



17 MAY 2026

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

A warm “Welcome Home” from Rev Sally Letman and everyone at St Mary’s!

**TODAY'S LINK NEWSLETTER FOR:
17 MAY to 31 MAY**

Inside:

- Page 2: Service timeline
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- Page 6: Who was at the recent Buckingham Palace Garden Party?
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WORSHIP TIMELINE

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

2026

26 Apr, 9.30am, St John's, *Family Service*

17 May, 9.30am, St John's, *Holy Communion.*
10.45am, St Mary's, *Family Service on*
"Chaplaincy": Led by Jenny.

18 May, 2.00pm St Mary's Hall. *Compassionate Cafe*

19 May, 12.30pm, St Mary's *Luncheon Club*

20 May, 10.00am, St Mary's, *Benefice Holy Communion*

24 May, 9.30am, St John's, *Family Service.*
10.45am, St Mary's, *Holy Communion*
led by *Rev Anthony Lurie.*

27 May, 10.00am, St Mary's, *Benefice Holy Communion.*

31 May, 9.30am, St John's, *Morning Prayer.*
10.45am, St Mary's, *Holy Communion.*
Led by *Rev Sally*
6.30pm, *Church Together at Methodist Church.*

2 June, 7.00pm, St Mary's East Bergholt.
Archdeacon's Visitation & electing of Church wardens.

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

7 June, 9.30am, St John's, *Holy Communion.*
10.45am, St Mary's, *Holy Communion*
Led by *Rev Sally.*

10 June, 10.00am, St Mary's, *Benefice Holy Communion.*
7.00pm, St Mary's East Bergholt,
Deanery Synod.





**WELCOMERS
REQUIRED FOR ST
MARY'S.**

Church Welcomers are the first point of contact, essential for creating a warm, inclusive atmosphere that makes visitors feel valued and comfortable.

They, along with other key volunteers, often help with parking, guiding, and answering questions before and after services to ensure a positive, lasting first impression.



Jenny says:

Several members of the congregation are stepping aside temporarily from their Welcomer duties at present due to various reasons - so we are getting rather short of people Welcoming folk into church.



Could you offer to step in from time to time?

The duty involves welcoming people, handing out the readings leaflet, selecting two people to take the elements up to the server on Communion services and taking the collection basket round.

It is a simple task but we do need more people to come and assist in the running of the services on Sunday mornings.

Is God calling you? I do hope He will give you the nudge!

Many thanks , Jenny Hickley



NEW TESTAMENT READING 17 MAY

1 Peter 4.

Living for God

Therefore, since Christ suffered in his body, arm yourselves also with the same attitude, because whoever suffers in the body is done with sin.

As a result, they do not live the rest of their earthly lives for evil human desires, but rather for the will of God. For you

have spent enough time in the past doing what pagans choose to do—living in debauchery, lust, drunkenness, orgies, carousing and detestable idolatry.

They are surprised that you do not join them in their reckless, wild living, and they heap abuse on you. But they will have to give account to him who is ready to judge the living and the dead.

For this is the reason the gospel was preached even to those who are now dead, so that they might be judged according to human standards in regard to the body, but live according to God in regard to the spirit.

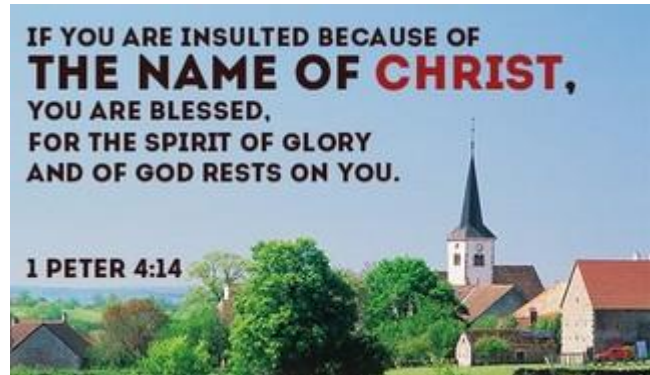
The end of all things is near.

Therefore be alert and of sober mind so that you may pray.

Above all, love each other deeply, because love covers over a multitude of sins. Offer hospitality to one another without grumbling.

Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms.

If anyone speaks, they should do so as one who speaks the very words of God. If anyone serves, they should do so with the strength God provides, so that in all things God may be praised through Jesus Christ. To him be the glory and the power for ever and ever. Amen.



