

8 MARCH 2026

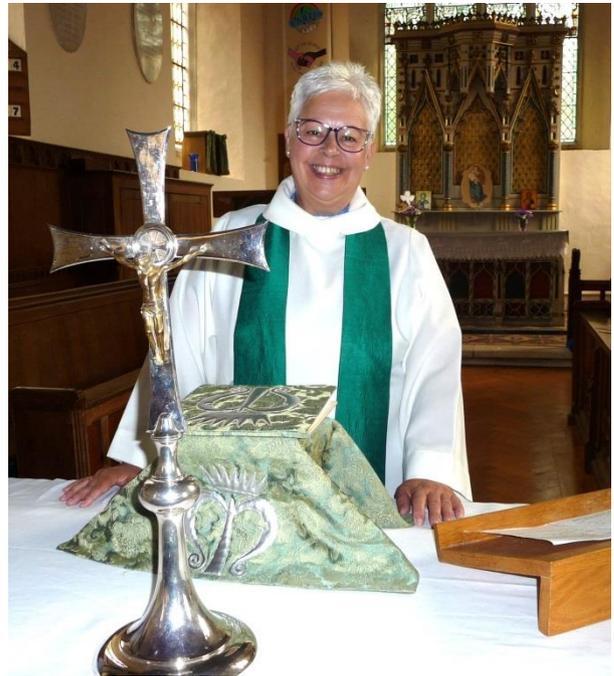
*With prayer & faith in God we seek to engage with the community - **inside** we enrich & equip: **outside** we give & care.*

A warm "Welcome Home" from Rev Sally Letman and everyone at St Mary's!

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

Inside:

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WORSHIP TIMELINE

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

2026

8 Mar, 9.30am, St John's, *Morning Prayer.*
10.45am, St Mary's *Holy Communion.*

9 Mar, 7.00pm, St Mary's Rectory, *Lent Group No.3*
"The Two Popes"

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

15 Mar, 9.30am, St John's, *Holy Communion*
10.45am, St Mary's,
Mothering Day Family Service

16 Mar, 2.00pm, St Mary's *Compassionate Cafe*
7.00pm, St Mary's Rectory, *Lent Group No.4*
"The Two Popes"

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

18 Mar, 10.00am, St Mary's, *Benefice Holy Communion*

21 Mar, 10-12midday, St Mary's Church
Spring Clean Up

22 Mar, 9.30am, St John's, *Family Service.*
10.45am, St Mary's, *Holy Communion.*

25 Mar, 10.00am, St Mary's, *Benefice Holy Communion*

26 Mar, Capel Primary School, *Easter Experience*

29 Mar, *Palm Sunday*, 9.30am, St John's, *Holy Communion.*
10.45am, St Mary's, *Holy Communion*
6.30pm, *Churches together in Capel*

31 Mar, 10am to 2pm St Mary's, *Spud Club*





Let's try a familiar Hymn for Lent -

Guide Me O Thou Great Redeemer.....

Click here:

<https://www.youtube.com/watch?v=ZAN4EojeFOY>

As played by our organist Carole last week



The Welsh hymn "Guide me, O thou great Redeemer" (often "Guide me, O thou great Jehovah") was written in Welsh by William Williams Pantycelyn (1717-1791) in 1745.



The famous English translation was provided by Peter Williams in 1771, and the popular tune, "Cwm Rhondda," was composed by John Hughes in 1905



For a variety of reasons it is a favourite hymn of Rev Sally.



Readings for Sunday 8 March 2026

Third Sunday of Lent

Jesus and the Samaritan Woman

John 4, 5-42

So he came to a town in Samaria called Sychar, near the plot of ground Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired as he was from the journey, sat down by the well. It was about noon.



When a Samaritan woman came to draw water, Jesus said to her, *"Will you give me a drink?"* (His disciples had gone into the town to buy food.)

The Samaritan woman said to him, *"You are a Jew and I am a Samaritan woman. How can you ask me for a drink?"* (For Jews do not associate with Samaritans.)

