



**19 OCTOBER
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:
19 OCT to 2 NOV 2025**



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Festival held?**

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WORSHIP TIMELINE

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

2025

19 Oct, 9.30am, St John's, **Holy Communion.**
10.45am, St Mary's, **Harvest Festival Family Service**
followed by **Pie & Mash Harvest Lunch.**

20 Oct, 2.00pm, St Mary's Hall, **Compassionate Cafe**
7.00pm, The Rectory, **Bible Study Group**

22 Oct, 10.00am, St Mary's, **Benefice Holy Communion**

24 Oct, 7.00pm, St Mary's Church Hall.
Friends Wine Tasting Evening:
Jim introduces us to the wines of Australia

Bible Sunday

26 Oct, 9.30am, St John's, **Family Service**
10.45am, St Mary's **Holy Communion.**
6.30pm, Methodist Church start
Churches Together Prayer Walk

28 Oct, 10am to 3.00pm, St Mary's **Spud Club**

29 Oct, 10.00am, St Mary's, **Benefice Holy Communion**

All Saints Day

2 Nov, 9.30am, St John's, **Bring a flower, Light a light:**
Commemoration of the Departed service.
10.45am, St Mary's, Holy Communion,
Bring a flower, Light a light: Commemoration of the Departed
service. Rev Sally, Rev Adrian preaching.



Eighteenth Sunday after Trinity



SALLY'S HARVEST FESTIVAL SERMON

Harvest is in the air; the seasons are changing.

In 1843 Rev Robert Hawker began a Harvest service in his parish in Cornwall by asking his congregation to bring their produce to church and distribute them to the poor.

It originated from Lammas tide; also known as Loaf Mass Day. The name originates from the word loaf in reference to bread and mass, the Eucharist. It marked the blessing of the first fruits of the harvest with bread brought to church to bless.

Agriculture had shifted from hunter gatherer to gathering the crop cycles into a lifetime of back-breaking ploughing and weed control. All dictated as ever by the weather.

Good seeds = good fruit

We, as a generation have been spoilt; supermarkets provide everything we need, fruits out of season. God had promised Noah, '*While the earth remains, seedtime and harvest shall not fail*'.

The bible also urges us to sow good seeds, to nurture, cultivate of God's land. God wants good fruit to grow out in our own lives too under the influence of the Holy Spirit, but like farming, it takes effort.

We need to uproot and weed out the things that distract us, to correct and retrain ourselves. Faith inspires us to cultivate, ourselves and then others. It is our duty and our joy.

God wants action and we are increasingly becoming aware that our action has been slow, lazy and self-centered. We have ignored the fact that our actions have consequences. The earth is calling to us. We must remember that God's love is the key; for creation and each other.

We must remain in love, for each other and our communities, here and across the world. We must go hand-in-hand to give to others, to redistribute our wealth, to live out our faith by being a neighbour and cherishing the earth.

We must plant the trees we will never sit under.

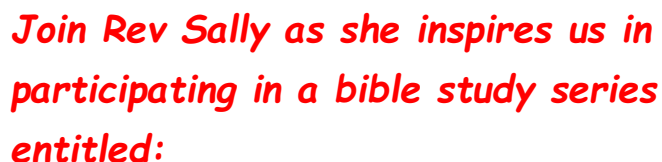


Today is an invitation to live our faith; by stepping up our care for the earth and the life it sustains.

I wonder what harvest means to us individually? What are we sowing and reaping in our lives and what are we sowing and reaping for our churches. Isn't that exciting? Let's enjoy this season and pray for an abundant harvest!

Amen





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

No.2 Monday 17 November 7.00pm

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.



Rev Sally says:

We are entering the season of remembering and we remember your loved Ones in our churches.

We would like to invite you to one of our services on:

Sunday 2 November 2025 You will be most welcome.

*Our Bring-a-flower and Light-a-Light service is at **St John's at: 9.30am** where we will create a beautiful flower display and light candles in memory of our loved ones.*

The second service is at **St Mary's** in our 10.45am Morning Communion service.

