

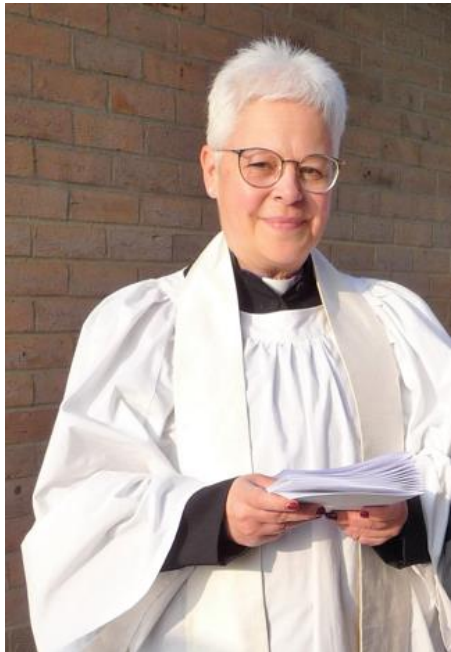


9 AUGUST 2026

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

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

**TODAY'S LINK NEWSLETTER FOR:
9 AUGUST to 23 AUGUST**



A gentle reminder to us all:



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

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



This week's Contents:

- Page 2: Worship Timeline - our service list;**
- Page 3: Reflection of the Day;**
- Page 4: Another great Spud Club;**
- Page 9: News at a Glance;**
- Page 14: VIEWPOINT: Rev Butler Gaillie says the church needs missionaries - not managers;**
- Page 17: News from the Pews - What's On!**
- Page 25: St Mary's Barbeque is coming!!**
- Page 26: Clare Cowgill gets her doctorate!**
- Page 31: Mo's Prayer List**





WORSHIP TIMELINE

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

2026

- 9 Aug, 9.30am, St John's, *Morning Prayer.*
10.45am, St Mary's, *Holy Communion*
led by Rev Anthony Lurie.
- 12 Aug, 10.00am, St Mary's, *Benefice Holy Communion.*
- 16 Aug, 9.30am, St John's, *Holy Communion.*
10.45am, St Mary's, *Family Service*
led by Beverley.
- 19 Aug, 10.00am, St Mary's, *Benefice Holy Communion.*
- 23 Aug, 9.30am, St John's, *Family Service.*
10.45am, St Mary's, *Holy Communion led by Rev Sally.*
12 midday, *St Mary's Church Barbeque*
See page 25
- 26 Aug, 10.00am, St Mary's, *Benefice Holy Communion.*
- 30 Aug, 9.30am, St John's, *Celtic Prayer*
10.45am, St Mary's, *Holy Communion led by Rev Adrian*



Happy Birthday in August to

- 3 Aug Ondra Butler
- 4 Aug Linda Morrison
- 20 Aug Chris Fenn
Katie Ursell
- 25 Aug Barbara Rogers



With thanks to Trevor Bailey





**OLD TESTAMENT READING - TENTH
SUNDAY AFTER TRINITY**

1 Kings 19: 9-18

The LORD Appears to Elijah

There he went into a cave and spent the night.

And the word of the LORD came to him: *"What are you doing here, Elijah?"*
He replied, *"I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."*

The LORD said, *"Go out and stand on the mountain in the presence of the LORD, for the LORD is about to pass by."*

Then a great and powerful wind tore the mountains apart and shattered the rocks before the LORD, but the LORD was not in the wind. After the wind there was an earthquake, but the LORD was not in the earthquake.

After the earthquake came a fire, but the LORD was not in the fire. And after the fire came a gentle whisper.

When Elijah heard it, he pulled his cloak over his face and went out and stood at the mouth of the cave.



Then a voice said to him, *"What are you doing here, Elijah?"*

He replied, *"I have been very zealous for the LORD God Almighty. The Israelites have rejected your covenant, torn down your altars, and put your prophets to death with the sword. I am the only one left, and now they are trying to kill me too."*

The LORD said to him, *"Go back the way you came, and go to the Desert of Damascus. When you get there, anoint Hazael king over Aram. Also, anoint Jehu son of Nimshi king over Israel, and anoint Elisha son of Shaphat from Abel Meholah to succeed you as prophet."*

"Jehu will put to death any who escape the sword of Hazael, and Elisha will put to death any who escape the sword of Jehu. Yet I reserve seven thousand in Israel—all whose knees have not bowed down to Baal and whose mouths have not kissed him."

