Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

22 November 2026 Christ the King

Sunday next before Advent

*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



*Cross of Christ the King ~ St John's*

**In this issue:**

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# *Christ the King*

## *Sunday next before Advent*

*Ezekiel 34.11-16,20-24  Psalm 95:1-7  Ephesians1:15-23  Matthew 25:31-46*

### *Sermon for Christ the King*
*(The Parable of the Sheep and the Goats)*

The more I know about Christ, the less I like the rulers that don't serve their subjects. Beyond the outward appearance, politicians serve other interests. This is my personal experience as a former candidate in local elections: my involvement in politics was at its highest when my Christian faith was below zero.

In Mark´s Gospel, Jesus says: ***"You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them".*** Paul, in his letter to the Ephesians states that the Kingship of Christ is ***"far above all rule and authority, power, and dominion, and above every name that is named".***

In the time of Ezekiel, Israel was led by unworthy and corrupted leaders. In that age, kings, priests and civil rulers were described as *shepherds*. Through Ezekiel, God condemned those shepherds/leaders. On one hand, they fed themselves, wore the wool and slaughtered the best sheep. On the other, they neglected the weak, sick, injured and lost ones. We notice echoes of this narrative in Psalm 23: "The Lord is my shepherd, I lack nothing".

Regarding the Parable of the Sheep and the Goats in Matthew 25, many contemporary readers might take it at face value. They might feel overwhelmed by a display of the absolute power of a ruler which means (by definition) a threat to freedom. The truth is that these words relate to the End Times. However, stating that the End Times is a time of reckoning is over the top. In fact, Christ is a destroyer of corrupt and oppressive forms of human authority. He offers an alternative: Servant Leadership.

Peter Maurin, cofounder of the Catholic Worker Movement in America, was inspired by it. He said that we have taken away the dynamite from the Church and we have kept it hermetically sealed in containers. Somehow, we have learnt to see the Lord´s commands as a matter of private spirituality ... not as a society-transforming power. In fact, the origin of the word *dynamite* is in the greek word *dynamis*, which means "power". Imagine how powerful society would become if looking after the needy on a daily basis was the foundation of a balanced sociopolitical order!

The Parable of the Sheep and Goats stirs us out of our lack of concern. However, I don´t want you to think that salvation is the result of good works. Scripture teaches that we are saved by faith through the grace of God (not by our good works). In verse 34 of the Parable, we read about the inheritance that belonged to the sheep "since the creation of the world". This means: long before the faithful ones could ever do any good works. Therefore, good deeds are not the cause of salvation, but its effect.

As Christians, we receive the Holy Spirit, and its fruits, according to Paul in his letter to the Galatians, are "love, joy, peace, patience, kindness, generosity, faithfulness, gentleness and self-control". Then, good works are the direct overflow of these traits.

The message of the Parable is that people who love God will love others. Good works, indeed, will result from our relationship to the Shepherd.

In Ezekiel´s prophecy, the scattered sheep will lie down in good grazing land. But remember this, too: the Good Shepherd will also judge "between the fat sheep and the lean sheep". According to the text, some sheep are renegades: "You have pushed with flank and shoulder, and butted at all the weak animals with your horns until you scattered them far and wide".

Furthermore, the text says: "I will judge between fat sheep and lean sheep". Therefore, we are not here talking (only) about rulers and subjects, but about different kinds of subjects. Obviously, bad leaders will cause harm to their subjects, as much harm as bad people who are at the same level in society as the good people.

We will be inspired for good as long as we have good shepherds/leaders not only in politics, but also in the Church. In some churches, those who consider themselves wiser, more knowledgeable or more entitled can cause great trouble. In Ezekiel´s prophecy, they are the fat sheep that spoil the pasture and the waters for the other sheep. No wonder some people who appreciate Christian faith can´t stand the Church because they have been hurt. If we all are true followers of Christ, we will treat others with kindness through servant leadership as Jesus did. Moreover, we will serve others as if the ones we serve were Christ Himself.