Jesus answered her, *"If you knew the gift of God and who it is that asks you for a drink, you would have asked him and he would have given you living water."*

"Sir," the woman said, *"you have nothing to draw with and the well is deep. Where can you get this living water? Are you greater than our father Jacob, who gave us the well and drank from it himself, as did also his sons and his livestock?"*

Jesus answered, *"Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life."*

The woman said to him, *"Sir, give me this water so that I won't get thirsty and have to keep coming here to draw water."*

He told her, *"Go, call your husband and come back."* "I have no husband," she replied.

Jesus said to her, *"You are right when you say you have no husband. The fact is, you have had five husbands, and the man you now have is not your husband. What you have just said is quite true."*

"Sir," the woman said, *"I can see that you are a prophet. Our ancestors worshiped on this mountain, but you Jews claim that the place where we must worship is in Jerusalem."*



"Woman," Jesus replied, "believe me, a time is coming when you will worship the Father neither on this mountain nor in Jerusalem. You Samaritans worship what you do not know; we worship what we do know, for salvation is from the Jews.

Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in

the Spirit and in truth."

The woman said, *"I know that Messiah" (called Christ) "is coming. When he comes, he will explain everything to us."*

Then Jesus declared, *"I, the one speaking to you—I am he."*

The Disciples Re-join Jesus

Just then his disciples returned and were surprised to find him talking with a woman.

But no one asked, *"What do you want?"* or *"Why are you talking with her?"*

Then, leaving her water jar, the woman went back to the town and said to the people, *"Come, see a man who told me everything I ever did. Could this be the Messiah?"*

They came out of the town and made their way toward him.

Meanwhile his disciples urged him, *"Rabbi, eat something."*

But he said to them, *"I have food to eat that you know nothing about."*

Then his disciples said to each other, *"Could someone have brought him food?"*

"My food," said Jesus, *"is to do the will of him who sent me and to finish his work. Don't you have a saying, 'It's still four months until harvest'? I tell you, open your eyes and look at the fields! They are ripe for harvest.*

"Even now the one who reaps draws a wage and harvests a crop for eternal life, so that the sower and the reaper may be glad together.

"Thus the saying 'One sows and another reaps' is true. I sent you to reap what you have not worked for. Others have done the hard work, and you have reaped the benefits of their labour."

Many Samaritans Believe

Many of the Samaritans from that town believed in him because of the woman's testimony, *"He told me everything I ever did."*

So when the Samaritans came to him, they urged him to stay with them, and he stayed two days. And because of his words many more became believers.

They said to the woman, *"We no longer believe just because of what you said; now we have heard for ourselves, and we know that this man really is the Saviour of the world."*

Sally's Reflection

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

We are in the third Sunday of Lent; of praying and fasting and reflecting and the lectionary people know we need feeding and encouragement and hope. We are told in the final line of the reading: *'we know this is truly the Saviour of the World.'*

This is a truly beautiful story; imagine the scene. It is midday and very hot and Jesus has walked a long way and he is tired and he stops to rest at Jacob's well. He cannot drink as he has no cup and no way of bringing up the water. A Samaritan woman comes to the well.

The Samaritans were outcasts and this woman comes quietly at midday. At midday? Who comes to get water at the hottest time of the day? The women come early, chattering and gossiping and sharing their news. Not this woman. An outcast among outcasts, she has come at a time that ensures she meets no one; not for her the camaraderie of the women at the well in the morning.

Jesus is alone with this woman. This is in itself shocking. Devout Jewish men would not allow themselves to be alone with a woman; that could lead to gossip, to immorality and we see later how startled the disciples are when they find him.

Secondly the woman is a Samaritan; ever since the Jewish exiles had returned from Babylon to find their country occupied there had been fights and skirmishes and now they ignore each other in a grudging avoidance. They would not mix and they would especially not use utensils given their strict food laws and Jesus is asking this woman for a drink!

Jesus knows this woman, knows why she is there alone and yet asks her for a drink and engages her in conversation.

A conversation with double meaning; because Jesus talks at a heavenly level and we listen at an earthly level.



'Living water' meant running water, clean, pure and Jesus means something else, a water that runs and points us in a direction.

It is a spring bubbling up inside you refreshing you with a new life which has come into the world with Jesus. The promise of new life in water and the Holy Spirit but the conversation is cryptic and puzzling. This living water will change her life and her life needs to change.