Where we will name and remember all those who have died and we would be delighted if you would join us - followed by refreshments.



St John's Harvest Festival celebrated in the farmyard



....or more precisely in David and Pauline's barn.



Rev Sally said that the festival attracted 40 adults and nine children - and an unspecified number of quadrupeds....

Pics with thanks to Sally Pearce.





*Let's try a **NEW** Hymn for today -*

***Life and Breath** by Matt Redman*

Click here to watch and hear.....

<https://www.youtube.com/watch?v=c67DvjUr9vQ>



Matthew James Redman is an English Christian worship leader, singer-songwriter and author. Redman has released 16 albums, written eight books, and helped start three church-plants. He is best known for his two-time Grammy Award-winning single, "10,000 Reasons"





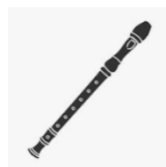
***Now Let's try a **TRAD**
Hymn for today -***

***Now thank we all our God
With heart and hands and voices***

<https://www.youtube.com/watch?v=s99dNPKY+Hk>



As played by Beverley and Christina at our service last week...





NEWS



Supporting Christian Ministries in
Developing Countries



CHRISTMAS SHOE BOX APPEAL

Ondra says:

Once again we'd like to support the AMEN Christmas family shoe box appeal.

I have just six shoe boxes left which anyone is welcome to.

It you intend to fill a shoe box, please make sure they are returned to me or left at the back of the church by Friday 7 November. Donations towards transport costs etc. are also welcome.

Thank you for your support.

The boxes are given to needy families, mainly in Romania.

Thank you for **Showing the love of God in action.** Ondra



Good news from Geoffrey our organist.

He tells me that the antibiotic he was prescribed is starting to work and he's feeling rather better than last weekend.

Keep on the recovery road Geoffrey!!





HE DID IT!

Griff Johns, our fearless Capel septuagenarian completed his Wing Walk at Headcorn Aerodrome in Kent.

Griff told the LINK: *"I set out to raise £1,000 but actually raised just over £2,000 for the St Elizabeth Hospice Ipswich."*

Griff was in the air for just over 10 minutes at speeds up to 130 mph. height between 400 & 500 ft.

He laughed: *"I asked for a loop-the-loop but it was not allowed on first flight so the pilot said 'if you want the full adrenalin rush I can give you the up & down & around ride like on the waltzer at a fair ground' - it was great."*



Not a nervous bone in his body - they breed them tough in the Royal Marines!



Very well done Griff - we salute both your courage and your fund-raising skills!

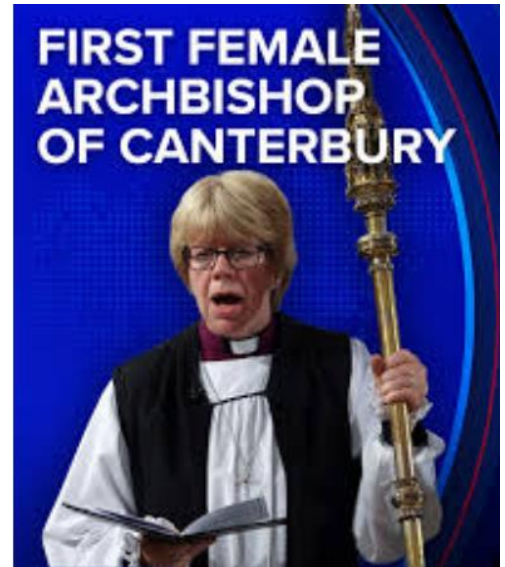


VIEWPOINT

Sarah Mullaly smashed 'stained glass ceiling' to become the next Archbishop of Canterbury.

A Poisoned Chalice? - The recent appointment of Bishop Sarah Mullaly as the new Archbishop of Canterbury brought a wide range of comments:

Sarah Mullaly said in her address after being announced as the next Archbishop of Canterbury: "Some will be asking what it means for a woman to lead the Church of England, and to take on the Archbishop of Canterbury's global role in the Anglican Communion. I intend be a shepherd who enables everyone's ministry and vocation to flourish, whatever our tradition."



