

8 FEBRUARY 2026

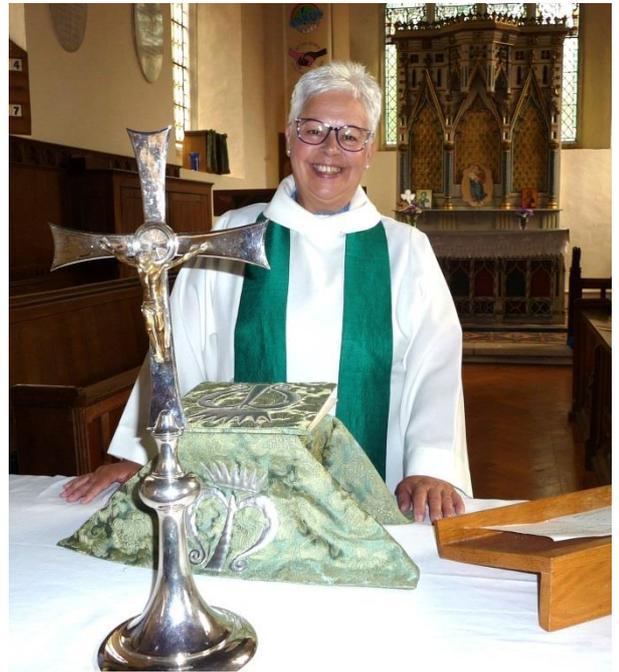
With prayer & faith in God we seek to engage with the community - *inside* we enrich & equip: *outside* we give & care.

A warm welcome from Rev Sally Letman and everyone at St Mary's!

**TODAY'S LINK NEWSLETTER FOR:
8 FEB to 22 FEB 2026**

Inside:

- Page 2: *Worship Timeline:*
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Some strange images created at St Mary's this week - see more on page 13





WORSHIP TIMELINE

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

2026

7 Feb, 10-12am, St Mary's

Deanery Wedding Preparation Day

(All are welcome to this deanery celebratory event)

8 Feb, 9.30am, St John's, **Family Service.**

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

11 Feb, 10.00am, St Mary's, **Benefice Holy Communion**

15 Feb, 9.30am, St John's, Holy Communion.

10.45am, St Mary's, **Family Service Celtic Prayer**

12.00, Midday, **St Mary's Annual Parochial Church Meeting** (All welcome)

16 Feb, 2.00pm, St Mary's **Compassionate cafe**

7.00pm, The Rectory, **Bible Study Group**

17 Feb, 12.30pm, St Mary's **Luncheon Club**

18 Feb, 10.00am, St Mary's,

Ash Wednesday, **Benefice Holy Communion**

22 Feb, 9.30am, St John's, **Family Service**

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

6.30pm, **Churches together in Capel**

23 Feb, 7.00pm, St Mary's, **Lent Group No.1**

"The Two Popes"





***Let's try a familiar Hymn
with a different twist
for Epiphany -***

***It really is Amazing Grace by Phil
Wickham & David Crowder.....***

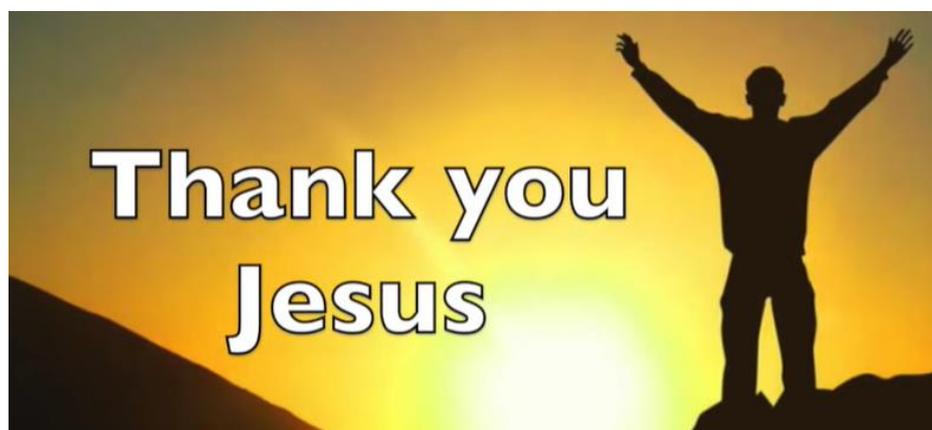
Click here:

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

As recommended and played pre-service last week by Martyn



It Really is Amazing Grace by Phil Wickham and David Crowder is a joyful celebration of God's grace offered to us. Beginning with the hymn Amazing Grace and then spring-boarding into the celebration of freedom found in salvation, this is such a great song.





Readings for Sunday 8 February 2026

New Testament Readings

St Paul's letter to the Romans 8.18-25

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us.

For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God.

We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies.

For in hope we were saved.

Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

Matthew 6.25-34

Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear.

Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?

And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing?



Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these.

But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith?

Therefore do not worry, saying, "What will we eat?" or "What will we drink?" or

"What will we wear?" For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. 'So do not worry about tomorrow, for tomorrow will bring worries of its own. Today's trouble is enough for today.

