

November 2021 Columbine



In November, the month of the Holy Souls, we remember the loved ones who are no longer with us. That final phrase from the hymn "Lead kindly light" is very poignant - "and with the morn those angel faces smile which I have loved long since, and lost awhile."

We also pray for those who have lost their lives in war - including recent conflicts - and all the refugees who are fleeing from war zones.

God bless Jan and Kathy



Praying for the Climate conference in Glasgow

World leaders have assembled in Glasgow to tackle the global climate crisis. Pope Francis is unfortunately not well enough to attend but he reminds us that it is some of the poorest countries that are suffering most from extreme weather events. Please pray for wisdom for world leaders. Conference dates Oct 31st-12th Nov



In this edition:

- On page 2 we mention Julian Wong's chaplaincy work with seafarers
- On page 3 we feature St. Margaret of Scotland and St. Martin de Porres
- On page 4 wise words from Pope Francis and some humour.

Living Stones prayer group meets at 6.30pm on the 1st and 3rd Mondays at St. Mark's, Ipswich 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

Capel Churches Together events:

November 14th Remembrance Day Service at Capel War Memorial 10.45am

November 28th Churches Together service at the Community Church, Days Road at 6.30pm

Our beloved dead

Fred Willett	2 November
Peter Nash	3 November 94
Dodo Henderson	10 November 87
May Keegan	11 th November 82
Lucie Colley	16 Nov. 04
Millie Germain	27 Nov. 97

Our Lady's Medjugorje message 25th October 2021:

"Dear children! Return to prayer because [he] who prays is not afraid of the future; [he] who prays is open to life and respects the life of others; [he] who prays, little children, feels the freedom of the children of God and in joy of heart serves for the good for his brother-man. Because God is love and freedom, therefore, little children, when they want to put you in bonds and to use you, it is not from God. Because God loves and gives His peace to every creature; and that is why He sent me to you to help you to grow in holiness. Thank you for having responded to my call."



Supporting seafarers

Julian Wong from St Mark's has an important role as port chaplain in Felixstowe. He is there to offer whatever help he can to the seafarers he meets. This might be practical, such as providing woolly hats or a MiFi (mobile WiFi) unit to enable them to use the internet to contact their families back home (many seafarers have no internet access at sea). It might be pastoral help, such as providing a listening ear if someone is feeling homesick, is worried about a member of their family, or hasn't been paid.



Here is a link to more about the life of the seafarers who make our comfortable lives possible"

<https://www.rcdea.org.uk/chaplains-seafarers-role-highlighted-in-harvest-appeal/>

Are you a knitter? Would you like to knit a hat for seafarers?

With dark evenings and winter approaching why not use up some of that spare wool that's been hanging around? Completed hats can be left at the back of St. Mark's in the box for seafarers - or give them to one of us and we'll take them in for you. Thank you! Pattern below and on the right some colourful hats knitted by Jan. The spelling mistake in the title of the pattern is not ours!!



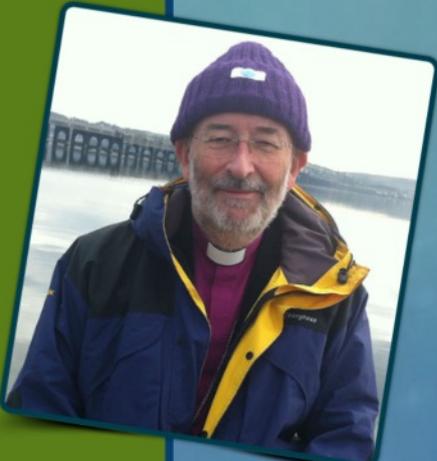


Wooley Hat Pattern.

Number 8 Knitting needles.
Double Knitting wool.
Cast on 133 sts.
K1, P1 throughout until 9-1/2 inches with the P1 to start row.

Shape Top

Rib 11 slip1 Knit 2 tog pass slip st. over repeat to end of row
Rib 1 row
Next row R9 decrease as before
Rib 1 row
Next row R7 decrease as before
Rib 1 row
Next row R5 decrease as before
Rib 1 row
Next row R3 decrease as before
Rib 1 row
Next row R1 decrease as before
Rib 1 row
Next row K1 Slip 1 K2, tog slip st over.
Then draw up remaining stitches & secure then sew up.



St. Martin of Porres 3rd November



Martin de Porres was born in Lima, Peru, in 1579 of Spanish and black parentage. Inheriting his mother's dark colour, at times he was looked down upon by his aristocratic father, and, in early childhood, he was badly neglected.

An intelligent boy, he was befriended by a doctor who taught him the art of healing. Martin began developing his prayer life at an early age. He had a deep devotion to our Lord's Passion, and continually prayed to know what he could do in gratitude for the immense blessings of the Redemption. Deciding upon the religious life, he applied to the Dominican Convent of the Holy Rosary and was accepted as a servant. He gave himself to the lowliest duties in the house, and, finally, after many years, he was commanded by his superiors to accept the habit of a lay brother; he had considered that this was too great an honour for himself.

