

## March 2022 Columbine



As you see below Pope Francis is calling us to prayer and fasting on Ash Wednesday. In her February 2021 message in Medjugorje Our Lady said "prayer and fasting can stop wars." We are all greatly saddened by the conflict in the Ukraine. The great advantage we have as Christians is that we believe in the power of prayer - and Lent is a good time to focus on our prayer lives. Let's also pray for all world leaders that they will exercise wisdom in these troubled times. **Jan and Kathy**



### Pope Francis is calling us to prayer and fasting on Wednesday March 2<sup>nd</sup> for the conflict in Ukraine

“

I encourage believers in a special way to dedicate themselves intensely to prayer and fasting on that day. May the Queen of Peace preserve the world from the madness of war

”

Pope Francis, 23rd February 2022



- On page 2 St Felix and details of pilgrimage to Our Lady of Ipswich Shrine.
- On page 3 Thoughts on fasting from Pope Francis and Prayers for Lent
- On page 4 Birthday girl Margaret Congdon and some cartoons to cheer us all up.

### Ecumenical dates for your diary:

**Churches Together in Capel** service Sunday March 27<sup>th</sup> at St. Mary's led by Roman Catholics (us!)

**April 9<sup>th</sup> First pilgrimage walk** to Our Lady of Grace Shrine at St. Mary Elms, Ipswich, starting from St. Mary's, Capel at 9am. More details on page 2.



### Our Lady's message on February 25<sup>th</sup> 2022

*"Dear children! I am with you and we pray together. Help me with prayer, little children, that Satan may not prevail. His power of death, hatred, and fear has visited the earth. Therefore, little children, return to God and to prayer, to fasting and to renunciation, for all those who are downtrodden, poor, and have no voice in this world without God. Little children, if you do not return to God and His Commandments, you do not have a future. That is why He sent me to you to guide you. Thank you for having responded to my call."*

### Our beloved dead

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

## Saint Felix March 8th

St Felix of Burgundy (and of Dunwich) died on March 8<sup>th</sup> around the year 647. He was the first bishop of the East Angles and is credited with introducing Christianity to our region and is later praised by the historian Bede for delivering "All the province of East Anglia from longstanding unrighteousness and unhappiness".

The historian Bede, writing in 731, says that The Apostle Felix came from Burgundy as a missionary bishop and was sent by Honorius, Archbishop of Canterbury to assist King Sigeberht in East Anglia. Sigeberht made him bishop of Dommoc (Dunwich or Walton, Felixstowe). A school was established for boys to be taught to read and write in Latin according to the method used in Burgundy.

Sigeberht also granted him a monastery site in an old Roman fort, Cnobheresburg (probably Burgh castle near Yarmouth) where, with the Irish missionary and hermit Fursey, they effected many conversions and established churches in the kingdom.

Felix served for seventeen years until his death in March 647 or 648. There are still a few churches dedicated to St Felix (including in Felixstowe!) and an image of him can be found in Norwich cathedral.



### Local Foodbank FIND are asking for donations of the following items:

- Tins of carrots, mixed veg, peas, rice pudding, fruit.
- Cereals and rice, long life milk (whole and semi) and any fresh fruit.
- They always need bags for life carrier bags and others to wrap vegetables etc.



Collection points in Capel at the Co-op, Methodist Church and St. Mary's and at St. Mark's in Chantry

### Lenten course on Our Lady

"Let it Be" is a 5 week course which includes beautiful videos from Marian Shrines and the Holy Land. It is being run at St. Mark's on Wednesday evenings beginning March 9<sup>th</sup> 7-8.30pm.

Sign up sheets are at the back of St. Mark's church.

## Pilgrimage walk April 9th from St. Mary's Capel to St. Mary Elms, Ipswich



On April 9<sup>th</sup> we are delighted to be joining with our friends from St. Mary's, Capel Methodist Church and Days Road churches to walk for the first time in 500 years from Capel St. Mary to the Shrine of Our Lady of Grace at St. Mary Elms in Ipswich.

The Shrine was first recorded in 1152 and became more popular than Walsingham as a place of pilgrimage. Among its famous pilgrims were Henry VIII and Catherine of Aragon, Sir Thomas More and Cardinal Thomas Wolsey.

The shrine was suppressed at the Reformation. In 1987 a modern shrine was re-established by the Guild of Our Lady of Ipswich and an annual Merymana walk takes place in September along the Ipswich waterfront to the shrine.

Our pilgrimage will begin from St. Mary's, Capel at 9am and we will walk along pavements and footpaths to St. Mary's Bentley and then to St. Mary's Belstead and onwards to St. Mary's, Stoke. There will be a number of refreshment and comfort breaks along the route. We aim to be at St. Mary Elms mid afternoon. You can join us for one of the sections. Timings are still being worked out. For more information contact Kathy on 01473 311384 [kathy.pollard@btinternet.com](mailto:kathy.pollard@btinternet.com) or Jan on 01473 310017 [jan.s.cavanagh@gmail.com](mailto:jan.s.cavanagh@gmail.com)



# Ideas from Pope Francis for Lenten fasts



1. Fast from hurting words and say kind words.
2. Fast from sadness and be filled with gratitude.
3. Fast from anger and be filled with patience.
4. Fast from pessimism and be filled with hope.
5. Fast from worries and trust in God.
6. Fast from complaints and contemplate simplicity.
7. Fast from pressures and be prayerful.
8. Fast from bitterness and fill your heart with joy.
9. Fast from selfishness and be compassionate to others.
10. Fast from grudges and be reconciled.
11. Fast from words and be silent so you can listen.

## And some lovely prayers for Lent

*The Lady of All Nations*

Lord Jesus Christ,  
Son of the Father,  
send now Your Spirit  
over the earth.

Let the Holy Spirit live  
in the hearts of all nations,  
that they may be preserved  
from degeneration, disaster and war.

May the Lady of All Nations,  
*the Blessed Virgin Mary,*  
be our Advocate.  
Amen.

### A BEAUTIFUL ACT OF CONTRITION

Forgive me my sins, O Lord, forgive me my sins; the sins of my youth, the sins of my age, the sins of my soul, the sins of my body; my idle sins, my serious voluntary sins; the sins I know, the sins I do not know; the sins I have concealed for so long, and which are now hidden from my memory.

I am truly sorry for every sin, mortal and venial, for all the sins of my childhood up to the present hour.

I know my sins have wounded Thy Tender Heart, O My Savior, let me be freed from the bonds of evil through the most bitter Passion of My Redeemer.

Amen.

O My Jesus, forget and forgive what I have been.

Amen.



Happy 95<sup>th</sup> birthday to Margaret Congdon, celebrating here with daughters Clare and Elizabeth and granddaughters Alice and Harriet



And some holy (and not so holy!) moments ....



"C'mon, c'mon—it's either one or the other."