Sally's Reflection

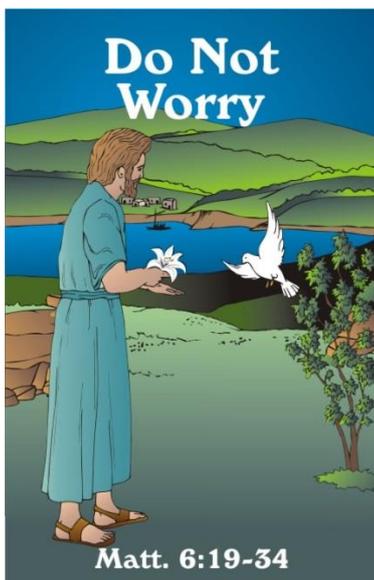
Matthew 6: 25- end and Romans 8: 18-25

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

Everyone has been moaning about the weather; it has been bleak and grey and wet. Someone said to me last week, "*the weather isn't miserable; it's just being the weather. It's our attitude to it.*"

Often moments of intense happiness can feel strange: we might be conscious of it and think, '*oh I feel happy in this moment*', because so often we are overwhelmed with anxieties: what have I got to do, what haven't I done, that complete happiness strikes us as an unusual feeling. We don't allow ourselves it and I wonder why?

I wonder if you can conjure up those moments; the birth of a child, the sight of a loved one, the kindness of a friend; they are often fleeting.



Most of the time we are so busy, preoccupied and worried. We leave little time for pure happiness but snatch only moments. We are so occupied with worry. Worry about the smallest, minute and inconsequential worries that often work themselves out in the end anyway.

Life balances those moments of contented happiness with acute sorrow and worry when we are perhaps worried about our loved ones or even our own health. Jesus too knew joy and intense sorrow and sadness.

In Isaiah 53 we are told Jesus is a 'man of sorrows, and acquainted with grief'. We know he wrestled at Gethsemane with his father's will, we know he wept at the tomb of his friend, Lazarus, and he was sad when people refused to trust God and see the wonderful things he was doing. But these exceptions were dark patches on a bright background, because he was essentially a happy and contented person; driven, yes, focused yes, but he

looked clearly, and saw clearly. He appreciated the fertile Galilee soil, he saw the fish and the birds and had compassion for his people.



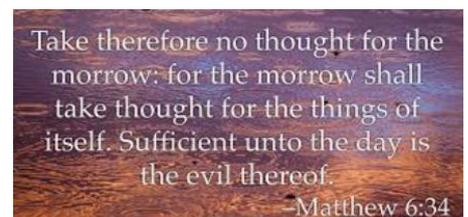
Jesus had a sense of his father's goodness, the creator of the world. The Genesis reading today tells us that there was light and teaming water and we would be fruitful. I wonder if worrying is fruitful for us?

When he told his followers not to worry about tomorrow, we must assume he led by example. He wasn't always looking ahead anxiously; he made the present moment count because he knew what was to come.

He had the skill of living in the moment; God was the priority, not a God who is distant from the world or cares about clothes, or food or shiny things, but a God who is the creator, who has filled the world with wonderful and mysterious things; full of beauty and energy.

He understood that great suffering was to come to His followers; Paul will learn the present sufferings acutely, but knew there would be a later glory. That they and we wait in eager expectation and the children of God will experience freedom and glory. For in Hope we will be saved.

So, when Jesus tells us not to worry about what to eat or drink or wear, he did not want us to wear rags. He loved a party and when he died the soldiers drew lots for his tunic it was of such good quality.



But the point was, **His priorities**: put God first, and the world suddenly looks a lot better and you will experience moments of great happiness and clarity, even at times of great darkness. C. S Lewis put it right, he said, '*don't let your happiness depend on something you might lose*'.

Is that where our anxiety and worry come from? Living totally without worry, feels an impossibility, like living without breathing. We can become so hooked on worry, that when we have nothing to worry about, we worry!

As we turn to face the cross and towards Easter, reflect on Jesus and; for in this Hope we are saved, we can wait patiently with contentment and we wait eagerly for our Father. We need to give up worry as our God has everything in hand. Amen





TOGETHER WE PRAY



Rev Sally leads the 8.30am morning *Together we Pray* service on the Bishop's Facebook site from Monday 2 February for one week.

Click below to hear the readings & prayers from the rectory.

[Bishop of CofE Suffolk | Facebook](#)



Congregation members are interviewed by Tim Holder, Director of Engagement, Ipswich Diocese.



Rev Sally is accompanied in her readings and prays by members of St Mary's congregation.

The services will be retained on the

Bishop's site for one month.

[Bishop of CofE Suffolk | Facebook](#)





**REV SALLY
INTRODUCES:
THE TWO
POPES**



St Mary's LENT COURSE commences on Monday 23 February for four consecutive weeks.

The Two Popes movie is based on a true story and inspired by the real relationship between Pope Benedict XVI and his successor, Pope Francis, after the 2012 Vatican leaks scandal and upon Benedict's resignation.

Don't miss the brilliant acting of Anthony Hopkins & Jonathan Pryce

Lent Course: 'The Two Popes': 'Conscience, Conversion and the Mercy of God - The heart of Lent'

Rev Sally stressed:

"This Lent course focuses on the themes of dialogue in division, reconciliation, discernment, forgiveness, and finding common ground.

