

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

TODAY'S LINK NEWSLETTER FOR:
18 OCT to 1 NOVEMBER.

THURSDAY
FRIDAY

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

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

[illegible]

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ALL AGE
MORNING
WORSHIP

At St Mary's Capel on
Sunday 18 October.



Sandra
Davies
will give us an update on
all that is going on in the
New Dawn India charity.



Suffolk Historic Churches Trust: Ride and Stride

12 September 2026

Jean Goyder writes:

I have now sent £2,013.00 sponsor money to the SHCT from St Marys and All Saints of which half will come to our church's fabric fund to help pay for the major roof repair.

For this magnificent sum we have to thank three riders or striders, **Jim K. Trevor P.** and **Jean** and one generous donation from **Kevin R.** who did so well collecting sponsors and getting out on the day. Maybe some others may join them next year.



Thanks also go to those who gave their time to sit in the two churches to greet visitors who always appreciate finding someone to talk to in the churches they visit. If there is any more money to come in I would be glad to have it by the end of this month. Finally, thank you on behalf of the trust to all who contribute, enabling grants to go to keeping our lovely Suffolk churches in good repair. Jean.



At a time of relative trauma for many of us in Capel, Rev Sally wrote this touching and sensitive piece:

***Birth days and Death days...
Goodness, is this a depressing subject?***

October is my birthday month; a beautiful month of woodsmoke, conkers, warm jumpers and candle light. I have mixed emotions about my birthday as the numbers get bigger, but birthdays are also to be celebrated as we inspect our faces in the mirror to spot another wrinkle and wonder where the years have flown.



Birthdays are thankful days for fun and reflection on the people we were and the people we are becoming. Psalm 118: 24 tells us '*God created mankind and the earth, so we owe him our utmost gratitude! Rejoice for another year of birth and give up a prayer of thanks.*'

No matter how many candles we have on our cakes, there is much to celebrate as we reflect on the days of our birth.

As Christians we celebrate the birth day of Christ every year, and exchange gifts in remembrance of Him, the greatest gift of all.

But sadly, there are also death days; days the Lord knows. There are deaths that are shocking and unfair and there are deaths that are gentle and right.

Recently in both our churches we have had a very loved member of our congregation die and our grief has been overwhelming.

What I have learned from death in my time as your Vicar is that the love that overflows from a death is amazing and eternal; but we do need, I believe, a ceremony to mark the passing of a life and to remember the love that remains with the living.

One of the great privileges I have as a Priest is conducting funerals. I try to walk with the family and find out about the person they love and the impact that person has had on their lives.

All our lives are interconnected and it is the relationships we have built that are important. After all no one says on their death bed, '*I wish I had spent more time in the office!*'

A funeral can take place in the crematorium or church and I can come to whichever you wish.

Even if we question our faith, even if we are not sure of what we believe, a funeral can be adapted to suit and to celebrate a precious life. St Mary's churchyard is valued by everyone, and as a resident of Capel you can be buried or have your ashes interred there if you wish.

It amazes me how as a society, we rarely speak about death and yet it is one of life's certainties. We avoid the subject; think we are invincible and that hospital will fix us. Many of us are afraid of death, of course we are, we enjoy living! Or perhaps we are more afraid of the process of dying which can be so awful.

But I urge you to talk about it; speak to your loved ones, plan what you want and you are welcome to chat to me. Let us celebrate the birth days and our death days, they are part of the rich and amazing pattern of our lives.

One of my favourite hymns is called, 'In Christ Alone'. A verse in it says, *'No guilt in life, no fear in death. This is the power of Christ in me. From life's first cry to final breath, Jesus commands my destiny.'*

Wow, that puts it all into perspective. Enjoy each day and keep on loving.
Love from Rev Sally



ANOTHER AMAZING SUNSET OVER CAPEL THIS WEEK



*Looking with awe at these glorious sunsets recently
has one thinking that perhaps they presage the Second Coming!*
(However, see page 26)





***St Mary's Church
Christmas
wouldn't be the
same without
Jenny's Coffee
morning and Craft Fair***



**Saturday 12 December from 10.00 until
1.00pm.**

Jenny says: I am happy to confirm that this year's **Church Christmas Fair** will be held on Saturday 12 December from 10.00 until 1pm and preparations are going ahead for planning the stalls and craft ladies coming to join in with us.

The church stalls will comprise of:

- our traditional Christmas Hamper raffle;
- a tombola and some games;
- alongside cakes and produce and refreshments offered in the hall.
- ladies from the Make and Mingle group will be selling some of their beautiful handcrafts; and
- Julie will host a rail of some clothes from the recent Fashion Show.

I will be asking for donations towards the **Christmas Hamper** and the **tombola** so be as generous as you can. I will be asking for helpers to come forward in the coming weeks so please do offer to help on the morning.

Many thanks

Jenny



NEW TESTAMENT READING 20th SUNDAY AFTER TRINITY

Luke 10:1-9

Jesus Sends Out the Seventy-Two

After this the Lord appointed seventy-two others and sent them two by two ahead of him to every town and place where he was about to go.