At the end of Ezekiel´s reading, God promises that He will send a Good Shepherd: His servant David. Scholars see here the announcement of the coming of Jesus Christ. He will do the work that the unfaithful shepherds didn't do.

In his letter to the Ephesians, Paul mentions the riches of Our Lord's glorious inheritance. We will receive it by grace through his sacrificial death on the Cross of Calvary: an instrument of torture that made him the nonviolent victim of corrupt power. As He sits at the right hand of the Father, He represents the Divine Law of Love; and He functions as a criterion by which all authority here on earth should be exercised.

Do you want to be a ruler? You can find in Jesus a role model, not only to become a politicial or a civil servant if you wish. There are, in fact, many ways you can lead in the style of a servant. ***"O that today you would listen to his voice!"*** is the end of Psalm 95. God tells us that we need to strive in our capacity to be servant leaders. How is your ability to serve? We do not take our money, our social status, our worldly power into the next world, but the quality of our love. In the film *Gladiator*, Maximus tells his soldiers that ***What we do in life... echoes in eternity.***

Heavenly Father, make us worthy of the eternal inheritance that awaits for us in heaven. In Jesus' name, Amen.

*Raúl Arkaia*

# *Lark Valley and North Bury Churches*

# *SERVICES WEEK BEGINNING 22 NOVEMBER*

## SUNDAY 22 November Christ the King ~ *Sunday next before Advent*

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

Monday 23 November Clement, bishop, martyr, c100

Tuesday 24 November

| | | |
|---|---|---|
| 6.00pm | A Quiet Space | St John's, Bury St Edmunds |

Wednesday 25 November *Catherine, martyr, 4th cent; Isaac Watts, hymn writer, 1748*

| | | |
|---|---|---|
| 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 26 November

| | | |
|---|---|---|
| 9.30am | Eucharist (CW) | All Saints', Bury St Edmunds |

Friday 27 November

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

Saturday 28 November

## SUNDAY 29 November 1st Sunday of Advent

| | | |
|---|---|---|
| 8.00am | Holy Communion (BCP) | All Saints', Bury St Edmunds |
| 9.30am | Eucharist (CW) | St George's, Bury St Edmunds |
| 9.30am | Eucharist (CW) | All Saints', Bury St Edmunds |
| 10.00am | Benefice Eucharist for the Lark Valley (CW) | West Stow |
| 11.00am | Sung Eucharist (CW) | St John's, Bury St Edmunds |

Monday 30 November Andrew the Apostle

| | | |
|---|---|---|
| 6.00pm | Solemn Eucharist (CW) | St John's, Bury St Edmunds |

***Notes***

*1. Bishop Joanne visits Thingoe Deanery on 29 November and 2 December.*

*2. Details of services at St John's may change in the light of progress being made with the interior building work being carried out in the church. Any such changes to the above details will be published via the Lark Valley and North Bury Team Ministry Google Group.*

# Call Out for Confirmation!

## Confirmation will take place with Bishop Joanne on Wednesday 2nd December at 7pm at St John the Evangelist, Bury St Edmunds

We already have several candidates who wish to be confirmed this year and so I am putting out an invitation to our parishes in the Benefice to see if anyone else feels drawn to this as well.

At its simplest, confirmation is another step we take in our journey of faith and it happens in a special church service led by the bishop.

We continue our preparatory sessions at 6pm in The Rectory on the 8th and 22nd November. If you cannot make the dates that is not a problem, let me know and we can work around it.

Contact Mother Ali for more information or if you have questions about confirmation:

teamvicarlvnb@btinternet.com
or 01284 728714



# Installation of Canons at the Cathedral

Huge thanks to everyone who was kind enough to attend the service at which I was installed as an Honorary Canon at the Cathedral on Sunday or who have offered me their support and best wishes in other ways.

It was a very special and moving occasion for me and heartening to receive your prayerful support.