"It will explore personal faith journeys and challenging contemporary divides, with sessions focusing on specific scenes from the movie and connecting them to scripture and Christian teachings on mercy, unity, and service, while acknowledging its fictionalized elements."

Session 1: 23 February 7.00pm at St Mary's Rectory (not at the church as on previous occasions);

Session 2: 2 March at the Rectory;

Session 3: 9 March at the Rectory;

Session 4: 16 March at the Rectory.



Rev Sally's Lent courses are not to be missed!

Place the dates in your diaries as soon as possible.....



VIEWPOINT

Katie Lam says: The Church of England must change course on "ancestral guilt"

"Project Spire is ideological virtue signalling based on ignorance"

The Church of England's determination to plough on with its ill-conceived slavery reparations project — dubbed "Project Spire" — is remarkable.

The plan to give away £100 million of parish money to its vanity project was a mess from the beginning, and the problems are mounting up.

New polling released over the weekend shows that 80% of Anglicans say they expect the Church of England to support local churches, rather than spend money on what it sees as past wrongs. The gulf between those who sit at the top of this institution and those who fill its pews could scarcely be wider.

Just before Christmas, I joined a group of parliamentarians in writing to the incoming Archbishop of Canterbury, Sarah Mullally, urging her to put a stop to these egregious plans.

First, the historical basis for the whole thing has been proven to be wrong. The Church commissioned a report into its "links" with the slave trade in 2019, overseen by a "Black-led" group of reparations activists and post-colonialism academics. To the surprise of exactly nobody it concluded that the Church had profited from slavery and was on the hook for millions of pounds' worth of compensation to atone: grants and "impact investments" to be made "through a reparative and intersectional lens".

The report — accepted in full by the Church Commissioners' Board of Governors — made clear this was only the beginning: *"We recommend that the Church Commissioners deliver on their commitment of £100m as an initial allocation from the endowment that may be re-evaluated and expanded in the future."*

No matter that this is divisive. No matter:

- *that this was hundreds of years ago and all the victims are long dead.:*



- *that it embeds a narrative of victimhood that many black people rightly hate;*
- *that human history is an intricate tapestry that cannot be unpicked;*
- *that the British were pioneers in ending slavery — an abhorrent practice widespread throughout history — and spent money, political capital, ships and the lives of navy sailors to tackle it across the world.*

And no matter that the Church was a huge part of that project. Here was a chance for the Church of England to self-flagellate, to flaunt its virtue, and to insert itself into the "discourse", and Justin Welby took it with relish.

Wrong conclusion

The original report was not peer reviewed, or indeed challenged in any way. If it had been, they might have realised that the fundamental conclusion was in fact wrong. The research confused two similarly named assets (South Sea Company shares and South Sea annuities), and when this misunderstanding was untangled, it turned out that though the Church had made investments in slave trade organisations, these were small, brief, and loss-making.

Church leaders could have responded to this error with honesty and humility. Instead, they doubled down.

They stand by the research, and either (depending on the day) claim that it doesn't matter that the investments didn't make any money, or instead that they "received benefactions from individuals likely to have profited" from slavery — an unproven assertion so general as to be worthless.

By this point, various journalists, policy experts, academics and Parliamentarians were starting to notice that something was awry. The CofE, which had previously been merrily firing out press releases about its munificence, took public examination badly.



Questions asked in Parliament were dismissed with generic answers; the details were, "*matters for the Board of Governors of the Church Commissioners*". The Church responded to accusations of secrecy with breath-taking arrogance clothed in the patronising language of moral largesse.

The money that the Church leadership is happily throwing around does not belong to them. The Church Commissioners' Board is a charity, bound by law. Its funds were given for the support of parish

churches, primarily to aid poor clergy. How, people reasonably began asking, can they be used for something else?

The final insult of all this is that the Church desperately needs to show this sort of tenacity, but for its actual job: supporting England's 16,000 Anglican churches. Nearly 1,000 historic cathedrals, churches and chapels across England are at risk of falling into disrepair due to lack of funds and over the past decade 3,500 churches have closed their doors.



Legally and morally, this £100 million must be spent as it was intended: to bolster and protect parish churches, clergy and congregations.

This is a fantastic opportunity to "clean house" and sweep Project Spire away as an ill-conceived legacy of a previous era

Finally, there is hope that the new Archbishop will see sense. Sarah Mullally should send a clear signal that the focus of the Church under her leadership will be the strengthening of parishes, not high-profile and legally dubious vanity projects. This is a fantastic opportunity to "clean house" and sweep Project Spire away as an ill-conceived legacy of a previous era.

Let us pray at least one of those eventualities comes to pass.



Subsequently however Archbishop-elect defends Project Spire against criticism from Parliamentarians.