Bishop of Manchester, David Walker:

"We know that across many parts of the Anglican Communion, there are people rejoicing. I chair a global mission agency, USPG [United Society Partners in the Gospel]. My WhatsApp was absolutely full on Friday of people, particularly women from around the world, just so delighted that there is no sort of stained glass ceiling now. This means a lot to them, too, to women priests and laity in other parts of the world, including where women can't be bishops at present."

The Rev Martine Osborne, chair of WATCH, Women and the Church:

"I'm delighted that we're going to have our first female Archbishop of Canterbury. Having said that, I am sad that there are seven serving bishops who will not receive communion from her because she's woman, one who doesn't believe women should be in authority over men. And we still have 586 churches who limit women's ministries".

Tim Wyatt, Anglican commentator and journalist:

"The word you're going to hear a lot about Sarah Mullaly is a safe pair of hands, a competent, experienced administrator, bureaucrat, with a long career in the NHS, before she got into ministry, who has run the diocese of London, a challenging post, successfully.

"But what people have more questions about is whether she has the charisma, the flair, the spiritual skill to act as pastor to the nation, to speak prophetically into national moments like the tragedy in Manchester. I think that's more of an open question."

Edward Nickell, trustee of the Sea of Faith Network:

"There are many people who don't believe in God and would never darken the doors of a church, but do feel culturally connected to it, and for them, Sarah Mullaly is probably the most prominent person they would see. And can Sarah speak to them, and not just to the regular attenders?"

"When she says 'I see it as one career, because I've been always seeking to live with compassion in the service of others, whether as a nurse, a priest or bishop', I think those kind of quotes actually can speak to people who aren't regular attenders in church, and can mean something to them and be interesting to them. So I'm really encouraged by that."

The Rev Marcus walker, rector of St Bartholomew the Great in the City of London and chairman of Save the Parish movement:

"Having known her personally as my bishop for seven years I really am pleased that someone who is deeply pastoral is stepping to the shoes of St Augustine. She also has a proper eye to the parishes, and deep care for the poorer parishes, as she showed when she decided to redirect millions of pounds towards Lower Income Communities Funding, which will be a godsend to hard-pressed congregations in the most deprived communities in England."

Susie Leafe, director of Anglican Futures:

"I think if we think of pastoral being a shepherd who cuddles sheep, pretty little lambs, then that may be what people are getting at. I think there is a need for clarity. It isn't to tell people that a shepherd leads the flock to good pasture. A shepherd points out where the walls are. A shepherd fights for the flock. Those are the things that are going to be needed to be done."



Professor Helen King, member of general synod and editor of ViaMedia News:

"Bishop Sarah is known as one of the lead bishops for the Living in Love and Faith process, and when she was in charge of that, she was very, very good, listening to both sides and holding it together. I'm a little bit concerned about this lack of charisma claim. Sarah has an extraordinary presence, a quiet presence and an honest presence."

One of the most impressive moments for me was at general synod recently when she talked about the micro-aggressions that she faces as a woman in ministry, and she was emotional about it. She was not ashamed to show that. And I think that sort of honesty pastoral care is what we really, really need at the moment from an archbishop."

Andrew Graystone, journalist, author and safeguarding campaigner:

"First, I want to say I celebrate the fact that the church has appointed a woman as archbishop. This particular appointment has caused real shock and dismay amongst victims and survivors who've been in touch with me. I think we really thought that after Justin"

"And those aren't my words, those are Bishop Sarah's words about her own diocese. I think we had hoped as a new archbishop to be able to move the church forward in safeguarding practices, but I'm not sure that this does that."



Carole revisits how Little Wenham church was saved from demolition in the 1890s

I hadn't previously noticed an information board and photograph placed by the wall under the west tower, but thought the story so interesting that it was worth sharing and investigating further.

The church was in decline in the 19th century.



Some roof and wall repairs were made in 1878, and there was still a weekly service at that time, but by 1892 the nave roof was dangerous, and services ceased.