Suffering for Being a Christian

Dear friends, do not be surprised at the fiery ordeal that has come on you to test you, as though something strange were happening to you. But rejoice inasmuch as you participate in the sufferings of Christ, so that you may be overjoyed when his glory is revealed.

If you are insulted because of the name of Christ, you are blessed, for the Spirit of glory and of God rests on you.

If you suffer, it should not be as a murderer or thief or any other kind of criminal, or even as a meddler.



However, if you suffer as a Christian, do not be ashamed, but praise God that you bear that name. For it is time for judgment to begin with God's household; and if it begins with us, what will the outcome be for those who do not obey the gospel of God? And, "If it is hard for the righteous to be saved, what will become of the ungodly and the sinner?"

So then, those who suffer according to God's will should commit themselves to their faithful Creator and continue to do good. Amen.



St Mary's Hall Bookings with thanks to Valerie Franklin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4	5	6	7	8	9
10.45 Communion Rev Adrian		18.00-19.00 Rainbows 19.30 Ladies Meeting Point	10.00 Midweek Comm 13.30 Make & Mingle 17.00-20.00 Street Dance	9.30-10.30 Pilates		14.40-17.30 Private event
10	11	12	13	14	15	16
10.45 Communion with Baptism - Rev Sally 14.30-17.30 Irish Set Dancing	10.00-12.30 Art Club 18.15-19.30 Brownies	18.00-19.00 Rainbows	10.00 Midweek Communion 17.00-20.00 Street Dance	9.30-10.30 Pilates		
17	18	19	20	21	22	23
10.45 Family Service	10.00-12.30 Art Club 14.00 Comp Cafe 18.15-19.30 Brownies	12.30 Lunch Club 18.00-19.00 Rainbows	10.00 Midweek Communion 17.00-20.00 Street Dance	9.30-10.30 Pilates		
24	25	26	27	28	29	30
10.45 Communion (Pentecost) Anthony Lurie 18.30 Churches Together			10.00 Midweek Communion			
31						
10.45 Communion Rev Sally						



Buckingham Palace Garden Party 21 April 2026.



Who was present?

(Above) King Charles, Princess Royal, Queen Camilla, Prince Edward and Princess Sophie.

And equally importantly:



Our Own Rev Sally, who said:

I was honestly bemused when I got a phone call to ask if I wanted to go to Buckingham Palace and was very worried about what to wear and if my new knee would manage! The day was absolutely wonderful. Such a festive and happy atmosphere; so many lovely people who had all been invited because they had given their time to helping people.

There were people from the army, navy, ambulance and fire service as well as thousands who work for charity and quite a few vicars!

It was delightful chatting to people who were all proud to be there, dressed in their best and trying to get a peek at the King and Queen!

Our television news is always telling us how broken our country is, how fed up people are. Facebook and Instagram give us one view. It can all get very depressing.

But when I stood and looked at the flowers, the park, and the smiling proud faces I felt very proud to be

part of it. To see light shining in what often appears dark. I was very proud of our country and its people, diverse and different and all fabulous.

And the sandwiches were absolutely delicious too!

Sally x



Congratulations Sally - it is an honour to be invited to a palace garden party -and well-deserved in your case!



Fourth of May was Churchyard Clean-up Day

Imogen (Magic Owl) said: "We were really impressed with the turnout- and all the work done!"

Mel, St Mary's Churchwarden added: "The paving at the entrance to the church is all cleared and looks terrific!"



(Left) Dads joined in too...

(Below) "Sometimes the cleaning tools were almost more than we could carry"



IMOGEN AND THE BROWNIES (and some parents) descended on ST MARY'S CHURCHYARD from 4.00pm to 5.30pm on

May Bank Holiday Monday afternoon to bring St Mary's Churchyard into springtime.



(Left) sometimes the work was best done in a huddle...



WELL DONE - AND THANK YOU BROWNIES!!!





The Friends of St Mary's
Registered Charity Number 286971

**DONATIONS
URGENTLY
WANTED!**



Sue and Julie say:

St Mary's Church is organising a **Fashion Show** in September (date to be confirmed) of pre-loved clothing, accessories, shoes and handbags and would appreciate any donations of good quality items you no longer wear. Male, Female or teens.

Either drop of in church hallway or call:
Sue 07773042910 or Julie 07539249234 to
arrange pick up.