She has been living in, if you like, stagnant water, with her difficult and failed relationships, she has been humiliated and badly treated and Christ tells her to go and change.

Jesus sees into her and into us, but she challenges him, 'are you greater than our ancestors?' a bit like when we say, '*Oh I don't go to that church, I don't like the vicar!*'

God offers a new life to everyone who will turn to the fresh running water: Jesus' mission is to bring the life of heaven to birth on earth. And he says to the woman; it is me!

The woman runs to tell everyone, and the disciples worried for Jesus urge him to eat. As water is life so is the bible his food; as the time is right for the harvest so must we reap and sow, and to keep on labouring. We must testify and spread the word; the lady at the well became an evangelist.

She told the Samaritans and they believed her. We listen too, we read and understand and believe and then we tell others that He is truly the saviour of the world! Amen



Happy Birthday in March to:

- 2 March *Mel Sutcliffe*
 Rachel Martin
- 4 March *Beverley Dowsett*
- 11 March *Malcolm Fenn*
 Ruth Cowell
- 13 March *Gill Williams*
- 23 March *Molly Johansen*
- 29 March *Amy Williams*
- 21 March *Rita Hurcombe.*



With thanks to Trevor Bailey





**A MESSAGE FROM
OUR
CHURCHWARDEN**



SATURDAY 21 MARCH 10.00am to 12 NOON

Mel says:

As I write the weather has been grey for it seems a long time.

However the snowdrops have pushed their way out and the daffodils are beginning to appear and this of course indicates that spring is getting ever nearer.

With this in mind I write to seek volunteers to help with our **Annual Spring Clean**, This year it will be held on Saturday 21 March between 10am and 12 noon. It would be lovely to get the Church and Hall looking at its best for Easter.



Paul Adams and I spend time over the year to keep the Churchyard and the inside of the church as tidy as possible along with other helpers who regularly clean the Church and Hall.

The chairs and tables are looking tired and it would be lovely to spruce them up a bit.

Please note the date and time and if you have the time and energy I would love to see you on the 21st.

Mel Sutcliffe





MAJOR REPAIRS NEEDED TO ST MARY'S NAVE ROOF



*Last week's LINK we reported:
Ed Dale from St Mary's Fabric Committee explaining:*

The repair works comprise the conservation-led repair of the east end of the south aisle roof to the church. These include the opening-up of existing roof coverings, the temporary stabilisation of the affected structure, and the repair, strengthening and reinstatement of historic timber members. That is to say the east and south fluted wall plates, Primary Rafter, Purlin and associated rafters and decorative timber elements. The project also includes reconstruction of the lead-lined back gutter, renewal of the zinc standing seam roofing finish, reinstatement of the displaced Solar Photovoltaic (PV) panels, and the making good of all affected internal and external finishes.

The repairs are required to the south aisle - shown to the right of the above photos.

However we INCORRECTLY reported Ed as saying that: "The work on the roof will last for up to 20 months and cost in excess of £150,000."

The correct timeline for completion, as estimated by Ed, should have been - "up to 20 weeks".



*Our very first step is a brilliant new enterprise by The Friends - **Going for Gold***

See below.....

GREAT NEWS FOR CHURCH FABRIC FUNDRAISERS

(As St Mary's assesses the market for renovation grants)

Places of Worship Renewal Fund- an update by Matthew Lagdon, partner at Church Grants

We've received the following excellent update via our friends at the Historic Religious Buildings Alliance

The following information has been released by Historic England about the Renewal Fund.



- A new £23 million per year capital fund for listed places of worship in England is being launched later this year, replacing the Listed Places of Worship Grant Scheme;
- The new scheme will be called the ***Places of Worship Renewal Fund***;
- The new Fund will be for urgent capital repairs and will be administered by Historic England, with a focus on areas of greatest need but with flexibility to support those places of worship that play a vital role in their local community;
- Only listed places of worship in England, in active use (minimum six services per year), are likely to be eligible;
- Projects that are predominantly focused on routine maintenance will not be eligible for support under this Fund;
- The Fund is currently being designed in consultation with the sector and will need to go through a Treasury approval process before it is launched. Further details of the Fund will be made available as soon as they are approved. We hope this will be in the Spring;
- The objectives of the Fund are to target support to where it is most needed and where it will have most impact. Considerable thought is being given to make the application process as streamlined as possible and to ensure arrangements are in place to support potential applicants

Previously the Director of Fundraising for St Pauls Cathedral in London, Matthew has a wealth of practical experience of fundraising for churches and cathedrals. Matthew holds particular expertise in legacy management and congregational giving.