Rev Anthony Lurie will preach on this text this Sunday whilst Rev Sally is on holiday



SPUD CLUB JULY 2026

Rev Sally; "*Spud Club this July was a joy.*"

We had some 18 children attend and we were assisted by nine brilliant helpers. Pauline was wonderful with the artists and Jenny's story this time was interactively dealing with Noah's Ark.





Spud Club Art

Pauline said: *"In the morning our subject was flowers and in the afternoon it was blowing paint through a straw and making what you could see from the affect"*





In the afternoon session, however, the children produced something altogether different.....





Bowler retires at 10 years old

Bowler, Kevin Ross' beloved guide dog retired officially on Monday 3 August. He had been Kevin's "eyes" for eight and a half years but will be retained by Kevin as a perpetual pet.

At St Mary's Eucharist Service on 2 August, Rev Adrian announced:

This morning we offer a heartfelt thank you to Bowler, Kevin's faithful guide dog and a

regular member of our congregation. Over the years, Bowler has been Kevin's eyes, a steady guide, and a true friend, helping him safely navigate the steps into the church. Every step taken in trust and every act of loyal service show how much Bowler means to Kevin and to us all. He has been more than a guide dog - he has been a lifeline, a source of comfort, and a beloved companion. As we give thanks for Bowler's faithful service, we also remember the love, care, training, and dedication of Guide Dogs UK, whose work makes wonderful partnerships like Bowler and Kevin's possible.

Let us pray:

Loving God, we give you thanks for Bowler's life and his faithful service not just to Kevin but also to the wider community. We thank you for the bond he shares with Kevin, for every mile travelled safely together, and for the love that has grown between them. We thank you too for Guide Dogs UK, and for everyone who works and gives so generously to support people and their guide dogs.



Bless Bowler now in his new season of rest. Surround him with good care, soft places to lie, and all the joy he has earned. Bless Kevin too, and all who love him, with peace, gratitude, and fond memories that will never fade. We ask this in Jesus' name. Amen.

Thank you Bowler, for everything. You have earned every peaceful walk, restful moment, and joyful day ahead. May your retirement be full of warmth, kindness and love.





A New Hymn for Today -

Praise to the Lord, the Almighty the King of Creation

As played by Carole at last Sunday's Holy Communion

Click below:

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

Played at St Andrew's Cathedral, Sydney.



"Praise to the Lord, the Almighty" is a Christian hymn based on Joachim Neander's German-language hymn "Lobe den Herren, den mächtigen König der Ehren", published in 1680.

John Julian in his A Dictionary of Hymnology calls the German original "a magnificent hymn of praise to God, perhaps the finest creation of its author, and of the first rank in its class."



NEWS



On the route to ordination.

Christina Volkmann writes:

Please forgive this 'round robin'. I'd like to let you now that, last night, I received good news from Bishop Joanne:

The Bishop's Advisory Panel has recommended me without reservation for training for ordained ministry in the Church of England, and Bishop Joanne has confirmed this recommendation.

In my case, this means that I will carry on training on the Elizabeth Pathway through Ripon College Cuddesdon with the lovely group I've been with since last year.

Then, if all goes to plan, we will be ordained next summer in St Edmundsbury Cathedral.

The discernment process I was in for about six years has therefore now come to an end, and a new stage of my journey of ministry in the Church of England is beginning.

My Panel last week in Launde Abbey (Leicestershire) was intense and took me to my limit. Not since my PhD viva 20 years ago have I done anything this tough. And with my PhD, I only had to wait for a few minutes for the outcome, not over a week... ;-)

Having said this, the Panel was also an enriching experience, and I've taken many good things away from it.

Looking at the long list of recipients this email is going to, I see a very diverse group of people, of all faiths or none, from Germany, from the UK, from different churches; you are colleagues, friends, mentors...

