



**16 NOVEMBER
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 and everyone at St Mary's!**

**TODAY'S LINK NEWSLETTER FOR:
16 NOV to 30 NOV 2025**



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WORSHIP TIMELINE

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

2025

16 Nov, 9.30am, St John's, *Holy Communion.*

10.45am, St Mary's, *Family Service:*

A vicars' vlog between Rev Sally & Rev Adrian with an invite for questions from the congregation

17 Nov, 2.00pm, St Mary's Hall, *Compassionate Cafe*

7.00pm, The Rectory, *Bible Study Group*

19 Nov, 10.00am, St Mary's, *Benefice Holy Communion*

23 Nov, 9.30am, St John's, *Family Service.*

10.45am, St Mary's, *Holy Communion.*

6.30pm, St Mary's, Churches Together
led by Catholic community.

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

30 Nov, 4.00pm, St Mary's, *United in Solace & Grace service*

Led by Rev Jenny Seggar

1 Dec, 7.00pm, St Mary's Church,

First Advent Course.

3 Dec, 10.00am, St Mary's, *Benefice Holy Communion*

8 Dec, 7.00pm, St Mary's Church,

Second Advent Course.

9 Dec, 7.30pm, St Mary's, *Readings & Carols*

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

14 Dec, 4.00pm, St John's, *Carol Service*

15 Dec, 7.00pm, St Mary's Church,

Third Advent Course.

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



Second Sunday before Advent

St Paul's second letter to the Thessalonians, 3. 6-13.

In the name of the Lord Jesus Christ, we command you, brothers and sisters, to keep away from every believer who is idle and disruptive and does not live according to the teaching you received from us.

For you yourselves know how you ought to follow our example. We were not idle when we were with you, nor did we eat anyone's food without paying for it. On the contrary, we worked night and day, laboring and toiling so that we would not be a burden to any of you.

We did this, not because we do not have the right to such help, but in order to offer ourselves as a model for you to imitate. For even when we were with you, we gave you this rule: "The one who is unwilling to work shall not eat."

We hear that some among you are idle and disruptive. They are not busy; they are busybodies. Such people we command and urge in the Lord Jesus Christ to settle down and earn the food they eat.

And as for you, brothers and sisters, never tire of doing what is good.



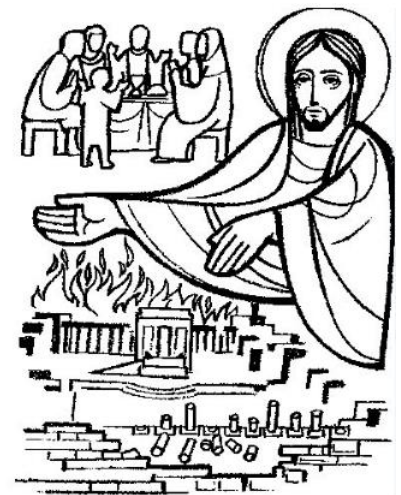
Luke 21. 5-19

Some of his disciples were remarking about how the temple was adorned with beautiful stones and with gifts dedicated to God. But Jesus said, "As for what you see here, the time will come when not one stone will be left on another; every one of them will be thrown down."

"Teacher," they asked, "when will these things happen? And what will be the sign that they are about to take place?"

He replied: "Watch out that you are not deceived. For many will come in my name, claiming, 'I am he,' and, 'The time is near.' Do not follow them.

"When you hear of wars and uprisings, do not be frightened. These things must happen first, but the end will not come right away."



Then he said to them: "Nation will rise against nation, and kingdom against kingdom. There will be great earthquakes, famines and pestilences in various places, and fearful events and great signs from heaven.

"But before all this, they will seize you and persecute you. They will hand you over to synagogues and put you in prison, and you will be brought before kings and governors, and all on account of my name.

"And so you will bear testimony to me. But make up your mind not to worry beforehand how you will defend yourselves. For I will give you words and wisdom that none of your adversaries will be able to resist or contradict.

"You will be betrayed even by parents, brothers and sisters, relatives and friends, and they will put some of you to death. Everyone will hate you because of me. But not a hair of your head will perish.

"Stand firm, and you will win life.

Sally's Reflection at St John's

2 Thessalonians 3: 6-13 and Luke 21: 5-19

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

In Paul's second letter to the Thessalonians he writes to his beloved community with advice on how to live: to not be lazy and to toil and labour so that they do not become a burden to others. He advises them to do their work quietly and earn their living and 'do what is right.'

I don't know about you but I have to remind myself that work is joy, it is a privilege to work for each other and to then have time to pray and remember to recharge our batteries. Jesus went up mountains to pray, he then returned 're-charged' and continue to work really hard. That is a model for our lives but it would be good to be able to plug ourselves in somewhere, eh?



In our Gospel reading Jesus is talking about endurance and hope in the face of mounting and anticipated difficulties. He is urging his disciples to look beyond the resurrection to the life of the early church, where there will be times of calamity; Nation rising against nation, and Kingdom against Kingdom, earthquakes, famines and plagues. The disciples will be arrested and

persecuted, and we know they were and killed in Jesus' name.

And yet in the face of this adversity and opposition Christ will give them hope: he will give them, 'words and wisdom that none of your opponents will be able to withstand or contradict' Wow, isn't that amazing. Here we have His words and wisdom.

He recognises that the disciples will need strength to endure what they preach in his name. All of the 12 disciples died for their faith, were martyred, all but John and Judas who took his own life.

They were all young men between their late teens and early 30's. The women followers also faced persecution for their faith, among them Mary Magdalene and Salome but there is biblical silence on them.

