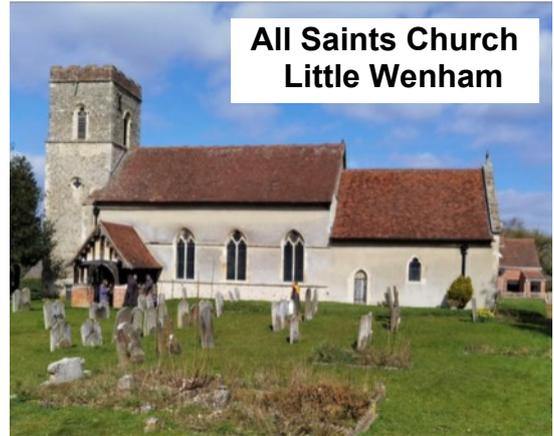


August 2021 Columbine



We hope you are all well in this variable weather! It has been good to see family and friends as restrictions begin to ease. Kathy managed to see her daughter Sarah and son-in-law Andy in July - after 18 months. However many are still feeling anxious about mixing with others which is understandable. So keep safe and we will keep you all in our prayers.
Jan and Kathy
P.S. Jan is making amazing progress after her hip operation. Praise God!



Our Lady's Medjugorje message 25th July 2021:



"Dear children!
I am calling you to be prayer for all those who do not pray.
Little children, witness with your lives the joy that you are mine and God will heed your prayers and give you peace in this peaceless world where pride and selfishness reign.

Little children, you be generous and be the love of my love, so that pagans can feel that you are mine and convert to my Immaculate Heart."

It was wonderful that all four Christian communities could join together for the picnic and service at All Saints, Little Wenham on July 18th. One of the hottest days of the year may have deterred a few people but there were a goodly number in attendance.

The last Churches together gathering was back in February 2020 before the world was turned upside down! We look forward to more services in the Autumn.

A group of us from Living Stones Prayer Group supplied the music. Photos below left (taken by Brian Rogerson)



In this edition:

This month we commemorate so many great Saints that we've devoted a couple of pages to them:

On **page 4** we have some more humour and a poem about Jesus.

Our beloved dead

Dominic Hearne	1 August 69
Lena Craddock	18 August 03
Frank Arundel	27 August 06



Living Stones prayer group meets at 6.30pm on the 1st and 3rd Mondays at St. Mark's and at St. Mary's, Ardleigh on the 2nd and 4th Mondays.

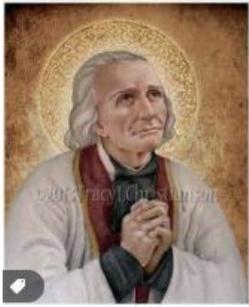
Mother's prayers meet Mondays at 10.30 am - currently on Zoom. Contact Kathy 07889 123702 or Jan 07713 406798

St Teresa Benedicta of the Cross August 9th

Born into a Jewish family in Germany in 1891, Edith Stein became an atheist when she was 14. She later converted to Catholicism during her philosophy studies. After teaching in a Catholic girls school for 10 years she became a lecturer at a German institute, but this post was cut short due to the Nazi policies of persecuting Jews. After much prayer she entered the Carmelites in 1933, taking the name St. Teresa Benedicta of the Cross. She felt the only way to save the Jews, the Nazis and her nation was through a life of prayer and sacrifice. In 1938, for her own protection, she was transferred to a convent in Holland, where her sister, Rosa, joined her after also converting to the Catholic faith. In 1942, because they were of Jewish descent, they were taken to camps first in Holland and then to Auschwitz where they both ended their lives in the gas chambers. She was declared a saint in 1998.



St John Vianney August 4th



John Vianney was born in 1786 in Dardilly, France, to devout peasants. He received very little formal education due to the revolution. He was ordained a diocesan priest and assigned to the tiny village of Ars, where he gave great attention to the poor and his preaching moved many hearts. He attracted people from far and wide and would spend many hours in the confessional. He died in 1859 and is patron of parish priests. He wrote "Were we to realise fully what a priest is on earth, we would die: not of fright, but of love. Without the priest, the passion and death of our Lord would be of no avail... What use would be a house filled with gold, were there no one to open its door?"

