

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

22 March 2026

5th Sunday of Lent ~ *Passiontide begins*

*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)



*St Mary's, West Stow*

*15 March 2026*

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# 5th Sunday of Lent ~ Passiontide begins

Ezekiel 37.1-14 Psalm 130 Romans 8.6-11 John 11.1-45

## Journeying into Lent II

*“Lord if you had been here my brother would not have died.”*

On Ash Wednesday we said our Good-Byes in Kagera, and travelled back to Rwanda, where we stayed at the [Scripture Union](#) in Kigali. In the grounds there stands a memorial to those who were murdered there in 1994, including the pastors, their wives and families. I visited the [Genocide Memorial](#), set amongst hilly woodland.

Over a million people lost their lives in Rwanda within a few weeks in April 1994, and the remains of 200,000 of them are buried at this site beneath large, plain concrete slabs. There is a small museum there, which explores the factors that led to this tragedy. These included Imperial abuse of power, dehumanisation, and highlighting artificial differences between people.



*The memorial at Scripture Union, Kigali*

I was left wondering the age-old problem of sin and evil: if God made the world, and everything in it, how can He allow such things to occur? Dame Julian of Norwich pondered this question in the aftermath of the [Black Death](#), which had claimed the lives of nearly half of Europe's population. In addition, survivors were tormented by the thought that their loved ones had died without confession and absolution due to lack of priests<sup>1</sup>. Julian formed the view that it was not sin itself which separated us from God: *“Sin has no substance, but is only known by the pain it causes.”*

<sup>1</sup> Sheila Upjohn *In search of Julian of Norwich* 1989, Darton, Longman & Todd

## *“Jesus began to weep”*

A couple of weeks before I had shared a teaching workshop in the Theological College in Kagera with my cousin Melanie, a physician from Sydney. We had asked the students to share experiences they may have had of Death and Dying. They showed a readiness to share personal and difficult stories, and were also willing to think about things afresh, particularly if there was scriptural evidence to back the argument.

For example, one student said he would never cry as a minister, and all the others agreed with him until I pointed out that Jesus wept. There was a more awkward moment in another workshop when one student complained that his grandfather drank banana wine. All students agreed this should be discouraged. I asked them whether Jesus disapproved of wine - there was a pause, and they laughed. As alcohol is firmly discouraged in Murgwanza we emphasised the dangers of addiction.

Such story-telling was highly revealing in identifying differences and also similarities between our respective cultures. Several of the students were orphans, which involved major change for them in moving home, losing land, lacking money and taking on new responsibilities. In one case the kindness of a minister had made all the difference to him.



*The teachers at the workshop with Diploma Student Obed*

*“I am the resurrection and the life”*

Back at the Scripture Union we met [Eugenie Euwamarya](#), who helps support widows who survived the Rwandan Genocide. They are given skills in craft-work and soap-making. Her greatest joy, she says, was to arrange a day out for these women to enjoy themselves together, even though they came from different tribal groups. Through their resilience and working together, she feels, there is a great sense of hope for a better future for Rwanda.

Eugenie is not the only woman determined to build fresh hope through her faith. Sister Marie Mukabayire<sup>2</sup>, a Catholic nun, has reflected on her experiences from that time, and the lessons learned about forgiveness. She lost 6 siblings and both her parents. She resolved to serve the Lord in as many ways as possible for the rest of her life, and reminds herself of a verse in a poem by Ijeoma Umebinyuo:

*You must let the pain visit  
You must allow it to teach you  
You must not allow it to overstay*

She holds gratitude for those who helped her and embraced peace. Her faith led her to work as a nurse to care for those wounded in difficult circumstances without adequate food or clean water.



*Melanie overlooking Rwanda in the distance*

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<sup>2</sup> Sister Marie J. Mukabayire *Lessons from the Genocide against the Tutsi in Rwanda* 2024 Digibooks Ghana Ltd.

She saw examples of selfless bravery in protecting refugees, but her greatest challenge was learning to forgive. It took time. She learned to appreciate how fragile life is and the many things to be thankful for. She helped to rebuild the local health centre, despite mutual suspicion, and gave decomposing bodies a proper and dignified funeral. Working with those who had perpetrated the genocide helped.

*“Unbind him, and let him go”*

The reality of Death and Grief is an eternal one. In the passage from John the astonishing, life-giving raising of Lazarus from the Dead requires others to join in. The bonds which prevent us from a fully realised life may need attentive help from others. As we approach the journey to the Cross we do so with the Communion of Saints, and are not alone.

