

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

19 April 2026

3rd Sunday of Easter

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](http://www.northburychurches.org.uk)



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# 3rd Sunday of Easter

*Acts 2.14a,36-41 Psalm 116 I Peter 1.17-23 Luke 24.13-35*

*Alleluia! Christ is risen!*

*He is risen indeed! Alleluia!*

In our gospel reading today Luke tells us of what happened later on the same day as the resurrection of Jesus. The women who went to the tomb set out at dawn - but these two disciples in our gospel reading are out walking later in the day.

They are a thoroughly disillusioned pair. We are told that they looked sad, but how can we describe what was going on in their hearts? We can only imagine their feelings of acute bewilderment. They have heard of the women's account of meeting Jesus. Maybe their misery at the events of the crucifixion was mixed up with feelings of anger and betrayal. They are talking on the road about this, turning things over and over in their conversation.

Then we are told that Jesus himself came near and went with them. Note the expression 'Jesus himself.' Not somebody looking like Jesus or pretending to be Jesus or seeming to be Jesus. No, it is Jesus himself, and no-one else.

It is a very unobtrusive kind of meeting. Jesus doesn't push himself in or suddenly announce himself. He simply comes alongside them and accompanies them - and they are so preoccupied, so engrossed in their own conversation that they do not realise that he is with them.

Then Jesus speaks and literally stops them in their tracks while he asks them what they are talking about. It's a direct question and they have to stop walking and compose themselves and think so that they can give a coherent answer to this apparently ill-informed stranger. They are astonished that he doesn't know already all about the events of the last few days. So they explain all this to the mysterious fellow traveller who joins them as they walk away from Jerusalem to Emmaus.

This stranger, this Jesus, who they do not recognize, walks with them. He walks with them, away from Jerusalem to Emmaus, explaining the scriptures to them as they go. It would be wonderful to know exactly what he says to them, but Luke does not tell us. Then this stranger, this Jesus, makes as if he is going on. He walks ahead of them as he must have done so many times in Galilee when he says to his disciples ‘Follow me.’ He makes as if he is continuing to walk away from Jerusalem, into the village of Emmaus.

But the two disciples urge him to stay with them, since it’s now late in the day. We see how Jesus gives these two disciples the opportunity to invite him to be with them. Again, he does not force himself on to them.

Then it’s dinner time in the inn. And this stranger that they met on the road when they were going away from Jerusalem to Emmaus takes bread, blesses it, breaks it and gives it to them.



*Supper at Emmaus (detail)*

*Rembrandt van Rijn*

It’s only then that the two recognize just who this stranger is. Their eyes are opened – the penny drops as they realize that they have been walking and talking and eating with the risen Lord.

And they turn around from the inn and go straight back from Emmaus to Jerusalem, back to where they should be, and they tell the others about their experience of their risen Lord.

All this reminds us of the patience and love of Jesus for those of us who try to follow him, no matter how imperfectly we do it. He walks with the two disciples. He goes along with them for a long way while they are going in

the wrong direction, away from Jerusalem to Emmaus. He patiently hears their sad tale and then puts them right. He enables their hearts to burn within them as they hear the scriptures expounded by him. And he will do the same for us, if we ask him.

Our scriptures are very powerful, and like the disciples, we are often slow to see what Jesus is driving at. We just don't get it. But sometimes, if we hear or read the scriptures, they give us insights and speak to us, and give us light in a way that we had not previously realised. Yet Jesus does not assume that we will wish for his company, he makes as if he will walk on.

We have to invite him to stay with us, just as those two disciples did.

The shape of this story about the risen Christ has a very similar shape to what we do in our Eucharist. When we assemble together we are a bit like those two disciples because we come as we are to church with all the cares and preoccupations that we have in our daily lives. As we listen to the scriptures being read it may well be that the risen Jesus will give us insights and understanding to help us so that our hearts burn within us.

Then we follow the example of Jesus at the dinner table at the inn. We take bread and carry out the same actions - taking, blessing, breaking and giving - just as he did at table in Emmaus. When we take bread and wine and obediently carry out the command of Jesus to 'Do this,' it's no longer just the two disciples at the inn receiving these holy gifts, it's all of us - because we are disciples here today, in our own church community.