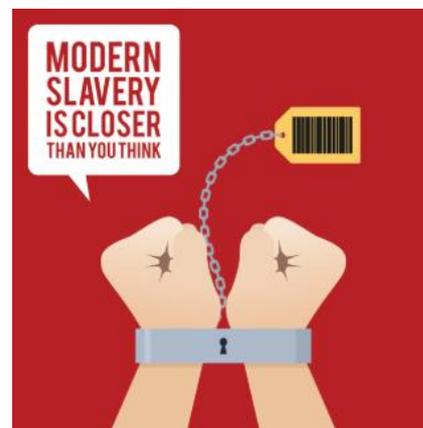
In her response, published in the Church Times, Bishop Mullally said that Project Spire "does not diminish the Church's support of or investment in parish ministry or clergy". She cited the £1.6 billion set to be distributed by the Church Commissioners in the current triennium.

"Our calling to confront historic injustice and our commitment to sustaining parish life therefore both flow from the same Gospel imperative: to love our neighbour as ourselves and to enable all to flourish."

Katie Jane Lotte Lam is a British Conservative politician who has been Member of Parliament for Weald of Kent and Opposition Assistant Whip since 2024



SHOULD THE CoFE NOT BE ADDRESSING ITSELF TO MODERN SLAVERY?



A LINK READER to whom the above **VIEWPOINT** article was shown prior to publication has written:

FACTS: Between 12 - 12.8 million Africans were

"shipped" across the Atlantic over 400 years. 90% of those enslaved were captured by fellow Africans and sold to European Traders.

Additionally, in the 17 & 18C Barbary coast trade, up to 1.25 million European Christians were enslaved by North African corsairs and sold into hard labour on the slave markets in various North African countries.

Today modern slavery accounts for an incredible 1 in 150 people on the entire planet. This includes force labour, sexual exploitation and amazingly hereditary servitude. In Mauritania alone it is estimate that there are still 150 000 people in chattel style slavery. Most are born into servitude.

The number in slavery is a staggering 49.60 million souls. Some 27.60 million into forced labour with the balance in forced marriage (this is different to arranged marriage but there can obviously be some over-lap)

Although perhaps not a totally accurate figure, it is estimated that the total amount of children that are enslaved is 12million.

Enslaved by: * debt bondage; * forced labour; * prostitution; * armies; and * domestic work. Today forced child labour exists in pretty much every industry in the world.

This is just a brief insight into the world of modern slavery that exists right now, today!, The slavery abolition act of 1833 came into force in 1834. In 1807 the slave trade itself was abolished.

The truth is that in the cold light of day and despite being disguised by other names the slave trade is alive and well and sitting on a supermarket shelf near you.

The re-patriation of £100 million to extinguish our ancestral guilt is not being directed to the places where it is needed right now. In the last seven years the Church of England investment portfolio alone has increased by £3 billion - so 100 million is a drop in the ocean. Let us not make another mistake and not let the future generations look back to this time and be sickened by the ignorance of their ancestors as we are sickened by ours.





**ST MARY'S ART FOR
FUN CLUB HOLDS:**

***"Person in a Mask"
day***

*With thanks to Pauline for the pics who said:
"As you can see from the results we all had a
lot of fun creating our person in a mask'*





NEWS from the PEWS

Gill Williams says:

This is the final tribute concert to Chris Green, and includes contributions from Trianon and other members of Ipswich Arts Association, which he founded.

It follows on from the successful Trianon concert '*A Musical Gift Unwrapped!*' held at the Ipswich Corn Exchange on 10 January, when Chris' life and Trianon legacy were celebrated. At this concert the amazing sum of £560 was raised by the local charity *Music in Our Bones* (<https://musicinourbones.com>) who were invited to speak about their work, and carry out a bucket collection. Chris was a great supporter of this charity which runs eight singing communities around Suffolk promoting the benefits that music can bring to all.

At the concert on 14 February there will be a retiring collection for St Margaret's Church.

Concert
Saturday 14th February
4.00 pm

A late afternoon concert of string and choral music performed by members of **Trianon Symphony Orchestra and Choir** and the **Ipswich Gilbert & Sullivan Society**.

This concert remembers Trianon's co-founder, Chris Green, promoter of the arts and of Ipswich.

Warm drinks will be available afterwards and there will be retiring collection to support the maintenance and general repairs of the historic Grade 1 listed St Margaret's Church.

Soane Street, next to Christchurch Mansion.
Parking available in St Margaret's VAP School,
Bolton Lane, IP4 2BT

 www.stmargaretsipswich.org.uk
welcoming people of all faiths and none


St. Margaret's Church
IPSWICH





COMPASSIONATE FRIENDS CAFÉ

At St Mary's Church Hall has its next meeting on Monday 16 Feb @ 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 16 February at 2.00pm. Do come and bring a friend.

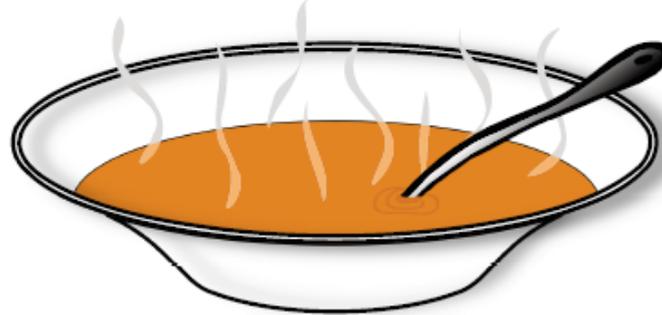
You will leave feeling better! Rev Sally x



St. John's Church, Gt. Wenham

Why not join us for our

Soup & Roll Lunches



All are welcome!

