



September 2020 Columbine

As the weather gets a little fresher, and the evenings draw in we thought you'd like to hear about the opportunity to learn more about the saints, starting with a whole host of wonderful Teresas! This series is being put on by the Carmelite community. Thanks to Fathers Paul and Bineesh for providing the information about this (see page 4).



Stay safe and keep praying!

From the St. Mark's newsletter

Mass Time Table for St Marks parish

Masses are as usual.

- Vigil mass at 5.30 pm at St Mark's
- Sunday mass at 9 am at Holy Family
- Sunday mass at 11 am at St Mark's.
- Weekdays mass at 9.30 am

There will be mass in the garden if there are more people. It will take place at 9.15 am on Sundays in Brantham and at 11.15 am on Sundays at St Marks. It also depends on good weather.

The Saturday vigil mass continues to be available on Youtube

The link for recorded masses from St Marks <https://www.youtube.com/watch?v=lnKO150Y9fc>

<https://www.youtube.com/watch?v=cNOMDh6QGvAx>

(I just put St Marks Catholic Church Ipswich into the "machine" and it came up.)

News from St. Mary's (Church of England), Capel St. Mary



Sally's ordination as Deacon will take place on Saturday 5 September at 5.30pm.

The service will be streamed live on St Edmundsbury Cathedral's Facebook page. The link is below. Can everyone pray for Sally and all the others who are to be ordained and for our bishops?

www.facebook.com/stedscathedral

Following the ordination there will be a ***Benefice Service on Sunday 6 September*** at St Mary's Capel at 10.45am where Sally will hold her first service as an ordained minister.

Joseph and Mary are having breakfast. Mary puts down her coffee and says: "You know, Joe, at the end of my life, I'm going straight to Heaven!" Joseph looks up from his newspaper and replies: "That's quite an assumption, Mary."

Our beloved dead

Fr Conrad Smith	11 September 2012
Pauline Bailey	17 September 2008
Trevor Boreham	20 September 2016
John Gaughan	26 September 87
Marian Leonard	30 September 01

Prayer of the month. The Jesus Rosary

(Given by Our Lady to Jelena)

There is a special Rosary which has a Crucifix, and one bead on the tail, and continues with a circular formation of seven sets of beads, each containing five beads.

To start. Pray the Creed

1. Mystery: Contemplate the birth of Jesus I

Intention: pray for peace.

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

2. Mystery: Contemplate that Jesus helped and gave all to the poor

Intention: Let us pray for the Holy Father and for the Bishops

5 Our Father's

Exclamation: O Jesus, be strength and protection for US.

3. Mystery: Contemplate that Jesus trusted in his Father completely and carried out His will

Intention: pray for priests and for all those who serve God in a particular way

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

4. Mystery: Contemplate that Jesus knew he had to give up his life for us and He did so without regrets because He loved us.

Intention: pray for families.

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

5. Mystery: Contemplate that Jesus made his life into a sacrifice for us

Intention: Pray so that we, too, may be capable of offering our life for our neighbor.

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

6. Mystery: Contemplate the victory of Jesus over satan. He is risen

Intention: let us pray that all sins may be eliminated so that Jesus may relive in our hearts.

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

7. Mystery: Contemplate the ascension of Jesus into Heaven

Intention: let us pray that the will of God may triumph, so that his will may be done

5 Our Father's

Exclamation: O Jesus, be strength and protection for us.

After this, contemplate how Jesus sent us the Holy Spirit.

Intention: pray so that the Holy Spirit may descend upon us.

7 Glory Be's

From Pope Francis FRIDAY AUGUST 28, 2020

“The pandemic has exposed the plight of the poor and the great inequality that reigns in the world. And the virus, while it does not distinguish between people, has found, in its devastating path, great inequalities and discrimination. And it has exacerbated them! The response to the pandemic is therefore dual. On the one hand, it is essential to find a cure for this small but terrible virus, which has brought the whole world to its knees. On the other, we must also cure a larger virus, that of social injustice, inequality of opportunity, marginalisation, and the lack of protection for the weakest... And this is not a political option; nor is it an ideological option, a party option... no. The preferential option for the poor is at the centre of the Gospel.”



The Grotto in the Garden of St Mark's
Our Carmelites Fathers Paul and Bineesh is are happy to provide a grotto in the inner garden for daily rosary and prayers for those who wish. Thanks to Clive and Maria for arranging a beautiful Marble statue for us.

Our Lady of Medjugorje August 25, 2020 Message

“Dear children! This is a time of grace. I am with you and anew am calling you, little children: return to God and to prayer until prayer will be a joy for you.

Little children, you do not have a future or peace until your life begins with a personal conversion and a change to the good. Evil will cease and peace will begin to reign in your hearts and in the world.

Therefore, little children, pray, pray, pray. I am with you and intercede before my Son Jesus for each of you. Thank you for having responded to my call. (August 25, 2020)

Mandy's mushroom soup

“I only use Mushrooms and water, milk salt and pepper and a touch of garlic - chop and fry mushrooms in butter with seasonings- whizz in a liquidiser with enough water and a little milk to a soup consistency - simmer and adjust taste accordingly - hope this works for you “



From Father Paul an opportunity to deepen our faith

Dear Friends,

I was thinking that the new series we've launched here at our Centre and which will be starting next month may interest you as it's about the spiritual genius of five outstanding women in the Church. We've called it - GRACE-FILLED ENCOUNTER Series and it'll feature the five great Teresas of the Carmelite tradition - Teresa of Avila, Teresa Margaret Redi, Therese of Lisieux, Teresa of the Andes and Teresa Benedicta (Edith Stein). This series will explore their experience of Jesus and their relationship with significant others in their lives. The hope of this series is that we all can learn from these great women, something about the inestimable value of authentic spiritual friendships - how our friendship with Christ can transform, as well as, be supported by our other encounters in life. Each presentation will be live-streamed.

Notice that men will be presenting on these women as we've another series lined up where women will present on Carmelite men saints.

Scheduled dates and presenters:

Sunday - September 20th:

St Teresa of Avila (1515-1582) - Matt Blake, OCD (Gerrards Cross, UK)

Sunday - October 4th:

St Teresa Margaret Redi (1747-1770) - Cyprian Blamires, OCDS (Leicestershire, UK)

Sunday - October 18th:

St Therese of Lisieux (1873-1897) – Liam Finnerty, OCD (Dublin, Ireland)

Sunday - November 1st:

St Teresa of the Andes (1900-1920) - Alexander Ezechukwu, OCD (Oxford, UK)

Sunday - November 15th:

St Teresa Benedicta of the Cross (1891-1942) - Christof Betschart, OCD (Rome, Italy)

<https://www.oxcacs.org/product/grace-filled-encounter-series/>

Mass at St. John Payne

Monday 9.15

TUESDAY 1st St Sebbi, King of the East Saxons

09:15 at Greenstead Mass *Danny & Mary Hensey RIP*

WEDNESDAY 2nd Feria

09:45 at Greenstead Mass

**THURSDAY 3rd ST GREGORY THE GREAT, P, D
NO MASS**

FRIDAY 4th St Cuthbert, Bp

19:00 at Greenstead Mass

SATURDAY 5th Feria
12:00 at Greenstead Feria

Sunday **9.00 and 10.45 am**

Because numbers are limited to 30 in the church, all parishioners must pre-register their details and Mass preferences in writing to Fr Jon before attending.

CONFESSIONS are now available, but by appointment only.