Watch this space for future updates

Many thanks in advance, Sue Dale and Julie
Wardley



SAMFORD DEANERY GARDEN PARTY

Friday 10 July @ 6.00pm at the Rectory, Capel St Mary IP9 2LE

Rev Sally says: "bring a plate of food and a bottle please,"

"This is extended to anyone who contributes to our churches in the deanery - all are welcome!"



This is a superb opportunity for our five benefices:

- Capel St Mary & The Wenhams;***
- Constable Country;***
- North Samford;***
- Shoreline; and***
- Two Rivers;***

to come together for a memorable summer social event.





Christian Reform UK voters 'want their country back'

Following Reform's staggering performance at last week's local elections, one of its councillors has suggested that many Christians voted

for the party "*because they want their country back*".

The election results saw Reform go from almost nothing to over 1,400 council seats. Between them Labour and the Conservatives lost over 2,000 seats, with around three quarters of them being Labour. The Liberal Democrats gained 155 seats, while the Greens won 441 seats. Their performance in Scotland was particularly noteworthy, putting them on a par with Labour.

Speaking to Premier Christian News, Stephen Reed, deputy leader of Derbyshire County Council said that "*a lot of Christians [were] motivated to stand for election because they want their country back, they want Christian values back*".



Reed blamed the political establishment for their own failure, saying they had become "*too woke and too progressive*".

"*It's encouraging to see people are wanting change. A lot of people are voting for Reform, it's good to see we're having a move back towards the values of family, community and country. That's what Reform stands for,*" he said.



Reform leader Nigel Farage has previously suggested there is a strong disconnect between church leaders and ordinary believers when it comes to support for his party, particularly in the Church of England.

Last year the Bishop of Oxford wrote an open letter to Farage criticising him for attempting "to politicise the questions of migration and asylum by deliberately increasing fear of the stranger in our communities".

Farage has dismissed such the concerns of some in the church, saying they were "*out of touch, perhaps with their own flock*".

For his part, Reed, said there was no contradiction between Christian teaching and Reform's plans, particularly on immigration.

"*Yes, you welcome your neighbour. But all of the teachings of Jesus point to what we do as individuals, not corporately as a nation. He's not speaking to governments. Jesus said: 'Give to Caesar what is Caesar's, and give to God what is God's',*" he said.

He added, "Charity starts at home. Before we can help others, we need to look after ourselves. We need to fix the issues with homelessness, deprivation and poverty that we have in our own society, before we help other people."

Lord's Prayer at Council meetings...

Meanwhile a Reform UK Council proposes saying the Lord's Prayer and singing the national anthem at council meetings

Kent County Council, run by Reform UK, is to vote on whether to say the Lord's Prayer and sing the national anthem at the start of its meetings. A committee has voted in favour, but it has to go to full council on 21 May for final approval.



Reform councillor Richard Palmer proposed the idea because "We are a Christian nation" and suggested councillors should be filmed and live streamed saying the prayer and singing the national anthem, in spite of objections from the County Council's lawyer over privacy of religious belief.

Other councillors said the idea was "absolutely bonkers" and "really inappropriate", but Reform has an overwhelming majority and the proposal went through.

With thanks to Christian Today



CHRISSIE'S GREAT-SHOT PHOTO CORNER

LINSEED CROP AT TATTINGSTONE

Chrissie Hart says:

I took this image last week of a wonderful field of Linseed over at Tattingstone - I think that the brooding sky helps the picture.



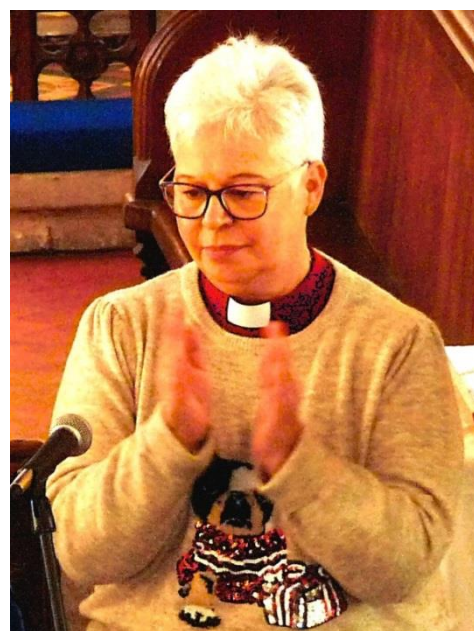


NEWS from the PEWS

COMPASSIONATE FRIENDS

CAFÉ

At St Mary's Church Hall has its next meeting on Monday 18 May @ 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 18 May at 2.00pm. Do come and bring a friend. You will leave feeling better! Rev Sally x





Beverley announces a "Big Success" for St Mary's Church's inaugural

MAKE & MINGLE

Starting Wednesday 8 April on a monthly basis.