14th February 2026

14th March 2026

11th April 2026

Midday to 1.00 pm

£5 Donation

gratefully received.

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





LADIES MEETING POINT – SUMMER MONTHS NEWS UPDATE



Ondra Butler Says:

As many of you already know, we have decided this group will meet during the summer months only. Many of us are not keen on turning out on dark cold winter nights so will now meet from April through to September. We also intend to arrange a Christmas lunch out in December.

We are now arranging the forthcoming programme and it will be circulated as soon as complete.

We hope this arrangement will encourage more ladies to come along to enjoy an informative and pleasant evening together. Ondra



Happy Birthday in February to:

- 2 Feb Richard Heath
Brian Cartwright
- 11 Feb Claire Cowgill
James W Pendorf
- 12 Feb Hille Peartree
Bill Hayward
- 13 Feb Pat Gladwin
- 16 Feb Jane Tewkesbury
- 18 Feb Steve Ursell
- 19 Feb Brian Rogerson
- 28 Feb David Williams



With thanks to Trevor Bailey





NEWS



**SUFFOLK WELCOMES ITS
FIRST WOMAN BISHOP - Dr
Joanne Grenfell**

More than 800 well-wishers along with young people and Bishops from Tanzania packed Suffolk's cathedral for a service of welcome and enthronement for the 12th Bishop of St Edmundsbury and Ipswich on 24 January.

The service of welcome and enthronement - which was an invitation only event because of the numbers the cathedral can hold - was held on Saturday January 24 at 2.00pm in St Edmundsbury Cathedral.

Bishop Joanne, who will also enter the House of Lords next month and is based in Ipswich, said: *"When it was first announced that I would become Bishop, I visited Suffolk. I was immediately encouraged by the warmest of welcomes offered to me from parishioners in their communities.*

"This service marks my beginning as Bishop and I had been looking forward to meeting so many people there. I now look forward to building on this welcome, strengthening our ties throughout Suffolk and supporting the Church to be the light of Jesus Christ in every community."

When Bishop Joanne first visited Suffolk she met young children at St Michael's Church, Framlingham, and was entertained by the Sing Praise group. These children now also performed in the



service and teenagers had also been invited to ask Bishop Joanne what her role entails doing the service, which had a strong element of young people being involved.

Bishop Joanne said: *"I remember how important both school and church were to me as a child growing up in Teesside during the 1970s and 1980s. It is important to me, as I know it is to others across the county, that we cherish our young people and nurture them as they grow in this world. They are our future."*

Guests attended from across the county and also included Bishops from Tanzania in East Africa where the St Edmundsbury and Ipswich Diocese has enjoyed a reciprocal partnership link since 1994.



(Above) Later in the week Bishop Joanne attended the legal ceremony of the new Archbishop of Canterbury in St Paul's Cathedral. The full enthronement will take place in Canterbury in March.

The Bishop of Dover, Rose Hudson Wilkins, who aids the Archbishop by taking a leading role in the Diocese of Canterbury, makes everyone chuckle on the steps of the cathedral when she says: "it is a 'habemus mamam moment' - meaning "we have a mother".



ROMEO's CHRISTMAS LUNCH



Peter Ellis says: "As our Christmas and New Year celebrations fade into the distance, our eagerly anticipated ROMEO lunches resume and I hope you have the dates marked on your new calendar.

Next Thursday (5 Feb) also sees our darts evening at Shepherd Drive Church on Pinewood. These events are great social occasions and you will be made very welcome.

May I ask for your help please? You should all have received through your door notice of an event in the Village Hall on Saturday morning 7 Feb. Chapel Collaboration Space Village Groups Showcase is an opportunity for organisations to promote their activities and I have booked a place for ROMEO.

As part of the Community for the past 12 years, I felt it would be good for us to have a presence and perhaps attract some new members. I should be grateful for your support during the morning, particularly as I shall have to be away from the stand between 9.15 and 10 o'clock.

The Parish Council clerk has kindly printed us some leaflets for distribution at the event. Please let me know if you're able to help that morning - Peter.





**CHILDREN'S SOCIETY
BOXES
URGENT
REQUEST
NOW!!**



Jean Asks:

Please would all those who have Children's Society boxes let me have them as soon as possible, Bring them to church, deliver them to 3 Days Green or ask me to pick them up from you 01473 310583.

Thank you in advance to everyone who contributes to this very good cause and to those who have already given their boxes. Jean



IN MEMORIAM



St Mary's Birthdays & In Memoriams

At the Parochial Church Meeting on 12 January it was decided that the publication of Birthdays and In Memoriams should cease. The principal reasons were that the former was not actively supported with any enthusiasm by the congregation and that the latter was prone to being outdated and of historic interest only. However, following discussion with Trevor Bailey, the compiler and recorder of the In Memoriams, Trevor pointed out accurately that there are still several of St Mary's congregation who appreciate their recent deceased relatives being remembered in print once a year, and that St Mary's history comprises its passage through time - past, present and future. So the In Memoriam & Birthdays column will continue in the LINK (Although the latter will no longer be celebrated by song in church!).