They endured hostility and suffering but it was part of the messianic struggle with evil. But Jesus and later Paul encourage them, and us, to be confident in our sufferings and vigilant and watchful in our patterns of life as we wait for the sovereignty of God to rule in the world and in the hearts of all. The day of return has been extended to 'one day'....

But as this season of remembering tells us, as we turn towards the waiting of Advent we are filled with Hope and with Joy, we will see the Lord. We are part of generations of worshippers, part of generations of believers because Jesus tells us, *'by your endurance you will gain your souls'. Alleluia.*
Amen



At St Mary's family service today Rev Sally and Rev Adrian will conduct a Vicar's Vlog - and invite questions from the congregation.



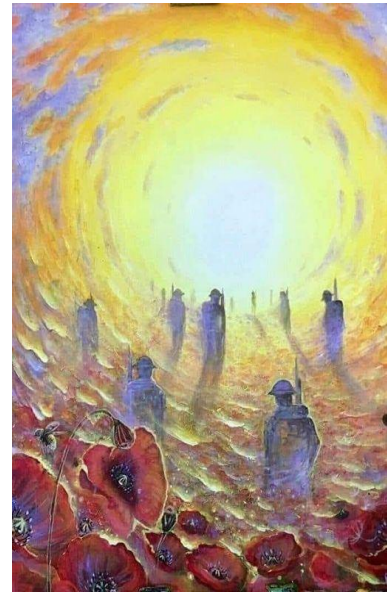
"a live discussion where the creator shares content related to their faith, such as personal testimonies, religious teachings, or daily life as a person of faith"



INTER PRIEST DEBATE - THE FIRST EVER AT ST MARY'S!



Capel's 2025 Act of Remembrance draws a record crowd...



Led by St Mary's Rev Sally Letman, and witnessed by over 400 people, last Sunday proved to be the most memorable Remembrance service for the folk of Capel St Mary and district.

Remembered Here: Griffith John

The Fallen: Read by Zarah Wheatley & Caillan Corps of East Bergholt High School.

They shall grow not old, as we that are left grow old,

Age shall not weary them, nor the years condemn.

*At the going down of the sun, and in the morning,
We will remember them.*



*O God, our help in ages past,
Our hope for years to come.
Our shelter from the stormy blast,
And our eternal home.*

*Time like an ever-rolling stream,
Bears all its sons away;
They fly forgotten as a dream
Dies at the opening day.*



(Right) three generation of Letmans. Paloma and Amy assist Rev Sally.



Ever living God,

*We remember those whom you have
gathered from the storm of war into the
peace of your presence.*

May the same peace calm our fears,

Bring justice to all peoples

*And establish harmony among the nations,
Through Jesus Christ our Lord.*

Amen.

Meanwhile 100-year-old veteran says winning World War II 'wasn't worth it' due to state of Britain today

A 100-year-old veteran has heartbreakingly said winning World War II "wasn't worth it" due to state of Britain today.

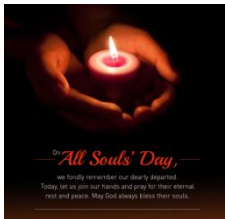
Alec Penstone left ***Good Morning Britain*** viewers and hosts Adil Ray and Kate Garraway shocked and upset on Friday 7 November, as he spoke about serving alongside his close friends, many of whom lost their lives.

When asked about Remembrance Sunday, Mr Penstone said: "*My message is, I can see in my mind's eye those rows and rows of white stones and all the hundreds of my friends who gave their lives, for what? The country of today?*"

"No, I'm sorry, but the sacrifice wasn't worth the result of what it is now."

When he was asked to clarify what he meant, he continued: *'What we fought for was our freedom, but now it's a darn sight worse than when I fought for it.'*

His concerns about the state of the nation are shared by an increasing number of Britons, with a new survey by Kings College London and Ipsos revealing national pride has plummeted and society is more divided than ever under the current government.



ALL SOULS' DAY

On Sunday 2 October at St Mary's we remembered our dearly departed, lit a candle and prayed for their eternal rest and

peace.

***May God always bless their
souls.***

Photos with thanks to Valerie Franklin





Join Rev Sally as she inspires us in participating in a bible study series entitled:

DWELLING IN THE WORD

Rev Sally says: "I am starting a monthly bible study at the Rectory on the third Monday of the month starting on 20 October @ 7.00pm.

No.1 Monday 20 October 7.00pm *Successfully led by Beverley)*

No.2 Monday 17 November 7.00pm (Our next meeting)

December Advent Course

No.3 19 January 2026 7.00pm

No.4 16 February 2026 7.00pm

I would like to invite people to volunteer to lead it. If you are interested please let me know and I'll put you on the right path!

The purpose of St Mary's Bible Study Series is:

- to help us gain a deeper understanding of the Bible;
- to foster a stronger personal relationship with God and Jesus Christ;
- to develop the skills and wisdom to apply biblical teachings to our daily lives and the needs of our communities.



Debenham seems to be the place for rare birds!

Richard spotted a Grey Wagtail in his garden last week -

Its cousin the Pied Wagtail is still reasonably common whilst its other cousin the Yellow Wagtail has all but disappeared within the last five years.

Richard said: "it didn't linger long...."



Why Christianity is so radical: Forgiveness is harder than blame

Marilyn Simon has an important lesson for teenage Christians



When my daughter was finishing her freshman year of high school in Canada, all at once and without warning, she became the target of school bullying because she was a Christian, or, as the other kids teased, "a Chrees-jan".

A "Chrees-jan" group chat was created by other high school kids, whose sole purpose was to mock my daughter and her faith. Some kids threatened to beat her up. Others, those she thought were her friends, quietly abandoned her.

It got so bad that the public school's principal and vice principal had to get involved.