St Clare of Assisi August 11th

Saint Clare of Assisi was born into a wealthy Italian family but soon shunned her luxurious upbringing to embrace the life of piety and poverty. Inspired by the words of Francis of Assisi at a Lenten retreat in 1211, Clare fled her home and joined Francis, establishing her own religious order, the Poor Clares. The group became known for their austere and devout lifestyle and for the power of their prayer, which is credited with saving Assisi from invaders twice. After Francis' death, Clare continued his work and broadened her own influence. Clare died in 1253 and was canonized two years later by Pope Alexander IV.



St. Maximilian Kolbe 14th August



Born in 1894 into a poor Polish farming family, Maximilian became a Franciscan friar who promoted devotion to Mary under the title "Immaculata". Our Lady appeared to him one day whilst he was praying in church and offered him two crowns: a white one for purity and a red one for martyrdom. He accepted both.

Known as a critic of the Nazi regime, he was arrested by the Gestapo in February 1941 and sent to Auschwitz. He covertly continued his priestly ministry: praying, consoling and hearing confessions. When a prisoner was thought to have escaped ten

men were sentenced to death by starvation as a punishment. Maximilian offered to take the place of a young father, Franciszek Gajowniczek.

What followed were weeks of unimaginable horror, as the men suffered the pains of dehydration and starvation. But this holy man not only offered to be one of the suffering, he ministered to them as well. After three weeks there were only four prisoners left alive. It was on this day in 1941, the day before the Church celebrates the Assumption of St. Maximilian's beloved Mary, the Immaculata, that Fr. Kolbe and three fellow prisoners were killed with injections of carbolic acid.

By the late 1940s the cause for Fr. Kolbe's beatification had begun. He was beatified by Pope Paul VI in 1971 and canonized by his fellow Pole, Pope John Paul II in 1982.

Saint Monica August 27th and Saint Augustine August 28th

Although she was a Christian her parents gave Monica in marriage to a pagan. Her prayers and example eventually led to the conversion of her husband and mother-in-law. She had at least three children who survived infancy - the eldest of whom was Augustine. She continued to pray for Augustine's conversion even though he was living a life of immorality. He once famously said "Lord make me chaste - but not yet." He eventually converted to Christianity at around the age of 36. Many of his texts survive, the most famous of which is *Confessions*.

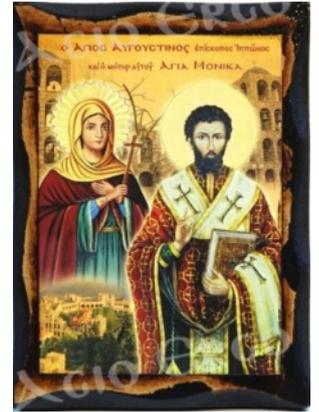
Some of his most memorable sayings are:

"God loves each one of us as if there were only one of us."

"He who sings prays twice"

"He who is filled with love is filled with God himself."

And the cautionary warning about bearing grudges: "Resentment is like drinking poison and waiting for the other person to die."



And some lesser known Saints....

St. Philomena August 11th



Little is known about the life of St. Philomena. However, it is believed she was Greek princess who became a virgin martyr and died at 13-years-old. Remains of a young lady were discovered in May 1802 at the Catacombs of Priscilla on the Via Salaria Nova with three tiles reading "Peace be to you, Philomena." All that is known about St. Philomena's life comes from a Neapolitan nun's vision. Sister Maria Luisa di Gesu claims St. Philomena came to her and told her she was the daughter of a Greek king who converted to Christianity. When Philomena was 13-years-old, she took a vow of consecrated virginity. After her father took his family to Rome to make peace, Emperor Diocletian fell in love with Philomena. When she refused to marry him, she was subjected to torture.

St. Philomena was scourged, drowned with an anchor attached to her, and shot with arrows. Each time she was attacked angels took to her side and healed her through prayer.