The revelation partly offsets the bad news that the Listed Places of Worship VAT reclaim scheme has been scrapped (Nice one Rachel!) and will cease at the end of March 2026.

ST MARY'S CHURCH IS:



The Great St Marys Melt Down

Jim Kelland explains this important new fundraising initiative:

Here at St Marys, we are starting to oil the wheels of the mission that has been set before us.

Raising funds for the new repairs that the church requires are starting in earnest.

One such way you can help is to have a look around for any pieces of gold jewellery.

We are looking literally for any odd pieces: broken items, odd earrings or cufflinks and the like,

We are ***not*** looking for anything that is precious to you but things that you have forgotten about sitting in a drawer somewhere.

We have had our first melt and will be collecting throughout the whole process.
May thanks in advance

Please start searching !!

If you have something to donate, please contact Jim Kelland on 07803133183

In addition The Friends are running an exciting QUIZ NIGHT (see below)





THE FRIENDS OF ST MARY'S

FUN QUIZ NIGHT

Friday 27th March 2026
7pm for 7.30pm

ST MARY'S CHURCH HALL

Teams of up to 6 people
£5 per person

Bring your own drinks and nibbles!

Register your team with Julie on
07539 249234



*Forget your stiff and starchy and predictable quizzes of old - **Julie's Fun Quiz Night** is very different and full of unexpected twists and turns - great fun and not to be missed!!*

BUT PLEASE BE QUICK - THE TABLES ARE GOING FAST!!!



VIEWPOINT

Lent for the weary:

Rethinking the season as *rest*, not *religious hustle*

by Ayoola Bandele

Lent has a way of arriving right when many of us are already tired.

Not always the dramatic kind of tired but the kind that makes you cancel everything and hide under your duvet.

I mean the quieter exhaustion that sits in the background of ordinary life; a full calendar and an even fuller mind, the mental load, the low-level anxiety, the constant feeling that you're a few steps behind everyone else.

And then Lent appears on the calendar. And you can almost hear the inner sigh.

If you grew up with Lent, you might remember it feeling serious. As a child, I remember Ash Wednesday being marked with real weight, a visible reminder that this season was meant to slow you down and wake you up. It felt sacred, even when you couldn't fully explain why.

Now Lent can almost feel like something else entirely. For instance, in the UK, I've often heard people casually say, "*I'm giving up Instagram for Lent*," or "*I'm cutting sugar*," or "*I'm doing a cleanse*."

Sometimes those choices are genuinely helpful. Sometimes they're a healthy boundary. But sometimes it also leaves Christians quietly wondering: Is that what Lent has become? Just another self-improvement project with a spiritual label?

If you're already weary, Lent can start to sound like spiritual pressure: try harder, do more, prove you're serious.

But what if Lent isn't meant to drain you?

What if Lent is God's gentle invitation to come home — not to perform, but to breathe again? Not a push but a pause?

Lent was never meant to break you.

At its best, Lent is a season of preparation. A slower walk toward Easter that makes space for prayer, reflection, repentance, and renewal. It's a time to notice what has been shaping us and to choose, again, what we want to be shaped by.

That matters, because many of us arrive at Lent already feeling like we're failing. Failing at consistency. Failing at focus. Failing at being "strong."

So we pile Lent on top of everything else ... and our souls end up more burdened than blessed. But Jesus doesn't begin with a demand. He begins with an invitation: "*Come to me, all you who are weary and burdened, and I will give you rest.*" (Matthew 11:28) That's the heartbeat of a gentler Lent. Not a religious workout. A holy exhale.

If you're weary, here are three simple ways to practise Lent without turning it into pressure.