**Amen**

*Sarah Gull*



# Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 22 MARCH

### SUNDAY 22 March 5th Sunday of Lent *Passiontide begins*

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
3.00pm	'Near to God' ~ The Mead Singers	St George's, Bury St Edmunds

### Monday 23 March

Tuesday 24 March *Walter Hilton, mystic, 1396; Paul Couturier, priest, ecumenist, 1953; Oscar Romero, archbishop, martyr, 1980*

6.00pm	A Quiet Space	St John's, Bury St Edmunds
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### Wednesday 25 March *Annunciation of Our Lord to the Blessed Virgin Mary*

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds
7.00pm	Solemn Eucharist (CW)	St John's, Bury St Edmunds
8.30pm	Fr Bob Torrens RIP, reception into church	St John's, Bury St Edmunds

### Thursday 26 March *Harriet Monsell, founder of the Community of St John the Baptist, 1883*

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
12 noon	Fr Bob Torrens RIP, Requiem Eucharist	St John's, Bury St Edmunds

### Friday 27 March

5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Stations of the Cross	St John's, Bury St Edmunds

### Saturday 28 March

### SUNDAY 29 March Palm Sunday

*The Passion Gospel is read at all services*

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
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

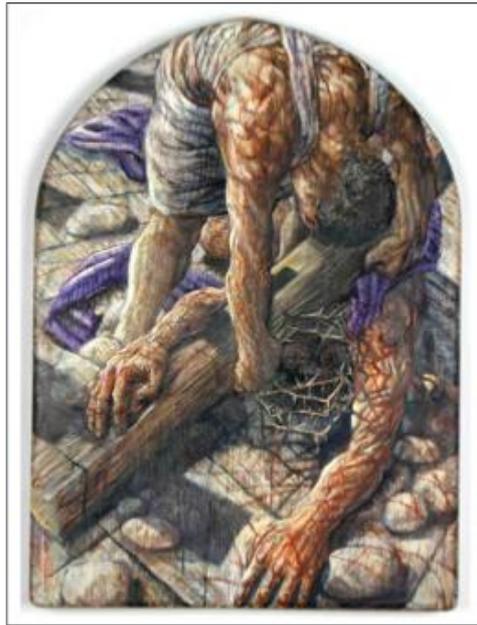
# Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 29 MARCH

<b>SUNDAY 29 March Palm Sunday</b>		<i>The Passion Gospel is read at all services</i>
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
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
<b>Monday 30 March Monday of Holy Week</b>		
9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
7.00pm	Compline with address	Flempton
<b>Tuesday 31 March Tuesday of Holy Week</b>		
9.30am	Eucharist (CW)	St George's, Bury St Edmunds
7.00pm	Compline with address	West Stow
<b>Wednesday 1 April Wednesday of Holy Week</b>		
8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds
7.00pm	Compline with address	Lackford
<b>Thursday 2 April Maundy Thursday</b>		
11.00am	Chrisam Eucharist (CW)	The Cathedral
6.30pm	Eucharist (CW)	All Saints', Bury St Edmunds
7.00pm	Eucharist (CW)	Culford
8.00pm	Solemn Eucharist, Washing of Feet, Procession to Altar of Repose, Watch until Midnight	St John's, Bury St Edmunds
<b>Friday 3 April Good Friday</b>		
9.00am	Stations of the Cross	St John's, Bury St Edmunds
9.30am	Matins (BCP)	Timworth
10.30am	Walk of Witness	gathering at the Cathedral
2.00pm	Liturgy of Good Friday	Fornham St Martin & St John's, Bury St Edmunds
<b>Saturday 4 April Holy Saturday ~ Easter Eve</b>		
8.00pm	Easter Eve Ceremonies, blessing of Easter Candles	St John's, Bury St Edmunds
<b>SUNDAY 5 April Easter Day</b>		
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
9.30am	Holy Communion (BCP)	Timworth
10.00am	Eucharist (CW)	West Stow
10.00am	Eucharist (CW)	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

Fridays in Lent  
at 6pm  
*from*  
20<sup>th</sup> February  
*to*  
27<sup>th</sup> March

St John's Church  
Bury St Edmunds



# Stations of the Cross

Reflections following  
the narrative  
of Christ's passion  
using the pictures  
created by Iain McKillop

