



November 2020

Last month we celebrated a number of our outstanding saints. This month we're highlighting prayers from St. Teresa of Avila and St. Faustina Kowalska.

With the darker evenings we're also listing some resources you may like to dip into in these difficult times - and a reminder of the importance of saying the Rosary!



St. Teresa's Bookmark prayer



St. Teresa of Avila, the celebrated Carmelite nun, mystic and Doctor of the Church, wrote this prayer in the 16th century. It's called St. Teresa's Bookmark because, according to tradition, this great saint carried it around in her prayer book, where it was found after her death in 1582. It seems very fitting at present.

**“Let nothing disturb you,
Let nothing frighten you,
All things are passing;
God only is changeless.
Patience gains all things.
Who has God wants
nothing.**

Blessed Carlo Acutis (3 May 1991 – 12 October 2006) was an English-born Italian Catholic schoolboy and amateur computer programmer. He was best known for documenting Eucharistic miracles around the world and cataloguing them all onto a website that he created in the months before his death from leukaemia. He was noted for his cheerfulness, computer skills, and deep devotion to the Eucharist, which became a core theme of his life. He was beatified on 10 October 2020. The website he created has been translated into many languages. You can view it here: www.miracolieucaistici.org/ click on the gallery at the bottom of the web page to see details of Eucharistic miracles.

Prayer to the Servant of God Carlo Acutis

Dear Father,
Who has given us the ardent testimony
of the young Servant of God, Carlo Acutis,
who made the Eucharist the core of his life
and the strength of his daily commitments
so that everybody may love You above all else,
let him soon be counted among
the Blesseds and the Saints in Your Church.

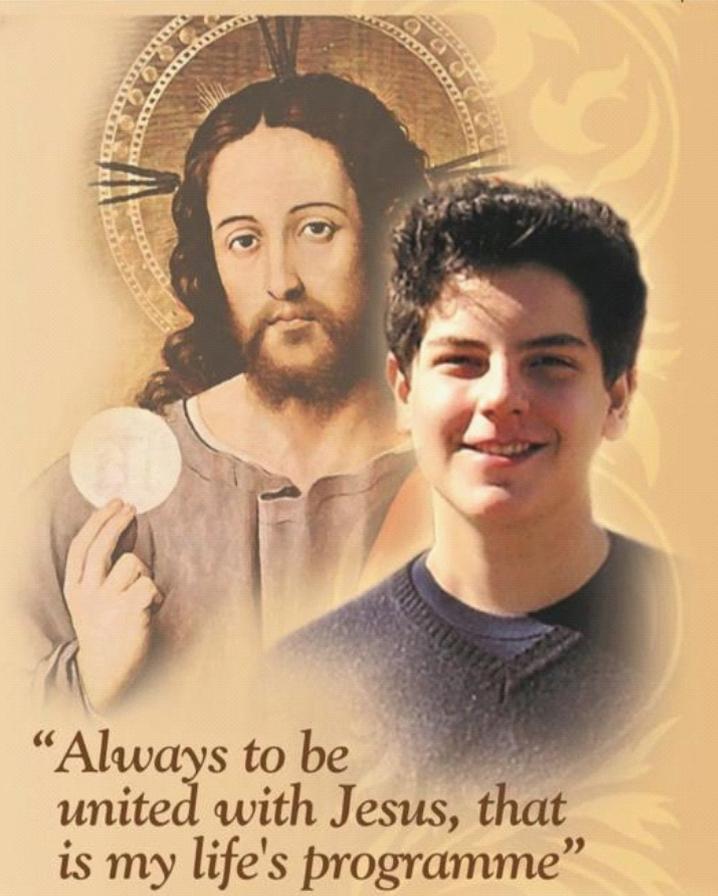
Confirm my Faith,
nurture my Hope,
strengthen my Charity,
in the image of young Carlo,
who, growing in these virtues,
now lives with You.

Grant me the grace I really need....

I trust in You, Father, and your Beloved Son Jesus,
in the Virgin Mary, our Dearest Mother,
and in the intervention of Your Servant, Carlo Acutis.

Our Father, Hail Mary, Glory Be

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**“Always to be
united with Jesus, that
is my life's programme”**

Masses at St Mark's - book early for Christmas!

There is a link on the St. Mark's website encouraging people to book early for one of the four masses over Christmas - mass times are as follows:

Thursday 24th December 2020 (The Nativity of The Lord) Mass at St Mark's Ipswich at 5:30pm

Thursday 24th December 2020 (The Nativity of The Lord) Mass at Holy Family Brantham at 8:00pm

Friday 25th December 2020 (Christmas Day) Mass at Holy Family Brantham at 09:00am

Friday 25th December 2020 (Christmas Day) Mass at St Mark's Ipswich at 11:00am

On weekdays there are masses at 9.30am at St. Mark's each Monday, Tuesday, Wednesday and Thursday. There is also adoration and confession on Fridays, beginning at 11.40 with mass at 12.15 followed by the Rosary. Saturday vigil mass at 5.30pm and Sunday 11am. Mass at Holy Family on Tuesday 10am, Sunday 9am. More information on their websites, including the weekly newsletters: stmarksparish.org.uk

