

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

29 May 2022

Sunday after Ascension Day

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

For links to information about us please visit: [www.northburychurches.org.uk](http://www.northburychurches.org.uk)



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7th Sunday of Easter/Sunday after Ascension: Bob Torrens  
Worship in church and online this week \* Praying Together in June  
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Queen's Jubilee celebrations planned at Lackford, Timworth and West Stow  
Coffee morning at All Saints', Bury \* Flempton Churchyard Eco Church Walk & Talk  
East of England Cathedrals: Eco Churches Conference

# *The 7<sup>th</sup> Sunday of Easter*

## *Sunday after Ascension Day*

*Acts 16.16-34    Revelation 22:12-14,16-17,20-end    John 17:20-end*

None of the readings for the Sunday which the lectionary calls the Seventh after Easter make any reference to Our Lord's Ascension into Heaven. Were it not for Adrian's insightful piece in last week's Bulletin, the Ascension would have passed largely unnoticed, except by those who were able to get to a service on the Day itself. As Adrian pointed out, we can't get to Pentecost and the life of the Church without it.

We are now in a brief sort of limbo called Ascensiontide which includes the Sunday which the early Church called "Dominici Expectationis" which means "Waiting Sunday," recalling Our Lord's final command to the Apostles to wait for the Father's promised gift (Acts 1 verse 4).

The Apostles were not accustomed to being told to wait: they were men of action. Jesus had recently sent seventy of his followers on a strenuous journey throughout Judea, teaching, preaching and healing as a sign that the Kingdom of God had arrived. They wanted to get on with the job.

But now they had to learn that "they also serve, who only stand and wait." Throughout their Scriptures there runs a theme of waiting upon God. Job in all his suffering vowed to wait for his appointed time, even if it turned out to be a lifetime. The Psalmist waited patiently for the Lord, longing for him like a night watchman marking the slow dark hours until morning. The prophets were all waiting for the Messiah – it was a case of "O Lord, how long?"

This was the kind of waiting expected of the Apostles who had heard Our Lord promise them a gift from on high. They had no idea of what it would be like, but had to wait in order to find out. We need to learn from them. The world values activity for its own sake. We like our children to be busy (preferably with things we approve of) and our old people to remain active as long as possible. We admire the sort of person who says "I can only be happy when I have something to do." Passivity looks like failure or weakness.

The Church has fallen for it too. Its Vision and Strategy are based on

relentless busy-ness and human endeavour, constantly revising structures and all in the name of “Mission.” The Apostles knew better. They knew they couldn’t operate properly without the promised gift. They had no idea what form it would take so all they could do was wait for it – and when it came, it literally blew them away. May it be the same for us. What the future holds for this still young century is beyond our sight. And so we wait.

The perfect expression of Christian waiting came from the great Dag Hammarskjöld, Nobel Prize winner and Second General Secretary of the United Nations:

“For all that has been, thanks:  
To all that shall be, yes!”

*Bob Torrens*



*Wedding flowers in St Mary's, Culford With thanks to Freda Murdoch*

Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 29 MAY

### 7th SUNDAY OF EASTER 29 May

8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
10.00am	Benefice Eucharist (CW)	West Stow
11.00am	Parish Eucharist (CW)	St John's, Bury St Edmunds

**Monday 30 May** Josephine Butler, social reformer, 1906

### Tuesday 31 May Visit of the Blessed Virgin Mary to Elizabeth

8.30am	Morning Prayer (CW)	St George's, Bury St Edmunds
6.00pm	Solemn Eucharist	St John's, Bury St Edmunds

**Wednesday 1 June** Justin, martyr, c165

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW) <i>Walsingham Cell</i>	St John's, Bury St Edmunds
5.00pm	Evening Prayer (CW)	St George's, Bury St Edmunds

### Thursday 2 June

The Queen's Platinum Jubilee Bank Holiday

**Friday 3 June** *Martyrs of Uganda*

The Queen's Platinum Jubilee Bank Holiday

**Saturday 4 June** *Petroc, abbot 6th cent.*

### PENTECOST Whit Sunday 5 June

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	worship@fornham	Fornham All Saints
10.00am	Eucharist (CW)	West Stow
11.00am	Parish 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](#) and is later posted onto our website [www.northburychurches.org.uk](http://www.northburychurches.org.uk)

## CHURCH on ZOOM

Our **Zoom Service** is at 11am on the second Sunday of each month. All are welcome. Please email [clairerose1953@gmail.com](mailto:clairerose1953@gmail.com) to receive the link.