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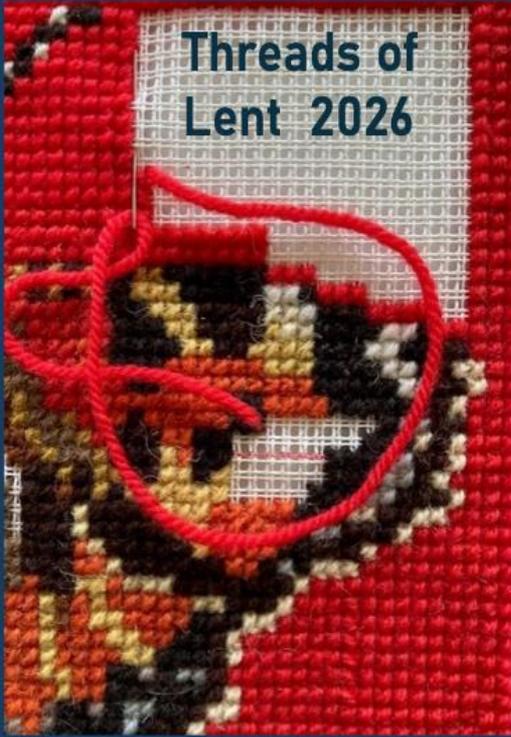
## Help needed!

Some of our churches need assistance in compiling a general church risk assessment. We are looking for willing volunteers to help with this.

If you have some spare time and are happy to assist, please let me know.

Contact Mthr Ali - [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)

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## Threads of Lent 2026

## Calling all Crafters!

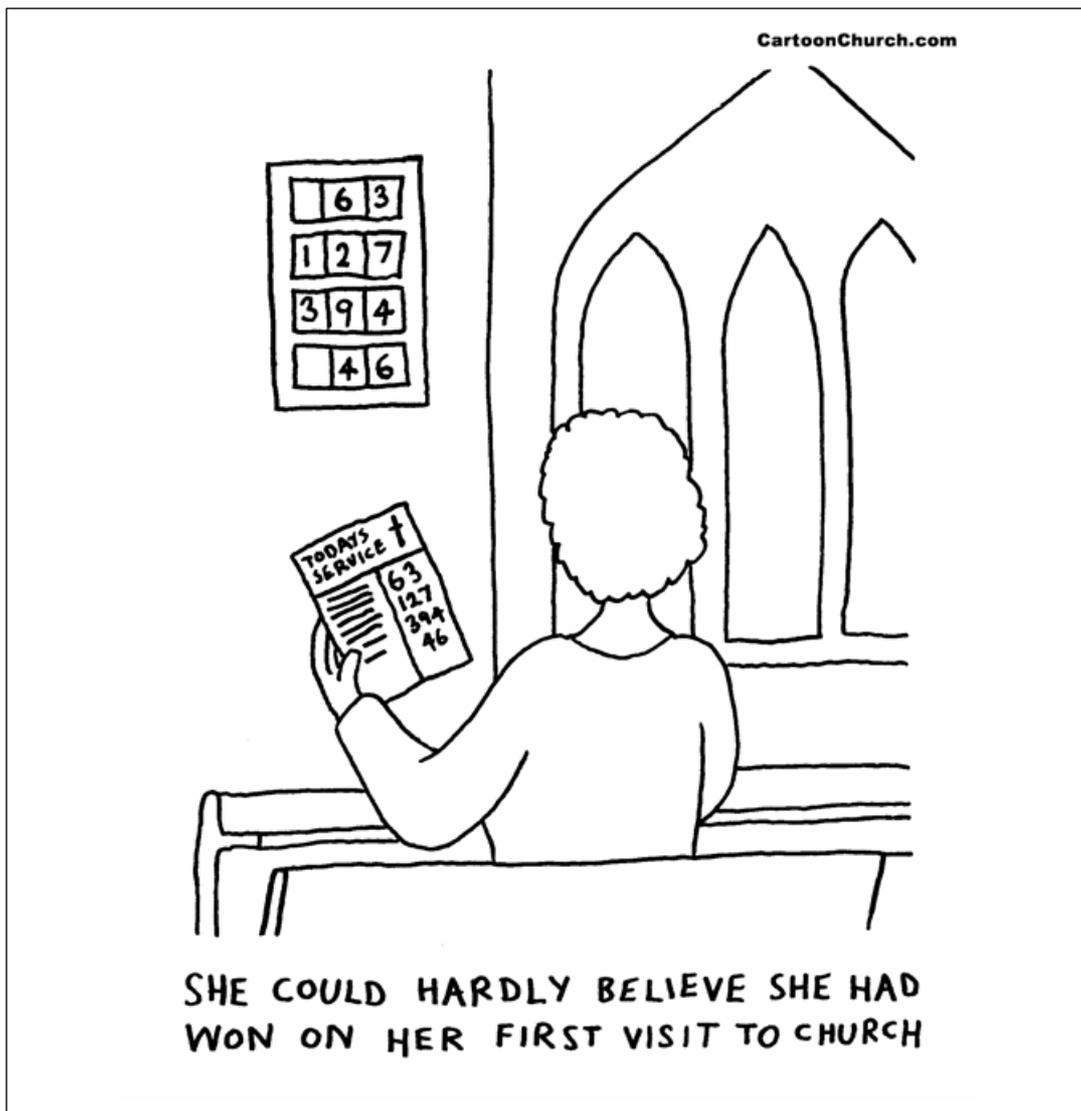
Are you wanting to have a sort-out for Lent ?  
Nurture your creativity?  
Complete a half-done project?  
Try something new?

