



**28 JUNE
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:
28 JUNE to 12 JULY**

Inside:

- Page 2: Service timeline
- Page 3: Today's Readings & Sally's Reflection..
- Page 5: St John's Strawberry Tea;
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WORSHIP TIMELINE

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

2026

- 28 June, 9.30am St John's, *Family Service*.
10.45am, St Mary's, *Holy Communion*.
8.00pm Scarecrow Trail finishes.
- 1 July, 10.00am, St Mary's, *Benefice Holy Communion*.
- 5 July, 9.30am, St John's, *Holy Communion*.
10.45am, St Mary's, *Holy Communion*.
12 midday, *Baptism*.
- 8 July, 10.00am, St Mary's, *Benefice Holy Communion*.
- 10 July, 6.00pm, *Deanery Garden Party*
at St Mary's Rectory.
- 12 July, 9.30am, St John's, *Morning Prayer*.
10.45am, St Mary's, *Holy Communion*.
- 15 July, 10.00am, St Mary's, *Benefice Holy Communion*
- 18 July, 4.00pm, St Mary's *Wedding blessing*.
- 19 July, 9.30am, St John's, *Holy Communion*.
10.45am, St Mary's, *Family Service*.
- 20 July, 2.00pm, St Mary's Hall. *Compassionate Cafe*
- 21 July, 12.30pm, St Mary's *Luncheon Club*
- 22 July, 10.00am, St Mary's, *Benefice Holy Communion*.
- 26 July, 9.30am, St John's, *Family Service*.
10.45am, St Mary's, *Holy Communion*.
- 27 July, 10am to 2pm, ***St Mary's Spud Club***.



READINGS FOR THE FOURTH SUNDAY AFTER TRINITY

Matthew 10: 40 to end.

Anyone who welcomes you welcomes me, and anyone who welcomes me welcomes the one who sent me.

Whoever welcomes a prophet as a prophet will receive a prophet's reward, and whoever welcomes a righteous person as a righteous person will receive a righteous person's reward.

And if anyone gives even a cup of cold water to one of these little ones who is my disciple, truly I tell you, that person will certainly not lose their reward."

Paul's letter to Romans 6: 12 to end.

Therefore do not let sin reign in your mortal body so that you obey its evil desires. Do not offer any part of yourself to sin as an instrument of wickedness, but rather offer yourselves to God as those who have been brought from death to life; and offer every part of yourself to him as an instrument of righteousness.

For sin shall no longer be your master, because you are not under the law, but under grace.

Slaves to Righteousness



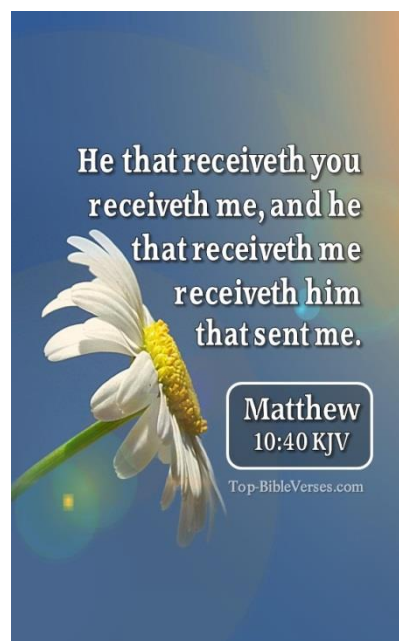
righteousness.

I am using an example from everyday life because of your human limitations. Just as you used to offer yourselves as slaves to impurity and to ever-increasing wickedness, so now offer yourselves as slaves to righteousness leading to holiness.

When you were slaves to sin, you were free from the control of righteousness. What benefit did you reap at that time from the things you are now ashamed of? Those things result in death!

But now that you have been set free from sin and have become slaves of God, the benefit you reap leads to holiness, and the result is eternal life.

For the wages of sin is death, but the gift of God is eternal life in Christ Jesus our Lord.



Sally's Reflection.

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

MATTHEW 10:40 TO END AND ROMANS 6: 12-END

Matthew holds us to account in his gospel; he reminds us constantly of what we are called to do and sometimes that is hard.

I hate disruption. If I have made my list, I like to tick it off, I find it unsettling when something else comes up and I have got to the end of my day without achieving what I set out to do. I like to think I help people but it has to fit around me...