As we do this and come to communion may we always recognize him and give thanks to him and adore him as we receive his glorious presence in bread and wine. The resurrection of Jesus makes all things new, it changes everything. Bread and wine become the body and blood of Christ.

May we all be changed too. and learn to walk in the right direction with Jesus. Let's invite him to stay with us and allow him to make our hearts burn within us and be made new in the glorious light of his resurrection.

*Alleluia! Christ is risen!*

*He is risen indeed. Alleluia!*

*Julia Mann*

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# Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 19 APRIL

### SUNDAY 19 April 3rd Sunday of Easter

8.00am	Holy Communion (BCP) <i>followed by breakfast</i>	All Saints', Bury St Edmunds
9.30am	Holy Communion (CW)	St George's, Bury St Edmunds
9.30am	Holy Communion (CW) <i>preceded by breakfast</i>	All Saints', Bury St Edmunds
9.30am	Matins (BCP)	Timworth
10.00am	Eucharist (CW) <i>preceded by breakfast from 9.15am</i>	West Stow
10.00am	Eucharist (CW)	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

### Monday 20 April

### Tuesday 21 April Anselm, abbot, archbishop, teacher of the faith, 1109

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

### Wednesday 22 April

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

### Thursday 23 April George, martyr, patron of England, c304

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
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### Friday 24 April Mellitus, bishop, 624; Seven martyrs of the Melanesian

		Brotherhood, 2003
5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Eucharist (CW)	St John's, Bury St Edmunds

### Saturday 25 April Mark the Evangelist

9.30am	Solemn Eucharist (CW)	St John's, Bury St Edmunds
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### SUNDAY 26 April 4th Sunday of Easter

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

# A message from Helen



Hi everyone

I'm Helen (Prior-Townsend), and I'm excited to be spending time with you all on placement from Monday, the 25<sup>th</sup> of May (I shall be joining those of you who are going to Walsingham) until Sunday the 29<sup>th</sup> of June.

I am a second-year curate at St Margaret's in Ipswich. Coming from town centre church, with no other churches in Bury centre and surrounding areas, as well as rural areas, is going to be a change, but one I am looking forward to serving in, meeting all of you and finding out more about.

As a bit of background, except for a year, I have always lived in Ipswich, and unusually, I am serving my curacy in the church I have attended for 16 years. I have been married to Richard for 20 years, we have been together for 26 years, he leads a team of website developers for AXA, and we have a 17-year-old daughter, Chloe, who is currently in the lower sixth at St Albans in Ipswich.

I started as a self-supporting curate until January last year when I transferred to full-time paid ministry. Before that I worked for the Diocese in the Mission and Ministry team. I have also worked in project management and support roles for charities, I spent time as a tutor for young people with additional needs, and a long time ago I worked in training in an insurance company! But all roads have led to the wonderful world of full-time ministry, which seems to have been what everything else has led to.

I look forward to seeing you all very soon.

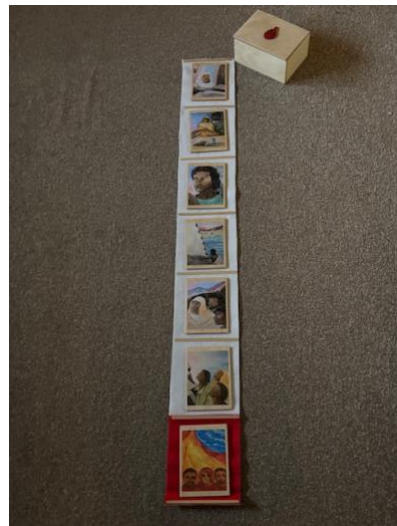
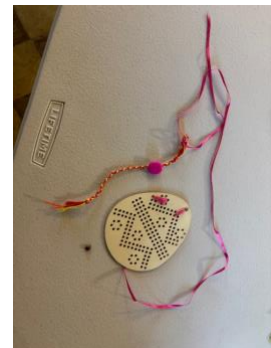
With much love and prayers ~ Helen

# Eastertide Wonder Club ~ Thomas

*Ali Miller*

At Wonder Club we had an Eastertide theme and heard the Godly Play story: Knowing Jesus in a New Way, laying out the tiles of the resurrection appearances, Ascension and Pentecost, but focussing back in on Thomas.

