

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

7 and 14 July 2024

6th and 7th Sundays after Trinity

Please forward this to anyone you know who might not be in our Google group.

For information about us please visit: www.northburychurches.org.uk



The ancient oak close by the churchyard at West Stow

8 June 2024

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St George's Macmillan Coffee Morning * Hymns & Pimms at Fornham All Saints
Invitation from Val Gagen * Benefice Bash at the Rectory
Double Caption Competition!!! * News from the parishes
Two Metres: ways to measure it * Contacts

6th Sunday after Trinity

Ezekiel 2.1-5 Psalm 123 2 Corinthians 12.2-10 Mark 6.1-13

7th Sunday after Trinity

Amos 7.7-15 Psalm 85.8-end Ephesians 1.3-14 Mark 6.14-29

Shake it Off

On the Sixth Sunday after Trinity, we meet Jesus experiencing a spot of bother before sending out the Twelve. Confrontations and the like were to become an unfortunate accompaniment for Jesus as he went about his work, his daily life, as we have heard in previous weeks - and as we see in the Gospel reading, even in his hometown!

Of course, some of you may be a bit preoccupied with goals, nets, and the telly as the Euro 2024 competition continues. As I type, England is still in the running. In the footballing world, the story of 'local boy done good' is often heard, but particularly around the North West where I grew up ... lots of home grown talent. Yet wherever someone is from, any hint of swagger or boasting might not endear one for too long.

Now there is no boasting in this case, but when Jesus - the local boy of Nazareth and yes, the Son of God - returns to his hometown and does the kinds of things he has done elsewhere (teach, proclaim repentance, heal, tell stories and so on), he does it with command and confidence. And the townsfolk are having none of it! 'Where did this man get all this?' 'Is not this the carpenter?' They are miffed about his wisdom! So, they take offence. Perhaps the word 'offence' is the clue to unpicking their questions and unbelief.

The kind of stories Jesus tells, the sorts of people Jesus mixes with, the topsy-turvy nature of the Kingdom he describes, the outsiders he heals, all of this makes for a rather challenging prospect to the eyes and ears of those back home. And challenge will always produce a variety of reactions. I think it is not just about, 'oh, it is just Mary's son, too big for his boots' or even a dull familiarity which means they miss the wondrous; rather, it is to do with how Jesus is a walking and talking example of living a life of justice and compassion, kindness and equality.

He is the Good News right in front of their eyes; indeed, the very near presence of God-made-flesh may just reflect back what is in their hearts and reveal a truth they are not ready to accept or confront yet. For some it is definitely too much. As Taylor Swift sings, 'the haters gonna hate'. For others? Well they hear, they believe, and a few sick people are cured.

Note though that Jesus doesn't exert his powers to force them to believe. His authority is quiet but firm and he carries on out into the villages to do more of the same, but also to send out his chosen Twelve, two by two. They too are given a quiet but firm authority to do similar tasks; in addition, they are charged with a humble life, an embrace of material poverty (or 'holy poverty' as St Francis might describe it). Take nothing for the journey except a staff, your sandals, just the one tunic, and trust you will meet hospitality somewhere along the way. If not? Cue Taylor again! 'Shake it off!' Or rather, shake the dust off your feet: don't dwell on it, move on.

For Jesus, born of David's line, when he returns home, we see that his words and actions provoke hostilities as he subverts the traditional understanding of kingdom. As an aside and jumping way ahead, it is exactly this which will see Jesus wear an altogether different kind of crown when he ends up in Jerusalem, a place of paradox where the cross denotes failure and yet triumph.

For now though, Jesus does what he can as he reaches out to people in all places, both home and away with the risks rejection may bring; his way of being and caring and demonstrating authority befits a shepherd-king. For the Twelve they continue with this work; they are able to do it not simply because he has charged them to do it but also somehow he is with them as they do it, because it is done in his name, his authority. And it is good work gone about with great humility and trust.

For us, perhaps we are reminded today that quiet humble simplicity should accompany our very being and be found in whatever acts of kindness or compassion we engage in, and to trust that the Lord is with us as we do them. Indeed, at the end of every Eucharist, sustained by its nourishment, we are sent out, like the Twelve, in the Lord's name.

The holy Mass, another term for the Eucharist, derives its name from the Latin *ite missa est* – translated variously as ‘go, the mass has ended’ or ‘go, you are dismissed’ or even ‘being sent forth’. Anyway, as the final whistle sounds: meditate on the words at the end of the Mass and enact them with humility,

Go in peace to love and serve the Lord.

In the name of Christ. Amen.

Ali Miller

Communion Table, St Edward's, Cambridge

The centuries have settled on this table,
Deepened the grain beneath a clean white cloth
Which bears afresh our changing elements.
Year after year of prayer, in hope and trouble,
Were poured out here and blessed and broken, both
In aching absence and in absent presence.

This table too the earth herself has given
And human hands have made. Where candle-flame
At corners burns and turns the air to light
The oak once held its branches up to heaven,
Blessing the elements which it became,
Rooting the dew and rain, branching the light.