The Parochial Church Council met to discuss possible closure and demolition of the church, with a unanimous decision required. Most of the members were in favour of demolition, apart from one, John Keeble, by then in his 70s.

He stood up at the meeting to exclaim, *"Let the old girl stand. 'Er be there for 600 years. Let 'er be!"*

Thus the church was saved, but its condition continued to deteriorate for the next 10 years, with a hole in the roof, broken down pews and desecrated chancel all showing the

(Left) John Keeble of Little Wenham c. 1890s

signs of neglect. The building was eventually restored in the early 1900s by members of the Crisp family, who by then had acquired the Wenham estate.

Sadly, John Keeble didn't live to see Little Wenham church restored, as he died in 1899 at the age of 80. He is buried in the churchyard with his wife and youngest son.

Who was John Keeble - the saviour of All Saints Little Wenham?

I wanted to try and find out a bit more about him through looking at records available online. John was born in Aldham, Essex, only a couple of miles from Fordham Heath, where I originally come from. His father William was a husbandman (or tenant farmer).

In the 1841 census, John, aged 18, was living with his parents and two younger siblings at Marks Tey, not far from Aldham. He and his father were both agricultural labourers.

At this time, railways were being constructed all over the country. The line from Brentwood to Colchester opened in 1843, passing through Marks Tey, and the line from Colchester to Ipswich in 1846.



(Right) All Saints Little Wenham as it is today - still an old girl but now looked after by the Churches Conservation Trust.

John started working as a railway labourer in the 1840s. By the 1851 census, he was newly married and lodging in Tattingstone with his wife Susannah's family.

The couple had moved to Bentley within a couple of years, and by 1860 they and their growing family were living in a cottage beside the railway crossing at Little Wenham. John was a railway plate layer, working for the Great Eastern Railway, maintaining the track, and wife Susannah would have helped with the crossing keeper duties.

The couple had 12 children in total, 11 of whom lived to adulthood. Capel St Mary School registers from the 1870s and 1880s record the six youngest children attending school there.

John and Susannah were still living at the crossing cottage at Little Wenham at the time of the 1891 census, with their three youngest children. John was still employed as the crossing keeper.

After John's death in 1899, Susannah and her two youngest sons, both in their 20s, had to move out of the railway cottage. Sadly, youngest son Robert, only 23, died just a year after his father in 1900.

In the 1901 census, Susannah had moved to Hadleigh and was living on her own means. Son John, who was a horseman on a farm in Capel, was lodging with a family in Capel. Susannah died in 1904 and was buried with her husband and youngest son at Little Wenham.

Thank you Carole for a fascinating piece of historical delving...

Post script: The benefits of wealth & influence?

During John Keeble's time as crossing keeper the population of Little Wenham was recorded as being 115 in 1871 falling to 65 souls in 1901. Did this population level justify a rail-halt? Chris Yule remarked: "I suspect the halt, if it existed beyond the gates at the crossing, may have been purely for the occupants of the Hall/Castle."



Valerie's St Mary's Church Hall Bookings for October

OCTOBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Communion 10.00 Street Dance 17.00-21.00	2	3	4 Trianon all-day rehearsal 9-4 Church and Hall
5 Communion Trinity 16 Rev Sally	6 Art Club 10-12.30 Brownies 18.15-19.45	7 Rainbows 18.00-19.00 Ladies Mtg Point 19.00	8 Communion 10.00 Street Dance 17.00-21.00	9 Pilates 9.30-10.30	10	11
12 Communion Trinity 17 Rev Sally Irish Set Dancing 14.30-17.30	13 Art Club 10-12.30 Brownies 18.15-19.45	14 Rainbows 18.00-19.00	15 Communion 10.00 Street Dance 17.00-21.00	16 Pilates 9.30-10.30	17	18 Bowls Club Presentation 19.30
19 Communion Trinity 18 Harvest Festival Harvest Lunch	20 Art Club 10-12.30 Compassionate Café 14.00 (No Brownies) Bowls Club AGM 19.30	21 Lunch Club 12.30 Rainbows 18.00-19.00	22 Communion 10.00 Funeral 14.00 Street Dance 17.00-21.00	23 Pilates 9.30-10.30	24 Wine Tasting 19.00	25
26 Communion Last after Trinity Rev Sally	27 Art Club (all day) 10.00-15.00 (No Brownies)	28 Spud Day (No Rainbows)	29 Communion 10.00	30	31	





