

March 2021



Spring is in the air and we're all enjoying the lovely birdsong and the Spring flowers.

We're also looking forward to some warmer weather and being able to see friends and family again. Please God the current measures to control the virus will bear much fruit. Hope you enjoy this edition of Columbine. God bless Jan and Kathy



This photo was taken on Apparition Hill in Medjugorje. There are 3 routes up to Our Lady's statue dedicated to the Joyful, Sorrowful and Glorious mysteries of the Rosary

Our Lady's Medjugorje message 25th Mar 2021:

"Dear children! God has permitted me to be with you also today, to call you to prayer and fasting.

Live this time of grace and be witnesses of hope, because I repeat to you, little children, that with prayer and fasting also wars can be suppressed.

Little children, believe and live this time of grace in faith and with faith; and my Immaculate Heart does not leave any of you in peacelessness if you have recourse to me.

I intercede for you before the Most High and I pray for peace in your hearts and for hope for the future. Thank you for having responded to my call."

In this edition:

On page 2 we have reflections and prayers

On page 3 we find out a little more about 2 saints who have feast days this month: St. David and St. Patrick and on page 4 we include a prayer to St. Joseph and some items to amuse!

Remembering those we have recently lost:

Many of us remember Paul Cowell who died in January. His wife, Ruth, said he used to love coming to the masses at Dove Close in Capel St. Mary as everyone was so friendly. Father Bineesh was able to give him the Sacrament of the Sick in Ipswich hospital. His funeral was held on the 23rd February at St. Mary's in Capel conducted by Deacon Sally Letman with Fathers Paul and Bineesh in attendance. Please pray for the repose of Paul's soul and keep Ruth and their family in your prayers.

Those of us who attended mass at St. Mary's Ardleigh were also shocked to learn of the recent death of Tim Francis. He organised the altar servers at St. Mary's for many years and used to take them on outings. His requiem mass takes place on Thursday 4th March at St. James Church, Ipswich. Please pray for the repose of his soul and for the Lord's comfort for his wife, Lindsay, and their family Ellen, James and Clarice.

Our beloved dead

Ethel Wright	12 Mar 98
Peggy Shead	10 March 88
May Miller	17 March 99
Judy Laing	25 March 2017

This is a lovely prayer which we found in the Little Way Healing Ministry leaflet.



Radiating God's Love

Dear Jesus, help me to spread Your fragrance everywhere I go. Flood my soul with Your spirit and light.

Penetrate and possess my whole being so utterly that all my life may only be a radiance of Yours. Shine through me and be so in me that every soul I come in contact with may feel Your presence in my soul.

Let them look up and see no longer me, but only Jesus. Stay with me and then I shall begin to shine as You shine, so to shine as to be a light to others;

The light dear Jesus will be all from You, none of it will be mine; it will be You, shining on others through me.

Let me praise You in the way You love best, by shining on those around me.

Let me preach You without preaching, not by words but by my example, by the catching force, the sympathetic influence of what I do, the evident fullness of the love my heart bears for You. Amen.

Mother Teresa / John Henry Newman

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.

From "God Calling" edited by A.J. Russell

"I always hear your cry. No sound escapes Me. Many, many in the world cry to Me, but oh! how few wait to hear Me speak to them and yet to the soul. My speaking to it matters so much. My words are Life. Think then, to hear Me speak is to find Life, and healing and strength. Trust me in all things. Love showered on all brings truly a quick return.

Just carry out My wishes and leave Me to carry out yours. Treat Me as Saviour and King, but also with the tender intimacy of One much beloved.

Keep to the rules I have laid down for you, persistently, perseveringly, lovingly, patiently, hopefully, and in faith, and every mountain of difficulty shall be laid low, the rough places of poverty shall be made smooth, and all who know you shall know that I, your Lord, am the Lord. Shower love."

And when the worries of this world overtake us we can say the Surrender Prayer:

In 1965 Fr. Dolindo Ruotolo wrote to his Bishop saying that a new John will rise from Poland, who, with heroic steps, would break the power of Communism. Fr Ruotolo, a mystic, also received a special novena of surrender from Jesus.

Here are the instructions for Day 1 of the Novena: Why do you confuse yourselves by worrying? Leave the care of your affairs to Me and everything will be peaceful. I say to you in truth that every act of true, blind, complete surrender to Me produces the effect that you desire and resolves all difficult situations.

Then pray 10 times "O Jesus, I surrender myself to You, take care of everything."

St David - feast day March 1st



Accounts say that St. David was born in Wales on a cliff top during a violent storm around the year 500, Saint David, who belonged to an aristocratic family, became a famous preacher and founded monasteries and churches from Wales to Brittany. He lived an ascetical life which he shared with others. His Rule forbade the eating of meat. It is said that he made a pilgrimage to Jerusalem and was made a bishop by the Patriarch. After his death, his shrine in West Wales became an important place of pilgrimage.

There are many stories of his miracles. The best-known miracle allegedly took place in the village of Llanddewi

Brefi.