He told them, *"The harvest is plentiful, but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into his harvest field."*

Go! I am sending you out like lambs among wolves.

Do not take a purse or bag or sandals; and do not greet anyone on the road."



"When you enter a house, first say, 'Peace to this house.' If someone who promotes peace is there, your peace will rest on them; if not, it will return to you.

"Stay there, eating and drinking whatever they give you, for the worker deserves his wages. Do not move around from house to house.

"When you enter a town and are welcomed, eat what is offered to you. Heal the sick who are there and tell them, 'The kingdom of God has come near to you.'

Sally's Reflection

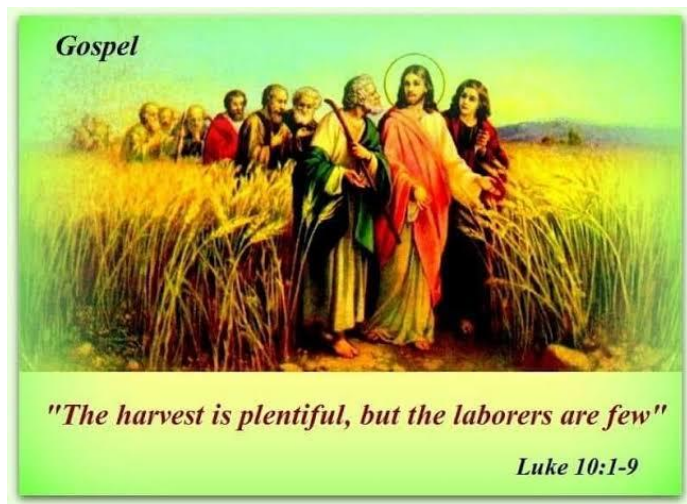
Luke 10:1-9

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

Luke the Evangelist

I am so excited that this week in church we celebrate Luke the Evangelist. Especially as it means I can wear my red stole!

Luke, the doctor, a writer of a Gospel and travel companion to Paul in Acts.



Malcom Guite, a poet, priest and song writer has written a poem about Luke in his book, 'Sounding the Seasons: Seventy Sonnets for the Christian year'.

Luke

*His Gospel is itself a living creature,
A ground and glory round the throne of God,
Where earth and heaven breathe through human nature
And One upon the throne sees it is good.
Luke is the living pillar of our healing,*

*A lowly ox, a servant of the four,
We turn his page to find his face revealing
The wonder and the welcome of the poor.
He breathes good news to all who bear a burden,
Good news to all who turn and try again,
The meek rejoice and prodigals find pardon,
A lost thief reaches paradise through pain,
The voiceless find their voice in every word
And with our Lady, magnify our Lord.*

Only Luke tells of the commission of sending out the 72.

Scholars have asked why 72, some documents say Luke was referring to the 70 elders of Israel, given a share of God's spirit.

The number 70 is important and referred to in Exodus 24:1, referring to 70 elders of Israel, in Numbers 11:16, 'gather me 70 of the elders of Israel'.

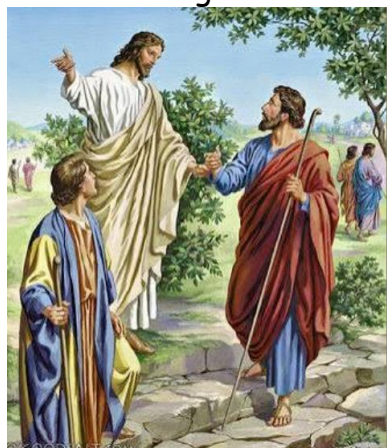
Perhaps Luke and Jesus meant 70 and it was a typo! But Luke's 72 points to Jesus Christ sending out assistants, sharing the new Exodus.

Despite the miracles performed by Jesus, the power of his preaching and the teaching of how to follow the way that he would lead. Jesus knew he would be rejected.

But the heart of his call is Peace. Jesus' followers had expected, and wanted a revolution, an army to overthrow the Samaritans and Romans, yet Jesus overturn this. His is a new leadership, a new way of leading and (the Good Samaritan story follows shortly in Luke 10: 25-37) is an example that would have been shocking to his listeners.

Here Jesus gives specific instructions to them about their leadership and their mission, giving them the power to perform miracles and cast out demons. It is a commission: and the instructions were clear:

- They are to go in pairs. The only thing they carried was the message of Jesus Christ. Carry no purse, no bag, no sandals. Imagine that, could you go with nothing? I would need a suitcase!



- They must be focussed and extend their blessing of Peace, and be content. They couldn't go from house to house looking for better accommodation and eat whatever you are served, no fussy eaters here. They are to receive their due because all who labour deserve their wage and their work is important. Cure the sick and show people that the Kingdom of God is near;

- Jesus tells them they were to expect rejection, but to proclaim the Kingdom but then wipe the dust from their feet and leave with a warning;

- Jesus does not name the 70 but he tells them their names will be written in heaven;
- Whoever listens to them, listens to Him. Whoever rejects them, rejects Him.