What unites all of you is your great kindness and your amazing support over these past years through the many twists and turns of this journey.

For that, thank you from the bottom of my heart! You're a great blessing.

And I'm also thinking of those who have encouraged me on this journey since 2020 but who are no longer with us: My Mum, my brother Stephan, my friends Sarah, Gloria, and Thomas - certainly not forgotten!

Thank you again, all of you wonderful people!
Have a great weekend, sending blessings and love from Wivenhoe,
Christina



**Revd Canon Stuart Batten
appointed as new Bishop's
Chaplain.**

The role of Bishop's Chaplain serves to support Bishop Joanne's ministry, serving as a trusted adviser, pastoral companion and theological sounding board, alongside helping to coordinate key aspects of Bishop Joanne's wider engagement with parishes, clergy, communities and partners across the Diocese.

Most recently serving as the Diocesan Director of Ordinands, Stuart is already a trusted colleague to many and he brings extensive knowledge of the Diocese, together with a wealth of experience in nurturing vocations and supporting individuals in their own ministry journey. Known for his exceptional pastoral care, warmth and humility, Stuart combines spiritual wisdom with a collaborative and approachable leadership style.

Stuart brings to the role considerable experience, pastoral wisdom and diocesan knowledge from his prior role as Diocesan Director of Ordinands. Therefore Stuart will continue to support this vitally important area of ministry over the summer, before he takes up his new role in September. Plans around Stuart's replacement will be announced in due course.



**Brian & Yvonne Rogerson
celebrate 60th Wedding
Anniversary**



1966 TO 2026

On the day that England won the World Cup in 1966 Brian & Yvonne were married in Newcastle. Some 60 years later the extended family and guests held a party in Capel to celebrate the event.

As an added bonus, grandson Harry (very recently graduated with a first class honours music degree from Uni, played a melody ranging from modern jazz to old favourites. The couple gave heartfelt thanks to everyone who gave anniversary cards, presents and also to the King and Queen who sent a card of congratulations. It may be believed that the latter is testament to significantly extended influence earned by the couple since they moved south - or it may not be!



ANCESTRAL GUILT DEPT.,



Archbishop of Canterbury vows to support £100m pledge helping communities affected by enslavement

During visit to Ghana, Sarah Mullally expresses regret and says controversial fund symbolises Christian belief in repentance

Photo: Francis Kokoroko/Reuters.

At a former British castle where thousands of enslaved Africans were held before being shipped across the Atlantic, the archbishop of Canterbury expressed "lament" for the Church of England's involvement in transatlantic chattel slavery and reaffirmed her commitment to a controversial £100m fund for affected communities.

It was part of a 10-day tour of Ghana and Cameroon at the invitation of the head of the Anglican church's west Africa province, the archbishop Cyril Kobina Ben-Smith. "Being at Cape Coast castle today and seeing the horrific conditions that thousands of people were kept in, it is impossible not to feel the weight of the immense evil that drove the transatlantic slave trade," Mullally said on Thursday.

Her trip began in the Ghanaian capital of Accra, about 90 miles (145km) east of Cape Coast on Sunday. There, Mullally visited four local parishes and delivered the sermon at a special Eucharistic service at St Joseph the Worker Anglican church in the Kaneshie area. According to local reports, the service was officiated by an all-female clergy from the Anglican church of Ghana.

The archbishop also preached at a service of more than 1,000 nurses in the town of Mampong, where she commissioned a new campus clinic named after her. On Friday, she was heading to Yaoundé, the Cameroonian capital, and will then proceed to Douala and the English-speaking cities of Buea and Limbe.

What is Project Spire and why is it dividing the Church of England?

Ghana has been spearheading a global campaign to seek reparative justice and last month hosted a landmark conference attended by more than 80 heads of state.

The archbishop's visit comes three years after her predecessor Justin Welby formally apologised for the church's role in the transatlantic slave trade, including using a fund for poor clergy to invest in enslaving Africans. *"It is a stain on the wider church that*

some Christians did not see their brothers and sisters as created in the image of God, but as objects to be exploited," he said.

