

# July 2021 Columbine



We are currently trying to pretend it's Summer! My geography teacher once said "We don't have a climate in the UK. We only have weather!" So true. Jan is currently recovering well after a hip replacement operation last week. She has had to wait a long time. A new life beckons! If you missed the series "Being.." It's still available on BBC iplayer. It covers the ways in which different religions mark significant life events. The 5 religions covered are Christianity, Islam, Judaism, Hindu and Sikh. Well worth watching. *Jan and Kathy*



## Our Lady's Medjugorje message 25<sup>th</sup> June 2021:

*"Dear children! My heart is joyful because through these years I see your love and openness to my call. Today I am calling all of you: pray with me for peace and freedom, because Satan is strong and by his deception, wants to lead away all the more hearts from my motherly heart. That is why*

*decide for God so that it may be good for you on the earth which God gave you. Thank you for having responded to my call."*

*Annual message to the visionary Ivanka, also on June 25th "Little children I am in need of your prayers. Pray, pray, pray."*

## June 25<sup>th</sup> was the 40<sup>th</sup> anniversary of the beginning of Our Lady's apparitions in Medjugorje.

It was also the date of the release of the film **Fatima** - the story of Our Lady's appearance in 1917 to three peasant children at Fatima in Portugal. The film will be available to view online as well as in cinemas.



## In this edition:

On **page 2** we pay tribute to our dear friend Ellen who died recently at the young age of 58 after a long battle with cancer.

On **page 3** a prayer from Padre Pio and 25 years of Bible Alive.

On **page 4** we have pictures of Margaret Miller's 90<sup>th</sup> birthday party and information about this month's Saints.

## Christians Together in Capel

United Service of all the Christian Churches in Capel

on Sunday 18th July 2021

1pm - Bring a Picnic (and a chair)

3pm - Shared Service

at Little Wenham Church

Everyone Welcome, Music provided by our Living Stones group.

Details from Mandy or Damian on

07709773342 or 07860794109

**Some sad news: Ken Reece, a former member of our Capel Community, passed away on June 30<sup>th</sup>.**

## Our beloved dead

Mary Brooks	24 July 2011
Pat King	26 July 97
Eleanor Morrell	28 July 86
Doreen Ablitt	28 July 2012

## Memories of Ellen

**Ann Bates writes:** "I was so sad to read in the Columbine that Ellen had died. I know that she is now in a far better place and free from the pain she has suffered for so long.

I worked with Ellen for a while at the senior school of St. Josephs. She was a very inventive and much appreciated English teacher, much loved by pupils and colleagues. Her care of the boys stood out as a form tutor and was welcomed by students and parents alike. Later she moved to the junior school where she used her skills for those with specific educational needs."

### Jan Cavanagh adds:

"Ellen and I met through Capel Catholics where her beautiful soprano voice and musicality were a mainstay of the choir. One highlight was being a member of the choir with her at the wedding of Therese Miller and Mark Ripley. We shared a professional interest in struggling children as she specialised in dyslexia, successfully tutoring many local children. As I was a play therapist our work overlapped and we had many deep conversations sharing experiences as she focused on getting the best for the children. She was always such fun; her bright smile and lively manner lit up any room. It's difficult to realise she has moved on."

### And from Chris Jukes:

"I was chairman of our Capel Catholic Community council at the time when Ellen first called. She had picked up my name from a local publication. When I went to see her she told me she felt she was lacking something in her life and was interested in joining a Christian religion. The Holy Spirit must have been with me that day as I managed to answer all her questions! She told me that she wanted to speak to other denominations in Capel and I encouraged her to do so. Having done that she called me to say that she would like to join the Catholic faith.

She attended an RCIA course at St Marks and I mentored her throughout that process, attending all the lectures with her and providing as much help and explanation as I could. She was finally received into the Church at a ceremony with the Bishop. She attended Mass with us at Capel and later at Ardleigh. As well as being a lovely person, she was very talented but lacked confidence to achieve things. For example, she had a good university degree (English & Drama, I think) and wanted to become a teacher. I encouraged her to get a job as a teaching assistant and to do her PGCE teaching qualification alongside. This she did at St Joseph's College in Ipswich. She took great interest in the problems of children with dyslexia and did a Masters degree based on that.



She told me that she wanted to play a musical instrument and achieved a good grade with the help of Therese Miller. Then she announced that she was going to learn the saxophone and start a jazz band. Some time later I saw her band was giving a concert in an Ipswich church. Pauline and I went. She played the piano. It was very good. Later, it was advertised again and we went but she was not playing. She was sitting at the back with her mother, looking totally distraught. She had just been diagnosed with cancer. I have very happy memories of Ellen and am so pleased to have helped and encouraged her to achieve her ambitions.

God bless her."

### And finally Kathy adds:

"Like Jan, I have happy memories of singing with Ellen in the choir. I had lost touch with Ellen after her move to Martlesham, but had heard about her devastating cancer diagnosis. The Lord brought us together again 3 years ago, at a course for cancer patients, run by the cancer support group at Ipswich hospital. We started meeting up for mass in St. Pancras church on Thursdays and attended the charity lunch afterwards. She also came to Jan, Richard and I for prayer and we were able to visit her at her lovely new home where her husband Phil had built her a studio in the garden, where she could pursue her interest in painting. In this past year we had communicated via WhatsApp video and on the phone. She rang me just a few weeks before she died to ask for prayer before her consultant appointment. With the easing of restrictions in May I had hoped to be able to go and see her but, sadly events overtook us."





## Padre Pio prayer

Heavenly Father, I thank you for loving me.

I thank you for sending your Son, Our Lord Jesus Christ, to the world to save and to set me free.

