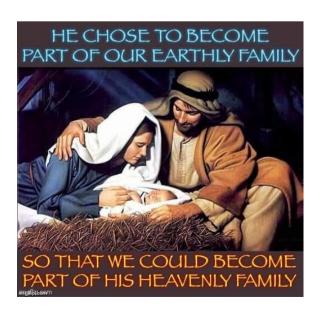






The Year Santa Hired a Consultant





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 31 0441

Pastoral care

@ St Mary's Hille Peartree

hillepearz@gmail.com

PCC Secretary

@ St Mary's Jenny Hickley 31 0991

Hall bookings

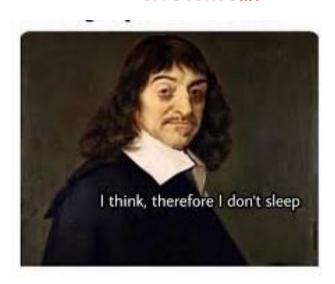
@ St Mary's Valerie Franklin 314179

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



AND FINALLY.....

When its 3.00am and you're still awake reflecting on your own existence....



Sometimes you just need a break to lie in bed and take it easy.

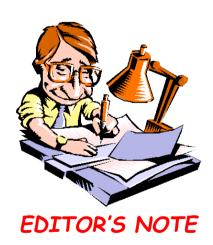
Perhaps 2 or 3 years will do the trick.....



When you've overslept and can't find Noah....







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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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.