*Andy*



Lark Valley and North Bury Team Ministry

# ADVENT

## CAROL SERVICE

*St John's Church Bury St Edmunds IP33 1SN*

Candlelit procession, carols
and seasonal refreshments*

## Sunday 6 December at 5pm

with a special

## *Farewell*

## to *Miriam*

as The Revd Miriam Webb leaves the team at Christmas after her years of faithful service



## *All are welcome*

** As is customary, incense is not used at the service*

To contribute to Miriam's farewell gift, please contact Lesley Horn at hornlmn@aol.co.uk or donate directly by bank transfer, using the reference 'Miriam', to

Account name: NBT Fees Account

Sort code: 30-98-97

Account number: 81008163

# Lark Valley and North Bury Team Ministry

# Praying Together ~ December 2026

## *For the wider community and church*

1 T For all with cost of living difficulties
2 W Food Banks - organisers and users
3 T Marham Park & Marham House Care Home
4 F The West Suffolk Crematorium
5 S Housing & businesses in Mildenhall Road area

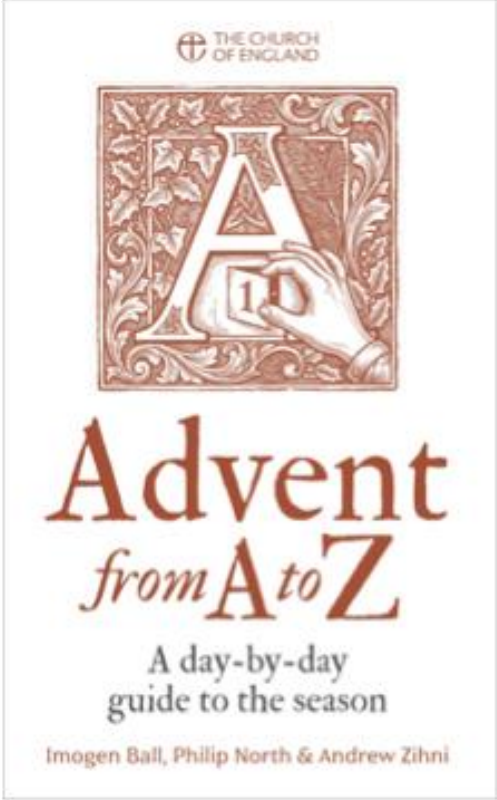
**6 S** Industrial and retail estates in the north east of the town
7 M Doctors' & dentists' surgeries and health centres
8 T Bury Town Pastors
9 W Vineyard Church
10 T For industrial chaplains
11 F West Suffolk College and its chaplaincy team
12 S All who live in Culford

**13 S** St Mary's Church, Culford
14 M *Growing in God* worship, work & witness at Culford
15 T Culford School
16 W Culford Village Hall
17 T Cedar Lodge Residential Home
18 F Rough sleepers & homeless people
19 S Trinity Methodist church; Bury Drop In for homeless people

**20 S** North Court Care Home
21 M Manson House Residential Home
22 T St Andrew's Street housing area
23 W Northgate Street Business Park and other local businesses
24 T The Abbey Gardens - those who visit and those who work there
25 F Garland Street Baptist Church
26 S St Nicholas Hospice and its chaplaincy team

**27 S** West Suffolk Hospital and its chaplaincy team
28 M For those who are unemployed or made redundant
29 T For all in relationship difficulties
30 W For those affected by addictions of all kinds
31 T For a safe New Year for everyone

# Advent Book Club




**Get yourself a copy of Advent from A to Z and come along to discuss the season of Advent at St John's Centre:**

**Thursday 3rd December, 7pm**

**Thursday 10th December, 7pm**

**Thursday 17th December, 7pm**

**then on**

**Wednesday 30th December, 10.45am, at St John's Church (following the midweek Eucharist at 9.30am)**

**As ever, don't worry if you cannot make every session**

**To express interest, contact Mother Ali Miller**
**teamvicarlvnb@btinternet.com**

# Suffolk Way of the Cross Pilgrimage
# UPDATE November 2026

It is quite a few months since the presentation evening at St Edmundsbury Cathedral about this exciting initiative to launch a new pilgrimage route across Suffolk. A sincere thank you to those of you who attended on that hot summer's evening in July – there were nearly 100 people there. Thank you for the great enthusiasm, energy and interest in the project expressed on the night. Thanks also to the many other groups and individuals for offers of help and suggestions subsequently.