It's that Monday morning feeling; that feeling we get when we have to do the things we aren't looking forward to and have to focus on what is good. The lists can wait, something else is more important.

But God challenges us all the time. God causes disruptions and very often the people will say, 'no thank you, we are fine as we are'.

Great disruptions are predicted when God acts and people often make the wrong choices, verse 15 previously predicts vengeance on the day of judgment.

'If anyone will not welcome you or listen to your words; shake off the dust from your feet as you leave that house or town. Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.'

I wonder if we would have invited those disciples in? I wonder if we would have been suspicious and asked them politely to move on and to have shut the door. We all prefer our comfortable lives to that challenge.

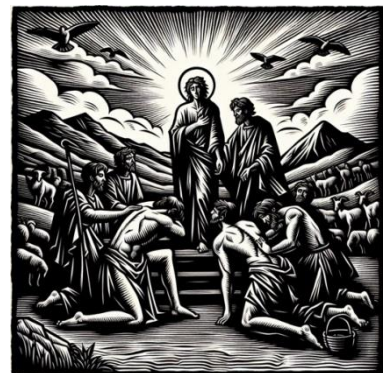
Jesus has disrupted the disciples' lives: he has sent them out with no possessions, no money and continues to give them instructions.

And it is all based on hospitality: *'whoever welcome you welcomes me, and whoever welcomes me welcomes the one who sent me'*.

There is a subtext there: you may not always be welcome. But the challenge of Jesus' is matched by the remarkable promises he makes to those who accept and live by his word. And our task as a church is to welcome everyone, to show hospitality to everyone.

And if we live that life, if we welcome, extend our hand and give the glass of water then Jesus will 'own' us as he stands before His father in heaven; we who lose our own lives will find new ones. The new life of faith will be richer and full of grace and peace.

Remember and recall in your lives the moments of the greatest fear or illness you or your loved ones suffered.



Remember too, the kindness and the love you felt surrounded by, remember the way the fear eased and the peace that passes all understanding came upon you. Remember too when you reached out and helped someone, you all do it, how much better, you too, felt in yourself.

We try to live to call on the Lord at all times and in all places, Romans tells us that *'everyone who calls on the Lord shall be saved'*.

It is a simple and profound lesson, a golden rule: *'do to others as you would have them do to you'*. The simple act of passing a cool glass of water to someone who needs it is an act of compassion that is as if you were passing that cup to Jesus himself.

The disciples went out to give; to pass the water and to preach the gospel and we too carry that on. What a privilege and what a joy. What a comfort and a challenge for us as a church, that we too can comfort and challenge others and change people's hearts.

Amen



St. John's Church, Gt. Wenham

Strawberry Tea

Sunday
14th June
3.00 - 4.30 pm

St. John's Church

Children's Games

All Welcome

Please join us - Cash
Donations would be
very welcome



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

**Suffolk strawberries make the day at
St
John's**



(Above) a strong contingent from Capel

(Above) the scones were delicious.

(Below) A broad selection in the raffle



(Below) Seeking a home for Barry...



(Above) Sally to Sally



Susan, volunteer for the Greyhound Trust Suffolk, Capel St Mary (Pic top right) says:
"I would like to say thank you to the lovely ladies at St John's Church for providing the delicious Strawberry Cream Tea and cakes that we enjoyed on Sunday.
"Thank you as well, for all the kindness and cuddles that 'Barry' the retired Greyhound was given. I do hope you raised lots of funds for your church.
"If anyone would like to meet Barry again or see any of our other gentle and affectionate Greyhounds needing loving homes, please call Emma on, 0788 9904 874 or John on 0785 4057 715".





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 summer social event.





**Historic
Evensong
service rings
out at All
Saints, Little
Wenham.**



Those 32 of us who attended **Evensong** on 14 June, fast realised we were joining a form of prayer which has been used, largely unchanged, in churches and cathedrals since medieval times.

We were immersing ourselves in a stream of Christian worship which combines the ancient monastic 'hours' of Vespers and Compline into one service for use at the end of the day.



(Left) St Mary's choir practices pre-service.

The words used at Evensong are drawn almost entirely from the Bible. They reflect every human emotion, and touch the deepest longings of our hearts - thanksgiving, joy, sadness and anger.

"Glory to thee, my God, This Night"



This form of service will have resonated in this place for hundreds of years. It is taken from the Book of Common Prayer of 1662. It was not written in Latin, but in English, which was modern then, but may now seem old fashioned.

