

April 2022 Columbine



The events in Ukraine have greatly saddened us all. The public have responded generously to calls for donations of essential supplies. We are now being urged to send funding direct to the Disasters Emergency Committee to support refugees and those who remain.

Many have returned to prayer. At Jan's suggestion, a group of us are saying the Rosary together each day on Zoom. More details in this newsletter. From Our Lady's message to Marija it is clear that our prayers are being heard in Heaven! Let's keep praying for peace.

Jan and Kathy



This month there are two messages from Our Lady Queen of Peace to Medjugorje visionaries:

In the message to Marija on March 25th Our Lady says that she is listening to our cry and prayers for peace.

This month we have more information on the Fatima messages and Pope Francis' consecration of Russia and Ukraine.



- On page 2 Julian Wong tell us of his experience as Stella Maris Port Chaplain
- On page 3 Rosary on Zoom and Fatima messages
- On page 4 Supporting Foodbanks and eco friendly packaging plus some humour!

Ecumenical dates for your diary:

Churches Together in Capel
service Sunday April 24th 6.30pm
at Capel Community Church, Days Road.

April 9th First pilgrimage walk to Our Lady of Grace Shrine at St. Mary Elms, Ipswich, starting from St. Mary's, Capel.

April 15th (Good Friday) Walk of witness - starting from Days Road church at 9.30am

April 17th (Easter Sunday) Witness at the Cross in Capel Village centre at 12 noon

March 18th annual message to Mirjana

"Dear children, With a motherly love I am calling you to—full of strength, faith and trust—look towards my Son. Keep opening your hearts to Him and do not be afraid, because my Son is the Light of the world and in Him is peace and hope. That is why, anew, anew I am calling you to pray for those of my children who have not come to know the love of my Son, so that my Son, with His light of love and hope, may illuminate also their hearts; and you, my children, that He may strengthen and give you peace and hope. I am with you. Thank you."

March 25th monthly message to Marija

"Dear children! I am listening to your cry and prayers for peace. For years, Satan has been fighting for war. That is why God sent me among you to guide you on the way of holiness, because humanity is at a crossroad. I am calling you to return to God and to God's Commandments that it may be good for you on earth, and that you may come out of this crisis into which you have entered because you are not listening to God who loves you and desires to save you and lead you to a new life. Thank you for having responded to my call."

Our beloved dead

Ruby Leyden	1st April 2019
Stephen Coyle	17 April 81
Fred Head	11 April 92
Les Colley	16 April 03

Julian Wong is Stella Maris Port Chaplain to the East Coast Ports and here he tells us a little about the challenging nature of his work supporting Ukrainian seafarers:



Photo of Julian and Ukrainian master of a vessel

As a Stella Maris port chaplain, my ministry with seafarers is varied but extremely rewarding. It can be simply chatting to seafarers, checking up on their families at home or their life on board. However, it can also be extremely challenging and stressful, but rewarding. Recently, I thought it was challenging enough, supporting a whole crew when their chief officer was fatally injured in an accident on board.

Then one week later, Russia invaded Ukraine and supporting Ukrainian seafarers has become a challenge I could never have imagined. Some of their families managed to get out to neighbouring countries like Poland, Romania and Moldova. Some were forced to stay because it was too dangerous to travel because of the constant bombing. One Ukrainian seafarer showed me the constant messages coming in on his mobile phone, "bombing bombing, bombing."

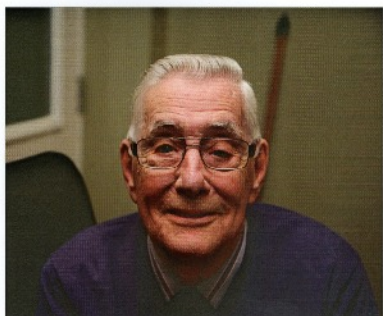


Master of vessel speaking to Fr. Edward, the National Director of Stella Maris Retreat Centre in Gdynia, Poland

On 5th March, I was contacted by the Ukrainian master of a vessel, requesting woolly hats to be sent to Poland for their families and the Ukrainian soldiers. I managed to put together 2 big boxes of woolly hats immediately and delivered them to an Ipswich bus which was leaving for Poland with humanitarian aid the very next day. A week later, this captain's vessel came to Felixstowe Port and I visited him in his office. He told me that his family was safe in Poland but was desperate to find accommodation. He has 8 children! I gave him the contact number of Fr. Edward, the National Director of Stella Maris Retreat Centre in Gdynia, Poland. The Master immediately phoned Fr. Edward in Gdynia and then updated his wife in Poland. The next day, he emailed me to say Fr. Edward had spoken to his wife and a day later, he said his family and even their cat were safe!

