

# May 2022 Columbine



May is Our Lady's month. How many of us remember the excitement of being chosen to crown Our Lady's statue with a crown of flowers? And the processions singing those familiar hymns! Such a lovely time of year as we enjoy the beautiful flowers in our gardens and the bluebells in the woods.

We continue to pray the Rosary daily for an end to the conflict in Ukraine and all other conflicts around the world. Our Lady is a powerful intercessor. God bless

**Jan and Kathy**



## Dates for your diary:

**"Let it be"** This recent popular course will be run again in Capel St Mary on Wednesday afternoons at 2.30pm from **May 4th** for the following four weeks. Please contact Kathy or Jan to find out more: 01473 311384 or 01473 310017.

**Churches Together in Capel** service Sunday **May 22nd** 6.30pm at Capel Methodist Church.

**May 31<sup>st</sup> St. Mark's parish pilgrimage to Walsingham** by coach: £12 a head, leaving Brantham at 8.30 am and St. Mark's at 9 am. Coach leaves Walsingham at 5pm. Lists at the back of both churches or contact Fr. Bineesh, Jenny Newing or Ann Smitheram.

**June 18<sup>th</sup> (Sat) East Anglia Celebrate event** at Churchford Grange, Capel St. Mary 2-6pm

**Medjugorje - Our Lady's monthly message on April 25<sup>th</sup> to Marija**

*"Dear children! I am looking at you and I see that you are lost. That is why I am calling all of you: return to God, return to prayer - and the Holy Spirit will fill you with His love which gives joy to the heart. Hope will grow in you, also for a better future, and you will become joyful witnesses of God's mercy in you and around you. Thank you for having responded to my call."*

- On page 2 Pictures from the pilgrimage of Grace which took place on 9<sup>th</sup> April.
- On page 3 Walk of Witness and Clare Priory events
- On page 4 a message from Pope Francis and a reminder to support Foodbanks plus some humour!

## Our Lady of Grace statue at St. Mary Elms Ipswich



## Sick and Housebound

Margaret Miller

Sylvia Mann

Terry McLeod



## Our Beloved Dead

John Wright	1 May 1998
Veronica Campbell	8 May 2020
Ellen Kirby	15 May 2021
Josie Coe	17 May 2006
Samuel Joseph Doyle	24 May
Christine Finnegan	25 May 2020

## Our Lady of Grace Pilgrimage 9<sup>th</sup> April



Happy pilgrims - above at St. Mary's, Capel and below en route to St. Mary's Belstead



A warm welcome at St Mary's Bentley - sausage rolls and chocolate biscuits & tea



Right the interior of St. Mary's Belstead and below St. Mary's Stoke.



With thanks to Teresa Yonge and Chris Hart for the photographic record of a very successful day - the first time in nearly 500 years that pilgrims visited churches of St. Mary en route to Ipswich - as they would have done in mediaeval times.

Many thanks to Brian Rogerson and Rev Sally Letman for organising the pilgrimage. It was great to walk together as Christians. Thanks to all who provided hospitality on the way.



Pilgrims leave a candle at the shrine - now for tea at the rectory!

## Walk of Witness Good Friday



Christians in Capel joined together in the Walk of Witness, starting at Days Road Community Church, via St. Mary's and on to the War Memorial. It was the first time in 3 years that we've been able to do this and around 50 people took part. The weather was kind to us.

It was a very moving experience. Our thanks to Damian for supplying the cross and stand and to the Capel Methodist Community for the hot cross buns and tea/coffee. So lovely to be able to chat with people we haven't seen for so long.

## Events at Clare Priory

Many of us have been blessed by the peace and tranquillity of retreats at Clare Priory. There are now regular healing weekends, led by Father Gladson Dabre. Below is Clare Fox's account of the healing weekend in April. See below for future retreat dates and other events.

*"The retreat weekend was a time of stepping aside from the busy-ness of life and having time to be in God's presence and to be open to receive His healing touch in my life. And I did! I came to realise the ways in which experiences of life, especially from childhood, have wounded and bound me, as well as the effects of my sin. I was able to give all these things to the Lord during the healing and deliverance services in front of the Blessed Sacrament. What a beautiful release I felt when I received individual prayer, kneeling at the altar, and then especially when Fr Gladson brought the monstrance to each participant, touching it on each of our foreheads. Such a closeness to the Lord and experience of His love for me! We were singing a song with the words 'Oh Lord, how I need you,' and I've come away knowing how much I need God in my life and that I want to live my life to the full, no longer burdened by anything from my past. As Jesus promised in John 10:10 I came that they might have life and have it abundantly."* Clare Fox.



### May events

**3-6 Spring Walking Retreat:** Time to look and see, listen and hear, touch and feel, God's presence all around us; and to discover the partnership we have with God in his creation. £150/£160 **Mary Handforth**

**12-15 Marian retreat:** Gateway to Heaven and Refuge on Earth. Our Lady's Role as Queen and Mother in our salvation. Starts at 5pm on the 12th and ends at 2pm on the 15th. £95 non-resident £195 residential **Barbara Sierp**

### 17 Way of Silence Day : The Joy of the Ordinary

10.30am to 3.30pm Donation **Valerie Quinliven and the Priory Team** *Please bring your own packed lunch*

### July events

#### 1-3 By His Wounds We Are Healed

(Please note this is a preached charismatic retreat) £150/£160 Fr Gladson Dabre OSA

#### 9 & 10 Craft Fair weekend

**15-17 By His Wounds We Are Healed** £150-£160 Fr Gladson Dabre OSA

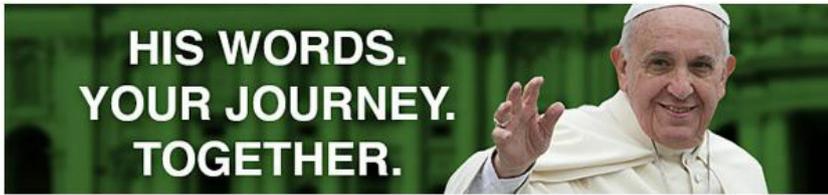
**19 Way of Silence Day** Donation Priory Team

**26-32 IGR** (maximum 6 people) £400 Sr Frances Moore

You can book by emailing [clarepriory@clarepriory.net](mailto:clarepriory@clarepriory.net) or phone the office 01787 277326 between 9.30 and 3pm Monday to Friday.

## 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.



WEDNESDAY, APRIL 27, 2022

“The Lord is not looking for perfect Christians; the Lord is not looking for Christians who never doubt and always flaunt a steadfast faith... No, the adventure of faith... consists of lights and shadows. Otherwise, what kind of faith would that be? It knows times of comfort, zeal and enthusiasm, but also of weariness, confusion, doubt and darkness... Crises are not sins, they are part of the journey, we should not fear them. Many times, they make us humble because they strip us of the idea that we are fine, that we are better than others. Crises help us to recognize that we are needy: they rekindle the need for God and thus enable us to return to the Lord, to touch his wounds, to experience his love anew as if it were the first time.”

*Pope Francis*

## Food for thought:

Many turn from Jesus because of a bad experience with religious people.

We must remind them that Jesus also had a bad experience with religious people.

He was crucified by them.



## And a few things to make us smile

I've been to a lot of places, but I've never been in Cahoots. Apparently you can't go alone, you have to be in Cahoots with someone. I've also never been in Cognito, either. I hear no one recognizes you there. I have, however been in Sane. They don't have an airport, you have to be driven there. I have made several trips.

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

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