- ***Choose one small "return," not a full spiritual overhaul.*** When we feel spiritually distant, the instinct is to fix everything at once. We set ambitious plans: longer prayers, earlier mornings, stricter habits, perfect discipline. It's well-intentioned ... but it often backfires.

Because real life still happens. Work is still busy. Children still need you.

Your responsibilities still exist. Your energy still fluctuates.

And then shame creeps in: I can't even do Lent properly.

Five minutes of quiet before you touch your phone. One Psalm read slowly, not rushed like a task. One honest prayer whispered on the commute. One walk where you talk to God like a real person, not a religious script.

The goal isn't to impress God. It's to return to Him.

God is not measuring your effort with a stopwatch. He honours the smallest "yes." Sometimes the most spiritual thing you can do is come back gently without theatrics.



- ***Fast from pressure, not just pleasure***

Fasting can be powerful but it isn't one-size-fits-all.

For some people, food fasting isn't wise or possible. For others, strict fasting can become tangled with guilt, control, or exhaustion.

So here's a question that can be even more transformative: What is crowding God out right now?

Sometimes it's not chocolate. It's pressure. Pressure to be impressive. Pressure to be productive. Pressure to hold everything together. Pressure to "bounce back" quickly and look fine while you're not fine.

Some of us don't need a stricter Lent, just one that doesn't treat weakness as failure because Jesus never did.

- **Practise spoken Scripture as a daily anchor** there's a simple discipline many believers quietly return to in demanding seasons: speaking Scripture out loud. Not as a magic formula. Not as denial. But as a way of gently renewing the mind, especially when your thoughts won't switch off.

Try this during Lent: choose one verse for the week and speak it softly morning and night. Not perfectly. Just consistently. Like you're putting your soul back in the right direction.



A Gentle Lent Reset (try this today)

If you don't know where to start, start here. Three small steps — no pressure, no performance.

Return: one honest sentence to God: "Lord, I'm here. I'm tired, but I want You."

Release: one thing you've been carrying that isn't yours to hold: "I release the pressure to be okay all the time."

Replace: one anxious thought with one Scripture truth you can say out loud:

"God is my refuge and strength" (Psalm 46:1).

"In quietness and trust is my strength" (Isaiah 30:15).

That's it. You've begun. Not with striving but with surrender. Not with guilt but with grace.

Lent isn't a performance. It's a homecoming. One of the tender gifts of Lent is that it gives us permission to be honest. Honest about what we've been avoiding. Honest about what has been forming us. Honest about how tired we really are.

Ayoola Bandele is a faith writer and founder of Daily Bible Declarations, a global Scripture-based hub for Biblical declarations (spoken Scripture) and faith-based mindset renewal.





8 MARCH 1969

"It seems as if winter in England goes on forever; by the time spring comes, you really deserve it," writes *George Harrison* in 1969.

"So one day I decided I was going to 'sag' off. I went to Eric (Clapton's) house."

There, seeking solace from the endless meetings at Apple, the Beatles' fledgling



company, he wanders in the garden, the sun warming his face. It inspires one of the most unforgettable sounds of the *Abbey Road* album: *Here comes the sun*.

Elsewhere, he describes the song on holiday in June, and its recorded at Abbey Road studios in July.



8 MARCH 1876

"Out in a frightful storm - the wind so bitter I had to take my hat off to guard my face, leaving my head to take care of itself": *John Ruskin, Brantwood, Coniston*.



8 MARCH 1940



"I realised, quite suddenly, that spring had come....in the lee of a small pine wood I leaned my back against a tree and was aware, all at once, of the sunshine, warm on my closed eyelids, the clamour of the larks, the muted sea-sound of the wind in the high branches.

And though the snow still lay in long runnels behind the walls and the grass was lifeless and winter-yellowed, there was a feeling of change; almost of liberation."

James Herriot, Country Veterinarian, Yorkshire,





NEWS *from the* PEWS

St Mary's Tattlingstone – the next chapter....

Lyn Tomlinson, churchwarden says:

"St Mary's Church has been at the heart of Tattlingstone for centuries; a place of worship, gathering, and shared history.

Now, with support from the National Lottery Heritage Fund, we are beginning an exciting new project to protect and celebrate this special building and the stories connected to it."

