

June 2022 Columbine



June starts with our Queen's Platinum Jubilee and we wish her a happy celebration. Capel is marking the occasion with plenty of village events for every age and taste, including a Christian service in the village centre, an exhibition by village clubs as well as flags, bunting, cake and a Red Arrows fly past. Later in the month Capel is hosting the Praise on the Lawn event.....attendance and help much welcomed to put our village on the spiritual map. God bless Jan and Kathy



Join us for Prayer and Praise on the Lawn

Theme: Receiving blessing

**June 18th at Churchford Grange, Mill Hill,
Capel St. Mary IP9 2LA**

2 - 6pm

Fun for all the family - swimming and games

Please bring a chair and a picnic!

All welcome

For more information and/or to offer help please contact:

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A Celebrate East Anglia "pop up" event



- On page 2 pictures from Diocesan pilgrimage to Walsingham
- On page 3 St. Alban and Julian of Norwich and Our Lady's monthly message to Marija
- On page 4 Foodbanks and tribute to Her Majesty plus some humour

Other dates for your diary:

Wed 15th June Guided adoration at St. Mark's 6.30-7.30pm

Churches Together services

June 26th 6.30pm at St Mary's led by Rev Sally Letman

Sunday July 17th Picnic and Praise and Worship at Little Wenham Church

Living Stones prayer group:

Monday 6th and 20th June at St. Mark's 6.30pm with Adoration at 6pm

Monday 13 and 27th June 6.30pm at St. Mary's, Arleigh

Day of Renewal Saturday 20th August at Clare Priory 10.30am-4.30pm

Sick and Housebound

Margaret Miller

Sylvia Mann

Terry McLeod



Our Beloved Dead

Harry Boyle	8 June 92
Jack Leyden	20 June 95
Eugenie Brunning	23 June 11
Niall Gormley	23 June 02
Derek de Vial	June 15

St. Mark's parish joins Diocesan Pilgrimage to Walsingham

Feast of the Visitation 31st May 2022



Above: Walking the Holy Mile on the road from the Shrine and below on our way to the Abbey grounds - through the village bedecked with Ukrainian colour flags!



Father Bineesh in conversation before setting off on the Holy Mile walk



Teresa Yonge at the entrance to the Abbey Grounds on our way to Benediction.

Kathy writes "We had a fabulous day at Walsingham with pilgrims from throughout the diocese. Beautiful mass at the Shrine - the choir were wonderful and then the walk along the Holy Mile, praying the Rosary and singing. Thanks to all the organisers who did a great job and to Teresa for the photos."



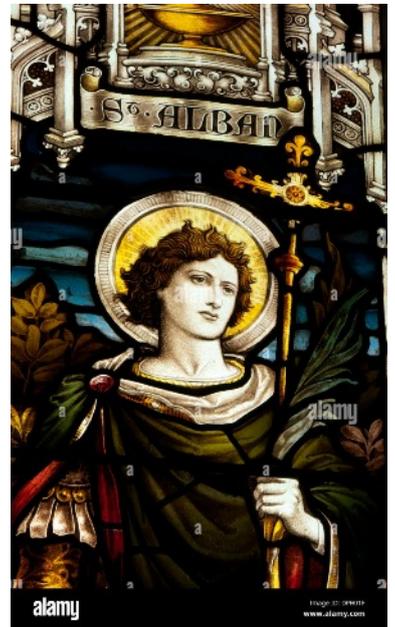
Above Bishop Alan prays at the location of the Holy House of Nazareth in the Abbey Grounds. Second from right is Deacon Clive Brooks, who was celebrating his birthday.

St. Alban June 22nd

This month we celebrate the first English martyr St. Alban. Accounts say Alban was most likely a Roman soldier or a Romano-Briton. The Venerable Bede wrote a detailed account of St. Alban's martyrdom.

"284 years after the incarnation of Christ, a pagan named Diocletian became Roman Emperor. For twenty years he ruled as a ruthless tyrant and ordered Christians everywhere to be killed. The persecutions were at their most savage in 303-305. The brutal persecutions of Christians took place throughout the Roman Empire, and the first martyr who laid down his life for Christ in Britain was the glorious Martyr Alban."

A priest who was fleeing the persecutions was taken in by Alban, who was not yet a baptised Christian. He was instructed by the priest and received into the church. The Roman governor heard about the priest and ordered him to be captured. Alban changed clothes with the priest and gave himself up. He was whipped and executed. On the way to the execution, the soldier who was to kill Alban was converted himself, and he too became a martyr.



Julian of Norwich (1342-1416)

Anyone who visits Norwich may like to visit the church of St Julian, where the mystic known as Mother Julian lived for many years. The church was rebuilt in the early 1950s as it had been almost completely destroyed during bombing in 1942.

We do not know the true name of Julian of Norwich, as her name was taken from the Church where she lived. Julian has been called the greatest English mystic and her writings can be found in various translations called Revelations of Divine Love.

She wrote that, at the age of thirty, when near to death's door, she experienced 16 "shewings" or visions of Our Lord over a day and a night. After a complete recovery she became an anchoress and devoted the rest of her life to meditating and later recording her experiences, probably learning to write in order to do so. An anchoress is "someone who has retired from the world", playing a role as spiritual guide for the church.

She lived walled up in a room attached to the church, with a window through which she could hear Mass and one to the outside where people could consult her and she could give advice. One such was Margery Kemp, another contemporary mystic, who wrote about her visit.

Her book was the first book written in English by a woman. However, it remained hidden until centuries later when it was found in France. When it was translated the content was found to be revolutionary and is still relevant to today and some of her ideas have entered daily life. Who hasn't heard of "All shall be well and all manner of things shall be well"? A Facebook page is now devoted to her.



"God loves us before He made us; and His love has never diminished and never shall"

Medjugorje - Our Lady's monthly message May 25th

"Dear children! I am looking at you and thanking God for each of you, because He permits me to still be with you, to encourage you to holiness. Little children, peace is disturbed and Satan wants peacelessness. That is why, may your prayer be even stronger so that every unclean spirit of division and war may be stilled. Be builders of peace and carriers of joy of the Risen One in you and around you, for the good to win in every man. Thank you for having responded to my call."



Please continue to support local foodbanks including FIND. With increasing fuel and food prices they need our help more than ever. Suggested items include:

- Long grain rice, pasta
- Long-life whole milk
- Toiletries for men, women and children
- Tinned vegetables, meat, fruit/desserts, soup
- Coffee, Sugar, Jam
- Pet food (dog, cat, fish, rabbit/guinea pig)



Collections points in most supermarkets and locally for FIND also at St. Mark's and in Capel at St. Mary's and Methodist Church as well as the local Co-op

We wish Her Majesty the Queen a very happy Platinum jubilee and thank her for her service and unwavering faith - images projected at Stonehenge



Sign in shop window....



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

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