# Lark Valley and North Bury Churches

## Praying Together ~ June 2022

### *For the wider community and church*

- 1 W For all those affected by coronavirus
- 2 T Rough sleepers & homeless people
- 3 F Marham Park
- 4 S The West Suffolk Crematorium
  
- 5 S Housing & businesses in Mildenhall Road area
- 6 M Industrial and retail estates in the north east of the town
- 7 T Doctors' and dentists' surgeries and health centres
- 8 W Bury Town Pastors
- 9 T Vineyard Church
- 10 F Kingsgate Church
- 11 S West Suffolk College and its chaplaincy team
  
- 12 S All who live in Culford
- 13 M St Mary's Church, Culford
- 14 T *Growing in God* worship, work and witness at Culford
- 15 W Culford School
- 16 T Culford Village Hall
- 17 F Cedar Lodge Residential Home
- 18 S Food Banks - organisers and users
  
- 19 S Trinity Methodist church
- 20 M North Court Care Home and Manson House Residential Home
- 21 T For those affected by addictions of all kinds
- 22 W St Andrew's Street housing area
- 23 T Northgate Street Business Park and other local businesses
- 24 F The Abbey Gardens - those who visit and those who work there
- 25 S Garland Street Baptist Church; Bury Drop In
  
- 26 S St Nicholas Hospice and its chaplaincy team
- 27 M West Suffolk Hospital and its chaplaincy team
- 28 T For industrial chaplains
- 29 W For those who are unemployed or made redundant
- 30 T For all adversely affected by rising energy and food costs

# The Big Plastic Count

16-22 May

WE ALL USE PLASTIC, there seems to be no escaping from it. And last week I took part in the Big Plastic Count, which involved noting and counting all the different kinds of soft and hard plastic items that I discarded during the week. We were not asked to count medical items or those often used by people with disabilities. No distinction was made between recyclable and non-recyclable items.

**The result was a bit of an eye opener.** In that week for my two-person household I counted 51 bits of plastic which over one year would be the equivalent of 2,652 pieces.

In my count, plastics used for Food and Drink made up 78% of the total, Cleaning and Toiletries was 6% and Everything Else was 16%.

41% of my count was hard plastic which is more recyclable than the soft plastic that made up 59% of the total.

Furthermore, it was calculated that if all households in the UK were the same as mine the UK would use 74,521,200,000 bits of plastic every year. This is obviously an understatement because many households are bigger than mine.

## **What happens to the plastic after it is discarded?**

Only 8% is recycled in the UK and turned into new materials.

11% is exported by the UK to other countries – often in the Global South where much of it is dumped or burned.

28% is landfilled where it releases harmful gases into the atmosphere and wind and rain carry microplastics into surrounding areas.

53% is incinerated, which releases carbon, toxins and pollutants into the air, presenting health risks to local communities and contributing to climate change.

## **So I shall be looking harder at my plastic usage and working on reducing it.**

People are still counting their plastics and submitting results – the deadline is 31 May, so if you would like to know more go to:

<https://thebigplasticcount.com>

Small changes really do add up! For more helpful (and do-able!) tips on living with less plastic go to:

<https://thebigplasticcount.com/media/Living-with-less-plastic-handbook.pdf>

Two more events are coming up to help us to focus on avoiding single use plastic:

**World Refill Day** on 16 June 2022 <https://www.refill.org.uk/world-refill-day/>  
and **Plastic Free July** <https://www.plasticfreejuly.org>

*Julia Mann*

# CULFORD CAFÉ

**Saturday May 28th 10am -12 noon**

**The Village Hall in Culford**

**(The village hall for West Stow, Wordwell,  
Culford Heath, Culford and Ingham)**

## SPECIAL DESSERT MENU

Savouries and cakes  
will also be available

Donations are invited for  
Bury Town Pastors

**EVERYONE WELCOME**

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## The Queen's Platinum Jubilee Beacons

Culford School along with members of the Culford Community and in conjunction with The Royal Institute of Chartered Surveyors are joining in with the UK Anchor Chain of Beacons. It is planned that the Beacons will be lit at 9.30pm.