STOP PRESS: Both events will commence at 11.00am.



OFFICIAL OPEN WEEKEND

28th – 29th March

Time tbc

Venue: St Mary's, Tattlingstone

Come and join us in the Church for the official opening and a chance to see the completed work and the reconfigured space at St Mary's.

TATTINGSTONE HISTORY EXHIBITION

28th – 29th March

Time tbc

Venue: St Mary's, Tattlingstone

Discover the fascinating story of the church and its place in the life of the village. Through images, documents and artefacts, the exhibition aims to bring to life centuries of heritage and community.





COMPASSIONATE FRIENDS CAFÉ

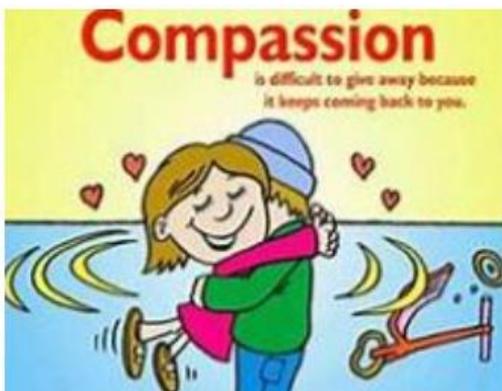
At St Mary's Church Hall has its next meeting on Monday 16 Mar @ 2.00pm



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 March at 2.00pm. Do come and bring a friend.

You will leave feeling better! Rev Sally x





The Friends of St Mary's
Registered Charity Number 286971

FRIENDS OF ST MARY'S CHURCH

*Is holding a new wine tasting evening
celebrating the wines of Germany &
Austria.*

10 April 2026 at St Mary's Church Hall



***Jim Kelland says: "The entry price stays at £20
each - so please contact me on 07803 133183 for
tickets."***

***The evening starts at 7.00pm with a welcoming drink and gets fully
under way at 7.15pm.***

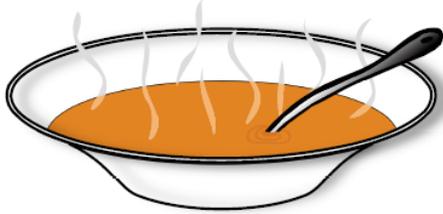
***Tasties and culinary goodies with an Austro-German flavour with thanks
to Sarah.***



St. John's Church, Gt. Wenham

Why not join us for our

Soup & Roll Lunches



St John's 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



THE FRIENDS OF ST MARY'S

FUN QUIZ NIGHT

St Mary's Fun Quiz Night

Friday 27th March 2026
7pm for 7.30pm

ST MARY'S CHURCH HALL

Teams of up to 6 people
£5 per person

Bring your own drinks and nibbles!

Register your team with Julie on
07539 249234





Chris Yule writes:

Ipswich Chamber Choir will perform an evening of poignant music in the chapel at St Joseph's College, Ipswich, IP2 9DR, on the 21 March 2026.

The concert will begin with Mark-Anthony Turnage's Two memorials, played by saxophonist Sophie Burrows

A new choral work commissioned by Sir Nick and Lady Young, will celebrate the life of former Ipswich schoolboy Alex Young, who died tragically in 2014, aged just 28.

Carry me Home was written by talented composer Ben Ponniah, who like Alex Young was a pupil at St Margaret's School in Ipswich. The bass soloist will be Jeremy Burrows and we will be accompanied by pianist Andrew Leach and a string quintet, led by Nicholas Ward.

Fauré's Requiem is perhaps his most gentle and consoling work, much loved by singers and audiences alike. We feel it is a fitting work to uplift the audience as the finale to this moving concert.

Pre-concert drinks from 6.30pm. We will welcome the young suicide prevention charity Papyrus. Their CEO Ged Flynn, an inspirational speaker, will speak briefly about the charity and provide an opportunity to make a donation supporting their valuable work. See more at <https://www.papyrus-uk.org/>

Concert 7.30pm. Duration approx. 90 minutes including interval.

Tickets £20, 18 and under free, are available from our website ipswichchamberchoir.org.uk via the WeGotTickets link and from members. **Free parking** and toilets will be available.