There have been significant developments since the July meeting. This newsletter aims to update you on progress made. Firstly, I would like to introduce myself, Sarah Friswell, as the Project Administrator. I am supporting the Pilgrimage group and will be your main point of contact if you wish to ask any questions, make suggestions or comments. My email is sarah.friswell@btinternet.com

The Pilgrimage team has grown as the project has grown, with several new members bringing a wide range of expertise and experience. We are pleased to have the support of St Edmundsbury Cathedral and 'The Abbey of St Edmund, Reborn' project, a National Lottery Heritage Fund project in partnership with the Cathedral, West Suffolk Council and English Heritage, which includes the re-establishment of pilgrimage routes amongst its aims.

## Confirmation of the route

Since 6th July, the provisional name of *The Gipping Way of the Cross* has been changed to the finalised name of ***The Suffolk Way of the Cross***. This reflects the fact that the western half of the route does not follow the Gipping, and the route crosses both the eastern and western parts of Suffolk. It is clear now how much evidence there is that the Way was walked in both directions; to Edmund's shrine, but also from west to east, with pilgrims taking ships from Ipswich to the north coast of Spain, to walk along the 'Camino Ingles' to Santiago de Compostela, the shrine of St James.

Consequently, a bid is being made to the Confraternity of St James (who are very kindly endorsing it) and through them to the Spanish authorities, for The Suffolk Way of the Cross to have the status of being part of the 'English Camino'. A pilgrim is regarded as having completed the Spanish Camino to Santiago de Compostela if they either walk the last 100 kms in Spain, or complete at least 25 kms on an approved 'Camino' path in another country, and then at least 75 kms in Spain itself.

If given ‘Camino’ status, this would make the Suffolk route popular with those throughout East Anglia and indeed the UK, who wish to walk here either for its own sake, or as part of completing the pilgrimage to Santiago de Compostela. Success in this application will allow the use of the famous Camino 'scallop shell' design on way markers too.

## Following the pilgrim path

Thanks to support from the Green Access Department of Suffolk County Council, the exact route along Public Footpaths (Public Rights of Way) has recently been approved. In due course it will be included on their 'Discover Suffolk' app of long-distance and circular walks.

Once a waymark has been designed and produced, a team is ready to start marking the route and Scout troops along the Way have generously offered to help keep sections of the route clear, so that pilgrims can walk it easily. The Pilgrimage group is looking at resources to support pilgrims on the route, including options for a pilgrimage passport in which to collect stamps from each participating church as well as developing a detailed guide book.

## The launch

The intention is to open the Way at Easter 2027, including a service to rededicate the Chapel of the Holy Cross in Haughley. Work is ongoing to finalise an exact date. Prior to the opening, in the next few months, contact will be made with parish councils and landowners along the Way, and the owners of businesses such as coffee shops, shops, and inns, to explain the project and the timescales for the waymarking and launch. It is important that local communities are part of the planning, so that everyone understands why this is a very good thing for Suffolk.

There have been a number of opportunities to talk about the project and Suffolk Historic Churches Trust has invited the team to be part of its forthcoming WinterStudy Day in February 2027.

## Your involvement

The aim is to make this a 'Living Way', so now is the time to start thinking about walking it as part of an organised group, or by walking it individually next spring or summer.

If you have any questions, comments or suggestions, do please contact me on sarah.friswell@btinternet.com We look forward with anticipation and excitement to the launch of The Suffolk Way of the Cross in 2027and to becoming part of the UK’s growing network of pilgrimage paths.