Please join us at 9.30pm on June 2<sup>nd</sup>  
at the main front of Culford School

Bring a chair, bottle, and glass(es), join with your neighbours for an hour during which at 10pm we can raise the glasses for a toast to Her Majesty Queen Elizabeth II.

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## Lackford: Queen's Jubilee celebration party

Lackford Community Council will be holding the Queen's Platinum Jubilee celebration party in Lackford on the 4th June. Starting at around 3pm with entertainment for young and less young, we will enjoy an afternoon of celebration followed by a self-help meal. We will provide stocked and lit barbeques for cooking; residents can contribute their own food and something extra to share with others. Bill's bar will provide the lubrication and in the evening at 7pm, a Ceilidh dance with live music by the Skylarking Ceilidh band.

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## Raising a scone in Timworth

Timworth with will be raising a scone on behalf of Her Majesty as part of the Queen's Jubilee celebrations. After their service on 5th June, they will be planting a tree around 10:30am - and afterwards, tea, coffee and cakes will be served in the church. If you would like to come along and you would like to bring some Royal memorabilia they will happily display it.

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# WEST STOW JUBILEE STREET PARTY



Join us to celebrate the  
Queen's 70th Jubilee

**Sunday 5 June 2022**

**St Mary's Church Garden, 2pm to 5pm**

An enjoyable afternoon of celebrations with BBQ, games, crown decorating, best decorated house competition, scavenger hunt, cake competition and much more. Please bring your own chair, crockery, cups and cutlery. Tea, coffee and squash provided.

Please RSVP to [eileengilbert54@aol.com](mailto:eileengilbert54@aol.com) or [janethobley@btinternet.com](mailto:janethobley@btinternet.com)



# Coffee Morning

Tuesday 7th June    All Saints' Church, Bury St Edmunds  
10:00am - 11:15am    Everyone Welcome

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## Eco Church Flempton Churchyard Walk and Talk

Wednesday 8th June at 6:30pm

Walk and Talk in the churchyard, followed by Compline in the church at 7:30pm. *All are welcome but please wear suitable footwear and clothing.*

**Caring for God's good creation:**  
*where the environment and churchyards meet*

Talk by Mark Prina

Ecologist and Author at A Rocha UK, Reserve Manager at Foxearth Meadows



*Foxearth Meadows*

*Photo: A Rocha UK*

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## Don't forget

to let Julie Hooton [NBTLVB@outlook.com](mailto:NBTLVB@outlook.com)

and the 'Viral Bulletin' [adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)

have details of events which have happened  
and events coming up at your church.

# East of England Cathedrals Eco Churches conference

18 June 2022 10.00am until 1.00pm (online)

Six cathedrals, including St Edmundsbury Cathedral, are joining forces to host an online conference to help churches to play their part in achieving the Church of England's goal of 'net carbon zero by 2030'.

Keynote speakers and workshop leaders include representatives from A Rocha Eco Church, Caring for God's Acre, Christian Aid, Climate Stewards, a conservation architect and others involved in aspects of the church's environmental engagement.

Attendance at the conference is free of charge but registration in advance is essential. Full details and registration links are available on the Sustainable Living Conference website here: [www.sustaininggodscreation.org](http://www.sustaininggodscreation.org)

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## Churches Together in Bury St Edmunds and District Summer Celebration in the Abbey Gardens

Sunday 26th June 1.30pm - 3.30pm  
followed by Songs of Praise from 3.30pm - 4.15pm

*Heather Corbell writes:* We have a huge amount to celebrate with our Christian heritage, the freedom of worship, rich variety of churches, and freedom of the Bible which we enjoy, and for which many of our brothers and sisters in past centuries have prayed, laboured and suffered.

For this reason, 'Abbey 1,000' is for all the Churches and Christians in the Bury area to celebrate.

We were asked last year to make our 2022 celebration part of Abbey 1,000, and as part of that invitation, we have been given use of the Abbey Gardens on that day free of charge!

We plan to have a similar event to last year, (music, puppet show, interviews...) and we have already booked the stage and sound equipment. Please let me know what you can offer or suggest for the programme.

Contact Heather at [corbell.hm@gmail.com](mailto:corbell.hm@gmail.com)