The church set up a £100m fund committed to "a programme of investment, research and engagement" in communities affected by slavery, prompting diverse reactions. At the time, an independent oversight group argued that the amount was insufficient to address the generational damage slavery had caused and urged the church to expand that commitment to £1bn.

Upon Mullally's ascension to the role of archbishop, a committee of Conservative MPs urged her to spend the money on wages for the church's clergy.

However, on Thursday, the archbishop reaffirmed her commitment to the fund. "*We played a part in the transatlantic slave trade ... part of the Christian belief in repentance is about action, so we are putting in place action to support those communities that feel the legacy of the slave trade,*" she said.



Suffolk in drought - but the cow parsley stays green!





VIEWPOINT

Rev Fergus Butler-Gallie says: What the CofE needs are missionaries, not management consultants

As trust in the Church of England collapses, its leaders are prescribing more of the very managerialism that created the problem

The dust is only just beginning to settle from General Synod. I know it might sound preposterous to talk about the Church of England's parliament in terms redolent of a gunfight in the Old West: but gunfights in the Old West were often conducted in a friendlier spirit.

There were the usual vicious fights about sex, as bishops said one thing and then voted in a completely different way. There was an exceptionally unedifying scrap over a report into the State of Israel, which has possibly done serious harm to interfaith relationships. There was even a bit of rancour about Net Zero. A full house for 2026 Britain!

It is often said that the Church doesn't represent the nation any more. Au contraire: this Synod showed it was the perfect mirror to the badly governed, divided and petty nation which it seeks to serve.

Perhaps the most divisive aspect of it, still filtering down amongst the clergy and the laity, was the Synod's decision to "take note" of a report into the culture of mistrust in the Church. The report itself: ***Trust and Trustworthiness in the Church of England: Listening and responding to usual and unusual challenges***, was staggering.

Its field work was done among Diocesan Secretaries and lay chairs, choosing to make these insiders representative of the whole laity.

It laid the blame firmly at the doors of those on the ground — parish volunteers and ordinary clergy were at fault for not being "willing to implement policy".

If I had wanted to implement policy I would have gone elsewhere, to a much better paid job with far less invasive hours, a more coherent structure that might enable me to have more quality time with my family.

Management consultancy is not, I suspect, vocational in the way the priesthood is, but it at least has regulated work hours. But I neither want to implement policy nor do I believe it is what God has called me to do. I don't, for what it's worth, think it's what bishops or other senior clergy are called to do either.

I think this embrace of managerialism, just as it becomes more despised and discredited elsewhere, is fundamentally a retreat into something comforting.

The report's author, **Veronica Hope Hailey** (Pic right), told delegates that "*Thoughtful institutions do not begin the work of reform by deploying management consultants.*" Their starting point was instead "to go back to their core philosophy". The problem is nobody in charge in the CofE seems to be able to say what that is.



I do know what the core philosophy of the Church of England is — or what it should be — as do thousands of other priests and millions of ordinary lay people across the country. It is to show the love of God in Christ to particular people in a particular place at a particular time.

Of course there is a diocesan lottery to the extent to which this hampers the work of a parish priest. Each of the 42 dioceses of the Church of England have differing degrees of willingness or ability to shield their parishes from the excesses of the centre.

The report is correct that the lack of trust is increasingly corrosive to the Body of Christ in this country. But it has identified the opposite solution to the one required, blaming in the report the unwillingness of the very people who keep the show on the road locally to get with the programme set from above.

The lack of trust in this, the institution par excellence of the nation ought to be a matter of national concern. The Church of England is in a bad state and it is increasingly clear that it cannot be trusted to appoint the leaders or engender the culture required to get itself out of that mess.

Why is it incapable of the change required? Well, its solutions- —more process, more heavy handedness, more treating of clergy and laity as naughty children who must be punished until morale improves — are exactly the wrong solutions.

Credibility matters. Christ's most consistent criticism of the Scribes and Pharisees, the religious authorities of his day, is that they are hypocrites. That their behaviour means the demands they make upon the behaviour of others are not credible.



This is the exact situation we are now in within the Church of England.