Their solution? "We'll put her in an empty and locked classroom during lunch so that no one hurts her. That way she'll be safe during free time and won't fall behind in classes."

I was livid. A child being bullied for any other religious faith, I said, would result in suspensions of the students involved. The school board would intervene. It might even make the local news. But somehow for a Christian, the prescribed course of action was to put her away and let the other students carry on with life as normal.

Stronger Christian

When one pictures a 14-year-old teenage girl being ridiculed for her very ordinary Anglican faith, one might imagine her leaving her faith, or at the very least, not acknowledging it publicly.

But the events of that horrible spring forged my daughter into a stronger Christian than she was before. Instead of shrinking away from Christianity, she wore a crucifix necklace to school.

Instead of hiding, as the principal suggested, in a locked classroom, she remained out and about with the other kids during lunch; instead of meekly shrinking from discussions, she told those who were targeting her that she forgave them. It was, strangely, a time of joy for her, a time to discover that she really did believe in the things she professed to believe in and that her Sunday rituals weren't empty. She felt loved and strong and free.

There is something in the Christian that makes her bold. If you know, you know, as the kids say.

Bullies became friends

The results of her refusal to back down were surprising. First of all, she discovered who her real friends were (African and Eastern European immigrants, it turned out: kids who are also Christians, and who have some familiarity with persecution).

The second surprising thing was how many of her bullies slowly became her friends again. This didn't happen en masse. One girl reached out through text to say sorry. Then a few weeks later, another did.

Some started coming to church with my daughter. Some became Christians themselves. That was four years ago; my daughter is now a senior and is thriving. She's on the varsity volleyball team, has a part-time job as a lifeguard, and spent her summer volunteering at our Anglican church.

She wears Christian clothing to school. "*Faith Over Fear*," says one of her hoodies. "*The Lord is on my side. What can man do to me?*" It's a verse from one of the Psalms of David. It might elicit the occasional eyeroll from one of her classmates, but the verse disarms their contempt even as they express it.

The Chosen

It was clear that attitudes towards Christianity were changing; one could see this shift happening both in pop culture and among the high school teens themselves. This past summer the Amazon Prime show *The Chosen*, which chronicles the life of Jesus, moved from niche Christian to top 10 most watched.

Justin Bieber released his album *Swag*, which ends with a cover of an Eighties praise and worship song, familiar to anyone who attended church camp in the last 40 years, "Lord I Lift Your Name on High". (Bieber and his wife Hailey are born again Christians. He is headlining Coachella this year and has more Instagram followers than Taylor Swift, even though his life is both quiet and private.)

Last year religious jewellery made a huge comeback; crucifixes and saint pendants were at every teen girl store.



And so I was not surprised that one evening just a few weeks ago, a group of my daughter's teenage friends, both guys and girls, came to my house for late night snacks with some questions about Christianity.

Only one of them is Christian; the others were simply curious. "*How do you know that Christianity is true?*" they asked. "*Why is it hard to believe in God?*" They wanted answers.

The wishy-washy values they'd been raised with, those of subjective feelings, validating speech, and "my truth", they were now rejecting. There is a certain kind of teen for whom the cultural narrative of victimhood now seems brackish and empty, both self-serving and anxiety producing.

They want to be courageous, and they see that the self-affirming "truths" of some of their classmates aren't a way to be brave, but rather a way to control how others respond to them.

The teens in my kitchen...

I am not a theologian, but I do know more than the average person about these things. So it was with great pleasure that I sat with the teens and explained what I could. Christianity is a wrestle, I told them. And that is what the believer does, struggles with her inner proclivity to self-centeredness.

One wrestles against pride, against envy, against self-satisfaction. One wrestles most of all with a truth that is seen through a glass dimly. The work of the Christian isn't to know with certainty what truth is, but to continually chip away at what is untrue.

Much of the time, "my truth" is a mask for "my self-delusion" because for the Christian, inwardness begins not with the acknowledgment of one's inner goodness, but of one's inner sinfulness. You deceive yourself, the Christian must acknowledge. You are not who you think you are.

In fact, you are much, much worse. For teenagers who have been raised on words affirming their inner perfection, this is bracing stuff.

The teens in my kitchen were looking for clear answers, but clear answers can often tempt one into self-righteousness.

The face of mystery

To many of their questions, I had disappointing answers. "*Who goes to heaven and who goes to hell?*" was one of these.

My answer was firm: "*It's not up to us to judge, and we don't get to know.*" For the teens, this was a difficult answer, not because they were hoping to be able to condemn people, but because they are largely unacquainted with uncertainty and humility in the face of mystery.



This may be just a feature of youth in general. The world is big, wicked, frightening and beautiful. As the world's murkiness makes itself known, it's tempting to want to cling to clarity and certainty.

But to have an attraction to moral answers that are very rigid is also, of course, a feature of the culture in which they've been raised, one that has been divided into two groups: villains and victims.

As our conversation went on, it became evident that none of these teens understood the first thing about history, about historical context, or about how our culture came to have the moral judgements that we do (it's because of Christianity, kids).

Marilyn Simon is a Shakespeare scholar and university instructor. She writes the substack [Submission](#)





Saturday 13 December from 10.00 until 2.00pm.

Jenny says: "The Church will be offering a variety of stalls and games and I do need your help. I am looking for contributions items to the following stalls:"



1. Surprise Bottle bag Tombola: Any item that can fit into a slim bottle bag, can be anything, that's why it will be a surprise. A bottle of wine, a bottle of vinegar, small perfumes in bottles, the list is endless and so is your imagination.

2. Items for the Christmas Hamper raffle: Any item is acceptable as long as it has a long use by date along the Christmas food item range.