We still use those words today because it helps us to remember that we are part of something that has endured for centuries, and will continue when we are no longer here.

(Right) Jim's homily led on Luke 11: 14-28, Jesus and Beelzebul (satan).

Choir sing: Mary's Song of Praise: The Magnificat.



(Left) The ancient rafters ring to the sound of Nunc Dimittis (Now you dismiss).

*Lord now lettest thou thy servant depart in peace according to thy word;
For mine eyes have seen thy salvation: which thou hast prepared before the face of all people:
To be a light to lighten the Gentiles: and to be the glory of thy people Israel;*



(Left) Carole, behind the stone rood screen, plays the 19th C French harmonium.

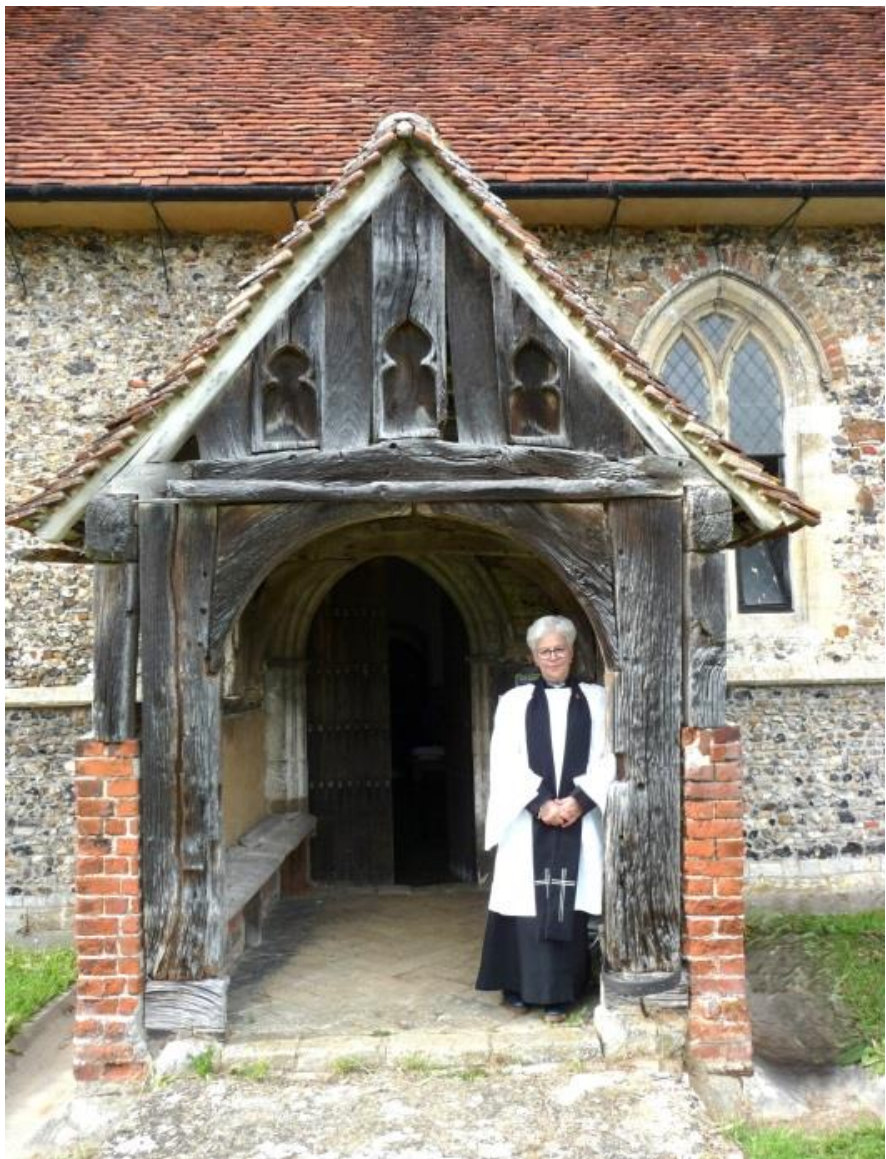
Hymn: Abide with me
*Swift to its close ebbs out life's little day;
Earth's joys grow dim, its glories pass away;
Change and decay in all around I see:
O thou who changest not, abide with me.*



Hymn: The Day thou gavest Lord is ended.