*Sarah Friswell*

# 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

| | | |
|---|---|---|
| 18th October | Arlo Goodyear | All Saints, Fornham All Saints |
| 8th November | Karma Young | St John the Evangelist, Bury St Edmunds |

## Wedding Blessing

| | | |
|---|---|---|
| 10th October | Emily and Andrew Bank | St John Lateran, Hengrave |
| 17th October | Clare and Alasdair Hassan | St John Lateran, Hengrave |

## Funerals

| | | |
|---|---|---|
| 18th September | Edna Dray | St John the Evangelist, Bury St Edmunds<br>followed by burial in Barrow Cemetery |
| 21st September | Maureen Johnson | West Suffolk Crematorium |
| 23rd September | Patricia Volkert | St Mary, Culford<br>followed by burial in the churchyard |
| 16th October | Nelson Thake | West Suffolk Crematorium |
| 5th November | Robert Sturgeon | Borough Cemetery |
| 12th November | Ena Spurling | St Mary, Culford<br>followed by burial in the churchyard |



*St Mary, Culford*

# CANONICAL
# CAPTION COMPETITION



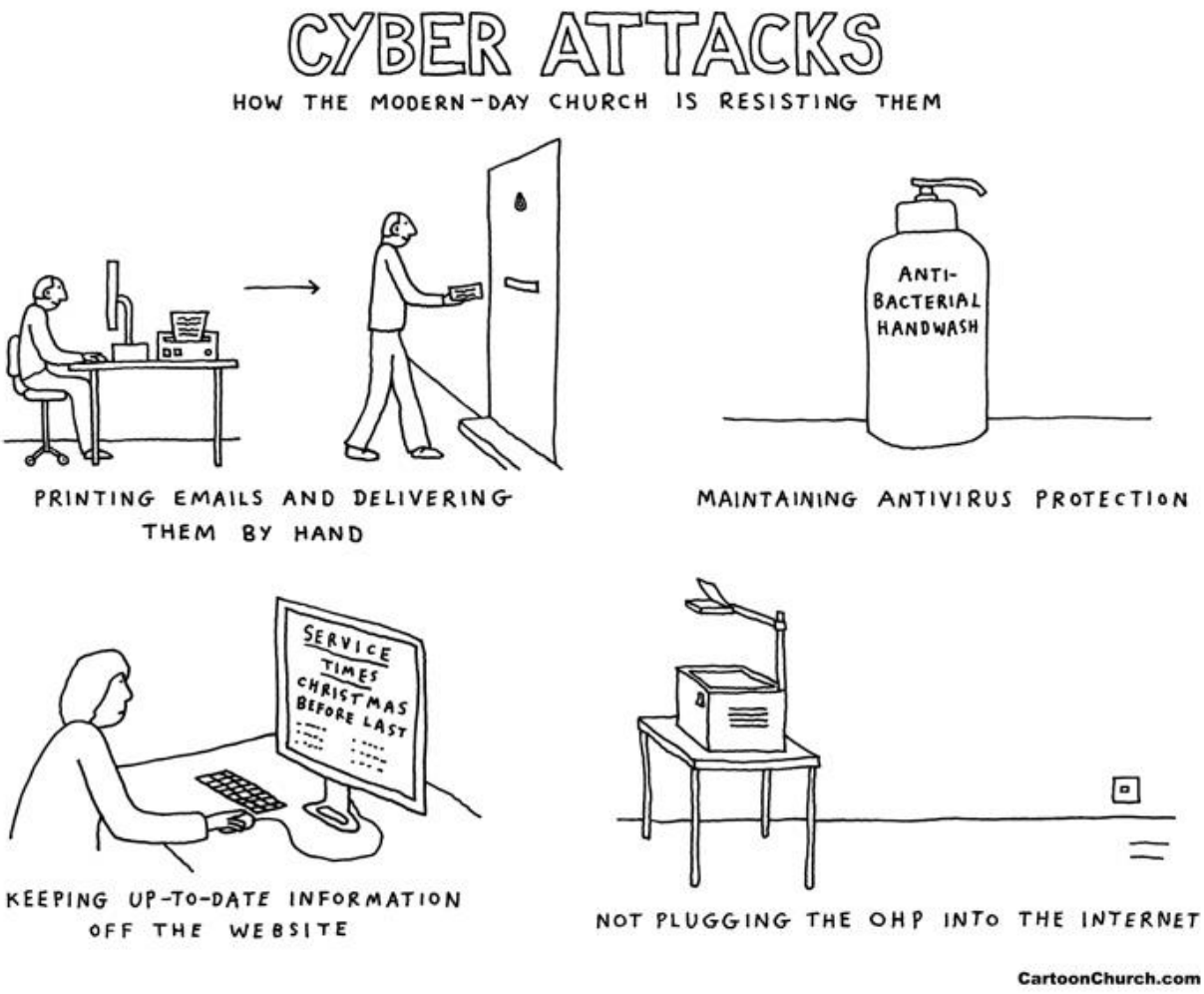






A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption for these photographs, kindly provided by Julie Morrison, Mary McGuire and Ali Miller.

Please send your entries
by Monday
23rd November
to the Viral Bulletin at
adrian.mann@btinternet.com




# Contacts

*Revd Canon Dr Andy Miller .... 01284 728714* *teamrectorlvnb@btinternet.com*

*Revd Ali Miller ..... 01284 728714* *teamvicarlvnb@btinternet.com*

*Team Office ..... 01284 700400* *NBTLVB@outlook.com*

*We also have assistance from our Curate, Jonathan Boast, our Assistant Priest, Sarah Gull, and from priests within the benefice who have 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 photographs are always welcome, but please don't forget to ask permission of those who may therefore appear in the Viral Bulletin.*

*Read on in the online edition for more events coming up*

# Christmas Services
# in the Lark Valley parishes 2026

**Sunday 6th December**
5pm Bury St Edmunds St John,
Lark Valley and North Bury Team Advent Carols

**Monday 7th December**
6pm Flempton, Carol Service

**Wednesday 9th December**
7pm Culford, 9 Lessons and Carols

**Tuesday 15th December**
7pm Fornham All Saints, 9 Lessons and Carols