Sadly, many families are not so lucky and are still stuck in Odessa, Kyiv and Mariupol and constantly being bombed. Many seafarers have lost contact with their love ones. I seek out the Ukrainians on my ship visits each day, ensuring they have the means of communication by supplying them with free SIM cards. I also provide them with information on how to contact Fr. Edward should their families make it to Poland. I ask them to call me if their families want to come to the UK. The pain and stress etched on their faces are hard to take – I have no solution other than to hug them and their families in my prayers every day and stretch out God's love and peace to them.

Let's keep Julian in our prayers as well as all the seafarers to whom he ministers.



John Mann was "born into eternal life" on Ash Wednesday, March 2nd, aged 94. John and wife Sylvia have been members of the Capel Catholic community for many years. In recent years John had been cared for at Baylham Care Home. Sylvia still lives in the village.

John's funeral took place on March 31st at St. Mary's Church, Woodbridge. More about John in next month's Columbine.

Praying for peace on Zoom!



Alarmed by the war in Ukraine some of us decided to follow the guidance of Our Lady and gather to pray for peace. We meet for the rosary on Zoom every day at 1.30 pm. The link is shown on St Marks WhatsApp group and also available on request by email.

New members are always welcome, or you could even start your own rosary group: email jan.s.cavanagh@gmail.com

There are also at least three members who join on the telephone, including Gloria's mother who is 95! And Damian Hearne has been joining us from France. We plan to continue at least until the war ends.

The legacy of Fatima

In 1917 Our Lady appeared to three young shepherd children at Fatima in Portugal: Lucia dos Santos and her cousins Francisco and Jacinta Marto. Amongst her messages she said "Russia, despite everything, continues to deny my Son." Our Lady also said "If my requests are heeded Russia will be converted and there will be peace. If not she will spread her errors throughout the world, causing wars and persecution of the church."

Our Lady also warned that there would be another war unless people turned back to God and she promised to return and ask for the consecration of Russia to her Immaculate Heart. She also asked the children to pray the Rosary every day to bring peace to the world and end the (First World) war.



The miracle of the sun

A great miracle had been promised to the children and this took place on October 13th 1917. Tens of thousands had gathered in Fatima as the news of the apparitions had spread far and wide. Many who came were not believers, including reporters from local newspapers. The weather was stormy but suddenly the sun broke through and everyone's clothes dried instantly. The sun began to dance and spin. It then zigzagged across the sky and appeared to descend towards the terrified crowds before returning to its usual place in the sky. A number of healing miracles took place that day and many became believers.

Francisco and Jacinta died in the flu epidemic after the First World War but Lucia survived and went on to become a Carmelite nun. She had many more visions over the years.

In 1925 Our Lady gave Lucia the **first five Saturdays devotion** in which she promised to provide at the hour of death, the graces necessary for salvation to those who, on the first Saturday of five consecutive months, confessed, received Holy Communion, recited five decades of the Rosary and kept her company while meditating on the mysteries of the Rosary for 15 minutes.

On June 13th 1929 Our Lady returned again and said "The moment has come in which God asks the Holy Father, in union with all the bishops in the world, to make the consecration of Russia". Although Pope Pius XII carried out consecrations in 1942 and 1952, neither of these fulfilled the details of Our Lady's request. The consecration was finally made by Pope John Paul II in 1984 and Sister Lucia confirmed this had been done correctly. On March 25th this year Pope Francis again consecrated Russia, as well as Ukraine, to the Immaculate Heart of Mary along with all the bishops in the world. Many parishes repeated the prayer of consecration. Let us all keep praying that the conflict in Ukraine will end and that Russia will be converted.

Reducing throwaway plastic containers....

The Capel Methodist Church Climate Action Team (CAT) have managed to persuade www.LoveRefills.co.uk to come back to Capel – next visit Tuesday, 26th April, 9:30-11am, and then the 4th Tuesday of the month thereafter. LoveRefills comes mobile in a van – parked in the layby across the road from the Methodist church if there's space, or close by. You can either bring containers to fill up or buy them from her. So it would be great if you went along to see what she has and how it works. Products include eco friendly liquid and powder detergents, bodycare products and reusable containers.



Lending a helping hand...

In these times of rising food and energy prices many families are struggling. Please support local Foodbanks like FIND - there are collection points in local churches and the Coop. There are also collection points for Foodbanks in all major supermarkets.



And a few things to cheer us up



EXERCISE FOR PEOPLE OVER 60

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5-lb potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10-lb potato bags. Then try 50-lb potato bags and eventually try to get to where you can lift a 100-lb potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level).

After you feel confident at that level, put a potato in each bag.

If you have any items for next month's Columbine please get in touch:

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