3. Any good quality boxed Gift items: If you are having a tidy up and think that the items will be good to sell as gifts.

You may wish to gift a **financial donation**. I can put it to use to buy prizes for the games or items for the above stalls.

Please donate early if you can. If you need to have anything collected I can arrange that. If you are to deliver to my house do make contact to make sure I am in to receive your donation.

The confirmed stalls run by the church are as follows:

- **Clock Game:** Guess the hour and minutes that shows on the clock face.
- **On the Street where you live:** Guess where Father Christmas leaves the presents.
- **Surprise Bottle Bag Tombola:** Pick a 0 or a 5 and pick a bag of your choice. The Surprise will be inside!
- **Christmas Hamper Raffle:** Tickets £2, you could win a fantastic hamper full of Christmas Treats.
- **Cakes and Preserves:** Come and buy from a selection of home baked goodies.

Browse through **The Book Stall** and grab the next holiday read and finally in the hall a selection of **Refreshments** will be available throughout the morning.

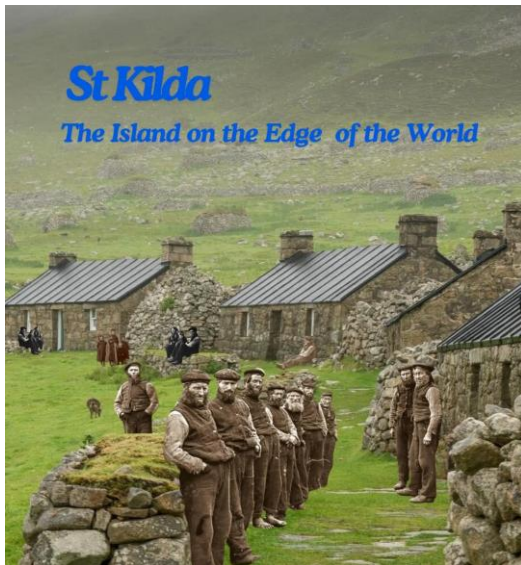
I am seeking help to run stalls and to help with serving the refreshments and washing up (gloves can be provided). There is a rota on the Notice Board, please sign up if you can even if it for half an hour. Every bit helps. I will be asking people individually also.

Do put the date in your diary and come along on the morning to join in with us.

Thanking you for your continued support and generosity.

Jenny Hickley, 01473 310991 jenny.hickley@btinternet.com 3 Smithers Close

What is the connection between the most remote British Island and Chelmondiston in Suffolk - Hille found out!



Hille Peartree holds Ladies Meeting Group engrossed with tales of St Kilda.

At St Mary's Ladies Meeting Group on 4 November Hille and Trevor Peartee told of their two visits to St Kilda - and included an amazing



connecting tale that reaches down to our own Chelmondiston in Suffolk.

But what is St Kilda?

St Kilda is a remote archipelago situated 35 nautical miles west-northwest of North Uist in the North Atlantic Ocean. It contains the westernmost islands of the Outer Hebrides of Scotland.

Hille explained that the largest island is Hirta, whose sea cliffs are the highest in the UK; three other islands (Dùn, Soay and Boreray) were also used for grazing and seabird hunting.

"St Kilda and its central island of Hirta is the UK's only Unesco Dual World Heritage site. It was home to a group of people who spoke Gaelic and lived by climbing down the rocks to kill the seabirds on the cliffs, living on the meat and using them for oil.

"They farmed rough sheep and cattle and weaved and sold their tweeds to tourists who visited the islands. They ran their own affairs and held a "parliament" in their main street making sure that the dead seabirds were shared out among them population."

"After the First World War the population gradually declined as the young left."



(Left) A good turnout at the Ladies Meeting Group for Hille's talk



Hille also told the tale of Norman John Gillies – the last St Kildan & an honorary Suffolkian



The death of Norman John Gillies at the age of 88 served to sever a link to an ancient and hardy group of people who for more than 1,000 years inhabited Britain's most remote group of islands.

It was on 29 August 1930 that the last 36 inhabitants of St Kilda were evacuated to the mainland of Scotland. Norman John was only five years old, but he never forgot being rowed out to the ship that was to take the St Kildans to the west coast – and a very different life.

One of only two remaining native-born survivors, he was keen to ensure that the story of the remote community lived on.

"I remember," he said, "how the older women, including my grandmother stood at the boat's stern. Their shawls were wrapped around them waving at the islands as they disappeared from sight."

The St Kildans voted to leave the islands after the death of Gillies' mother bringing an end to a tightly-knit community which had lived there for possibly 2,000 years. The barren islands were cut off from the mainland for nine months of the year by rough seas and winds.

Norman's ill mother waited for two weeks for a boat to take her to a hospital in Glasgow. There she died of appendicitis after giving birth to a little girl who also died.

Norman's last memory of his mother was standing with his grandmother watching her being rowed out by the lighthouse ship.

(Right the evacuation)



On mainland Scotland Norman Gillies left school when he was 14 to work as an apprentice with the Forestry Commission. In 1943 aged 18 he joined the Royal Navy serving on motor torpedo boats based at Felixstowe patrolling the Channel.

Demobilised in 1945 he settled in Chelmondiston Suffolk, married Ivy in 1948 and later had one son and two daughters. He became the manager of a builders' merchant. He played a major part in his local Methodist church and lived in a house called St Kilda.

In August 2005 the whole family visited St Kilda. His son John recalled: "The islands were very important to him. He was a great ambassador for St Kilda; he hoped many generations would visit. He loved telling people stories about St Kilda. I treasure the times we spent together there."

Norman John Gillies died in Ipswich on 29 September 2013.