Trevor and the editor will endeavour to ensure that the In Memoriam list is maintained in as recent relevance as possible.
If any readers have any views on the above please do let either Trevor or me know.



ST MARY'S PRAYER LIST



Hille passes the baton

Hille Peartree has compiled St Mary's Prayer list for many years - and has just now decided to pass on the compiler's baton.

Hille's pastoral contribution to those who have listed names, and those who have prayed for their loved ones, cannot be underestimated. We all owe Hille a huge debt of thanks for her work in encouraging those who are sick to record their names for prayer - and those who have concerns for themselves or family, to join the congregational list.

So the PCC has concluded that no one person will compile the list in future - which will still be present fortnightly in the LINK - and permanently on St Mary's noticeboard and Service Slides.

But it is paramount that we all contribute to adding and removing names where relevant - and thereby bring our church family to God in prayer.

We will also be assisted in the compilation process by ***St Mary's Prayer Group*** which meets regularly to support each other through focused prayer, offering praise, thanksgiving, and supplication for personal needs, the church, and the world, and who create a safe space for spiritual connection, deeper faith, and shared encouragement.

So to remember our prayer sections:

Long-term sick & Housebound: Prayers for the long-term sick and housebound focus on bringing comfort, strength, patience, and a sense of God's presence to those experiencing chronic pain, isolation, or restricted mobility. Those for whom longer-term prayers are required;

Sick: Prayers for the sick often seek divine intervention for physical recovery, strength for the journey, and peace of mind during times of suffering.

These can include those for friends, family, physical recovery, strength, and peace. Some examples include a prayer asking God to heal disease and guide treatments, and a prayer for physical recovery requesting aid and mercy. A prayer for strength and peace asks God to comfort and relieve the sick, and empower those who care for them.

For those making a recovery: Prayers for recovery from sickness often ask for physical and spiritual restoration, comfort, strength, and peace, focusing on God as the ultimate healer, with expressions like asking for dulling of pain, renewal, and trusting in His will for complete healing, emphasizing divine mercy and complete well-being.

Those who have died: focus on seeking God's mercy, eternal rest, and peace for the departed, with common themes including asking for forgiveness of sins, light to shine upon them, and their souls to be welcomed into heaven,



HELPING THE VULNERABLE - WITHOUT JUDGMENT



Gill Peartree (Hille & Trevor's daughter-in-law) tells of her work with the Kettering Town Pastors.

I became involved with Kettering Street Pastors because I care about my community and wanted to serve in a practical way and share Jesus' love outside the four walls of my church (The Salvation Army), meeting people where they are.

Street Pastors is an international movement who are volunteers from different churches who care about the safety and wellbeing of their community. We are known for being a peaceful and practical help in the night time economy being a caring, listening and helpful presence in our communities.

There are approximately 300 teams in towns and cities up and down the country, and are also active in five other countries around the world.



(Left) On the Town - Gill is in the centre in her pastor jacket

We patrol the town centre every Saturday night and Pay Day Friday from 11pm until 3am, providing help and support for everyone who needs it, regardless of their circumstances. We help to ensure everyone enjoys a good night and gets home safely, and to achieve this we work in close partnership with door staff, CCTV and the police.

A particular focus is on those who are vulnerable or in need - whether they're on a night out and have had 'one too many', or have deeper concerns which they need to talk about. We offer a caring, listening ear and a helpful 'can do' approach - no matter whoever, whatever and whenever - and without judgement.

Fantastic group



Our teams hand out flip-flops, lollipops, water and space blankets, and we collect cans and glass bottles from the streets to prevent them causing injury later in the night. We also provide warm food, drink, clothes and sleeping bags to rough sleepers we meet on the streets.



We also patrol on Saturday mornings 10am-12noon in the town centre talking to shoppers and calling into local businesses. Also, once a fortnight we have a 45 minute patrol outside a local secondary school (at their invitation) at home time to engage with the students.

We also have a fantastic group of prayer pastors who cover our teams with prayer for the duration of the patrols - we couldn't do it without them.

Our motto is caring, listening and helping, and we hope that by doing that in a non-judgemental way, the people we meet will see Jesus through our actions

Excellent work you are doing Gill - you must have some fascinating tales to tell!

**Caring,
Listening,
Helping**



CHRISSIE'S HELLEBORE – PHOTO OR ART?

No matter its provenance - Chrissie's winter-flowering Hellebore is just what we need to make us look forward to a time of sun, warmth and rain-free days.



Capel Parish Nurses need our support

Gill Durrant, chair of the Capel Nurses Trustees (pic right) writes:

Due to retirement the Trustees of Capel Parish Nurses are



seeking to appoint two new Trustees. For one of these positions a financial background is desirable. If you would like to be part of this worthwhile service please contact treasurer@capelparishnurses.org.uk for a chat and further information.



At St Mary's service Capel Nurse Caroline Ursell (pic left) laid out the duties of a trustee:

- Ensure the charity is carrying out its purposes for the public benefit.
Knowing how the charity is fulfilling its purposes and benefiting the public.

- Comply with the charity's governing document and the law.