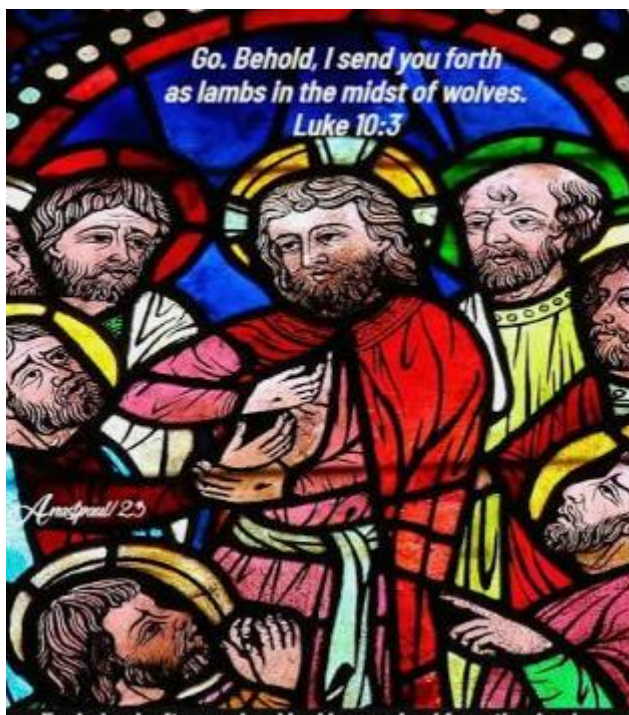
Jesus' urgent and serious charge to the people is to accept their last chance to for God's Kingdom and Jesus continues to Jerusalem for the final confrontation with the forces of evil.

Jesus' vision of God's Kingdom was contrary to everything that had gone before, contrary to everything we know of leadership and Kingship. It is both a warning and an invitation, it is a message of urgency and not necessarily comfortable.

You can turn away or accept God's way of peace. God's kingdom, his promise of enfolding them is come near and they had a choice to make as we too make that choice.

The message of Peace is not passive and it is a choice: it is Love in action, a Love that is repeated every day, in every small task, no matter if sometimes we are rejected. It is a message of community; one we see in our benefice churches as we seek to lead the life Christ demanded of us.

Amen





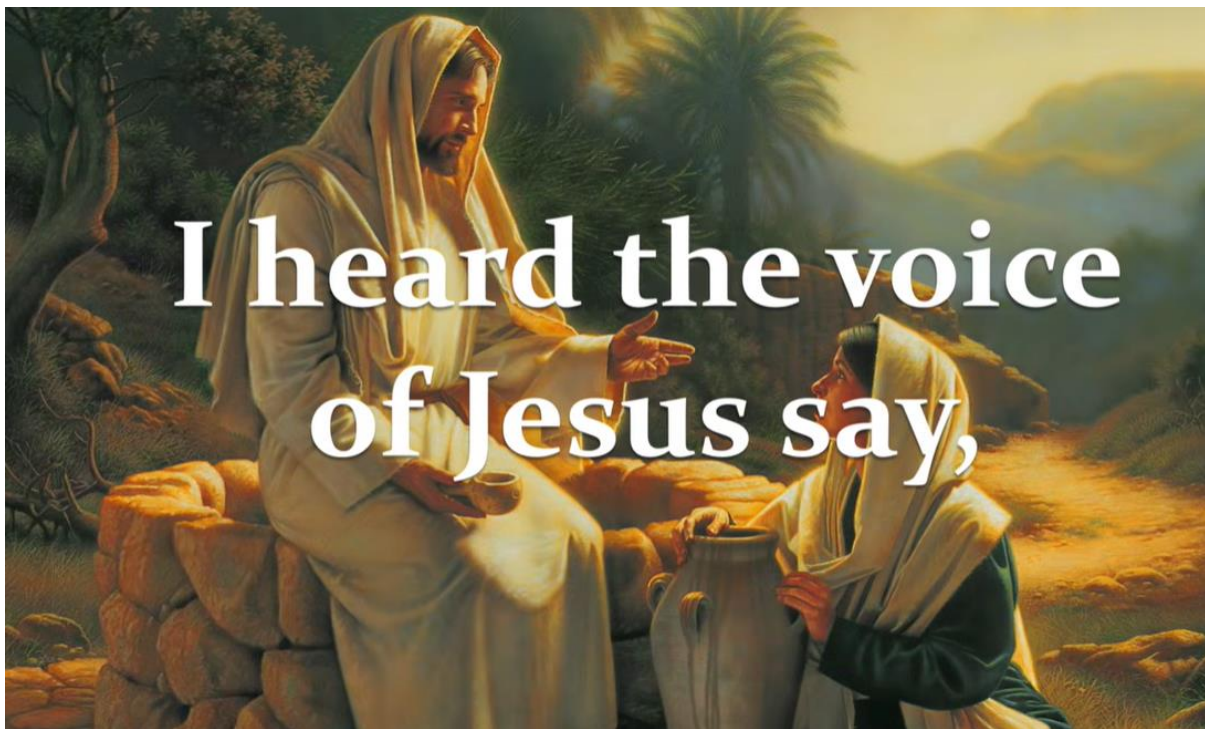
A New Hymn for today -

I heard the voice of Jesus say.....