IPSWICH CHAMBER CHOIR
Benedict Collins Rice Music Director

Presents the world premiere of

Ben Ponniah
CARRY ME HOME
& Requiem
Gabriel Fauré

Saturday 21st March 2026, 7:30pm
St Joseph's College Chapel, IP2 9DR



Tickets £20 per person
Under 18, free
Pre-concert drinks from 6.30pm





Beverley announces a "FIRST" for St Mary's Church

MAKE & MINGLE

Starting Wednesday 8 April on a monthly basis.

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

Beverley says: "This is an opportunity for us to come together for two hours to Make and/or Mingle.

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





LADIES MEETING POINT – 2026 NEWS UPDATE

Ondra Butler Says:



As you know we have decided to meet during the summer months only this year. Hopefully this will encourage more ladies to come along, as we appreciate that turning out on dark cold winter evenings is not so appealing. The committee remains the same and volunteers for prayers, vote of thanks and refreshments would be appreciated.

The charge for membership will be £5, plus £2.50 per meeting. Guests will be charged £4. These charges will hopefully cover ongoing expenses. Below is the planned programme and we hope that you and any friends will support this group.

2026

- | | | |
|----------|------------------------------------|---------------------------|
| APRIL 7. | Truffle Making. | <i>Val Bridgeman</i> |
| MAY 5. | The Role of a Parish Nurse. | <i>Caroline Ursell</i> |
| JUNE 2. | Women of Felixstowe. | <i>Catherine Buchanan</i> |
| JULY 7. | The Canary Girls - Muniton workers | <i>Sandra Gold-Wood</i> |
| AUG 4. | More Royal Occasions. | <i>Ken Stone</i> |
| SEPT 1. | AGM & Fish & Chip Lunch | |
| DEC 1st. | Christmas Lunch | |





Julie organises the St Mary's stand at the recent Community Centre Open Day



Julie says: "the event was well attended and we had chats with several people about the different clubs we organise within the church."

"One pleasing result was that we saw a new face at the most recent compassionate cafe."



CHRISSIE'S PHOTO-ART CORNER: What did the fox say to the magpie?



Chrissie Hart is our esteemed photo contributor.

Forwarding this superb example to us she

explained:

"Whilst at a hide to photograph Buzzard & Kites a local Fox appeared as did several Magpies. With a little post-processing manipulation and the introduction of a pleasant summer sky I hoped to make an image showing the character of the two species, worthy of a place on anybody's wall."



**ITS
LENT BASICALLY....**





MELISSA'S NATURE PAGE

"THE MOLLYS - WHAT DID I WITNESS?"

Melissa said:

A dull, repeated drum beat; distant fires. Down the dark hill marched a strange procession, lit by lanterns and flaming torches: stony-faced men in antique costume, women shrouded in black with garlands of twigs and ivy on their heads.

The crowd, now silent, parted to let them pass.

They took up position, the women grouped silently around their instruments:

melodeons, recorders, drums, a tea-chest bass.

The men stood in a rough half-circle facing outwards, hands behind their backs, outstaring the spectators. It was time for the dancing to begin.



"Possibly the strangest experience I've ever had in my life." - John Peel, BBC Radio 1 (November 2003).

"Dance macabre: Suffolk troupe revives rural tradition of the menacing Molly. Looking sinister is essential. Not for nothing are they called 'Morris dancers with menace'." - The Guardian

Have any LINK readers have experience of this mysterious group? Can you shed the light on their origins - what is it all about? It certainly spooked Melissa Harrison - our nature writer.

Melissa Harrison is a novelist, children's author, journalist and nature writer. She contributes a monthly Nature Notebook column to The Times, and also writes regularly for the Guardian and the New Statesman. She lives in Suffolk.



ST MARY'S ART FOR FUN

"The Day of the Broccoli"



Hazel Bradshaw, a local Suffolk artist, returned again to St Mary's Art for Fun Club to introduce the challenge "Paint this Broccoli"



Thank you Pauline for the photos of some of the results.