COMPASSIONATE FRIENDS CAFÉ

*At St Mary's Church Hall has its next meeting
on Monday 20 Oct @ 2.00pm*

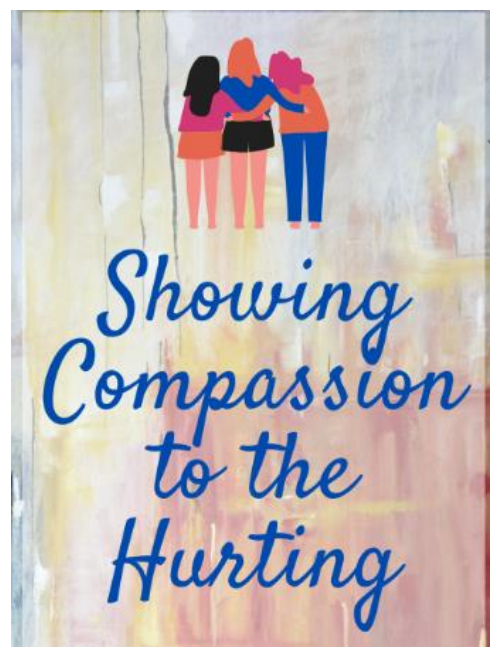


Rev Sally says:

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 20 October at 2.00pm. Do come and bring a friend. You will leave feeling better! Rev Sally x



MEN'S BREAKFAST AT EAST BERGHOLT



**Saturday 1
November 2025**



Phil Bigley will be our guest speaker at the next Men's Breakfast, at

9.00am at St Mary's East Bergholt.. All are welcome.

Phil works closely with Sir Terry Waite (pictured above right) to provide support to families who are affected by hostage and kidnapping situations around the world. He is a Trustee of Hostage International.



**HOSTAGE
INTERNATIONAL**

There is no charge, but donations are welcomed. Please book your place to ensure enough bacon is bought for the crucial butties via stmarysebevents@gmail.com

(With thanks to Fiona Trott)



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



The Friends of Capel Library Community Cinema



With thanks to Gill Williams

Tuesday 21st October 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

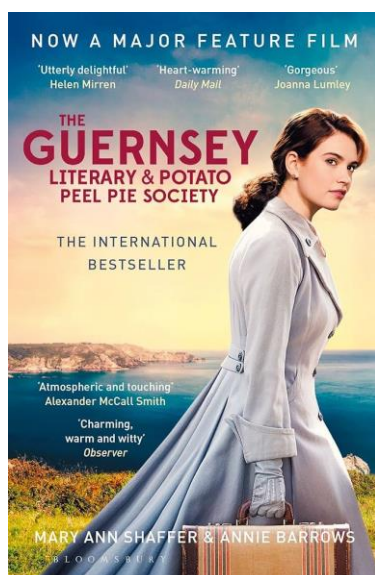
Fully Licensed Bar & Air Conditioning



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



**A Day of FUN
& ACTIVITIES**

£2 each

**Lunch
of
Baked Spud
with
Fillings
included**

Tuesday 28th Oct

10am - 3pm

**St. Mary's
Church Hall,
Capel St. Mary**

Email: sallyjletman@gmail.com



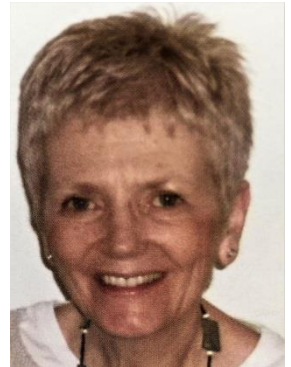
LADIES MEETING POINT

TUESDAY 4 NOVEMBER @

7.30PM



Ondra Butler Says:



At our next meeting on Tuesday 4 November, Hille Peartree will tell us:

THE STORY OF ST KILDA.