Because another tree can bear, unbearable
For us, the weight of Love, so can this table.

Malcolm Guite

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 7 JULY

SUNDAY 7 July 6th SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
9.30am	Parish Communion (CW)	All Saints', Bury St Edmunds
9.30am	Holy Communion (BCP)	Timworth
10.00am	All Age Worship	Fornham All Saints
10.00am	Eucharist (CW)	West Stow
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
3.00pm	Wonder Club	Lackford

Monday 8 July

Tuesday 9 July

8.30am	Morning Prayer (CW)	St George's, Bury St Edmunds
10.00am	Eucharist (CW)	Fornham St Martin
6.00pm	A Quiet Space	St John's, Bury St Edmunds

Wednesday 10 July

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds
5.00pm	Evening Prayer (CW)	St George's, Bury St Edmunds

Thursday 11 July Benedict, abbot, c550

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
6.00pm	Adoration and Benediction	St John's Bury St Edmunds

Friday 12 July

5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Eucharist (CW)	St John's, Bury St Edmunds

Saturday 13 July

SUNDAY 14 July 7th SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	Culford
8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
9.30am	Parish Communion (CW)	All Saints', Bury St Edmunds
10.00am	Eucharist (CW)	Fornham St Martin
10.00am	Eucharist (CW)	Lackford
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

LIVE-STREAMED WORSHIP

The Parish Eucharist is usually live-streamed from St John's on Sundays at 11am on Facebook [@StJohnsBSE](https://www.facebook.com/StJohnsBSE) and later posted onto www.northburychurches.org.uk

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 14 JULY

SUNDAY 14 July 7th SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	Culford
8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
9.30am	Parish Communion (CW)	All Saints', Bury St Edmunds
10.00am	Eucharist (CW)	Fornham St Martin
10.00am	Eucharist (CW)	Lackford
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

Monday 15 July Swithun, bishop, c862

Bonaventure, friar, bishop, teacher of the faith, 1274

Tuesday 16 July Osmund, bishop, 1099

8.30am	Morning Prayer (CW)	St George's, Bury St Edmunds
6.00pm	A Quiet Space	St John's, Bury St Edmunds

Wednesday 17 July

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds
5.00pm	Evening Prayer (CW)	St George's, Bury St Edmunds

Thursday 18 July Elizabeth Ferard, deaconess, founder of the Community of St Andrew, 1883

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 19 July Gregory, bishop, and his sister Macrina, deaconess,

teachers of the faith, c394 and c379

5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Eucharist (CW)	St John's, Bury St Edmunds

Saturday 20 July Margaret of Antioch, martyr, 4th cent

Bartolomé de las Casas, Apostle to the Indies, 1566

SUNDAY 21 July 8th SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
9.30am	Matins (BCP)	Timworth
10.00am	Eucharist (CW)	Fornham All Saints
10.00am	All Age Worship (<i>Gathering for breakfast ~ 9.15am</i>)	West Stow
10.30am	All Age Worship	All Saints', Bury St Edmunds
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

LIVE-STREAMED WORSHIP

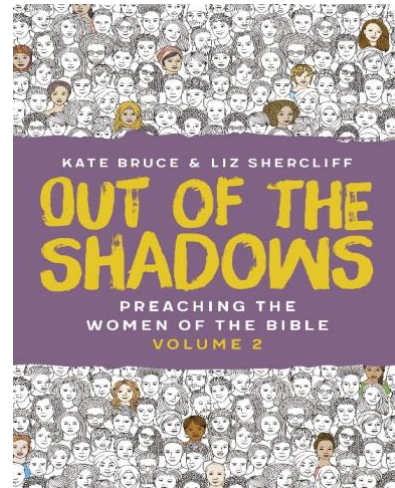
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Women's Voices

A **free** day event led by
Liz Shercliff and **Kate
Bruce**

plus book launch of **Out
of the Shadows Vol.2
Preaching the Women
of the Bible**

**Open to all but
especially useful for
preachers!**



6th July, 10.30am – 4pm

**St John the Evangelist church,
St John's St. Bury St Edmunds
IP33 1SP**

**To let us know you are attending or for
more information,**

**contact Revd Ali Miller
teamvicarlvnb@btinternet.com**

Bring your own lunch

Tea/coffee provided

11.00-12.00	Session 1 Why get to know the women of the Bible?
12.00-1.00	Session 2 Early outcasts - Hagar and Lot's wife
1.00	Lunch
1.45-2.45	Session 3 The Widow with Two Coins
2.45-3.30	Session 4 Women Jesus met
3.30	Book Launch

Saturday 6 July 10.30am
Fornham All Saints Church

Coffee Morning in aid of Church funds

The Wonder Club

Story
Wondering
Craft
Prayer
Cake



St Lawrence, Lackford ~ 7 July at 3pm

Thursday 11 July 6pm

St John's Church

Adoration of the Blessed
Sacrament and **Benediction**

Saturday 13 July 10am-12noon

All Saints' Church, Bury St Edmunds IP33 3QW

Coffee Morning and **Cake Sale**
Coffee ~ Tea ~ Cake ~ Chat

Everyone is invited ~ bring your friends and family

Monday 15 July 9.30-11.30am

St George's Church

Coffee Morning

in aid of Macmillan Cancer Support

(Val's last coffee morning)