Photos from our Martha Meal in 2018



Kathy (my hair was just growing back!), Jenni, Clare, Judi, Monica, Therese, Veronica (RIP), Maureen, Rachel and Ronnie

In this month of the Holy Souls we remember all our beloved dead

Anne Hearne	Lena Craddock
Arthur Campbell	Les Colley
Audrey Cavanagh	Lucie Colley
Christine Finnegan	Mabel Willett
Dan McCarthy	Malcolm Muir
Delia Dinsdale	Margaret Doyle
Derek de Vial	Marian Leonard
Dodo Henderson	Marjorie McCarthy
Dominic Hearne	Martin Mongan
Doreen Ablitt	Mary Brooks
Dympna Arundel	Mary Dimond
Eleanor Morrell	Maureen McCarthy
Emer O'Malley	May Keegan
Ethel Wright	May Miller
Eugenie Brunning	Millie Germain
Fr. Conrad Smith	Nan O'Malley
Frank Arundel	Niall Gormley
Frank Keegan	Pat Gallagher
Fred Head	Pat King
Fred Willett	Paul Jennings
Harry Boyle	Pauline Bailey
Hilda Watts	Peggy Shead
Jack Leyden	Peter Hearne
Joe Leonard	Peter Nash
Joel Moulton	Ruby Leyden
John Chapman	Samuel Joseph Doyle
John Gaughan	Stephen Coyle
John Wright	Tom O'Malley
Josie Coe	Trevor Boreham
Judy Laing	Veronica Campbell

Divine Mercy image and prayers

The Divine Mercy prayers were given to St. Faustina by Our Lord in the 1930s in Poland. They are easy to learn and are said on Rosary beads.



We have also been encouraged to print off a copy of the Divine Mercy image and place it in our windows or front doors at these difficult times - just as the Israelites were asked to mark their doors with the blood of a lamb to escape the angel of death.

The Lord said to St. Faustina, "By means of this Image I shall be granting many graces to souls; so, let every soul have access to it" (Diary, 570).

Divine Mercy Prayers:

Make the sign of the Cross

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (Repeat three times)

Say the Our Father, Hail Mary and Apostles' Creed

At the beginning of each decade:

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

On each of the 10 beads in each decade:

For the sake of His sorrowful Passion, have mercy on us and on the whole world.

Final prayer (repeat 3 times)

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Kathy has some spare leaflets with these prayers if you would like one.

The Power of the Rosary

Our Lady has constantly reminded us of the power of the Rosary in our spiritual battle to intercede for our family and for peace in our troubled world.

Sister Lucia - one of the visionaries at Fatima said this:

"The Most Holy Virgin in these last times in which we live has given a new efficacy to the recitation of the Rosary to such an extent that there is no problem, no matter how difficult it is, whether temporal or above all spiritual, in the personal life of each one of us, of our families...that cannot be solved by the Rosary. There is no problem, I tell you, no matter how difficult it is, that we cannot resolve by the prayer of the Holy Rosary." -Sister Lucia dos Santos of Fatima.

And here is a lovely quote from St. Therese of Lisieux:

"The Rosary is a long chain that links heaven and earth. One end of it is in our hands and the other end is in the hands of the Holy Virgin...The Rosary prayer rises like incense to the feet of the Almighty. Mary responds at once like a beneficial dew, bringing new life to human hearts."

Here is the October 25, 2020 Message from Our Lady, Queen of Peace of Medjugorje.

"Dear children! At this time, I am calling you to return to God and to prayer. Invoke the help of all the saints, for them to be an example and a help to you. Satan is strong and is fighting to draw all the more hearts to himself. He wants war and hatred. That is why I am with you for this long, to lead you to the way of salvation, to Him who is the Way, the Truth and the Life. Little children, return to the love for God and He will be your strength and refuge. Thank you for having responded to my call."



Don't forget to send us your ideas and pictures for Columbine. These are always very welcome. Email Jan or Kathy

Oasis - Women's Prayer & Reflection

Saturday 7th November
St Mary's Church, Dedham

The following hour sessions are available to book:

9.30am-10.30am 'Anchored in Christ'

11am-12 noon 'Freed from Anxiety'

2pm-3pm 'Guarding our Hearts'

Truly my soul finds rest in God; my salvation comes from him
Psalms 62:1

To book a time slot for this free event
contact stmaryda@gmail.com 01206322136

And on a lighter note....



Ideas for these dark evenings

Some books which are well worth a read:

Screwtape letters by CS Lewis

Calls from the message of Fatima by Sister Lucia

Heaven is for real by Todd Burpo

My heart will triumph by Mirjana Soldo

We also take the publications Magnificat (daily mass readings, prayers and reflections published by Catholic Herald) and Bible Alive.

Exercise for people over 60

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

With a 5lb 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 10lb potato bags. Then try 50lb potato bags and eventually try to get to where you can lift a 100lb potato bag in each hand and hold your arms straight for more than a full minute.

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

Talks available on YouTube

Cor et Lumen Christi community have some great talks - just Google: Cor et Lumen Christi YouTube They also run online courses and miracle services.

Bishop Barron is also very inspiring:

www.youtube.com/user/wordonfirevideo/videos

And finally Ros Powell's podcasts are all available under the link "Armchair Church" on her website www.rospowell.com - includes talks on inner healing