From 1.30pm to 3.30pm in St Mary's Church Hall.



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 6 May 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



DO YA WANNA BUILD A SCARECROW?

For the 2026 Capel St Mary Scarecrow Trail - Thursday 25th to Sunday 28th June



It can be as sophisticated or simple as you like and there are no themes so anything goes. Here are some of the Scarecrows from the last few years that got voted for as Favourite Scarecrows, and the positions they achieved - "No rest for the wicket" 1st, "Men at Work" 2nd (as you can see, just some inflatable Mr Men, a ladder, and some clever imagination), "Take It Off" 2nd, "Thank you for bringing this in" 1st, "Who came to tea?" 3rd (Pretty simple but the children loved it. In case you hadn't guessed, it was the Tiger).

If you have made a Scarecrow in the last two years, we will be contacting you in April to ask if you would like to make one again this year.

If you haven't made one before but would like to have a go, please either Message me, Jim Hill, on 07951 411720 or email me at jim.hill1@live.co.uk NB Don't miss out the "1" or your email will disappear into the ether and you will NOT get a failure notification. Please provide your name, street address, mobile number and email. Myself or my wife Mo, will then be in touch to answer any questions you may have. Any contact information you provide will be held for Scarecrow Trail use only.

Jim Hill

The Friends of St Mary's

Registered Charity Number 286971

With thanks to Jim Hill





LADIES MEETING POINT – 2026 NEWS UPDATE

Ondra Butler Says:

Our next meeting is on Tuesday 2 June .

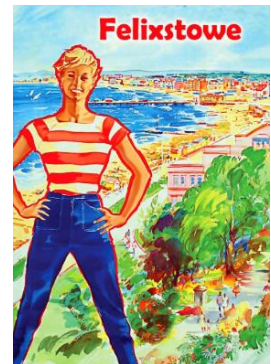


Catherine Buchanan will tell us about "**Women of Felixstowe**".

How certain women have shaped and influenced the town over the years.

I'm sure this will be a fascinating talk so please join us at 7.30pm in the church hall.

Any friends are also very welcome.
Ondra



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Email: enquiries@aspectliving.org.uk




Example Menu Choices

MAIN COURSES <ul style="list-style-type: none"> • Cottage Pie • Roast Pork • All Day Breakfast • Sausages in Onion Gravy • Meatballs • Chicken Curry • Salmon Fishcake • Lamb & Dumplings • Omelette, Hash Browns & Beans • Breaded Fish • Chicken in Gravy 	DESSERT CHOICES <ul style="list-style-type: none"> • Chocolate Sponge • Cherry Pie • Apple Pie • Rice Pudding & Fruit Jam • Lemon Sponge • Jam Sponge • Blackcurrant Pie • Rhubarb Crumble • Syrup Spouge • Raspberry Ripple • Strawberry & Vanilla Swirl • Chocolate Mousse
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www.aspectliving.org.uk





REV JOHN DRUCE & GLENDA DRUCE



For those who knew John and Glenda, sadly they died within two days of each other a few weeks ago just after John's 91 birthday.

Their funeral was on 17 April at St Giles the Abbott in Farnborough. There will be a celebration of their lives at St Mary's Hadleigh at 3.00pm on 3 July. An RSVP on 07940 913382 is required for catering purposes.



BISHOP MIKE BLESSES BIKERS



Motorbikes blessed with holy water outside Exeter Cathedral

The Bishop of Exeter, Mike Harrison (*previously our own Suffragen Bishop of Dunwich*) blessed motorbikes with holy water outside the cathedral at the weekend. The service was organised by keen biker and vicar, the Rev Matthew Cashmore, and took place at the start of the summer motorcycling season.

He told the BBC "Bikers pray more than Christians I think, especially when we go round corners and there's a wet patch in the middle of the road. Anybody who is on two wheels is immediately welcomed into any gang of bikers and that's exactly what we model as Christians."