*We thank Thee that Thy church, unsleeping,
While earth rolls onward into light,
Through all the world her watch is keeping,
And rests not now by day or night.*





(Left) Rev Sally, the latest in a long line of priests with responsibility for All Saints Little Wenham, stands by the 16thC porch.

It is almost incredible to conceive that since the early 1300s a dedicated ordained member of the clergy has watched over the souls of those who have worshipped here.

Robert Chapeleyn was Little Wenham's first recorded rector in March 1307 and he was in post for 21 years.

It was probably during his incumbency that the east wall was adorned with its exquisite paintings and the font was installed.

The wonder of the Church of England is its brilliant ability to adapt to circumstances.

For example, Little Wenham has always had a tiny population and has been in the care of the priest of St Mary's Chapel St Mary since 1786, although Chapel (as its name signifies) was originally a chapel-of-ease to either Great or Little Wenham.

(Right) Chrissie Hart captures sunset at All Saints, Little Wenham



At-A- Glance

NEWS



IT'S SPUD CLUB TIME AGAIN!

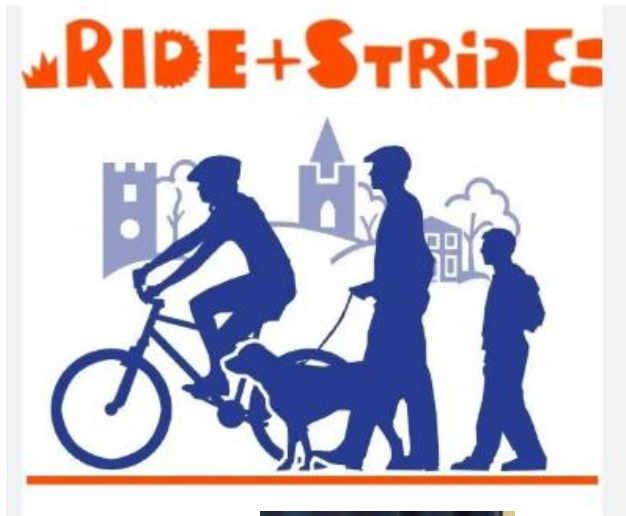
**Monday 27 July 2026 - at St Mary's Church Hall.
10.00am to 2.00pm - only £2 per child!**

St. Mary's Church, Capel St. Mary



**Loads of fun,
challenges and, of
course, grub!**





**Suffolk Historic Churches Trust
(SHCT) Sponsored Ride and Stride**

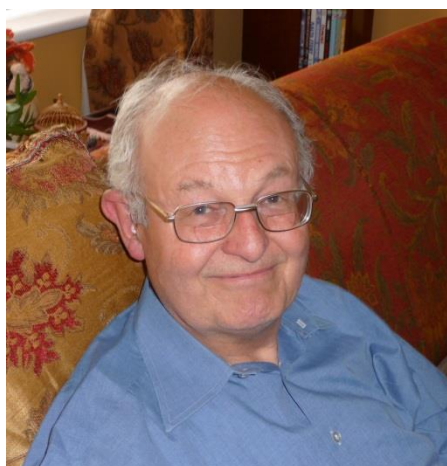
Jean says:

This is an early notice that the SHCT Ride and Stride will be on Saturday 12 September. I hope that by the time you read this and Diana Hunt and I will have the sponsor forms.



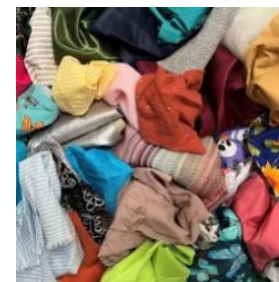
It would be good if everyone who is able would take a form, gather some sponsors and visit a few churches either by bike or on foot in villages or in towns.

Thank you in advance - Jean Goyder.



Chris Streatfield asks:

My wife, Shirley, has been a keen dressmaker for many years. She has a surplus amount of fabrics available for any one that is interested in dress making.



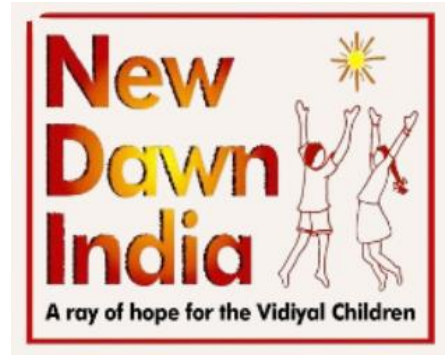
They are not huge in quantity so anyone making quilts or clothes for toys/dolls may be interested. Please do make contact with myself to find out more.