About being familiar with the governing document and are aware of other laws that apply to the charity.

- Act in the charity's best interest.

About making balanced and informed decisions, recognising and dealing with conflicts of interest.

- Ensure the charity is accountable

About managing risks, having and following appropriate controls and procedures.

- Manage the charity's resources responsibly

About using your skills and experience and being prepared in case something goes wrong.

- Act with reasonable care and skill

About meeting legal accounting and reporting requirements and ensuring staff and volunteers are accountable to the board.

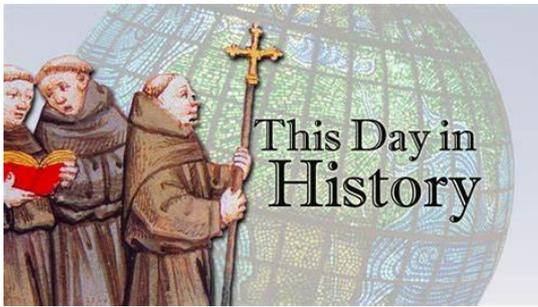


(Left pic - Tracey Paylor, Capel Nurse)

Capel Parish Nurses are self-financing and are registered as a CIO (Charitable Incorporated Organisation) and with the Charity Commission, number 1173638, since 06/2017. As a charity it is run by Trustees.

It raises funds through grant applications to a variety of grant-making bodies. It also appreciates one-off personal gifts.





8 FEBRUARY 1795

WESTON LONGEVILLE, NORFOLK

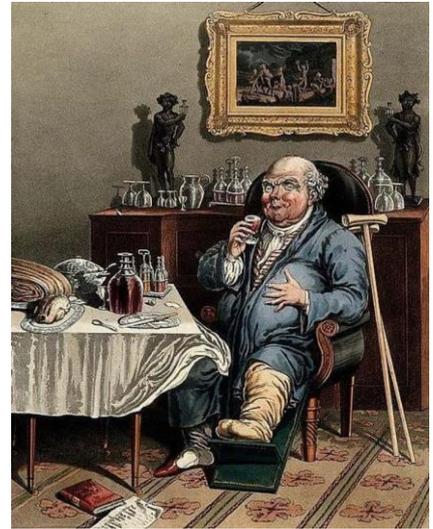
Parson Woodforde wimps out from taking the Sunday service.

Severe, cold weather still continues, froze again within doors. In the afternoon some snow. I am afraid now that we shall have more of it - the New Moon being now three days old, and no appearance of a change.

Gout much better.

I fully intended to have gone to church and done my duty this afternoon at Weston Church but the weather still continuing so severe I thought too dangerous for me to venture to go into a damp church and walking upon snow.

Having not left off my flannel-lined second gouty shoes, therefore sent word to my parishioners that there would be no service.



There was fifty shillings worth of bread given again this day in 3 of the afternoon to the poor of Weston. The bread seemed larger than Doughty's and lighter but not baked so much as Doughty's.

Dinner today shoulder of mutton roasted etc., all our dinner was very nicely cooked indeed.





In Loving Memory

IN MEMORIAM

With thanks to Trevor Bailey

| | | |
|--------|----------------------------|------|
| 1 Feb | Frank Richard Wright | 1995 |
| | Colin Bevington | 2016 |
| 3 Feb | Philip Roger Blurton | 2002 |
| | Jill Pamela Gooderham | 2005 |
| 5 Feb | Paul John Osborne | 2025 |
| 4 Feb | Marjorie Hilda McArthey | 2012 |
| 6 Feb | Gordon Wright | 1974 |
| 8 Feb | Amy Oldfield | 1984 |
| 12 Feb | Thomas Oldfield | 1993 |
| | Tim Gooderham | 2016 |
| 13 Feb | Giles Langton | 2019 |
| 15 Feb | Angela Alice Adams | 2017 |
| 16 Feb | Benjamin James Alcock | 1992 |
| 17 Feb | Gladys May Rush | 2006 |
| 18 Feb | Edith Anne Hearne | 1999 |
| | Daniel George Goyder | 2004 |
| 20 Feb | Ruby Virginia Sybil Sporle | 1998 |
| | Beryl Muriel Leeks | 2017 |
| 23 Feb | Peter Walker Chapman | 2008 |
| | David Leon Pollock | 2013 |
| 25 Feb | Valerie Symonds | 2013 |
| 28 Feb | Lisa Jane Fuller | 1998 |
| | Doreen Pamela Poulter | 2003 |
| 29 Feb | Joan Winifred Matthews | 2008 |

*In Loving
Memory*

*In Loving
Memory*



St Mary's Hall Bookings compiled by Valerie Franklin

February 2026

FEBRUARY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|--|--|---|--------|------------------------------|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 10.45 Candlemas 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 18.15-19.30 Qi Gong | | 10.00-12.00 Wedding Prep Day |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 10.45 2nd Before Lent 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 18.15-19.30 Qi Gong | | |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 10.45 Next Before Lent Family Service Jim/Sally APCM 12.00 | 10.00-12.30 Art Club 14.00 Compassionate Cafe 18.15-19.30 Brownies | 12.30 Lunch Club 18.00-19.00 Rainbows | 10.00 Midweek Communion (Ash Weds) 17.00-20.00 Street Dance | 9.30-10.30 Pilates 18.15-19.30 Qi Gong | | |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 10.45 Lent 1 Communion Sally/Adrian Churches Together (Evening) | 10.00-12.30 Art Club 18.15-19.30 Brownies 19.00 Lent Course 1 | 18.00-19.00 Rainbows | 10.00 Midweek Communion 17.00-20.00 Street Dance | 9.30-10.30 Pilates 18.15-19.30 Qi Gong | | |