Saturday 20 July 6.30 for 7pm

Fornham All Saints' Church

Hymns and Pimms

Come and sing ten hymns ~

one chosen by each parish in the LVNB Benefice

Free entry

Enjoy a glass of Pimms or a soft drink

An invitation from Val Gagen

My last service, to which you are all invited, will be at

St George's at 3pm

on Sunday 28 July

Sunday 11 August 6pm-8pm

West Stow Rectory

BENEFICE BASH

An informal occasion and a chance
for all our congregations to get together

Park at the church and please bring a chair or rug to sit on

Drinks and nibbles provided

DOUBLE CAPTION COMPETITION !!!

A choice of fairtrade wine or chocolate awaits the person who contributes the winning caption for one of these photographs, featuring (l-r) Alan, Jack and Gabriel.

A



With thanks to Mary McGuire for the photo

B



Please send your entries, marked A, B or A+B as appropriate, by Monday 15 July to the Viral Bulletin at adrian.mann@btinternet.com

News from the parishes

St John's

New Churchwardens



St John's has two new Churchwardens.

Susie Marshall (*right*) and Valerie Wilde (*left*) shook hands with the Archdeacon at a service at Thurston church on Wednesday 26 June.

They take over from Sara Harper who they thank for all her hard work as Warden over the years and hope she won't mind them picking her brains while they are learning the ropes!

Thank you! Thank you!

A message to all members of the congregation and supporters at St John's who are rising magnificently to our financial challenge.

In June, Michael Wilde, our PCC Treasurer, gave a simple insight into the state of our finances and a broad explanation of how church finances work. Our challenge was to raise an extra £5,000 this year by considering an **increase** in our regular gifts by £5 each week or £20 each month. You are all showing your faithful commitment to God's Church by responding immediately to our plea.

At the time of writing we have increased our regular offerings by over £3,600.

Thank you!

Susie Marshall and Valerie Wilde *Churchwardens* Michael Wilde *Treasurer*

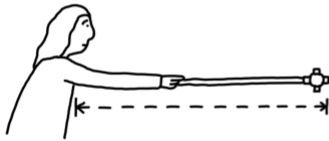
There are ten parishes ...

in the Lark Valley and North Bury Team Ministry

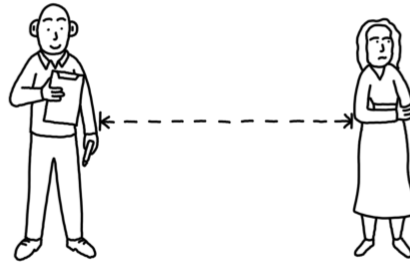
... so please send in to the VIRAL BULLETIN any items of interest about the life of your church.

TWO METRES

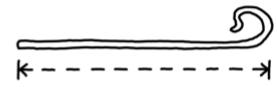
WAYS TO MEASURE IT



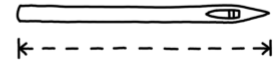
THE LENGTH OF A
WARDEN'S STAVE



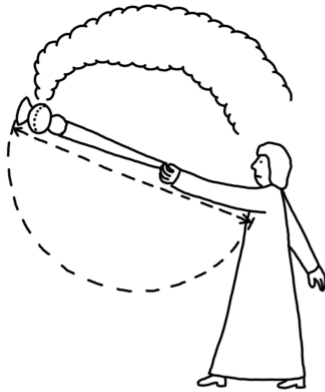
A SENSIBLE DISTANCE
FROM SOMEONE
RECRUITING FOR A ROTA



A CROZIER



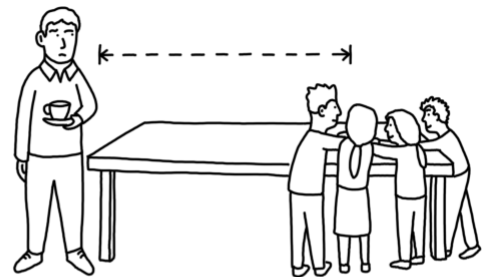
AN ORGAN PIPE
OF APPROXIMATELY
THAT LENGTH



THE DIAMETER OF
THE ARC OF A
SWINGING THURIBLE



1.3 STOLE S



AS CLOSE AS YOU CAN
GET TO THE BISCUITS
WHEN THE CHILDREN'S
GROUP IS RELEASED

CartoonChurch.com

Contacts

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Revd Val Gagen 01284 361963

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rev.valgagen@gmail.com

NBTLVB@outlook.com

We also have assistance from priests within the benefice with permission to officiate.

Please don't forget ...

to let Julie Hooton NBTLVB@outlook.com
and the 'Viral Bulletin' adrian.mann@btinternet.com
have news and details of events which have happened
as well as events which are coming up at your church.

And your photos are always welcome,
jpeg or png format preferred.