Tel: Chris on: 01473 311477





Sandra Davies tells of new India journey:



Dear Supporters,
We are very pleased to inform you that the Rev. Sally Letman has accepted our

invitation to become a Trustee of NewDawn India. We are delighted to have Sally on the team and we are sure that she will have much to contribute.

Some of the Trustees of NewDawn India are planning a visit to Vidiyal in January 2027 and there will be one or two places available for others to join them.

The visits are very rewarding, but it is a condensed, full programme which can prove both physically and emotionally demanding. Anyone interested in joining us needs to take this into account.

The provisional plan is to leave the UK on Wednesday 20 January, arriving in **Madurai** on Friday 22 January, following an overnight stop in a hotel in **Chennai** (or other direct flight destination) before boarding the short internal flight to Madurai.

There will be a camp at **Yercaud** with the children on the weekend of 29, 30, 31 January, with the visiting party staying in a hotel.



We plan to start the return journey on Monday 1 February, arriving in UK on 2 Feb.

If you would be interested in joining us please let me know by 30 June. I am happy to try to answer any questions you may have before you make your decision.

For sponsors - We would like to give you advance notice that we will **NOT** be taking individual gifts from sponsors, but will provide the same gift to each child. These gifts were so well received in 2025 that we will

follow the same pattern again. Details of how you can contribute and personalise the gift to your child will follow in the autumn.

On behalf of the Trustees, Sandra.





VIEWPOINT

Mary Wakefield says: Save us from the Gospel according to Grok

The Rt Revd Martyn Snow, the handsome and up-to-date Bishop of Leicester, has decided that it's OK, even admirable, for clergy to use AI to write their sermons.

Bishop Snow (pic right) was on the radio over the weekend, proud to share with listeners that in his diocese of Leicester, they've even had an AI expert come to give pointers to the priests. No more painful head-scratching on a Saturday afternoon for the lucky clerics of Leicester. ChatGPT will sort it.

Sarah Mullally, the Archbishop of Canterbury, treads more warily around AI than Bishop Snow.

Last Friday she led a debate about AI's impact on humanity in the House of Lords in which she was passionate about the importance of doing something, though, hard as I tried, I couldn't quite make out what.

The current regulation, she said, is '*wholly inadequate*' to prevent harm, and we must prevent AI being used in degrading ways - like porn, fake news, making celebs naked. She echoed the Pope's call for AI to be '*designed, built, regulated and used to serve our glorious humanity and not to diminish it*'.



I wish I could somehow get it across to Snow and Mullally, even the Pope, exactly what's wrong with this approach, and how wholly inadequate it is in itself.

They think AI is a neutral force, a tool, but it's not. It has a snaky character all of its own.

AI may be invaluable in all manner of ways; I hope it solves vital scientific problems, but the Church should stay away. It's not some sort of magical oracle that can be used for good or ill. Think of it as more like Tolkien's ring.

I can't tell you how many AI specialist sermon generators there are out there already, and how much Golemish special pleading. '*It's fine if you just use it to generate ideas for sermons*'; '*God doesn't mind as long as you do it prayerfully...*' It's like listening to a roomful of students trying to justify using ChatGPT. But it's very hard to use AI in any significant way to write a sermon while still serving glorious humanity.

A priest's job is to sit there racking his brains for our sake, trying to explain the Gospel via his own particular understanding. To use AI means that he doesn't care. And what would be the point? We could all generate sermons using AI.

A priest who uses AI is just indicating that he can't be bothered. And doesn't it also demonstrate a lack of faith? You can't turn to both God and Claude for inspiration. Pick a team.

"You may well have already heard an AI sermon", said Snow cheerfully. I think I'll walk out if I do. And we all know the voice. AI leaves an alien slug trail over all the prose it touches.

ChatGPT, Claude, Grok: they all have the same distinctive way of writing and reasoning: short declarative sentences, contrasts and cliché.