PRAYER LIST FOR 8 FEBRUARY 2026

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 Becky Garland, the new East Bergholt school chaplain,

LONG-TERM SICK AND HOUSEBOUND

Pat Gladwin, Becky Carpendale, Rachel Martin, Brenda Green, Zoe and family

SICK

Kevin Austrin, Penny & David Thompson,
Rev Stephne. Molly Johansen, Sandy Mansfield,
Geoff Cox, Pauline Stark, Andrew Skinner,
Barbara Rogers, Doreen Parker, Eric Doe,
Malcolm & Chris Fenn, Peter Ellis (Methodist), Angie Heath.

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Laura Towells, Zena Steward

FOR THOSE WHO HAVE DIED

Joanna Carrick (Red Rose Theatre founder)

Please contact briancrogerson@btinternet.com

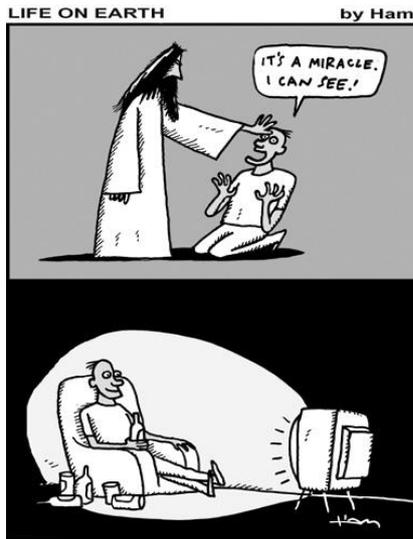
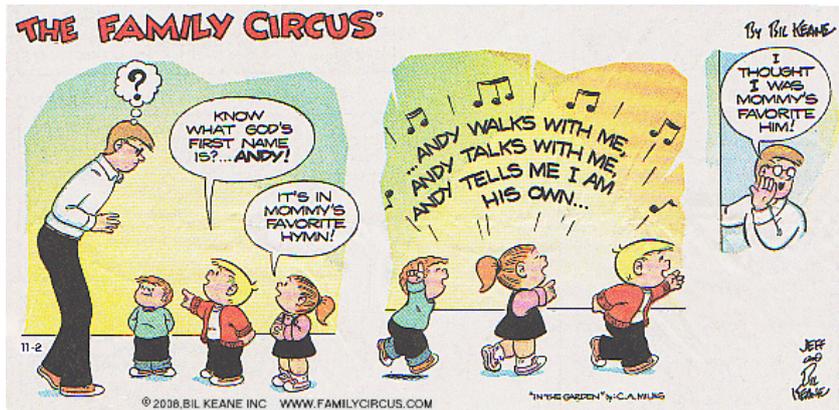
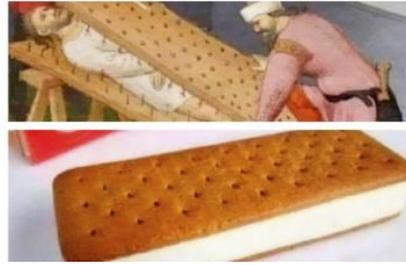
For new entries - or if people have made a recovery



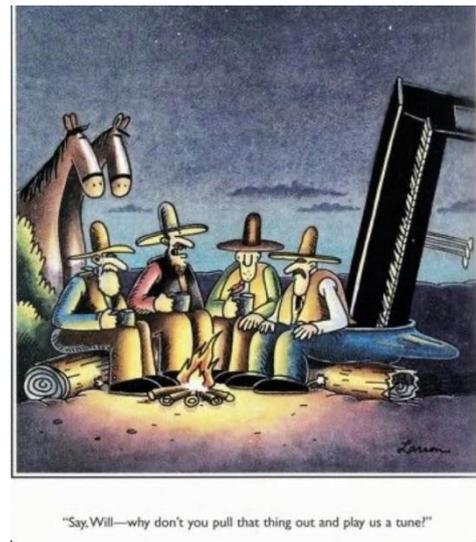
Points to Ponder



A lot of modern things originated in the Middle Ages. Here is one example:



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Never in the history of calming down has anyone calmed down by being told to calm down



A father was reading Bible stories to his young son. He read, "The man named Lot was warned to take his wife and flee out of the city, but his wife looked back and was turned into a pillar of salt."



His son asked, "What happened to the flea?"



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 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.....

My dog just got a haircut and now it looks like he gave up drinking and got his life together.....



I don't care how many Legos it takes - I want it done by naptime.....



Say what you will about the Middle Ages, but the period couldn't have been all dark and barbaric if scribes thought to give animals on Noah's Ark portholes to look through....



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.