As played by Geoffrey at last Sunday's Holy Communion

Click here:

<https://www.youtube.com/watch?v=Kh4XxlWZhMs>



The author, Horatius Bonar, was born in 1808 in Edinburgh, Scotland, the son of a ruling elder in the Church of Scotland. After a relatively uneventful upbringing, Bonar entered into the ministry himself, becoming pastor of the North Parish in the rural town of Kelso. Not long after he entered the ministry there was a disruption in the Church of Scotland that resulted in the withdrawal of 451 ministers from the Established church, among whom were Bonar and a number of his friends. Together they formed The Free Church of Scotland. Bonar spent the next 20 years pastoring the congregation in Kelso, writing, and engaging in evangelism.



SUE'S POETRY CORNER



Our dear friend Sue Dale, who died on 24 August was a gifted local poet whose work was much appreciated by the members of her small poetry group.

Those of us who knew her well admired her work and invariably believed that her poems should have a wider audience.

So, with permission of her husband Ed, the LINK is proud to reproduce one or two special ones in the next few editions:

One October, Sue wrote:

Birdsong

My feathered friend
I stand and I listen
Listen to your song
Who are you - where are you?
I hear you yet I cannot see you
High in the tree, bare of leaves
Your perch moves
Your friends on the wing
Enter your leafless dwelling
Together you sing
As the blue-sky peeps between
Candy floss clouds
A cow heralds its warmth
The sun's golden rays
Rest upon the water
Reflecting skeletal plants
And the vibrant feathers of an
Armada of ducks
- Voices, bright clothing appears
The birdsong ceases/silence.



Sue's poem is a beautiful, atmospheric piece that captures a fleeting, vivid moment of peace in nature before human presence disrupts it. She uses excellent contrast—moving from the bare, "skeletal" winter landscape to the vibrant imagery of "candy floss clouds" and the "Armada of ducks." The shift at the end is very poignant; the sudden silence perfectly highlights how fragile these natural moments can be.



VIEWPOINT

'We don't want to lose the Holy Spirit as well as our skills': What AI means for the Church

Artificial intelligence is rapidly becoming part of everyday life, from workplaces and schools to churches and Christian ministry. But as its use grows, questions are emerging about how Christians can embrace its benefits without outsourcing the thinking, relationships and spiritual formation that lie at the heart of Christian life.



Christian Today (CT) interviewed Chris Goswami (pic right), founder of the AI Christian Partnership, about why the Church needs to engage with AI now, the opportunities for ministry and evangelism, and why questions about being human are increasingly important in an AI-driven world.

CT: *What prompted the AI Christian Partnership to produce these guidelines for the Church now? Were pastors themselves asking for this kind of guidance?*

Chris Goswami: *I think AI has reached a tipping point in the sense that it is becoming so impactful across society, and the church is not exempt from that. AI is being adopted silently - people are just using it because it's there and it's easy - and Christians and churches will be using it even more in 12 months' time. But it's the silent adoption that concerns us.*

Our guidelines are not promoting AI. What we are promoting is a conversation about AI. If you don't want to use it, that's okay, but be clear about why. If you do want to use it, that's also fine, but be clear about the implications of what this means. Pastors have been somewhat asking these questions but our concern is that a lot of people are not asking.

These guidelines were trialled in March and April of this year with 10 churches from four denominations. The response we consistently got back is, "Thank you for doing this. They're really needed. We really need to be having this conversation."
Even if some ministers might say 'I'm not using AI', your congregation is using AI and they will have ethical and theological questions. And possibly the biggest pastoral task facing the church over the next two to five years will be walking with people whose jobs are being severely disrupted by AI.

CT: *Barna Group: the US-based Christian research and polling organization founded in 1984 by George Barna, recently found that congregants in the US are using AI more than their pastors. In your experience, do pastors feel equipped to guide their churches through this emerging technology?*

Chris Goswami: During the industrial revolution, initially many people's jobs were taken away but it also created many more jobs in the end. And that will happen again, I believe.

As priests, we have to be equipped for pastoring our congregation and helping them in what would be a sea change. At the moment, I don't think priests are equipped for that. But it's not sufficient for us to say that we don't use AI, because this is not just about writing sermons. Once people's eyes open to the societal disruption of AI, everybody will realise they need to know about this and that they don't feel equipped.

The second area of concern is our own actual use of AI.

I was on a call this week with theologians, academics, Christians, and we were discussing AI and consciousness.

To the average person in church or in the pub, that's a stupid suggestion; obviously, it's not conscious; it's not like a human!