By its own estimation (thank you, Gemini), '*AI-generated text is highly polished but often psychologically hollow. It summarises rather than observes, relying on predictable, repetitive patterns rather than authentic human experience.*'



It's the little phrases, the pattern: not this, but that. There's an intrinsic absence of humour and of humility. And we can all sense when it's being used, even if just on the periphery of our awareness. We're drowning in it actually.

AI voice is rising around us, sliding into emails and adverts; into speeches, even into messages from friends.

You are what you read. It gets inside your mind. '*This matters*,' I said in an argument with my husband the other day, and fell silent with dread.

Because AI isn't just a tool, it creates its own logic and has its own momentum. If a sermon has been researched or augmented by AI, there's a natural next thought: why not let the AI just finish the job? It'll save time for a priest to do even worthier things.

And if it's written by AI then why not let AI deliver the sermon too? There are avatars now doing all sorts. Avatar priests would mean no more of this exhausting driving from parish to dwindling parish. Simultaneous avatar delivery. That's the AI way: a whole legion of go-ahead Snows speaking in unison across the Midlands.

And after that, who in fact needs an actual parish?

The irony of any CofE flirtation with AI in sermons or otherwise is that although Snow and co may think of it as progressive, it's exactly the opposite of what their latest and youngest members want.

If there's a surge in church attendance amongst the young, it is in part because they have had enough of the dismal screen life they were brought up on. The algorithm has made them lonely and unhappy and what they need most from the Church is a clean break from AI.

Mary Wakefield is commissioning editor of *The Spectator*.



Human writing (as opposed to AI generated text) stems from lived experience, original thought, and personal emotion. Nowhere is this more evidenced than in our Rev Sally's sermons and reflections. Here, her initial reflection (invariably revealed first in the LINK) evolves and grows (often humorously but always inspirational) as it is preached to St John's and then St Mary's. Ed.,



MELISSA'S NATURE PAGE



Nearly the longest day...

Last night I was tired, and stopped reading

early. I switched my bedside light off and began to fall into sleep.

When I turned over my eyes must have flickered open, because I saw there was a bright glow around my bedroom curtains.

In a village with no street lights this usually means a full moon (which I knew it wasn't), or that Violet across the road's security light has been triggered - or, in rare cases, that I've switched my porch light on and forgotten to turn it off again.

I got out of bed and parted the curtains only to find that despite it being well past 10.30pm it just wasn't dark yet, the midsummer sun only 7.5° or so below the horizon looking north (as my bedroom window does). It's June, and we're very nearly at the longest day.

Of course, June's light nights should not have come as a surprise, but I've been travelling a lot the last few weeks and I don't feel as tuned in to my cottage, the village and its seasons as I normally do.

Added to that, the weather took a stormy turn, with thunder day after day and some heavy downpours that the farmland fields drunk up but which spoiled the June roses, making them blotch and droop.

There were even a couple of evenings when I got under the electric blanket to watch telly (there are no medals for martyrdom in this house).

Between one thing and another, the sense of things building inexorably to the natural year's dizzy climax has rather been lost.

Haymaking began on what counts here as 'high ground', and then stopped again when the weather turned wet. Within a few days a bright green aftermath had begun to appear on the few mown fields, which - if rain and sunshine continue together - might well offer up a second cut this year. I wonder if this weekend will be enough of a weather window for more farmers to make a start on their hay.



Elsewhere, our local barley is developing fine green awns and shifting in the breeze, while the wheat is still stiff and 'blue', dotted with the crimson spots of corn poppies here and there.

We have two fields sown this year to a conservation mix, this time dominated by the blue flowers of phacelia. Bees love it, birds eat the seeds and it's a great soil improver, fixing nitrogen and suppressing weeds.

Further afield there are a few acres of potatoes which are putting out their purple and yellow flowers. I'm glad the rain has come while the crops are still growing; I hope it will contribute to a good arable harvest and perhaps mean less abstraction from rivers (though I did see the irrigators out a couple of weeks ago, not that far away).

As the seasons change, and the weather becomes less predictable (and more prone to extremes) what's already an incredibly difficult job becomes even harder and more precarious for those without deep pockets. And in the face of growing food insecurity and the environmental depredations of agribusiness we really need our smaller, mixed family farms to survive.



By mid-June most nightingales have paired and the males' night-time performances have ceased - all but those unlucky few who have failed to find a mate and sing on after dark, hopeful and lonely.

Around the village they can still be heard by day, now and again - brief snatches and phrases, nothing like the outpourings of May.

