

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

9 August 2026

10th Sunday 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



*Scallop shells waiting to be used at Holy Baptism in the benefice.
Candidates keep the shell which has been used for their baptism.*

In this issue:

Tenth Sunday after Trinity: Adrian Mann * Right and Wrong: Dave Walker *
Worship this week * Benefice Pilgrimage Walk UPDATE * Elizabeth Pathway
Ordinand: Gina Robertson * Solemn Eucharist for the Blessed Virgin Mary *
Benefice Bash at West Stow Rectory * Adoration and Benediction *
Caption Competition Result * Timworth Church Pet Service * Contacts

10th Sunday after Trinity

1 Kings 19.9-18 Psalm 85.8-13 Romans 10.5-15 Matthew 14.22-33

We are in the midst of a drought, and we know more than ever that water is vital for life. Without water, we die. We are more than half made of water. Water sustains us. Dehydration, lack of water, will kill us much more quickly than lack of food. Water cleans us, heals us, refreshes us. We can play in it. It can release the flavours of a fine malt whisky - so I'm told.

But water can be dangerous. It can run out of control. It can engulf us. It can drown us. In a natural disaster it can destroy on a vast scale. Water is a big subject.

And water has great sacramental significance for Christians. It is used in baptism as we begin our Christian lives, where it is both a cleansing and a drowning. We are drowned in the waters of baptism to share in the death of Christ and we rise out of those waters to share in his resurrection.

And as we prepare the elements for our Eucharist we add water to the wine in the chalice to symbolise the blood and water - we might now call it fluid - released from Our Lord's side on the cross when the soldier pierced his side with a spear.

So water brings life and fun and refreshment. But it also points to the very depths of human experience. And if you read the second verse of the Bible, the waters there seem to be a chaotic primeval force over which hovers the spirit of God: 'there was darkness over the deep, with a divine wind sweeping over the waters'.

We turn to Matthew's gospel and find they have had a hard time of it by the Galilean lakeside. In this chapter of his gospel, Matthew tells us about a sequence of events, beginning with Jesus hearing of the death of his cousin John the Baptist.

What does Jesus feel? We are not told. But alongside the grief of personal loss there must have been some sense of foreboding about his own situation. He tries to find time and space to be alone, but the crowds won't allow it. They engulf him, and in the feeding of the 5,000 Jesus meets their

needs. Which is where we come in with today's gospel reading.

Eventually he breaks free. He sends the disciples on ahead by boat and, alone at last, he goes up the mountain to pray.

The disciples are out there all night, on the water, without him, separated from him by his own command (*did they feel abandoned by him?*), battered by the wind and waves. And when near dawn he comes towards them on the water they don't understand, and it simply adds to their terror.

Maybe it's a story we also find difficult to our heads around. And it won't be much help to worry about whether it actually and literally happened just like that. It's much more important to take on board *what the story is telling us* about *Jesus*, about *who he is*.

By walking on the sea Jesus, like the omnipotent Creator God of the Old Testament, overcomes the powers of chaos expressed by the churning waters. He shows his authority over the created order.

He says to them: 'It is I' in the way that the God of the burning bush speaks to Moses and announces *he is the God who is*. 'I am who I am'. And Jesus, by crossing the sea so that the disciples may themselves reach safety, is like the Lord God who prepared the way for the Israelites to cross the Red Sea to freedom.

The power and authority of God are present here in Jesus, and present at the heart of human crisis and anxiety and fear.

Jesus has himself made them get into the boat without him. Their obedience to him has pitched them into a crisis of anxiety and fear, and in the midst of that crisis, Jesus has come to them.

So Peter, the archetypal follower, tries to emulate his Lord but is prevented by doubt and fear. He wants to imitate Jesus, who, after all, we are told shares his calling and his authority with his followers. But he fails. We can identify with Peter in his failure - it is ours, too. Maybe it prefigures the great failure of his three denials after Jesus' arrest. Peter has to cry for help and Jesus immediately reaches out and catches him.

So it is that Paul tells us that the 'Lord is Lord of all and is generous to all who call on him'.

We need not, indeed cannot, do what God has done in Christ. Christ has already done it. Ours is to 'believe', to trust, to 'confess', and to 'call on the name of the Lord'. This is what Peter has to do: 'Lord, save me!' he cries out as the water threatens to overwhelm him.

Perhaps we don't cry out like that - in *our* failure - enough.

Jesus is there to answer Peter's call in spite of his inadequacy, in spite of his lack of faith, of trust. It is the same for us. What counts in the end is not strength of will, or purpose, or courage, but the grace of God in Jesus' saving presence, with us again in our here and now, in our worshipping community and in the Eucharist, the thanksgiving in which we share.

Adrian Mann



THIS IS THE PERSON
WHO WAKES UP
EVERY DAY KNOWING
WHAT IS RIGHT
WHAT IS WRONG
IN EVERY INSTANCE
WITH NO GREY AREAS
AND IS SURE OF IT



PUT THEM IN A
PERSPEX BOX
AND PUT THEM
IN THE MUSEUM
SO THAT WE CAN
ALL MARVEL AT THEM

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 9 AUGUST

SUNDAY 9 August 9th Sunday after Trinity

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

Monday 10 August Laurence, deacon, Martyr, 258

Tuesday 11 August Clare of Assisi, founder of the Poor Clares, 1253
John Henry Newman, priest, 1890

6.00pm	A Quiet Space	St John's, Bury St Edmunds
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Wednesday 12 August

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 13 August Jeremy Taylor, bishop, teacher of the faith, 1667