But there are already developments taking place in frontier AI labs and the scientific community - and even among some Christian theologians - which are starting to argue that AI is or is going to be conscious. Once that happens, there will be a whole new raft of challenges and opportunities for pastors.

The challenge is: how do we communicate?

Are we equipped to communicate to our churches well? To be a human isn't just about intelligence and answering questions. It means much more than that from a Christian perspective.

We will have to explain why a machine will never have the image of God, and we will have to be able to deal with people who believe that machines have rights or who already think AI is conscious - AI companions are very convincing.

We need to have a response but we also have to be able to give the positives. For example, when it comes to AI and the environment, on the one hand it produces a lot of CO2. But on the other hand, I saw a report about how AI is helping farmers in India predict the beginning of the monsoon so accurately that they can plant the right crops at the right time. So, there's not just one argument.

CT: At the recent Missional AI conference in London, experts there suggested AI is prompting people to ask deeper questions about what it means to be human. Could this become a significant evangelistic opportunity?

Chris Goswami: Yes, a 100%, absolutely. There are examples of people coming to Christ and being connected with a local church, but these are few and far between. Nonetheless, we need ethics around this. Some of our guidelines, for example, talk about transparency and this means they must know they are talking to an AI. As Christians, we have to be upfront about that. 'I am an AI' should be the first thing that it says. Most people are fine with that once they know.

As another example, AI is speeding up Bible translation and we can put Bibles into so many countries. The speed at which AI is helping us is fast. And an evangelism

organisation is using AI to translate conversations and evangelistic presentations into other languages.

Chris Goswami has three decades experience in high-tech organisations and currently works as a strategic adviser. He is part-time Chaplain at Manchester Airport and Associate Minister at Lymm Baptist Church



THE FRIENDS OF ST MARY'S

FUN

QUIZ NIGHT

Friday 6th November 2026
7pm for 7.30pm

ST MARY'S CHURCH HALL

Teams of up to 6 people
£5 per person

Bring your own drinks and nibbles!

Register your team with Julie on
07539 249234



ST MARY'S NEW ADVENT COURSE: *The Unlikely Pilgrimage of Harold Fry*

7.00pm at St Mary's Church - on 30 November, 7 December, 14 Dec and 21 Dec.

Rev Sally says: "*The Unlikely Pilgrimage of Harold Fry* by Rachel Joyce makes a surprisingly powerful and deeply moving choice for our Advent course."

While not written as a traditional Christian devotional, Rachel Joyce's bestselling novel—and its adaptations—mirrors the foundational themes of Advent:

- waiting;
- repentance;
- stepping out in faith;
- unexpected grace; and
- the slow, intentional preparation of the heart.

Why St Mary's has selected it as our Advent course:

• *The Concept of a Pilgrimage*: Advent is a journey toward Christmas, a spiritual pilgrimage. Harold's literal 600-mile walk from Devon to Berwick-upon-Tweed mirrors the internal journey of clearing out emotional and spiritual clutter to welcome new life;

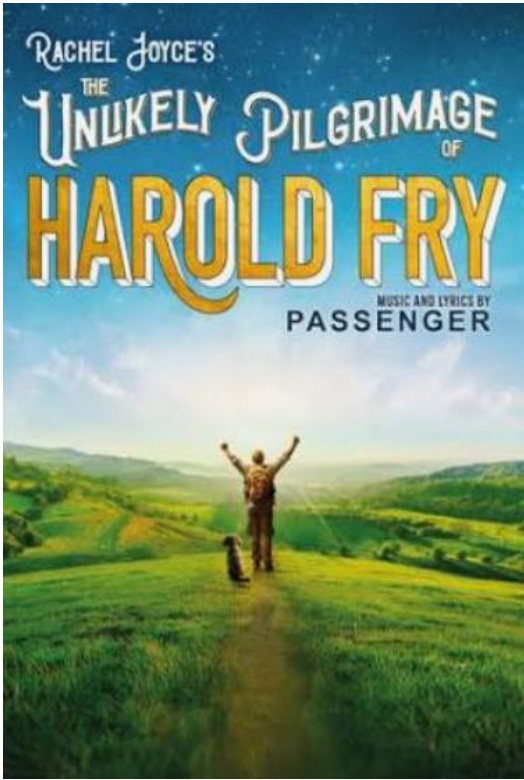


• *Stepping Out in Faith*: Harold leaves his mundane, frozen life with no map, improper shoes, and no clear plan—relying entirely on a leap of faith and the kindness of strangers. It invites participants to reflect on what it means to leave comfort behind and trust God;

• *Confronting the Past*: Along the road, Harold is forced to reckon with old griefs, regrets, and his broken relationship with his wife, Maureen. Advent similarly asks us to look honestly at our brokenness and seek reconciliation;

• *The Power of Small, Human Connections*: Harold meets ordinary people who change him. Jesus often arrived in the margins through unexpected people; Harold's journey highlights how holiness and hope are found in human connection;

• *Holding Space for Hope and Grief*: Queenie Hennessy is in hospice care, and Harold walks with the fragile hope that his action might save her. Advent always holds a dual reality: the darkness of the world and the stubborn, dawning light of hope.