I trust in your power and grace that sustain and restore me. Loving Father, touch me now with your healing hands, for I believe that your will is for me to be well in mind, body, soul and spirit.

Cover me with the most precious blood of your Son, our Lord Jesus Christ from the top of my head to the soles of my feet.

Cast anything that should not be in me.

Root out any unhealthy and abnormal cells.

Open any blocked arteries or veins and rebuild and replenish any damaged areas.

Remove all inflammation and cleanse any infection by the power of Jesus' precious blood.

Let the fire of your healing love pass through my entire body to heal and make new any diseased areas so that my body will function the way you created it to function.

Touch also my mind and my emotion, even the deepest recesses of my heart.

Saturate my entire being with your presence, love, joy, and peace and draw me ever closer to you every moment of my life.

And Father, fill me with your Holy Spirit and empower me to

do your works so that my life will bring glory and honour to your holy name. I ask this in the name of the Lord Jesus Christ.

Amen

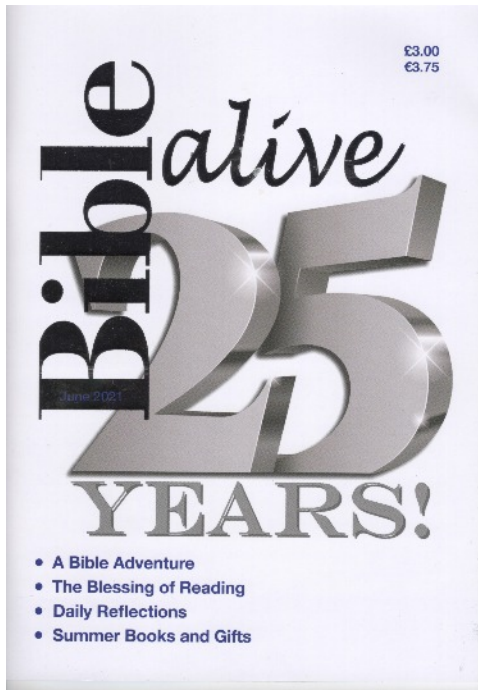


**Padre Pio was born on 25<sup>th</sup> May 1887.** His parents were

peasant farmers. He became a Capuchin Friar at the age of 15. He died on Sep 23<sup>rd</sup> 1968 and was canonised by Pope John Paul II in 2002.

He is also known as St. Pio of Pietrelcina.

Many books have been written about his life and miracles.



**Bible Alive** was launched 25 years ago this month in the UK. It provides reflections on the daily mass readings as well as articles and book recommendations. We find it a great companion, providing explanation of the Bible texts and a short daily prayer. There are quotes from Saints and this month there was even a quote from a Bob Dylan song!

If you'd like a free copy you can order one online at: [shop.alivepublishing.co.uk/subscription/freeTrial](http://shop.alivepublishing.co.uk/subscription/freeTrial)

There's also an endorsement from Cardinal Vincent Nichols: "Bible Alive is a great way to get to know the Scriptures from the daily and Sunday liturgy. The daily reflections are informative and encouraging."



As an example here's a lovely prayer from June 18<sup>th</sup>:

*"Lord, teach me that I am rich or poor according to what I am, not according to what I have, and that I am destined for the joy of Heaven and the treasure of eternal life."*

# Happy 90<sup>th</sup> birthday to our favourite songbird!

Margaret Miller was 90 years young on June 25<sup>th</sup> and her family organised a lovely birthday party to celebrate. With Margaret in the photo are Alan and Maureen Watts and Margaret's son Damien. Not to be confused with Damian Hearne who was taking the photo!!

Therese played the piano and Margaret was encouraged to sing some of her favourite hymns including Eagle's Wings - the Capel anthem. Neither of us could make the party this year, but bottom right are some photos from two years ago. Margaret singing Waltzing Matilda, encouraged by Damian. Also a lovely birthday cake.



## Some of this month's Saints

### 1<sup>st</sup> July St Oliver Plunket

St Oliver Plunket was born in Co. Meath in 1625, and died at Tyburn in 1681. Ordained in Rome in 1654, he was professor at a college in Rome till 1669, when he was appointed Archbishop of Armagh. He held synods and visitations and promoted the reforms initiated by the Council of Trent. Imprisoned in Dublin in 1679, he was tried, condemned and executed in London, the final victim of the 'Popish Plot' and the last person to be executed for the faith in England. He is remembered for his pastoral zeal and for the friendly relations he established with those who did not share the Catholic faith. His body rests at Downside Abbey, his head at Drogheda.



### 23<sup>rd</sup> July St Bridget of Sweden



Born in Sweden around 1303, St Bridget died at Rome on this day in 1373. She was a devoted wife and the mother of eight children, one of whom was Saint Catherine of Sweden. After being widowed, Bridget founded a religious order (the Bridgettines). She is remembered for her asceticism, her dedication to reform within the Church, and her lifelong mystical experience of Christ's passion. She is Patron of Europe.

### 31<sup>st</sup> July St Ignatius of Loyola

Born in northern Spain in 1491 St Ignatius became a professional soldier and almost died when a cannonball shattered his leg in battle. During his convalescence he read the stories of the saints and the life of Christ and underwent a life-changing conversion.



After years of study in Paris he was ordained. He developed a devoted group of followers and in 1540 Pope Paul III approved the Society of Jesus.

He said "I desire and choose poverty with Christ rather than riches, insults with Christ rather than honours; I desire to be accounted worthless and a fool for Christ rather than to be esteemed as wise and prudent in this world. So Christ was treated before me."

He died in 1556.

#### St Ignatius prayer

*"Receive Lord, all my liberty, my memory, my understanding, and my whole will. You have given me all that I have, all that I am, and I surrender all to Your divine will, that you dispose of me. Give me only Your love and your grace."*