This is a small island, a good distance off the Scottish coast.

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.

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.



As several menfolk have expressed interest in hearing the story of this island we would welcome any men who would like to join us.

Usual time of 7.30 in the church hall.

Ondra



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



Body Mind as One

www.bodymindasone.com

janet@bodymindasone.com

07506 350 455



**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



Melissa brings home an unusual Autumn find



Back from London seeing my publishers and as soon as I could I took myself out for a walk to find out what had changed while I was away.

At this time of year, when summer's held breath has given way to autumn, the fields and woods are different from one day to the next.

It was one of those afternoons when the clouds sit low and the air feels very dense and still: there was no

breeze at all, and sound wasn't carrying far.

Along the margins of the lanes leaves were collecting: yellow poplar, birch and broad hazel, drifts of little, lobed hawthorn, ruddy field maple, crumbly horse chestnut fragments craquelured by leaf miners, but few oaks or ash leaves yet.

As I was crossing the water-meadows there came the cry of a buzzard: three thin shrieks, repeated at intervals. A juvenile has been haunting the village since it fledged in the woods, calling, as they do, to its parents to be fed.

Buzzards only recolonised East Anglia in the 1990s; previously, and for a couple of centuries, they'd been confined to western counties and Wales, driven out of other areas by persecution and the widespread use of DDT which affected so many birds of prey in the 20th century.



I heard the harsh bark of a muntjac too, the sound flatter and deader than it would have been in crisper weather.

These big-haunched, omnivorous, non-native deer breed year-round, unlike other species, and are comparatively sedentary: instead of travelling in herds they will simply remain in a copse until they have stripped it of everything edible they can reach, eating saplings, ring-barking mature trees so that they die and destroying the understory with its vital nesting habitat.

A hedgerow oak was alive with invisible linnets, all singing simultaneously but not a single bird to be seen amid the branches, even with patience and binoculars.

These lovely little finches will readily band together in winter with other small birds, but my Merlin app assured me it wasn't a mixed flock. Their chirruping has a lovely musical quality; not for nothing are they called, in France, *linotte mélodieuse*.

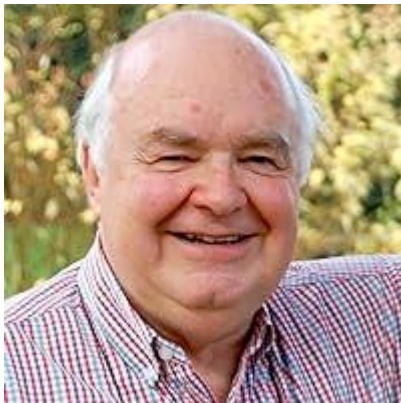


In a ditch lay the skull of a roe buck clad in a curled and loosening sheath of hide. It will have been shot and gralloched there, the meat taken away, the rest left; its legs were probably not far off, if they hadn't already been taken by a fox.

I picked it up by one short antler, smiling to myself at how odd I must look as, strolling back into the village, I was passed by first one neighbour and then another, in their cars.

At home I left the skull to be cleaned by detritivores and decomposers in my garden, where the largest hornet I have ever seen was piloting itself ponderously around like a flying clockwork toy. I checked how much of last winter's wood remained in my woodstore and wondered if it was too soon, and too warm still, for autumn's first fire.

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.



VIEWPOINT

MORE CHRISTIAN LOGIC FROM JOHN LENNOX

The "atheist" dinner quest

The key thing as Christians is not to let ourselves get under pressure to 'give a message'. Not only will that prove intimidating but we will fail to communicate the gospel effectively. However, sometimes things are taken out of our hands.

This happened to me once. Sitting at a meal with a group of young people, some Christians and some not, I was asked by the person beside me why I believed in the resurrection of Jesus. I answered but tried to keep my voice down.