Not to be missed! – We will see you there.....





NEWS from the PEWS

St. Mary's Church, Capel St. Mary



*An Afternoon of
Light Classical Music
featuring
Trianon Wind & Brass
Players*



An hour-long selection of light classical pieces and popular tunes written for two different groups, one a wind quartet and the other a brass quintet.

Come and listen to Bach, Mozart, Schubert and Ivor the Engine from a new perspective!

3pm on Saturday 17th October 2026

Retiring Collection for Church Roof Repair Fund

Refreshments available after the concert in the Church Hall

St. Mary's Church
The Street
Capel St. Mary
IP9 2EL

www.tmg.org.uk
www.capelstmarychurch.org.uk



Registered Charity No. 1182547

Whispers of Autumn

7.30pm Saturday 17 October 2026
St Mary's Church, Stoke-by-Nayland



**Celebrate the beauty of Autumn
with the Suffolk Singers in an
evening of inspiring choral music**



Tickets £15 \ U16 £5

Available via WeGotTickets,
our Ticket Hotline 07843 840876,
from choir members, on the door





Let's do something amazing

Let's do a Macmillan Coffee Morning

Come along and help us do whatever it takes to support people living with cancer.

Place: WENHAM VIEW - DOVE CLOSE
Date: 24TH SATURDAY OCTOBER 26.
Time: 10am - 12 noon.
Contact: DOVE CLOSE
CAPEL ST MARY.
LP9 2AW 01473 310032.



Scan me to donate

Simply scan this QR code with your phone to donate direct to your host's Coffee Morning.

It's easy, quick and secure. Thank you.



MACMILLAN
CANCER SUPPORT

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC20095, invite & Thank You Poster

For more information contact: Sandra or Carolyn on 01473 310032



JULIE SAYS:



THE FRIENDS OF ST MARY'S

FUN QUIZ NIGHT

Friday 6th November 2026

7pm for 7.30pm

ST MARY'S CHURCH HALL

Teams of up to 6 people

£5 per person

Bring your own drinks and nibbles!

Register your team with Julie on

07539 249234



A photograph of two women performing on a stage. They are wearing shiny, metallic blue costumes over white clothing. The woman on the left has curly blonde hair and is singing into a microphone. The woman on the right has a long white beard and is also singing into a microphone. They are standing in front of a white picket fence backdrop, and there are colorful triangular bunting flags hanging above them. A music stand with sheet music is visible on the right.



NEWS



LEFT-WING VIRTUE SIGNALLING DEPT.,



Suffolk's Coastal MP blasts pubs and Labradors.

Jenny Riddell-Carpenter, MP for Suffolk Coastal, and Labour Minister for Nature, spoke at a fringe meeting of the Labour Party Conference.

She claimed that the countryside was going to be weaponised by the "far right". Country pubs, black

Labradors and warm ale are apparently part of a fascist conspiracy - and a vision of England that never existed.

Tim Bonner, chief executive of the Countryside Alliance, commented on Riddell-Carpenter's remarks, saying that *"taking on pubs, beer and Labradors in one clumsy swipe was never going to end well"*.

"Where I disagree with the minister is that this is somehow a problem of the 'far-right'. The reality is that many on the left have deeply ingrained assumptions about rural communities, wealth and privilege which have dogged rural politics for years.

"You do not have to go far to the left to hear extraordinarily ignorant and insulting comments like 'you never see a poor farmer', and perhaps the apogee of left-wing assumptions about rural life was the Hunting Act.

"Seven hundred hours of parliamentary time wasted and a prejudicial piece of legislation on the statute book for what Labour MPs openly admitted was a class war against a stereotype of the rural community which never actually existed."



INCREDIBLY BAD LAWS DEPT.,



The crime of praying silently

A Christian woman who was originally charged last year with silently praying outside an abortion clinic in Birmingham is now facing five charges after prosecutors brought fresh allegations against her.

Isabel Vaughan-Spruce is accused of breaching an abortion clinic buffer zone on five separate occasions by standing and praying silently within

150 metres of the clinic.

The five charges were brought this week, replacing an earlier single charge which a judge said was not properly drafted.

Vaughan-Spruce has pleaded not guilty. She does not dispute that she was within the 150m buffer zone, but her lawyers argue that silently praying and being present did not amount to a criminal offence and that her prosecution breaches her freedom of thought and religion.

Vaughan-Spruce was previously acquitted in a separate case after being arrested twice over silent prayer, and received a £13,000 settlement from West Midlands Police. The charity volunteer was the first person to be charged under national buffer zone legislation, which came into force in October 2024 and prohibits "influencing any person's decision to access, provide or facilitate the provision of abortion services" within 150m of abortion facilities.