- * *It just isn't credible for the Church to claim it needs more money centrally and then continue with its increasingly deranged commitment to Project Spire;*
- * *It isn't credible for it to lecture parishes on safeguarding and then have bishops mark their own homework and clear one another of wrongdoing;*
- * *It isn't credible for dioceses and central church institutions to keep expanding their staff while they tell parishes they don't deserve a priest;*
- * *It isn't credible for the centre to continue telling the edges that it is better at directing the training and funding and direction of the future of the Church when they so consistently get all of those things wrong.*

Herein is the crux of the issue: there is a gulf between what is asked of the edges by the centre and what the centre demands of itself, which is the single biggest contributor to the lack of trust.

And that lack of trust means a lack of authority — why should parishes listen to bishops and managers who back initiatives which seem to fly in the face of what they tell people on the ground? This situation will only get worse as morale worsens and assets diminish. The Church is basically only functioning because of good will: there is only so much more of that available for the House of Bishops, the Archbishop's Council and the General Synod to squander.

Anybody who brings this up is branded a troublemaker, a "rascally voice", to quote Justin Welby. But if he had been willing to listen to more dissenting voices he might not have ended his archiepiscopate in the manner that he did.

Yet Welby's departure increasingly appears, as so many of us feared, to have been purely superficial. From the central church institutions there is still a flurry of reports into reports, an ecstasy of fumbling "process", there are all the marks of a sclerotic managerial system in its death throes.

But there is nothing theological, nothing discernibly or uniquely Christian: there is no reflection, no repentance, no appeal to pray and reflect, no focus on word or sacrament, just reams and reams of paper.

If the central Church, truly, seriously wants to restore trust, then it has to start putting faith in the Word, body and blood and stop putting faith in paper. One of the main reasons I stay, and why I still have hope, is that Christianity actually has an impressive and effective remedy to all this. It's called confession and absolution. It's the necessary start of any redemption arc. And when it happens the Christian response is to accept it in love.

If the General Synod wants to know how to remedy the lack of trust felt by the general public — and indeed by the Church on the ground — for The Church of England centrally then it has to begin by the latter institution admitting that it has got things wrong:

- *That it's slavish devotion to management and process over people is wrong.*
- * That its failure to listen is wrong;*
- * That its processes and policies and projects have very often been wrong;*
- * That the impression it gives that some people are not welcome due to the way they vote or think is wrong;*
- * That it's contempt for people on the ground — deliberate or otherwise but felt throughout the country — is wrong.*

I don't want to go and be a management consultant. I still believe that I am called to be a parish priest.

I and other rascally voices don't raise them because we like trouble, or because we seek the Church's detriment. We raise them not because we want to score points or settle scores. *We raise them because we love the Church and desperately wish to see it succeed.*

Fergus Butler-Gallie is an English writer and Anglican priest. He is vicar of Charlbury. Butler-Gallie rose to prominence with the publication of his book A Field Guide to the English Clergy in 2018. He was ordained in 2018 in the Anglican Diocese of Liverpool at the age of 26





NEWS from the PEWS



Beverley says;

"Our next meeting is on Wednesday 12 AUGUST from 1.30pm to 3.30pm."

MAKE & MINGLE

From 1.30pm to 3.30pm in St Mary's Church Hall on the second Wednesday monthly.

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 12 August 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



***Rev Natalie tells of All Saints Sproughton's
rededication service.***

I am delighted to be able to invite everyone along to our 11.00am
Rededication of the Church Bells and Parish Eucharist on
Sunday 16 August at All Saints Church Sproughton.



It has been a difficult time for All Saints over the past year and it would be lovely to see some of you from our other churches there.

***SEE YOU AT ALL SAINTS SPROUGHTON AT 11.00AM
ON 16 AUGUST!***



**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





The Friends of St Mary's
Registered Charity Number 286971

**DONATIONS & COAT
HANGERS URGENTLY
WANTED!**



Sue and Julie say:

St Mary's Church's ***Fashion Show is getting closer.***

On 11 September at 7.30pm we will be displaying and selling pre-loved clothing, accessories, shoes and handbags and would appreciate any donations of good quality items you no longer wear. Male, Female or Teens.