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.





NEWS from the PEWS



Make and Mingle



Beverley says;

"Our next

meeting is on Wednesday 8 July from

1.30pm to 3.30pm."

MAKE & MINGLE

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 8 July 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





Josephs Dreams



Saturday
4th July 2025



3.30pm - 5.30pm

BBQ



Booking necessary at
Maggie3@btinternet.com



Where: Capel Methodist Church



Who can come:
All age families

Kids, don't forget to bring an adult.
No charge but donations welcome



Crafts, Games
Bible stories, Songs
and
FREE BBQ

With thanks to Maggie Boswell





COMPASSIONATE FRIENDS CAFÉ

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

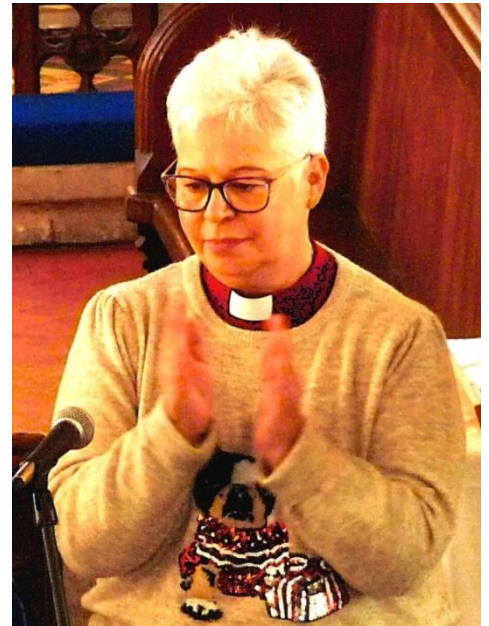


Rev Sally says:

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



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 churches in the



anyone who contributes to our 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 summer social event.***



Burstall Horticultural Society



71st ANNUAL FLOWER SHOW, FETE, CLASSIC VEHICLES & FUN DOG SHOW

To be held in
The Village Hall IP8 3DR
and adjoining meadow on

SATURDAY 1st August 2026
from noon

**ROCK 2 POP VISITS
DOVE CLOSE**

**Come and join us at
Dove Close (Capel St
Mary)**



to enjoy a musical evening with



ROCK 2 POP

**Listen to: Popular
rock and Pop covers**



Friday 21 August 7.00pm start

Free Entry and there will be
refreshments and a raffle.
call Carolyn on 01473 310032

For more info please





**Pre Loved
Clothes**

**Accessories
Bags &
Shoes**

FASHION SHOW

Friday 11th September

7.30 PM

St Mary's church Capel St Mary

Tickets: £5 Include a glass of Prosecco on arrival...

Tickets from: Sue 07773042910 or Julie 07539249234



Oh no! not another Archbishop apology!

Archbishop of Canterbury apologises for 'trauma' of Church of England mother-and-baby homes

An apology for the pain, trauma, and stigma experienced by women who gave birth in Church of England mother-and-baby homes in the mid-20th century was issued by the Archbishop of Canterbury last Thursday.

"We have heard first-hand the accounts of mothers who were separated from their babies in circumstances where they had very few meaningful choices," she said. "Today, we say to each of you: the shame you were made to feel was wrong. You have nothing to be ashamed of. Rather, we are deeply ashamed that this happened to people in the care of Christian communities."

Archbishop Mullally's apology was issued alongside a new report from the *Archbishops' Council: Historical Adoption Practices: Research into Church of England affiliated mother and baby homes 1949-1976*.

It is estimated that tens of thousands of mothers and babies resided in about 200 homes in this period. Some homes were run directly by dioceses. Others were run by independent or semi-independent committees, with different levels of church oversight.

A parliamentary report published in 2022 estimated that 185,000 children born in England and Wales to unmarried mothers were put up for adoption during the same period.

Among the documents quoted in the report — the result of archival research at Lambeth Palace library — is *The Chaplain in Moral Welfare Homes*, guidance published by the Church's Moral Welfare Council (MWC) in 1951. While emphasising the importance of the bond between a mother and child, and that adoption should not be the default option, it suggested that *"some [mothers] are strangers to truth and live in an unreal world of their own imagination . . . [and] some are hardened by the effects of promiscuity."*

The Church's guidance, attitudes, and practices took place in a society that often valued secrecy and respectability over compassion and care", she said. "The Church of England was part of that society and helped to sustain those attitudes."