You are welcome to our "Threads of Lent" Group  
at: All Saints Church, Bury St Edmunds  
On : Thursday afternoons from 2pm

26<sup>th</sup> February, 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup> & 26<sup>th</sup> March

Easy parking  
Tea and coffee  
Bring your own materials

Enquiries to Sarah Gull [seg30@cam.ac.uk](mailto:seg30@cam.ac.uk)



# From the Registers

*From the Registers* is a list of the Church of England services known as 'occasional offices' such as baptisms, weddings (and we include blessings) and funerals, conducted by benefice clergy for the churches within the Lark Valley and North Bury Team.

## Holy Baptism

22<sup>nd</sup> February 2026

Grace Dow

St Mary, West Stow

## Funerals

20<sup>th</sup> February 2026

Sheila Forsdyke

St John the Evangelist,  
Bury St Edmunds

followed by the West Suffolk Crematorium

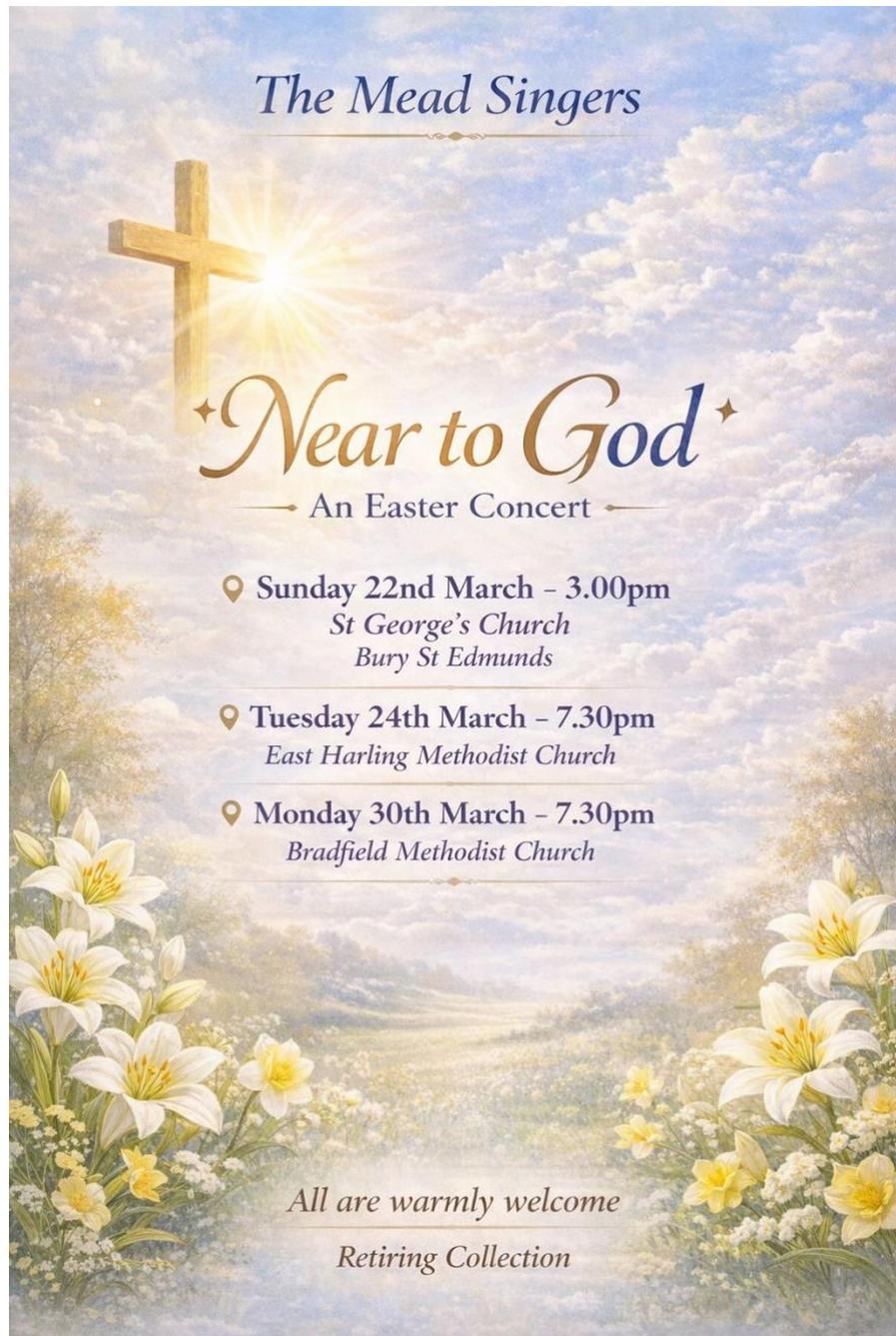


Liturgically  
correct  
DOG

Here's Samantha,  
dressed in the  
correct colours  
for Laetare Sunday.

**St George's Church** invites you to join them and the **Mead Singers** on **Sunday 22 March at 3pm** for **Near to God**, a programme of music and meditation reflecting on Christ's journey to the Cross.

Conductor: **Michael Phillips**    Accompanist and Text: **David Honeyball**



## **Forthcoming dates at St George's for your diary**

*Maz Callaby*

Bingo ~ 18th April, 6th June and 5th September

Cream tea ~ 4th July

Harvest Festival ~ 11th October

Christmas\* Fayre ~ 14th November

\* First sighting of a Christmas event in 2026.

# Praying Together ~ April 2026

## Lark Valley and North Bury Team Ministry

### For the wider community and church

- 1 W All with financial difficulties
- 2 T Homeless people; Tayfen House & Britannia House