The report of Martin's skill as a surgeon and healer soon spread abroad. As much by his prayers as through medical knowledge, he cured the most frightening diseases: bringing from near death a priest who had a badly infected leg; making whole again so many people afflicted with so many diseases that no one could attempt to count them.

In addition to the gift of healing, he was endowed with that of bilocation; he was seen in Mexico, Central America, and even Japan, by people who knew him well, whereas he had never been out of Lima since entering the Order. He passed through locked doors by some means that was known only to himself and God; he appeared at the bedside of sufferers without being asked and always soothed the sick even when he did not completely cure them. Even sick animals came to him for healing. The miracles continue. He lived a life of almost constant prayer, and he practiced unbelievable austerities. He was made a saint by Pope John XXIII on May 5th 1962.

St. Margaret of Scotland 16th November

Margaret was born in 1046 and was a direct descendant of King Alfred.

Along with her family Margaret had been exiled to the eastern continent when King Canute and his Danish army had overrun England. Beautiful and devout she was also intelligent receiving her formal education in Hungary.

Margaret and her family returned to England towards the end of the reign of her great-uncle, Edward the Confessor.

As some of the last remaining Saxon Royals in England, Margaret and her family's position became precarious when the Normans invaded. Fearing for their lives they fled northwards, in the opposite direction to the advancing Normans. They were heading back to the continent from Northumbria when their ship was blown off course and landed in Fife.

The Scottish King, Malcolm III known as Malcolm Canmore (or Great Head) offered his protection to the royal family.

Malcolm was particularly protective towards Margaret! She initially refused his proposals of marriage, preferring, according to one account, a life of piety as a virgin. Malcolm however was a persistent king, and the couple finally married in Dunfermline in 1069.

Their union was exceptionally happy and fruitful for both themselves and the Scottish nation. Queen Margaret was renowned for her good influence on her husband and also for her devout piety and religious observance. She was a prime mover in the reform of the Church in Scotland.

Margaret founded churches, monasteries and pilgrimage hostels and established the Royal Mausoleum at Dunfermline Abbey with monks from Canterbury. She was especially fond of Scottish saints and instigated the Queen's Ferry over the Forth so that pilgrims could more easily reach the Shrine of St. Andrew.



Pope Francis

“The quest for personal prestige can become a spiritual malady, masquerading itself even behind good intentions: for example, when behind the good we do and preach, we actually seek ourselves alone and our own affirmation, that is, that we get ahead and climb up... We therefore always need to evaluate our heart’s real intentions, to ask ourselves: “Why am I carrying out this work, this responsibility? To offer service or rather to be recognised, praised and to receive compliments?” ... There are so, so many in need, and after the pandemic there are many more. Seek to be immersed in service rather than to climb up for one’s own glory.”



“Do not forget that you have been “taken from the flock”, not as a member of an élite that has studied, that has many qualifications and who must be a bishop. No, by the flock. Please, do not forget these four forms of closeness: closeness to God in prayer, closeness to bishops in the episcopal body, closeness to priests, and closeness to the flock. May the Lord let you grow on this path of closeness, so that you will better imitate the Lord, because he has always been and is near to us, and with his closeness that is compassionate and tender he leads us forward. And may Our Lady keep you.”

Senior moments!

1. When one door closes and another door opens, you are probably in prison.
2. To me, "drink responsibly" means don't spill it.
3. Age 60 might be the new 40, but 9:00 pm is the new midnight.
4. It's the start of a brand new day, and I'm off like a herd of turtles.
5. The older I get, the earlier it gets late.
6. When I say, "The other day," I could be referring to any time between yesterday and 15 years ago.
7. I remember being able to get up without making sound effects.
8. I had my patience tested. I'm negative.
9. Remember, if you lose a sock in the dryer, it comes back as a Tupperware lid that doesn't fit any of your containers.
10. If you're sitting in public and a stranger takes the seat next to you, just stare straight ahead and say, "Did you bring the money?"
11. When you ask me what I am doing today, and I say "nothing," it does not mean I am free. It means I am doing nothing.
12. I finally got eight hours of sleep. It took me three days, but whatever.
13. I run like the winded.
14. I hate when a couple argues in public, and I missed the beginning and don't know whose side I'm on.
15. When someone asks what I did over the weekend, I squint and ask, "Why, what did you hear?"
16. When you do squats, are your knees supposed to sound like a goat chewing on an aluminum can stuffed with celery?
17. I don't mean to interrupt people. I just randomly remember things and get really excited.
18. When I ask for directions, please don't use words like "east."
19. Don't bother walking a mile in my shoes. That would be boring. Spend 30 seconds in my head. That'll freak you right out.
20. Sometimes, someone unexpected comes into your life out of nowhere, makes your heart race, and changes you forever. We call those people cops.
21. My luck is like a bald guy who just won a comb.