Florence Nightingale, nurse, social reformer, 1910; Octavia Hill, social reformer, 1912

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

Friday 14 August Maximilian Kolbe, friar, martyr, 1941

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

Saturday 15 August The Blessed Virgin Mary

10.00am	Solemn Eucharist (CW)	St John's, Bury St Edmunds
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SUNDAY 16 August 11th Sunday after Trinity

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	Said Eucharist (CW) <i>preceded by breakfast at 9.15am</i>	West Stow
10.00am	Eucharist (CW)	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

UPDATE ~ Change of details
Lark Valley North Bury Team

Pilgrimage

Saturday 22nd August

**The pilgrimage will now start
at 10am
from St Mary's, West Stow**

(and not at Lackford as previously advertised in the
Viral Bulletin or currently in the Lark Valley magazine).

You need to book if you wish to walk
and we may cancel if the forecast
is for very hot weather.

Please contact:

Ali for further information teamvicarlvnb@btinternet.com
or Sarah for a booking form seg30@cam.ac.uk

**We look forward
to being pilgrims together!**

Alex, Ali, Andy, Sarah



ELIZABETH PATHWAY ORDINAND

Gina Robertson

I'd like to tell you about my journey to become an Ordinand. I am not special or a brilliant Christian or really clever. However, I do believe God has called me to become a Priest and I am doing my best to answer that call. So how was I called?

I'd love to say I saw an Angel appear or the clouds parted. In reality I had a niggles that I tried to ignore but wouldn't go away. I started to have trouble sleeping, my mind was whirring. I thought: I need to be a Priest. I didn't know what that would look like and how it would come about. I told Steve and now I had one very surprised but very supportive husband.

Next, I needed to explore my Vocation by talking to Andy. Which is fair enough, the Rector does need to know. I don't know what was more stomach churning, telling him or the realisation he was taking my belief of being called seriously.

Things started to escalate. I had tea and a chat with the DDO (Diocesan Director of Ordinands). We talked about what we felt my Vocation looked like and what my options were. As I was a tad over 55, I would be on the Elizabeth Pathway. This pathway is named for John the Baptist's mother. Someone else where radical change had happened later in life.

There wasn't that much form filling, but the forms I had to fill were enormous. In short, nothing is off limits. I had a DBS check and confirmed my Safeguarding Training was completed. I asked if people were willing to act as referees.

I was now a Potential Ordinand.

The Elizabeth Pathway is unusual in that you start your training and your year of discernment at the same time. The timetable is roughly September to July. I had 3 study weekends at Ripon Theological College, Cuddesdon (and a student's card!). The teaching is excellent and there are lots on offer.

For example, I completed a short Biblical Greek course. I learnt a lot and not just in the classroom. The first weekend Impostor syndrome hit me like a ton of bricks. Earlier I called this process a journey and like any journey there are times when things do not go to plan, or the reality is different to what you had pictured, or you not even sure you want to get to your destination.

But that is why you have DDOs, Priests, family and friends. So, you can talk about your wobbles and worries. And of course, Prayer. It sounds obvious but praying **really** helps.

There are also monthly Fellowship of Vocations meetings with the DDO and other potentials. Gradually we became a close cohort.

Around November to January the Stage 1 Conversations start. This is a day on Zoom with a Panel from the National Church. The Panel are interested in why you are attracted to, and your understanding of, Ministry in the Church of England. They highlight in a report areas you need to develop further before Stage 2. I ended up with quite a check list!

I enjoyed finding more about Ministry outside of Sunday Worship. I found the experience deepened my sense of needing to become a Priest.

In July I had Stage 2 (formerly the Bishops Advisory Panel). Another enormous form to be filled. This is a 2-day residential assessment where the National Church discerns if you have a calling. It's not quite as simple as a yes or no, it could be yes ... but not yet. Strangely I found this easier than the Stage 1 conversations. I knew I had completed everything the first Panel suggested. I had done all I could. I knew I had to place my trust in God and that His will be done.

I was recommended. I had my "yes". I'm Ordinand. If all goes well, I will be ordained deacon next July.

I wonder if you are thinking you may have a Vocation and if so, what does that look like? You may find this link helpful:

[Explore your Christian calling - Diocese of St Edmundsbury and Ipswich](#)

Lark Valley and North Bury Team Ministry
At St John's, Bury St Edmunds



The Blessed Virgin Mary

Solemn Eucharist
Saturday 15 August
10am

Don't miss the

Benefice BASH



at The Rectory, West Stow

Sunday 16th August
6pm - 8pm

St. John the Evangelist
Bury St Edmunds IP33 1SN

Lark Valley and North Bury Churches



Adoration
of the
Blessed Sacrament
and
Benediction

Thursday
13th August

6pm
for half an hour

CAPTION COMPETITION RESULT



Spirited entries this week included:

Margaret was shocked to discover some false teeth in the ice bucket.

Henry Allen

There was serious concern that the slow cooker might have been turned on.

Victoria Spivey

Margaret could not understand why anyone would want to hide a jar of Marmite in the ice bucket.

J C Higginbotham

But once more our winner is **Gina Robertson** with a biblically literate entry referencing Psalm 147.17:

In this heat Margaret found she could stand before his cold.

Our Pets



TIMWORTH CHURCH Pet Service



Sunday 30th August
3pm



Lark Valley & North Bury Team Ministry

www.northburychurches.org.uk

Contacts

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Team Office	01284 700400	NBTLVB@outlook.com

We also have assistance from 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.