Ivy and Norman - From St Kilda to Chelmondiston

By Gill Williams

When I read that Hille was giving a talk to the Ladies Group about St Kilda, it immediately brought to mind the connection between those islands and my home village of Chelmondiston.

Ivy (*nee Knights*) and Norman Gilles lived in a house called St Kilda in Chelmo, which I often visited as a child with my mum, Joan. She and Ivy were lifelong friends, having grown up in the village together.

Several of mum's friends met and married Royal Navy servicemen during the 1940's and 50's, given the close proximity of the village to HMS Ganges at Shotley. Norman was stationed there and he met Ivy when he attended Chelmo Methodist church.

Ivy and Norman married in 1947, settling in Chelmo and having three children, Bridget, John and Shirley, who still live in Suffolk. I remember hearing Norman speak in his very strong Scottish accent, but he was an unassuming man, and what I heard of his background would have been passed on from my mum.

It all seemed a very long way away, but I have learned more about it over the years. I don't recall him being a 'celebrity' as such in Chelmo - even though he appeared in a television documentary about St Kilda. On a later occasion his children were involved in another TV production, and were filmed visiting St Kilda.

They were a very close family, and were all very much involved in Chelmo Methodist church. Norman died in 2013 and Ivy in 2015.

(Left) St Kildans attend their church on Hirta.



A RECORD EAST ANGLIAN AUTUMN



ANGLESEY ABBEY WOODLAND

There can be few autumns in the average East Anglians' memory that can compete with this one for beauty when the colours change and leaves drop:

Before shedding, leaves change colour as chlorophyll breaks down, revealing yellow and orange pigments that were already there. Red colours are also produced in some trees. The tree then forms an "abscission layer" at the base of the leaf to prepare it for detachment.

Trees enter a dormant state to survive the cold. By shedding their leaves, they use less energy and avoid damage from heavy winter storms.

Fungi flourish on the forest floor, feeding on the decaying leaf litter and redistributing nutrients.

All the above are previous studies of record by our eminent photographer Chrissie Hart. Last week she visited Anglesey Abbey's grounds and caught this sublime scene for us - thank you Chrissie from all at the LINK....



ST MARY'S ART CLUB EXPLORES CHINESE ART

.....and painting on rice paper!

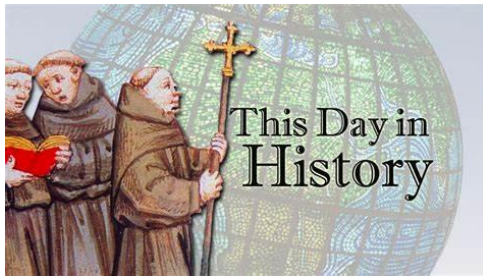


The artist for the day, Jane Meech from Raydon, said: *"My journey started in Dubai, with classes in watercolour, then a move to Asia, which further developed into a Eurasian feel, with Chinese brush strokes added. I'm still evolving my works, and am happy to try anything."*



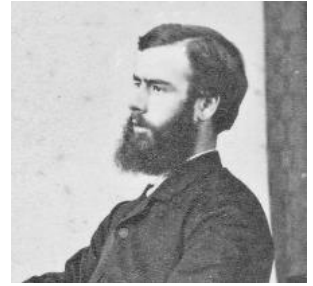
Pauline captured a few examples of the ladies' work - and shares them with us.





16 NOVEMBER 1870

Rev Francis Kilvert attends a nail-bitingly humorous funeral of his great-aunt, Miss Maria Kilvert, in Worcester Cathedral



The coffin had been brought downstairs and was waiting in the hall covered with a black velvet sweeping black pall.

Boom went the great bell of the Cathedral. The coffin went out immediately and the pall bearers filed out in pairs after it, taking their places and holding each his pall tassel on either side.

My father and I followed as chief mourners in crepe scarves and hatbands. All the rest were in silk.

Staggered under the weight

The bearers had not been selected with reference to their fitness for the task - and one of the bearers on the right side was very short, so short that he could not properly support the coffin level. The coffin seemed very heavy.



As the procession moved across College Green to the cloister arch, the men staggered under the weight and the coffin lurched and tilted to one side over the short bearer.

One very fat man had constituted himself chiefest mourner of all and walked next the coffin before my father and myself. The bearers, blinded by the sweeping pall could not see where they were going and nearly missed the cloister arch, but at length we got safe into the narrow dark passage and into the

cloisters.

"I am the Resurrection and the Life, saith the Lord"

But meanwhile there was a dreadful struggle at the steps leading up from the cloisters to the door. The bearers were quite unequal to the task and the coffin seemed crushingly heavy.

There was a stamping and a scuffling, a mass of struggling men swaying to and fro, pushing and writhing and wrestling while the coffin sank and rose and sank again.

Once or twice I thought the whole mass of men must have been down together with the coffin atop of them and someone killed or maimed at least. But now came the time of the fat chief mourner. Seizing his opportunity he rushed into the strife by an opening large and the rescued coffin rose.

At last by the wild effort and tremendous heave the ponderous coffin was borne up the steps and through the door into the Cathedral where the choristers, quite unconscious of the scene and the fearful struggle going on behind, were singing up the nave like a company of angels.



In the Choir there was another dreadful struggle to let the coffin down. The bearers were completely overweighted, they bowed and bent and nearly fell and threw the coffin down on the floor.

Dean had the gout

When it was safely deposited we all retired to seats right and left and a vergers or beadle, in a black gown and holding a mace, took up his position at the head of the coffin, standing. The Psalm was sung nicely to a very beautiful chant. The Dean had the gout and could not appear, so Canon Wood read the lesson well and impressively in a sonorous voice. The grave service was intoned by the sacristan, Mr Raisin, and sung by the choir, standing on the planking round the vault whilst a crowd of people looked in through the cloister windows.