However, that had the very opposite effect to the one I wanted – the buzz of conversation at the table died down, and all were listening. Finally, one man further down the table could stand it no more. He hammered his knife on the table and shouted, '*Stop that nonsense. I have never heard such rubbish in my life.*'

There was dead silence as they waited for me to say something. I commented (trying to give myself space to think!), '*You seem to feel very strongly about this.*'

'You bet I do,' he said.

'In that case, I would be interested to know what you made of the evidence for the resurrection given in the New Testament when you studied it ...'

'I, well, I didn't know there was any,' he spluttered.

The meal was over, and I invited him to my room for coffee. He was open enough to ask about this evidence for the resurrection.

After a while, I paused the conversation by enquiring, *'Suppose I could provide enough evidence to demonstrate that Jesus did rise from the dead and was the Son of God as he claimed. Tell me, would you be prepared to take the step of trusting him for salvation?'*



'No,' he said, 'my parents shoved this stuff down my throat when I was at home, and I just don't want anything to do with it!'

'Thanks for being honest,' I replied, 'for that is really the first honest thing you have said to me all evening.'

The conversation at once changed in tone as he told me about the resentment he had against this 'religious stuff' pushed into him.

It was not long before he realised that there was a rational way to approach the Christian faith without emotional blackmail.

Wonderfully, once he saw this, it was not long before he became a Christian.

This example shows that sometimes people's initial reactions and even their questions are driven by emotion and experience rather than reason.

John Lennox is Emeritus Professor of Mathematics at the University of Oxford, an Emeritus Fellow in Mathematics and Philosophy of Science at Green Templeton College, Oxford University. He is also an Associate Fellow of the Saïd Business School and a Senior Fellow at the Trinity Forum.



AUTUMN SUNLIGHT IN SUFFOLK



We tend to take for granted the effect of sun in our churches. Often it is a nuisance when we are trying to read a lesson or concentrate on our audio-visual screens.

However, in this study taken at rest in a Suffolk church as the sun streams in from the south nave window, the leading lines of light keep our eyes on the move. The shadows become points of interest lending a variety of hues and tones.

The importance of light becomes especially profound when we consider Jesus' command for us to be the light of the world (Matthew 5:14-16). He calls us to illuminate the way for others and to sustain the beauty of the world around us — just as physical light does.





PRAYER LIST FOR 19 OCTOBER 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), Geoffrey Boyle

FOR THOSE MAKING A RECOVERY

Shirley Streatfield

FOR THOSE WHO HAVE DIED

Brooke and Tyler's baby son, Jessie

Please contact Hille at hillepearz@gmail.com

If people have made a recovery





(Right) I should have checked the scale on this model train-set before buying it on eBay



I tried donating blood today...NEVER AGAIN!!!
Too many stupid questions. Who's blood is it? Where did you get it from? Why is it in a bucket?

Bus Drivers when they see each other;



Pilots when they see each other;



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

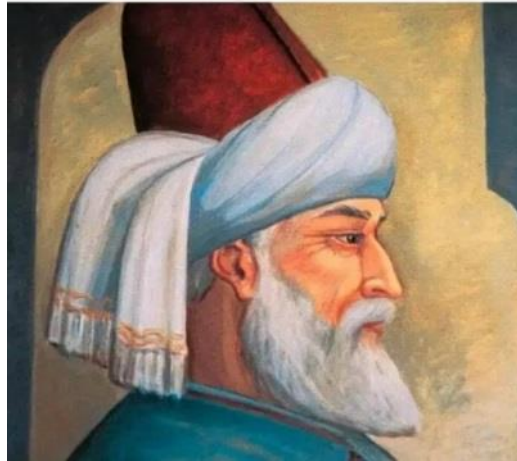
Check out our website: www.capelstmarychurch.org.uk



AND FINALLY.....

"Life is all about perspective. The sinking of the Titanic was a miracle for the lobsters in the ship's kitchen..."

Rumi.



On a scale of a medieval horse how are you feeling today?....



Standards seemed lower in 1500.....



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.