St Mary's Hall Bookings

As compiled by Valerie Franklin

MARCH 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
Lent 2 Communion Rev Sally	10.00-12.30 Art Club 18.15-19.30 Brownies	18.00-19.00 Rainbows 19.00 Deanery Synod	10.00 Midweek Communion 17.00-20.00 Street Dance	9.30-10.30 Pilates 18.15-19.30 Qi Gong		
8	9	10	11	12	13	14
Lent 3 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
Lent 4 Family Service Mothering Sunday Rev Sally	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		
22	23	24	25	26	27	28
Lent 5 Communion Rev Adrian	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	19.00 Quiz Night	
29	30	31				
Palm Sunday Communion Rev Sally/Rev Adrian	10.00-12.30 Art Club	Spud Club 10.00- 14.00				





PRAYER LIST FOR

8 MARCH 2026

We pray for all the conflicts in the world. Also we continue to pray for David Jacob's still bravely travelling to and fro, to Ukraine.

Continued prayer support please for Becky Garland, the new East Bergholt school chaplain.

LONG-TERM SICK AND HOUSEBOUND

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

SICK

Kevin Austin, Penny & David Thompson,

Rev. Stephen, Molly Johannsen, Bill & Janice Hayward,

Sandy Mansfield, Geoff Cox,

Pauline Stark, Andrew Skinner, Barbara Rogers, Doreen Parker, Eric Doe, Malcolm &

Chris Fenn, Peter Ellis (Methodist), Angie & Richard Heath,

Rosie Waller.

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Laura Towells, Zena Steward.

FOR THOSE WHO HAVE DIED

Bill Woods Ballard

Please contact brian.rogerson@btinternet.com

For new entries - or if people have made a recovery.

With thanks to St Mary's Prayer Team



IN MEMORIAM

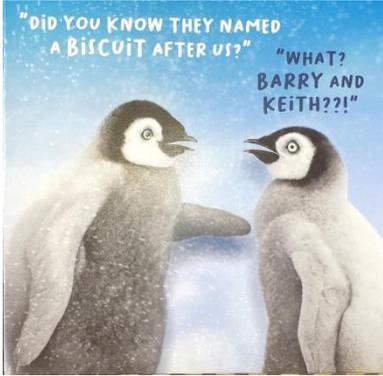
With thanks to Trevor Bailey



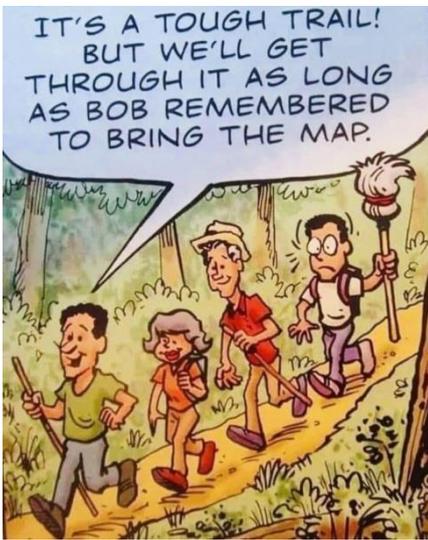
1 Mar	Mitzi Ann Child Tyler	2020
3 Mar	Brian William Biddle	2009
5 Mar	Rosemary Perry	2009
8 Mar	Walter Gardiner	2008
	David Phillip Wright	2019
11 Mar	Thomas Joseph Gough	2013
	David Curwen	2019
14 Mar	Anthony Colin Parker	2015
15 Mar	Doreen Rogerson	1992
	Clifford Michael, Weston	2017
16 Mar	Roger Steward	2019
25 Mar	Stephanie Adele Laing	2017
26 Mar	Jeanne Dorothy Bailey	2021
28 Mar	Dudley Burwell Field	2000
	James Russell Chambers	2014
29 Mar	Lilian Alice Gilbert	2002



Points to Ponder



Meet Dave, the heaviest seagull in the world !



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

This photo was taken in 1947! His name is John. He is 40 years old and has two children.

John never exercises. He sleeps late.

He eats whatever he wants and even drinks beer instead of water.

What does John do? John has no secret.

John is the man in the right background of the photo.



When you take a nap so good that you thought you missed the school bus. But its Sunday....and you're 52!



When you work in retail and "All I want for Christmas is you" by Mariah Carey comes on for the 10th time during your shift....



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.