TRIANON MUSIC GROUP

Trianon Choir and Symphony Orchestra

Leader: Steve Browne

Soloist: Muriel Kwint (Soprano)

The Trianon Prom

A stirring collection of familiar tunes, including Zadok the Priest (Handel)
and Young Person's Guide to the Orchestra (Britten),
plus all the Proms favourites!



Saturday 12 September 2026, 7.30pm

Ipswich Corn Exchange

King Street, Ipswich IP1 1DH

For full details of the programme, visit the Trianon website at www.tmg.org.uk

Tickets from £16, concessions from £15, students and under-18s from £7 (incl. a £2 per ticket booking fee)

www.ipswichtheatres.co.uk, telephone: 01473 433100



Trianon Music Group is a supporter of "Ipswich City of Culture 2029"

Trianon Music Group is a member of Ipswich Arts Association and Making Music
Reg charity no. 276715



www.tmg.org.uk • [Facebook](https://www.facebook.com/TrianonMusicGroup) Trianon Music Group • [Instagram](https://www.instagram.com/MusicTrianon) @MusicTrianon



Gill Williams says: "There will be plenty of good tunes!"

"If anyone would like tickets, I can get them directly from Trianon, which saves paying the Ipswich Theatres booking fee."



RIDE 'N' STRIDE

Cyclists, walkers, vintage and classic car owners and even horse-riders, can start to plan their route for Suffolk Churches Ride and Stride and Pedal and Drive day, which will be held on **Saturday 12 September**. Details of how to get involved are now in churches and on the Suffolk Historic Churches Trust website - or even better by contacting to **Jean Goyder**.



Don't forget! The volunteers sitting in churches as welcomers can be sponsored too. Ideal for a church taking part who doesn't have anyone to Ride or Stride on their behalf.

CHURCH PHOTO COMPETITION 2026: Open to all ages, we need two photos (one of your favourite church or church feature **and** one of you on your journey). They must be taken on Ride and Stride Day - Saturday 12 September - as you take part in the event. CLICK [HERE](#) for details

The annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists, walkers and runners are out making money for their local county Churches Trust.



Jean explains:

The idea started in Suffolk, and is now held across England, with Suffolk leading the table of funds raised (over £200,00 last year). The Ride and Stride is the main source of income to Suffolk Historic Churches Trust to enable it to make grants to churches and chapels of all denominations towards repair and restoration costs.

Ride and Stride is run entirely by volunteers and is inter-denominational, with participants sponsored for each place of worship visited between 9.00am and 5.00pm on Ride and Stride Day or with a donation, regardless of the number of churches visited.

The money raised by each cyclist or walker is shared equally between the Suffolk Historic Churches Trust and the place of worship nominated by the participant.

As important as the participants are the many volunteers who give up the day to man the churches and chapels and sign in the cyclists and walkers as they arrive. Hundreds of places of worship are manned during the day and that takes quite a team of volunteers! It is a real community effort that is the lifeblood of the Trust.



PILGRIMAGE OF SONG

Saturday, 19 September 2026 - Blythburgh to Southwold

Christina says: "*Cantus Firmus, the Christian project choir based in Suffolk and Essex, is doing another one of its wonderful Pilgrimages of Song.*"



It's a day of walking through the beautiful Suffolk countryside around Southwold. Usually, the route takes in several churches, with a short reflective service held in each one.

There is a communal meal at the end of the day (optional). We bring a packed lunch, and usually churches on the way provide refreshments.



You do NOT need to be an experienced choral singer to take part!

The day is open for all, so if you sing hymns in church or sing in the shower, you'd be absolutely fine.

On the online form, just tick the box that best describes your voice, e.g. alto or bass.

You do not have to walk all the way - you'll see information on this on the online form. You can find information here:

<https://cantusfirmus.org.uk/events/pilgrimage-of-song-southwold.html>

and the booking form is here:

<https://docs.google.com/forms/d/e/1FAIpQLSdzNb4EHCd1h9X50Vpw02GoIXpbO6gvRiHgHUjgZCgGZOrIPg/viewform>

I've been to many of these over the years, and they are always really lovely.
Christina





ST MARY'S BARBEQUE (free of charge) is on 23 AUGUST at MIDDAY

Jean says:
We have started a list for those who would like to join us at the barbeque - and also a similar list for those able to provide salads and puddings at the event.
Contact Jean Goyder for more information:





Dr Clare gets her PhD

Carole said: "We went to Clare's graduation in Hull on Monday 13 July - Clare didn't know she was definitely graduating this month until a week or so before. She thought she might have to wait until January.