Rev Francis Kilvert was curate at Clyro in Radnorshire.



Janet Drake says: “What is the difference between QiGong and Tai Chi”

Quite simply they are both from China’s rich history of achieving and optimising holistic personal health and wellbeing, that said you may have heard of Tai Chi but less so of QiGong!

Tai Chi - whether from the Yang or Chen tradition - is characterised by flowing steps moving smoothly from one form to the next. Some might find learning Tai Chi a little challenging yet wonderfully rewarding. Whereas, QiGong is really an umbrella term for a very broad collection of breath-lead movement and meditative styles and forms. These are usually

easy-to-learn, are mainly static, repetitive, and can be performed standing, seated, or even lying. Both Tai Chi and QiGong are suitable for everyone, regardless of age, gender, or ability. No special equipment or clothing is required - what is required is an open-mind to learning the nurturing principles of mindful self-care in a welcoming & fun way.

Janet stresses: “QiGong has no significance or relationship to any oriental religion”

During November & December 2025 QiGong Tasters are being offered in Capel St Mary (Thursdays at 6:30pm) and Burstall (Tuesdays at 9:30am) £8 for 45-mins - all proceeds go to a cause nominated the venues.

Should the QiGong Tasters be welcomed - regular weekly 75-min long classes will start in January.

Weekly QiGong classes are held in Raydon and Sproughton

More information, booking, etc. can be found on Janet’s website www.bodymindasone.com

janet@bodymindasone.com / 07506 350 455

See poster on page 21





Come to St Mary's and discover QiGong



Body Mind as One
Teaching Holistic Practices to improve Health & Wellbeing


Discover QiGong 氣功

a time-honoured beautiful practice that boosts health & wellbeing by
blending breath, mindful gentle movement & meditation.

Taster Classes

St Mary's Church Hall
Capel St Mary
6:30pm - 7:15pm

Thursdays
November: 6th, 13th, 20th & 27th
December: 4th, 11th & 18th

£8* cash or BACS
*All proceeds will be donated to a cause nominated
by St Mary's Church


Taster Classes

Please Book Your Place Online
www.bodymindasone.com


www.bodymindasone.com
janet@bodymindasone.com
 07506 350 455





Teams of 4-6
Suggested donation of £5 per person

Saturday 15th
November 7pm for 7:30pm start



Reserve your place now via the QR Code
Bring your own drinks



The Big Quiz Night

We will also be selling Ugandan crafts to support the work of 



With thanks to Dave Owen at Capel Community Church



COMPASSIONATE FRIENDS CAFÉ

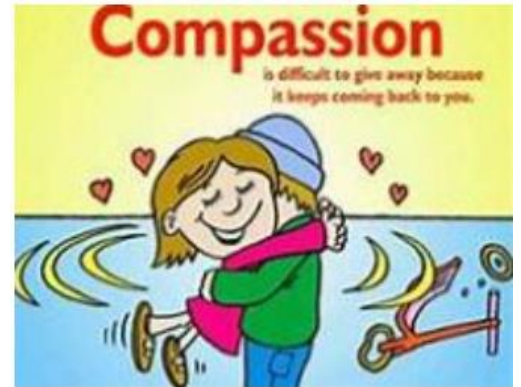
At St Mary's Church Hall has its next meeting on Monday 17 NOV @ 2.00pm



Rev Sally says:

Our compassionate café has become the in-place 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.

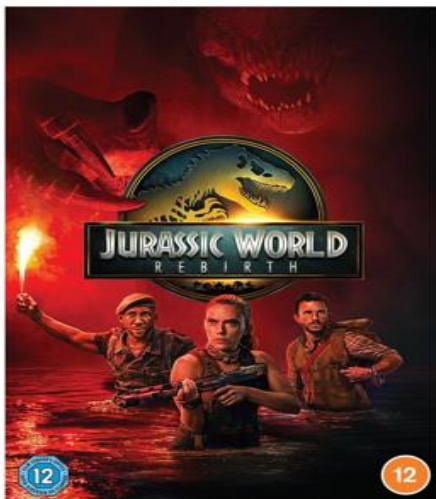


*The next Café is on 17 November at 2.00pm.
Do come and bring a friend.*

You will leave feeling better! Rev Sally x



The Friends of Capel Library
Community Cinema



With thanks to Gill Williams

Tuesday 16th December 2025 at Capel Library

Doors Open: 7pm, Film Starts: 7.30pm

Tickets in advance: £4.50 members, £5 non-members

On the door: £5.50

Fully Licensed Bar & Air Conditioning



United in Solace and Grace
A special service for the Beginning of Advent
With Revd Jenny Segar
Sunday, 30th November 2025
4pm
St Mary's Church



'United in Solace and Grace' is designed to build bridges between survivors of all types of abuse and the church, to ensure that our peaceful churches are safe and welcoming places of prayer and worship for everybody.

This reflective service has been specially put together as an accessible introduction to *United in Solace and Grace*.

It is a taster service for parishes to explore ideas around reaching out to survivors of abuse of all kinds and making our churches places for everyone to reflect, to heal, and to come and seek solace and grace.

In this service, we aim to create a safe and reflective space where we can remember those we know who are affected by their past, and those who support them and enable them to move forward.