- 3 F All who work in and visit the King's Forest
- 4 S For our initiatives in dealing with the climate change emergency
- 5 S Lark Valley farms and all who walk on  
the Lark Valley Path and St Edmunds Way
- 6 M All Saints' Church, Wordwell (Churches Conservation Trust)
- 7 T All who live in Wordwell
- 8 W Moseley's Farm Business Centre
- 9 T All who live in Fornham St Genevieve
- 10 S Hall Farm Business Park
- 11 S Park Farm Business Centre
- 12 S All who take care of the fabric of our churches
- 13 M All who visit our churches as tourists
- 14 T All those preparing for baptism, marriage or confirmation
- 15 W All whose funerals have taken place recently
- 16 T All who mourn
- 17 F West Stow Country Park & Kings Forest Caravan Park
- 18 S West Stow Club
- 19 S St Mary's Church, West Stow
- 20 M *Growing in God* worship, work & witness at West Stow
- 21 T All who live in West Stow
- 22 W Sports clubs & golf courses
- 23 T Fullers Mill Garden; Chimney Mills Gallery
- 24 F *The Suffolk Wildlife Trust* at Lackford Lakes
- 25 S St Lawrence's Church, Lackford
- 26 S *Growing in God* worship, work & witness at Lackford
- 27 M All who live in Lackford
- 28 T All our Clergy, our Reader & Lay Elders
- 29 W For vocations to the ordained and other ministries
- 30 T That we may all grow in faith



# Good Friday 3rd April 2026 **WALK OF WITNESS**

**10:30am**

Short service in St Edmundsbury Cathedral

**11:00am**

Follow the cross. Silent procession

**11:15am**

At the stage in Market Square

**11:45am - finish**



**BURY ST EDMUNDS & DISTRICT CHURCHES TOGETHER**

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## 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.

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