"She graduated with a PhD in Biological Sciences from the University of Hull, and can now call herself Doctor Clare Cowgill - a wonderful achievement.

"We are all very proud of her."



Clare's research apparently involved using environmental DNA from water, soil and tree surfaces to monitor terrestrial biodiversity, particularly in rewilding contexts.

She is now working as a Postdoctoral Research Fellow in the UCL East People and Nature Lab at the Olympic Park in Stratford, London, focusing on understanding how ecological communities change through time using eDNA.



(from the left) - Thomas, James, Clare, Carole, Martin and Martin's sister Rachel.

(Right) Clare and her fiancé, Dec.

And way back home in Capel St Mary all St Mary's congregation is proud of you too Clare!





Melissa's Nature Page

A LITTLE PATCH OF GROUND:

Taking responsibility for your own patch of nature

At the moment I've got water out for wildlife - not just in my garden but in other spots around the village, too. In the colder months I feed a small population of sparrows with mealworms scattered on the ground (I don't use bird feeders any more).

I've dug a tiny pond in my tiny garden, which birds, insects and small mammals drink from, and I've built a log pile which is good for invertebrates and amphibians. I have sparrow boxes (which they ignore in favour of my roof tiles), a robin and great tit box, a swift box, a bat box, and a mason bee hotel.

Over the course of four summers I've got rid of two stands of Himalayan balsam from places where I regularly walk, potentially preventing erosion of the local riverbanks where water voles live. I'm three years into an alexanders reduction programme (pulling off the flowers before they set seed) that could take five years or even more, depending on the persistence of the seeds in the soil: this will hopefully boost wildflower diversity on the village roadsides, with knock-on effects on insects.



Sure, there are lanes nearby that are still thickly lined with alexanders in spring ([pic left]), and in vast tracts of coastal Norfolk that's all you'll see from the car for miles, but if I focused on that I'd end up paralysed and do nothing.

Instead, I've decided that certain things within a manageable boundary are my problem, and where I can I'm going to take responsibility for them. And you know what? It feels brilliant.

There are people far more knowledgeable than me when it comes to caring for your nearby wild, and I urge you to seek them out. You could start with the gardening writer and wildlife expert Kate Bradbury, whose small urban garden is home to hedgehogs, frogs, toads, bats, nesting birds and vast numbers of insects. I think often of how she carefully transported dozens of caterpillars from a stand of nettles that



were about to be cleared in a nearby park so she could raise and release the butterflies at home.

That's what I mean by taking responsibility: having a go at helping something thrive instead of walking on. Sure, it won't fix everything, but that doesn't mean it's not worth doing. It matters to those individual creatures - and, I believe, to the eventual outcome of all of this - that we try.

And the best thing? You can start tomorrow. And it will do your soul good.

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.



How hot the sun rushes
by John Clare

How hot the sun rushes
Like fire in the bushes
The wild flowers look sick at the foot of the tree.
Birds' nests are left lonely
The pewit sings only
And all seems disheartened and lonely like me.

Baked earth and burnt furrows
Where the rabbit he burrows
And yet it looks pleasant beneath the green tree.
The crow's nest looks darkly
O'er fallows dried starkly
And the sheep all look restless as nature and me.