Responding to the new charges brought against her, she said: "*Standing silently and holding certain beliefs in a public space should never be a crime. Yet, despite being vindicated of wrongdoing on multiple occasions and receiving a financial settlement after two wrongful arrests, I was once again charged last year for my mere presence within a "buffer zone", and have today received fresh charges.*

"I am deeply troubled by this violation of the basic right to my own thoughts and to my deeply-held Christian pro-life convictions. I pray that common sense and freedom will prevail, so that no one else has to face criminal treatment for what they believe."

Her trial is expected to take place next January.



PROJECT SPIRE ON THE ROPES?

Priest and churchwarden take legal action against CoFE 'Project Spire'

The Times reports that a priest and a churchwarden are spearheading a legal challenge to Project Spire, the Church of England's £100m slavery reparations fund, which would provide grants to projects addressing racial inequalities linked to the Church's historic involvement in the slave trade.

The Rev Jamie Franklin (pic right) and barrister Bijan Omrani argue that the fund falls outside the Church Commissioners' charitable purpose of supporting the Church's mission and ministry.

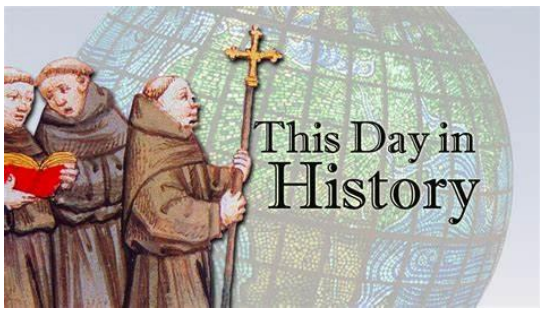
They have applied to the Charity Commission for permission to bring proceedings in the Chancery Division of the High Court, with a decision expected soon. They say the money would be better spent supporting struggling parishes and overstretched clergy.

The Church Commissioners say the money would come from their endowment, not parish income or collections, and would represent Christian repentance and responsible stewardship.



The Archbishop of Canterbury, visits Cape Coast Castle in Ghana on her first pastoral trip to Africa, where she prayed at the shore and the Door of No Return, reflecting on the Church of England's role in the transatlantic slave trade





21 OCTOBER 1966

ABERFAN, WALES

The horror at Pantglas

At 9.15am this wet and foggy morning in 1966, the children of Pantglas Junior School near Merthyr Tydfil have just finished singing *All Things Bright & Beautiful* in morning assembly.

As they head for their classrooms there is a sudden terrific, thunderous roar - the last thing many of them ever hear.

Half a million tons of coal waste crashes down the Welsh valley to bury the school; 144 die, 116 of them children, mainly under the age of 10.

It's one of the blackest days in the history of Wales. In a few seconds a closely knit mining community loses most of a generation. As news of the disaster filters out, it touches the heart of the world.

Two days of continuous rain have loosened the slag tip from the Merthyr Vale Colliery, but that is not the real cause here.

An underground spring beneath the tip, well known to everyone locally and now swollen by the rain, is largely to blame.



The National Coal Board refuses to admit knowledge of it, then refuses to accept full financial responsibility for the disaster, forcing the Aberfan Disaster Fund - raised from donations - to contribute £150,000 for the removal of the remaining tips above the village.

Not until 1969 does the Mines and Quarries (Tips) Act finally charge quarry owners with the securing and safety of slag heaps.

The £150,000 isn't repaid by the government to the Disaster Fund until 1997.



October sky - Constable's inspiration:

Meteorologists won't allow it, but cloud watchers know that this is the best time of year. The weakened energy of the lowering sun, combined with the seasonal shift in the air masses affecting the British Isles, means, in the right conditions, a dramatic range of vapour effects.



It's no accident that the artist John Constable chooses the "noble clouds & effects" of autumn when painting his celebrated cloud studies. In the normally cloudless 100-800 feet (30-240 metres) zone, straggles of stray cumulus (Dragon's Breath) often hang or lazily drift over fields like detached, leaky barrage balloons.

High above, high-altitude ice particles of cirrus, up with the contrails, draw the eye past any combination of loose-knitted, mid-level strato- and alto-cumulus, like carelessly pulled cotton pleats. The mixture may be supplemented with every kind of thread, veil or haze. Lit by the low, orange-yellow autumn sun, the combination means one thing - nubilous delight!



St Mary's Church Hall Bookings - with thanks to Valerie Franklin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
OCTOBER				9.30-10.30 Pilates		
4	5	6	7	8	9	10
10.45 Communion Rev Sally	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	12.00 Wedding	
11	12	13	14	15	16	17
10.45 Communion Rev Adrian 14.30-17.30 Irish 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		15.00 Trianon Concert
18	19	20	21	22	23	24
10.45 Family Service – New Dawn	10.00-12.30 Art Club 14.00 Comp Cafe 18.15-19.30 Brownies 7.45 – Bowls Club	12.30 Lunch Club 18.00-19.00 Rainbows	10.00 Midweek Communion 17.00-20.00 Street Dance	9.30-10.30 Pilates		
25	26	27	28	29	30	31
10.45 Communion Rev Sally 18.30 Churches Together Methodists	10.00-12.30 Art Club		10.00 Midweek Communion			

ST MARY'S PRAYER LIST



PRAYER LIST 11TH October 2026

We pray for countries with major humanitarian and conflict crises in Sudan, Gaza, Yemen and Syria.