**Friday 18th December**
6pm West Stow, Carols around the tree

**Sunday 20th December**
3pm Timworth, 9 Lessons and Carols

**Tuesday 22nd December**
2pm Lackford, Christmas Wonder Club

**Thursday 24th December - Christmas Eve**
4pm Fornham St Martin, Crib Service
9.30pm Fornham All Saints, "Bethlehem" Midnight Mass
11.30pm West Stow, Midnight Mass

**Friday 25th December – Christmas Day**
9.30am Timworth,
Book of Common Prayer Christmas Day Holy Communion
10am Lackford, Christmas Day Eucharist
10am Fornham St Martin, Christmas Day Eucharist

**Sunday 27th December – Feast of St John the Evangelist**
11am Bury St Edmunds St John, Lark Valley and North Bury Team Benefice Eucharist
(please note that there will be no other services in the Team on this Sunday after Christmas)

# Christmas Services 2026
# North Bury part of the LVNB Team

As well as our usual patterns of services in All Saints, St Georges and St Johns in Bury St Edmunds over the festive period we will also be having lots of other seasonal services.

***Sunday 6th December***
*5pm St Johns Church,*
*Team Advent Carol Service*

**Sunday 13th December**
3pm St Georges Church, Community Carols

**Sunday 20th December**
5pm All Saints Church, 9 Lessons and Carols

**Thursday 24th December – Christmas Eve**
3.30pm All Saints Church, Crib Service
11.30pm St Johns Church, Midnight Mass

**Friday 25th December – Christmas Day**
8.00am All Saints Church, BCP Christmas Day Holy Communion
9.30am All Saints Church, Christmas Day Eucharist
11am St Johns Church, Christmas Day Eucharist

**Saturday 26th December – Feast of St Stephen (Boxing Day)**
10am St Johns Church, Eucharist

***Sunday 27th December – Feast of St John the Evangelist***
*11am St John's Church, Lark Valley and North Bury Team Benefice Eucharist*

**Monday 28th December - Holy Innocents**
10am St Johns Church, Eucharist

# Fornham St Martin Church

# Book Sale, Christmas Stall, Coffee & Cakes

**Saturday 28th November**

**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

# Winter Warmer Café

## At Culford Village Hall

### In aid of St. Mary's Church, Culford

## Saturday November 28th
## 12 – 2pm



Choice of Soup
& Crusty Bread
and
Tea/Coffee &
Cream Scone.