After a spell of wondering (one person liked best that Thomas had doubts, another felt the most important thing was Thomas stating 'My Lord and my God!') we did various crafts: friendship bracelets (proved rather tricky), cross stitch eggs, mosaic rabbits, butterflies and flowers, and free form with plasticine. Afterwards: banana bread and Easter cakes.



# CAFÉ

**Saturday April 18th**  
**10am – 12 noon Culford**  
**Village Hall**

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

**Savouries and cakes.**  
**Teas and coffee**  
**Jigsaw puzzle swap**

**Donations are invited for**  
**St Marys , Culford.**

**NB: not the usual 4th Saturday due to**  
**possible building works.**

**EVERYONE WELCOME**

 Edit with WPS Office

**Fornham St Martin Church**

# Book Sale, Coffee & Cakes

**Saturday 18<sup>th</sup> April**

**10:00am – 3:00pm**

Over 2000 books and lots of  
cakes, scones and pastries.

**All Welcome**



Lark Valley & North Bury Team Ministry [www.northburychurches.org.uk](http://www.northburychurches.org.uk)

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**ST GEORGE'S CHURCH**  
ANSELM CENTRE  
IP32 6JZ

# KNIT AND NATTER

FORTNIGHTLY  
TUESDAYS

2:00PM -  
3:30PM

We knit squares to make blankets  
to help support the work of  
Hamlin Fistula UK.  
<https://hamlinfistulauk.org>



This registered charity is  
dedicated to the prevention and  
treatment of childbirth injuries in  
Ethiopia.

For information about knitting  
squares contact  
[jc.mann@btinternet.com](mailto:jc.mann@btinternet.com)

St George's

# BINGO

at The Anselm Centre, Anselm Avenue,  
Bury St Edmunds, IP32 6JZ

**Saturday 18<sup>th</sup> April**  
**6.30pm for 7.00pm start**

**£8.00 per person which includes**  
**entry fee and bingo cards,**  
(extra cards can be purchased on the night)

**Hot drinks and snacks will be on sale**  
**in the interval**

*although you may bring your own*

To book your place please ring  
Wendy on 01284 768714  
or Maz on 07746 058179

Charity Number: XN42173

## Easter Day ~ All Saints', Bury St Edmunds



Many thanks to Marina Kralina for the photos

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## Deanery Choral Evensong Sunday 10 May at 3pm



## St Peter's Church, Thurston

Followed by refreshments

All welcome!

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# NATIONAL PILGRIMAGE

*to the*

## Shrine of Our Lady of Walsingham

Bank Holiday Monday, 25th May 2026

Leaving St John's at 8.45am

*following Morning Prayer at 8am*



12 noon Solemn Mass *in the* Abbey Grounds  
*followed by a picnic lunch*

2.45pm Sermon  
followed by Procession and Benediction

5pm Depart

Book to join us on our minibus ~ fare £30  
payable to Michael Wilde in advance.

Come with £5 to buy an entry programme, bring a picnic  
and something to sit on, and be prepared for all weathers.

*Please contact Mother Ali on 01284 728714  
or [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)*

# Bury Town Pastors

URGENTLY need **Town Pastors** and **Prayer Team** members.

It is such a privilege to be able to show the love of Jesus while caring for people on the streets of Bury St Edmunds on Saturday nights from 10pm to 4am. We are urgently in need of some more Town Pastors, and Prayer Team members (who support by praying at our base at St John's Centre in town or in their own home).

- Please prayerfully consider applying to be a Town Pastor, or to be part of the Prayer Team, praying at our base or in your own home.
- We would ask you to be 'on-duty' on one night each month (on a date that is convenient for you) as a Town Pastor or praying in our base, or one hour on one night each month praying at home (at a time between 10.00pm - 4.00am that suits you).
- If you are unsure, please contact Jo Copsey to have a chat and/or to arrange to come out with the Town Pastors for an hour or two, or to visit the Prayer Base.