He was preaching to a large crowd, but some people had difficulty hearing him.

Suddenly a white dove landed on David's shoulder, and as it did, the ground on which he stood rose up to form a hill, making it possible for everyone to see and hear him.

Today, a church stands on the top of this hill. The dove became St David's emblem, and often appears on his portraits and stained glass windows. Churches and chapels dedicated to David are found not just in Wales but also in south-west England and Brittany. David's influence also spread to Ireland, where the Irish embraced his beliefs about caring for the natural world.

His final words to his followers were , "Do the little things, the small things you've seen me doing." These words still inspire many people today.

St. Patrick of Ireland - feast day March 17th

St. Patrick was born in Roman Britain and when he was fourteen or so, he was captured by Irish pirates and taken to Ireland as a slave to herd and tend sheep. At the time, Ireland was a land of Druids and pagans but Patrick turned to God and wrote his memoir, *The Confession*. In *The Confession*, he wrote:

"The love of God and his fear grew in me more and more, as did the faith, and my soul was raised, so that, in a single day, I have said as many as a hundred prayers and in the night, nearly the same."

Patrick's captivity lasted until he was twenty, when he escaped after having a dream from God in which he was told to leave Ireland by going to the coast. There he found some sailors who took him back to Britain and he was reunited with his family.

A few years after returning home, Patrick saw a vision he described in his memoir:

"I saw a man coming, as it were from Ireland. His name was Victoricus, and he carried many letters, and he gave me one of them. I read the heading: 'The Voice of the Irish.' As I began the letter, I imagined in that moment that I heard the voice of those very people who were near the wood of Foclut, which is beside the western sea-and they cried out, as with one voice: 'We appeal to you, holy servant boy, to come and walk among us.'"

He was ordained a priest by St. Germanus, the Bishop of Auxerre, and was later ordained a bishop and sent to take the Gospel to Ireland.

Patrick arrived in Slane, Ireland on March 25, 433. There are several legends about what happened next, with the most prominent claiming he met the chieftain of one of the druid tribes, who tried to kill him. After an intervention from God, Patrick was able to convert the chieftain and preach the Gospel throughout Ireland. There, he converted many people -eventually thousands - and he began building churches across the country. Patrick was a humble, pious and gentle man.

"The Breastplate," Patrick's poem of faith and trust in God:

"Christ be within me, Christ behind me, Christ before me, Christ beside me, Christ to win me, Christ to comfort and restore me, Christ beneath me, Christ above me, Christ inquired, Christ in danger, Christ in hearts of all that love me, Christ in mouth of friend and stranger."



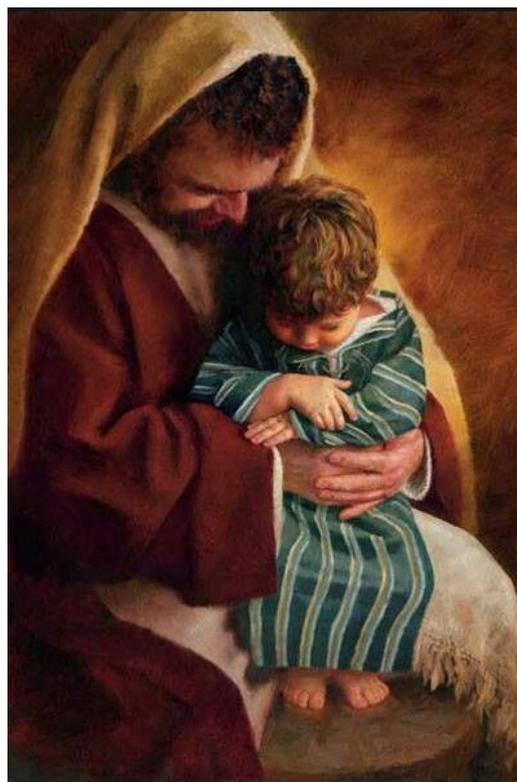
St. Joseph feast day March 19th

Prayer to St. Joseph (adapted from St. Bernardine of Siena)

Oh my beloved St. Joseph, adopt me as thy child. Take charge of my salvation; watch over me day and night; preserve me from the occasions of sin; obtain for me purity of body. Through thy intercession with Jesus, grant me a spirit of sacrifice, humility, self-denial, burning love for Jesus in the Blessed Sacrament, and a sweet and tender love for Mary, my mother.

O Blessed St. Joseph, pray for me, that I may serve the Blessed Virgin Mary in her battle against the devil in these last days, always living her messages and answering her call from Medjugorje, so that the Immaculate Heart of Mary will Triumph in this world.

Finally, St. Joseph, be with me living, be with me dying, and obtain for me a favourable judgement from Jesus, my merciful Saviour. Amen.



Church bulletin bloopers:

- The sermon this morning: "Jesus Walks on the Water." The sermon tonight "Searching for Jesus."
- Ladies don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.
- Don't let worry kill you off - let the church help.
- Next Thursday there will be tryouts for the choir. They need all the help they can get.

Senior moments!