After the blessing, the motorcyclists revved up and left: "(It was) a joyful noise, but not necessarily the noise you would expect from the cathedral," he said.



Bishop Joanne highlights the impact for young people of Sizewell C.

The new nuclear power station in Suffolk aims to provide a jobs and skills for young people in our county, says the leader of the Church of England in Suffolk.



Bishop Joanne visited the construction project at Sizewell C recently as she continues to listen and learn more about the county since she took up post last year. During her fact-finding visit

Bishop Joanne was accompanied by Nigel Cann, the chief executive officer at Sizewell C, and the Revd Clive Mobbs, the lead chaplain.

Sizewell C is situated at Leiston on the Suffolk coastline, supporting tens of thousands jobs and 1,500 apprenticeships, 540 of which will come from Suffolk.

Bishop Joanne said: "Sizewell C will undoubtedly lead to the creation of new jobs, skills and training opportunities in east Suffolk, bringing with it the prospect of highly skilled local jobs in the future. This means that more of our young people can stay here at home in Suffolk, rather than leaving the county to find skilled roles."





MELISSA'S NATURE PAGE

Keep feeding the birds, but do it a more natural way

The RSPB is advising people to take their feeders in between May and October, and stop using tables or feeders with flat surfaces altogether

At the end of April I wrote a piece for The Times about the need to change the way we feed the birds. People got very exercised about it in the comments, with one man believing (incorrectly) that the blackbirds he feeds via a bird table would actually die if he stopped.

The thing is, I can understand people's resistance: we don't only feed the birds for their benefit, but for ours - though that's something many of us would struggle to admit. Growing plants from which garden birds can forage naturally doesn't create such a direct reward pathway between our actions and their resulting behaviour, a pathway which makes us feel generous and beneficent and, well, a little bit godlike. Yet feeders crowded with birds not only spread disease but gather them helpfully together for predators: is our viewing pleasure really more important than the risk to their lives?

It's an obvious 'no' from me, but then I think of the solace my dear old dad took from his bird table at the end of his life, and I wince.

May takes my breath away!

May has become, as I've got older, by far my favourite month of the year. It truly takes my breath away, the surging forward, the green growth, the feeling of hope and possibility and all the much-missed and now returning birds. *There's a sense of relief at life doing its miraculous thing once more, but these days the joy comes with an undertow of almost exquisite sadness. How many more springs will I see - or will there be?*

There's no answer to that, of course, except to go out and wade around in it, to drink in its smells and sounds and take in every detail, from the way the setting sun lights a stand of cow parsley to the unsettling scent of hawthorn, and from the sound of the first swifts screaming in overhead to the good feeling of warm spring sun on your skin. Sometimes it's almost unbearable. Sometimes I can't believe that I get to be alive and to witness the world unfolding in all its damaged beauty once again.

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 PRAYER LIST



PRAYER LIST FOR 17TH MAY 2026

We pray for all the conflicts in the world and especially the Middle East and Ukraine.

We continue to pray for David Jacobs as he bravely travels back and forth to Ukraine.

Please continue prayer support for Becky Garland the new East Bergholt School Chaplain.

LONG-TERM SICK AND HOUSEBOUND

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

SICK

Kevin Austrin, Penny & David Thompson, Rev Stephne, Molly & Mike Johannsen, Sandy Mansfield, Geoff Cox, Pauline Stark, Andrew Skinner, Barbara Rogers, Doreen Parker, Eric & Sandra Doe, Malcolm & Chris Fenn, Peter Ellis (Methodist) Angie Heath, Jane Hubert, Rosie Waller, Norman Peartree, Canon Jim Pendorf & Sharon Pendorf.

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Laura Towells, Zena Steward, Rev. Sally Letman

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



POINTS TO PONDER.....



"Man with a cold" Oil on canvas by Jacques-Louis David, 1793



Increased Work Commitments
Causing Man To Neglect Alcohol



Archaeologists Uncover Separate Team
Of Archaeologists Digging Towards
Them From Other Side Of Globe

Despite sinking over 100 years ago,
The swimming pool on the Titanic is still
filled with water.



Yorkshire Humour

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INVENTOR OF THE SANDAL



PHILIPPE PHILOPPE

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
MEDIEVAL PAINTINGS***

When you're crushingly lonely and also your bed is made out of ham...



My cat watching me clean out her litter box.....



When you're over 35 buying booze and someone asks to see your ID...



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.