## **Town Pastor Training Dates:**

Sat 16th May 2026 (9am – 4pm)

and 4 evening sessions on:

Wed 20th May, Thurs 4th June, Mon 8th June, & Tues 16th June.

There is one training session for Prayer Team members.

If possible, Town Pastor applications should arrive by Tues 5<sup>th</sup> May 2025.

Applications received after this date will be considered as long as places are still available on the Town Pastor training course.

Prayer Team applications are welcome anytime.

**Download information and application forms from the website:**

[www.burytownpastors.org.uk](http://www.burytownpastors.org.uk)

**or contact Mrs Jo Copsey, tel: 07594 334215**

**or email: [jocopsey@burytownpastors.org.uk](mailto:jocopsey@burytownpastors.org.uk)**

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## Julie's fundraiser for East Anglian Air Ambulance

A fundraiser organised by Julie Hooton for East Anglian Air Ambulance

*As the sun dips below the horizon, I will be swimming for 30 minutes, followed by a 30 minute break, every hour for 12 hours starting at 8:30pm on the Saturday and finishing at 8:30am on the Sunday. What a challenge!! I have decided to use this opportunity to raise money for EAAA again. Only last week there was a serious 3 vehicle accident directly*



Scan to donate

Help us reach our £200 target!

Make a donation with **JustGiving**

## Julie's Epic 12 hour Swim Challenge

As the sun dips below the horizon, I will be swimming on the hour, every hour for half an hour for 12 hours. And just to make it even more challenging, it'll be overnight. I'll start at 8:30pm on Saturday 25<sup>th</sup> April and finish at 8:30am on Sunday 26<sup>th</sup> and in an outdoor pool.

What a challenge!

I have decided to use this opportunity to raise money for East Anglian Air Ambulance (EAAA) again. Only a few weeks ago there was a serious 3 vehicle accident directly outside the entrance to my house. One person was air lifted out by the EAAA.

East Anglian Air Ambulance is a charity providing lifesaving critical care, 24/7, across Bedfordshire, Cambridgeshire, Norfolk and Suffolk. Whether by air or road, they're there for the most seriously ill and injured people, when every second counts. They care deeply about the work they do and the people they help. Their specialist doctors and paramedics bring hospital-level treatment straight to the scene. From blood transfusions and pain relief to anaesthesia and emergency surgery they give patients the best possible chance of survival.

If you'd like to sponsor me, please email me on [nbtlvb@outlook.com](mailto:nbtlvb@outlook.com) or scan the QR code above. Huge thanks for your support,

*Julie Hooton*

## A Rocha UK Eco tips for APRIL

Celebrate new life this Easter and have a go at growing something! April is the perfect time to try to grow something edible or, if you are a seasoned gardener, to encourage someone else to try. Salad leaves or herbs are a great place to start and will reduce your reliance on those oh-so-convenient supermarket salad bags.

For indoor space, try 'micro-greens' (vegetable leaves harvested soon after they open)

For greenhouses, try sowing salad leaf seed mixes.

For outdoors, beetroot, lettuce, onion and pea plants are frost-resistant so can all be planted outside in April.

As you sow, thank God for the opportunity to grow food, and pray for those communities that are facing food shortages and famine.

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## The Caption Competition is back!



A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption for this photograph, which depicts a well-known local Church Treasurer and Deanery Synod Personage (aka Michael Wilde) wielding a paintbrush in inimitable style.

Please send your entries by Tuesday 21<sup>st</sup> April to the Viral Bulletin at [adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)

# Contacts

Revd Dr Andy Miller .... 01284 728714     [teamrectorlvnb@btinternet.com](mailto:teamrectorlvnb@btinternet.com)  
Revd Ali Miller ..... 01284 728714     [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)  
Team Office ..... 01284 700400     [NBTLVB@outlook.com](mailto:NBTLVB@outlook.com)

*We also have assistance from our Assistant Priest, Sarah Gull, and from priests within the benefice who have permission to officiate.*

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## Please 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 news and details of events which have happened  
*as well as events which are coming up* at your church.

And your photographs are always welcome, but please don't forget to ask permission of those who may therefore appear in the Viral Bulletin.

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