We pray for the war in Ukraine with millions displaced internally and abroad. We continue to pray for David Jacobs as he bravely travels to and from Ukraine.

LONG TERM SICK AND HOUSE-BOUND

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

SICK

Kevin Austin, Penny & David Thompson, Rev. Stephne, Molly Johanesen
Geof Cox, Sandy Mansfield, Pauline Stark, Andrew Skinner,
Barbara Rogers, Doreen Parker, Eric Doe, Malcolm & Chris Fenn
Jane Hubert, Glyn Terry, Canon Jim Pendorf & Sharon Pendorf,
Lisa Manning, Bill Hayward, Brian Cartwright.

FOR THOSE MAKING A RECOVERY

Peter Ellis (Methodist), Norman Peartree, Rosie Waller, Val Bridgman
Michael Hole.

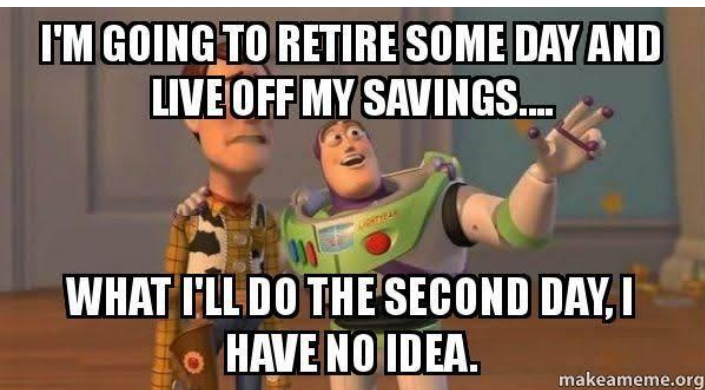
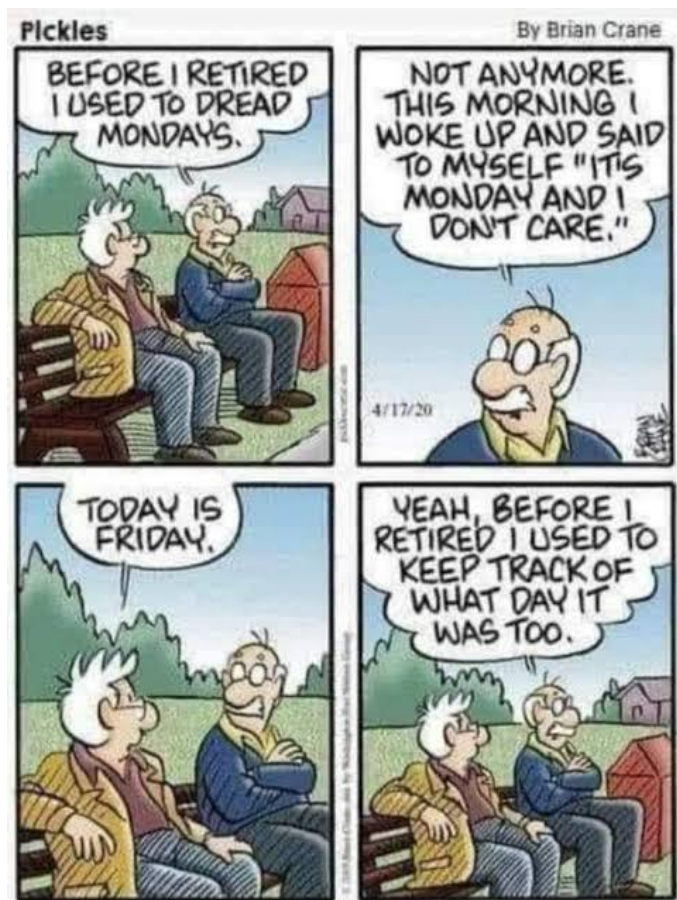
FOR THOSE WHO HAVE DIED

Mark Firmin

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



"The trouble with retirement is that you never get a day off." The Link investigates the perils of retirement



With my retirement, I am still able to afford a little house by the lake.





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Church wardens

@ St Mary's *Mel Sutcliffe* 310967

Valerie Franklin 314179

@ St John's *John Cresswell* 311975

Diana Hunt 310441

Pastoral care

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

PCC Secretary

@ St Mary's *Jenny Hickley* 310991

Hall bookings

@ St Mary's *Valerie Franklin* 314179

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



AND FINALLY- HOW WE INTERPRET THOSE CONFUSING OLD PICTURES

*I'm not really an early bird or a night owl.
I'm more like a Permanently Exhausted Pigeon..*



*Have you ever realised how surreal reading a book actually is?
You stare at marked slices of trees for hours hallucinating
vividly.*



For every cigarette you smoke God takes an hour away from your life and gives it to Keith Richards.....



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.