The Church's guidance, attitudes, and practices often reflected *"attitudes prevalent at the time"* The research report said. *"Providers of mother and baby homes during this period were responding to a culture of shame, stigma and secrecy which surrounded*

unmarried mothers and their children. . . Patriarchal ideas about female sexual purity and family identity are clear in the language often used about unmarried mothers at the time — 'fallen', 'ruined' — and in the labelling of their children as 'bastards'."



In her apology, issued on behalf of the Church, Archbishop Mullally said: "We are profoundly sorry for the pain, trauma and stigma experienced — and still carried — by many people because of historical adoption practices in homes affiliated to the Church of England."

Perhaps the phrase: "Attitudes prevalent at the time" is particularly relevant here. Just as the attitudes towards slavery in the 16th century were redolent of social mores of the time. If so, then why does the CofE get so hung up and woke about such matters? Ed.,



Chrissie Hart spots a male stag beetle in Bentley Wood.



A stag beetle's total lifespan ranges from 3 to 7 years, with the vast majority of this time spent underground as a growing larva. Once they fully mature and emerge as adults to mate, their time above ground is incredibly brief, typically lasting only a few weeks to a few months

Those ferocious-looking mandibles are for display - and impressing the females more than fighting.



ST MARY'S HALL BOOKINGS

With many thanks to Valerie Franklin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
JULY			10.00 Midweek Communion 17.00-20.00 Street Dance	9.30-10.30 Pilates		
5	6	7	8	9	10	11
10.45 Communion Rev Sally 12.00 Christening	10.00-12.30 Art Club 18.15-19.30 Brownies	18.00-19.00 Rainbows 19.30 Ladies Meeting Point	10.00 Midweek Comm 13.30 – 15.30 Make & Mingle 17.00-20.00 Street Dance	9.30-10.30 Pilates		12.00 Wedding
12	13	14	15	16	17	18
10.45 Communion Rev Sally 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		16.00 Wedding
19	20	21	22	23	24	25
10.45 Family Service Led by Julie	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		
26	27	28	29	30	31	
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		



ST MARY'S PRAYER LIST



PRAYER LIST FOR 28th June 2028

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 East Bergholt School Chaplain.

LONG TERM SICK AND HOUSEBOUND

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

SICK

Kevin Austrin, Penny & David Thompson, Rev. Stephne, Molly & Mike Johannesen, Sandy Mansfield, Geoff Cox, Pauline Stark, Andrew Skinner, Barbara Rogers, Doreen Parker, Eric & Sandra Doe, Malcolm & Chris Fenn, Angie Heath, Jane Hubert Rev Adrian & Rosie Waller, Norman Peartree, Canon Jim Pendorf & Sharon Pendorf and Glyn Terry.

FOR THOSE MAKING A RECOVERY

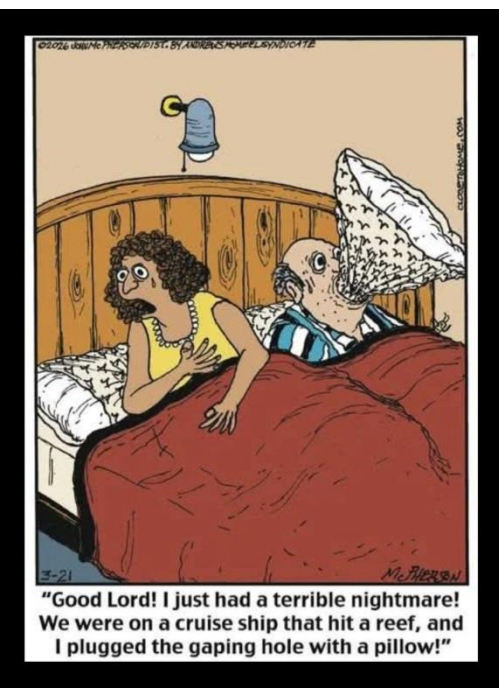
Shirley Streatfield, Laura Towells, Peter Ellis (Methodist)

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





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 PICTURES

Top tip : Make an affordable ride-on mower by simply placing a garden chair atop a sheep.



"It was a poor cruise. Rained a lot. But they had a great buffet - I had two of everything..."



When you're cooking and the recipe says "chill in the fridge for an hour"...



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.