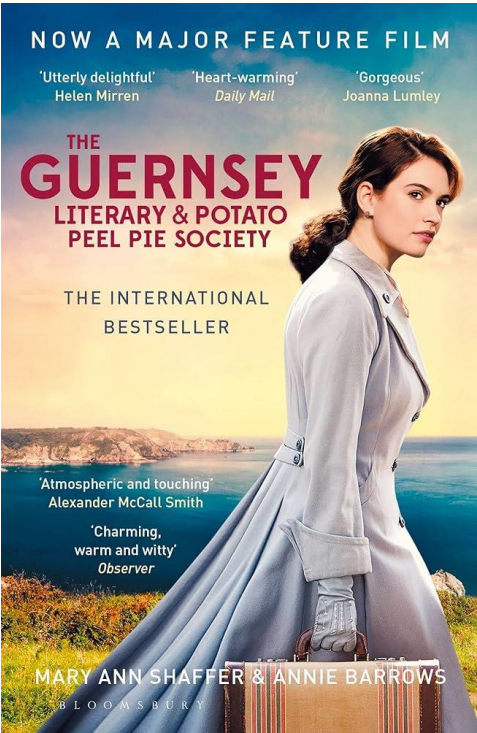
You will hear different voices from a variety of traditions, some prayers, reflections, and Bible readings – and there will be interactive stations to help you reflect and offer prayer as you feel is appropriate.

We acknowledge gratefully *Survivors in Transition* and *Survivors Voices* for their support in putting this service together.



With thanks to Christina Volkmann





**ST MARY'S ADVENT COURSE COMMENCES
ON MONDAY 1 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.*

**First, Eighth, 15 and 22 December 2025 at 7pm in
St Mary's Church**



**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**

**free entry
WE LOOK FORWARD TO WELCOMING YOU**



***See special message from Jenny on
page 13***

ADVANCE NOTICES!



Start your Christmas
with Linda & Tina

ROCK 2 POP

20th December
CAPEL VILLAGE HALL, IP9 2ER
Doors open 7:30pm
Music from 8:00pm - 11:15pm
Licensed bar: but bring your own nibbles
raffle in aid of St Marys Church
Feel good covers through the decades,
including festive favourites
Tickets £5 07738176104
Over 16s

With thanks to Linda Garrad

St. John's Church, Gt. Wenham

Why not join us for our

**Soup & Roll
Lunches**



All are welcome!

11th October 2025
8th November 2025
6th December 2025

Midday to 1.00 pm
£5 Donation
gratefully received.

All proceeds to the upkeep of St. John's Church

With thanks to Trevor Atkins





Rev Sally says:



Let's fill St Mary's Church with stars on Sunday 11 January 2026 for our Star-a-Thon 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.



TRIANON ON TOUR

Gill, Carole and Peter join Trianon for the highly successful 2025 Kent Tour



On 29 October some 40 or so members of Trianon Music and Anglia Singers (Chelmsford) set off for five action-packed days in north Kent, staying at the Mercure Maidstone Great Danes Hotel.

Concert-giving was combined with sightseeing visits, added to which members were able to take advantage of the fitness centre and swimming pool at the hotel, so there wasn't a moment to spare - with a quiz evening also organised to keep us occupied!

Those on the tour included choir members and instrumentalists, and a varied programme of music was performed - ranging from South Pacific and World War 11 medleys, to chamber music pieces for flute, clarinet, bassoon and cello - and the Ivor the Engine theme tune!

Afternoon concerts were given at ***St John's United Reformed Church, Orpington and Maidstone United Reformed Church, and an evening concert at the Church of St James the Great, East Malling***, where we joined with the East Malling Singers.



Carole exits Orpington URC post-concert

The concerts were well received, with good audiences at each of them. At Orpington £275 was raised for church funds, with the Maidstone concert raising £500, to be split between church funds and the Heart of Kent Hospice.



Our visits included Leeds Castle (very close to our hotel), a National Trust property, Ightham Mote, the Historic Dockyard Chatham, and Rochester, where most of us visited both the castle and the cathedral. All in all a very enjoyable time spent on tour together!

(Left) Gill at Ightham Mote.



Peter Hollis, Simon Fisher (Trianon's chairman), Carole, Gill and Izzy Ixer (Trianon soprano)

Gill says:

There is an opportunity to hear the programme of music from the tour performed by Trianon members at St Michael's Church, Martlesham Heath on Saturday 15 November at 2.30pm. Tickets are £10 with all proceeds to Amnesty (Ipswich branch). They are available from <https://www.trybooking.com/uk/FKMW> and on the door.



When I go out for a stroll, I'm walking into an unfolding story that I have come to understand. From the crops in the fields to the sounds of the birds, the effects of the weather and the time of year to the geology under my feet, I can parse the natural world around me so that its detail and complexity emerge from what might otherwise be simply background.

And understanding my place in that story, with its varied cast, produces positive emotions honed by decades of good experiences. I grew up in a family that loved being outdoors, and although I experienced the 'teenage dip' in nature connectedness common to many people, it was there to return to.

More importantly, I've had the good fortune to be able to order my life in such a way as to keep deepening my relationship with nature. Not just by accumulating more knowledge, or through reading, but experientially, through the positive reinforcement of ongoing daily practice.

All the benefits that accrue

Of course, there are good things that accrue to anyone from time spent in nature, from vitamin D to lowered blood pressure and a reduction in stress hormones; but the deep emotional, psychological or perhaps even spiritual benefits that can seem to me so obvious and available are not something that can simply be switched on, but the product of a relationship that must first be kindled in childhood and then deepened over time.

Today it's very easy - almost natural, frankly - to live in a world where nature is only ever a distant concept, something to evoke guilt, perhaps, or even fear, but of no tangible interest or benefit to one's daily life. It's also easy to live in a pro-nature bubble and assume it is the norm.