Christmas Table
with cards, festive
gifts & raffle

## Only £10 per adult/
## £5 per child



Please join us for the last café
of 2026.



# Coffee Morning

Donations to Crisis at Christmas

**Tuesday 1st December**

**10:00 - 11:15 am**

**All Saints Church**

Coffee or tea, cake and chat

All Welcome





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# COFFEE MORNING

Fornham All Saints Church

10:00am - 2:00pm

Saturday 5th December






Proceeds in aid of church funds

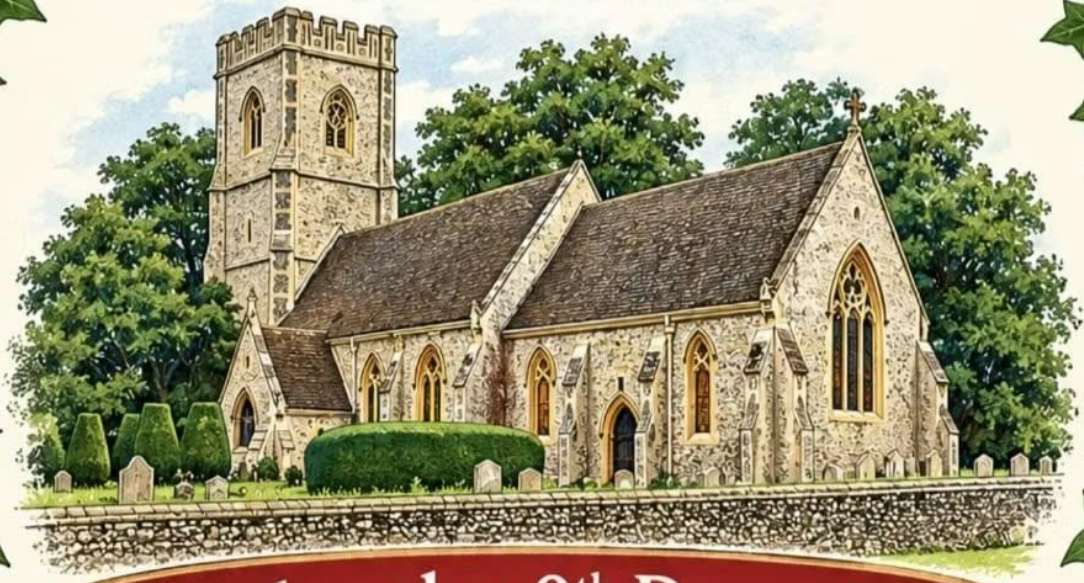


Tombola and Craft Stall



Lark Valley & North Bury Team Ministry
www.northburychurches.org.uk

# St Mary's Church, Culford



**Wednesday 9th December at 7pm**

## A service of Nine Lessons *and* Carols

*followed by mulled wine and mince pies*

*Everybody most welcome*

St John the Evangelist
Bury St Edmunds IP33 1SN

Lark Valley and North Bury Churches

# Adoration of the Blessed Sacrament and Benediction



Thursday
10th December

## 6pm

for half an hour

The Mead Singers

*with*

The Young Meads

*present*

# The Wonder of Christmas



## Tuesday 8th December

Beck Row Methodist Church

*7.30 pm*

## Monday 14th December

Culford Village Hall

*7.30 pm*

# Wonder Club

Story
Wondering
Christingle
Craft
Prayer
Cake



## *St Lawrence Lackford*

## 2pm
## Tuesday
## 22nd December