Finally, the Emperor had Philomena decapitated. According to the story, her death came on a Friday at three in the afternoon, the same as Jesus.

Two anchors, three arrows, a palm symbol of martyrdom, and a flower were found on the tiles in her tomb, interpreted as symbols of her martyrdom. She was canonised in 1837 and is the patron saint of infants, babies, and youth.

St Helena August 18th

St. Helena was the mother of Emperor Constantine the Great and an Empress of the Roman Empire.

Although Constantine's father divorced his mother, Constantine remained loyal to her. On his father's death Constantine became emperor and called his mother back into the imperial court. Under his influence she converted to Christianity. Between the years 326-328, Helena took a trip to the Holy Places in the Middle East. During her journey, Helena had many churches constructed, including the one at the site of Jesus Christ's birth - the Church of the Nativity, Bethlehem and another at the site of his Ascension - Church of Eleona on the Mount of Olives. During this time Jerusalem was still being rebuilt after Titus' destruction. Around the year 130, Emperor Hadrian had a temple built over the site of Jesus' death. This temple was believed to be dedicated to Venus. Helena had this temple destroyed and chose a site in this location to be excavated. This led to the discovery of three crosses. At this site, Constantine ordered the Church of the Holy Sepulchre to be built.



One Solitary Life

He was born in an obscure village
The child of a peasant woman
He grew up in another obscure village
Where he worked in a carpenter shop
Until he was thirty

He never wrote a book
He never held an office
He never went to college
He never visited a big city
He never travelled more than two hundred miles
From the place where he was born
He did none of the things
Usually associated with greatness
He had no credentials but himself

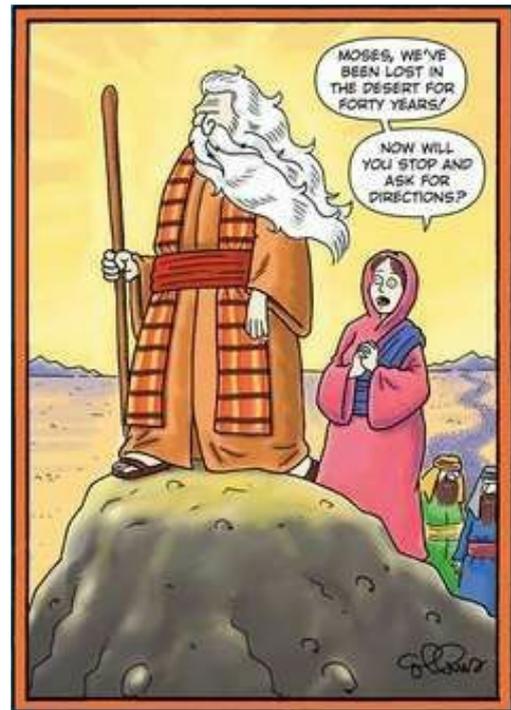
He was only thirty three

His friends ran away
One of them denied him
He was turned over to his enemies
And went through the mockery of a trial
He was nailed to a cross between two thieves
While dying, his executioners gambled for his clothing
The only property he had on earth

When he was dead
He was laid in a borrowed grave
Through the pity of a friend

Nineteen centuries have come and gone
And today Jesus is the central figure of the human race
And the leader of mankind's progress
All the armies that have ever marched
All the navies that have ever sailed
All the parliaments that have ever sat
All the kings that ever reigned put together
Have not affected the life of mankind on earth
As powerfully as that one solitary life

Dr James Allan © 1926.



Lexophile" describes those that have a love for words, such as "you can tune a piano, but you can't tuna fish", "To write with a broken pencil is pointless." An annual competition is held by the New York Times to see who can create the best original lexophile.

This year's submissions:

I changed my iPhone's name to Titanic. It's syncing now.

England has no kidney bank, but it does have a Liverpool.

Haunted French pancakes give me the crepes.

This girl today said she recognized me from the Vegetarians Club, but I'd swear I've never met herbivore.

I know a guy who's addicted to drinking brake fluid, but he says he can stop any time.

Police were summoned to a daycare centre where a three-year-old was resisting a rest.