Not everyone feeds the birds, or notices butterflies. Not everyone watches Autumnwatch. Not everyone knows what we're losing, or even feels the loss. People fill their worlds with all sorts of other things - richly imagined computer games, sport, even opera - that are likely just as enriching. Finding a way to invite those people to connect emotionally with nature, even as we move towards crisis, is a huge challenge. I don't know how to do it. I wish I did.



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.



There are few trees more colourful in autumn than the cotinus

Cotinus are deciduous shrubs more commonly known as the Smoke Bush. They are grown for their broad green or purple leaves which take on a beautiful **orange colour** in the autumn.

Cotinus bear plume like panicles of small fruits which appear in late summer together with small flowers producing a 'smoke like' appearance.

This one was photographed in Thorney Road



PRAYER LIST FOR 16 NOVEMBER 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 Philip Morphy, the 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, Sylvia Lambert,

Trevor Bailey, Angie Heath, Zena Steward,

Peter Ellis (Methodist), Laura Towells, Tony Wilkenson

FOR THOSE MAKING A RECOVERY

Shirley Streatfield

FOR THOSE WHO HAVE DIED

Please contact Hille at hillepearz@gmail.com

If people have made a recovery



Valerie's St Mary Hall Bookings

NOVEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 10.45 All Saints inc All Souls Rev Sally	3 Art Club 10-12.30 Brownies 18.15-19.45 Advent Course 19.00 Rectory	4 Rainbows 18.00-19.00 Ladies Mtg Point 19.00	5 Communion 10.00 Street Dance 17.00-20.00	6 Pilates 9.30-10.30 Qi Gong 18.30-19.15	7	8
9 9.30 Rem'ce Sun Morning Prayer 11.00 War Memorial 14.30-17.30 Irish Set Dancing	10 Art Club 10-12.30 Brownies 18.15-19.45 Advent Course 19.00 Rectory	11 Rainbows 18.00-19.00	12 Communion 10.00 Street Dance 17.00-20.00	13 Pilates 9.30-10.30 Qi Gong 18.30-19.15	14	15
16 10.45 2 nd before Advent Sally & Adrian	17 Art Club 10-12.30 Comp Café 14.00 Brownies 18.15-19.45 Advent Course 19.00 Rectory	18 Lunch Club 12.30 Rainbows 18.00-19.00	19 Communion 10.00 Street Dance 17.00-20.00	20 Pilates 9.30-10.30 Qi Gong 18.30-19.15	21	22
23 10.45 Christ the King Rev Sally	24 Art Club 10.00-15.00 No Brownies Advent Course 19.00 Rectory	25 Rainbows 18.00-19.00	26 Communion 10.00 Street Dance 17.00-20.00	27 Pilates 9.30-10.30 Qi Gong 18.30-19.15	28	29
30 10.45 Advent Sun Rev Sally 16.00 S'vice of Solace & Grace - Christina						

With thanks to Valerie Franklin





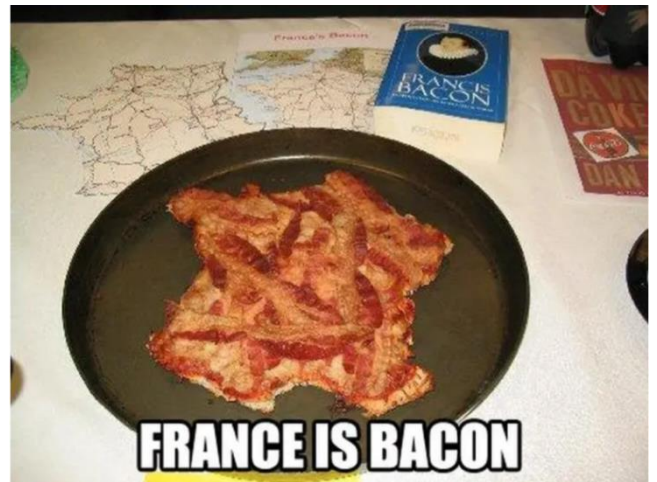
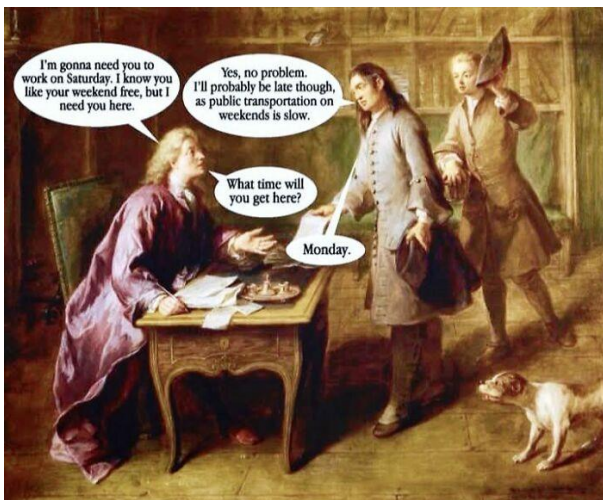
Lookalike



Claudia



Pet



Iain Coleman · 16m

@iaincoleman.bsky.social

The best thing about British democracy is when the actual head of government has to stand in a leisure centre at 5 am beside a guy with a bin on his head to find out if he still has a job.

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 Hille Peartree
hillepearz@gmail.com

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.....

***When it's freezing outside but you've worked really hard
developing your shapely calves....***



When you're teacher says: You've got one minute left".....



When Luigi realised staying single may have been preferable....



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

The inclusion of any items in this publication does not constitute an endorsement of a product or service by the Editor, the Parochial Church Council, or the Diocese of Saint Edmundsbury & Ipswich. Copyright belongs jointly to the Chapel St. Mary and St. John's Great Wenham Parochial Church Councils. Articles and pictures may also appear on websites and social media <https://stmaryschurchcapel.com>

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.