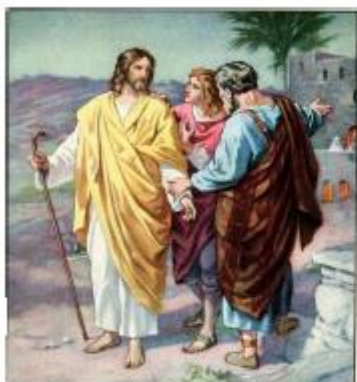
ST MARY'S HALL BOOKINGS

With thanks to Valerie Franklin

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
AUGUST						
2	3	4	5	6	7	8
10.45 Communion Rev Adrian		19.30 Ladies Meeting Point	10.00 Midweek Communion			
9	10	11	12	13	14	15
10.45 Communion Anthony Lurie 14.30-17.30 Irish Dancing			10.00 Midweek Communion 13.30 – 15.30 Make & Mingle	13.30-15.30 Private Booking		
16	17	18	19	20	21	22
10.45 Family Service Led by Beverley			10.00 Midweek Communion			
23	24	25	26	27	28	29
10.45 Communion Rev Sally 12.00 Barbeque			10.00 Midweek Communion			
30	31					
10.45 Communion Rev Sally						



ST MARY'S PRAYER LIST



PRAYER LIST

9th August 2026

We pray for the medical and humanitarian needs in Venezuela after the further earthquakes.

We pray for the military conflict between the United States and Iran, severe regional instability and mounting economic and environmental pressures.

We continue to pray for the war in Ukraine and also for David Jacobs as he bravely travels to and from Ukraine.

LONG TERM SICK AND HOUSE BOUND

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

SICK

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

FOR THOSE MAKING A RECOVERY

Shirley Streatfield, Laura Towells, Peter Ellis (Methodist), Norman Peartree, Rosie Waller.

FOR THOSE WHO HAVE DIED

Theresa Barrett

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





IN MEMORIAM

With thanks to Trevor Bailey

1 Aug	Teresa Nunn	2010
5 Aug	Robin Carpendale	2020
6 Aug	Evelyn Beatrice Hall	1995
	Josephine Mary Canham	2017
	Philip Atkinson	2021
7 Aug	Joan Broyden	2021
11 Aug	Marjorie Ethel Butler	2003
12 Aug	Pauline O'Hara	2020
16 Aug	Edna Woodward	2016
25 Aug	Gordon Thomas Henry Pollard	1995
27 Aug	James Matthew Dwerryhouse	2016





"He would have disappeared long ago had I not had the foresight when we first married to have a tracking device implanted in his left buttock."



**CONTACT NUMBERS FOR BENEFICE
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Church wardens

@ St Mary's *Mel Sutcliffe* 310967

Valerie Franklin 314179

@ St John's *John Cresswell* 311975

Diana Hunt 310441

Pastoral care

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

PCC Secretary

@ St Mary's *Jenny Hickley* 310991

Hall bookings

@ St Mary's *Valerie Franklin* 314179

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

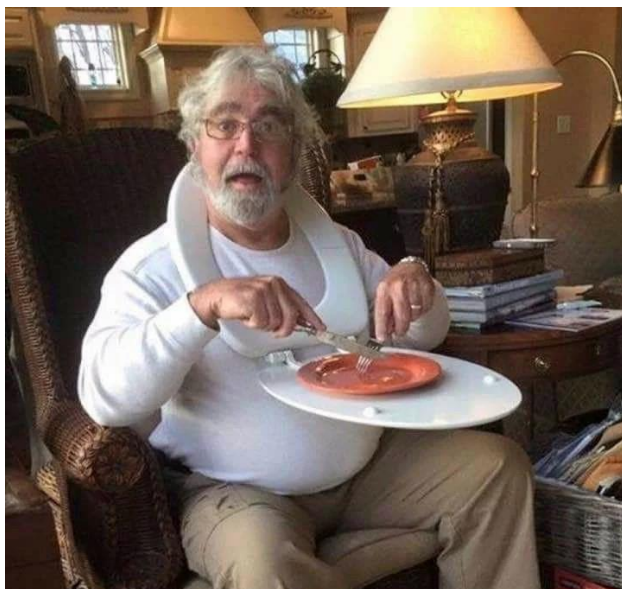


***AND FINALLY- HOW WE INTERPRET THOSE CONFUSING
OLD PICTURES***

When you're told to paint George Washington as a child and don't know how to..."



When you finally get one of those fancy eatin' trays



Later on, Rupert told his friends what he had seen. But they refused to believe that he had seen something so "explicit"



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.

