

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

2 June 2024

1st 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



With thanks to

John Grinham

Join the Churches Count on Nature at Fornham St Martin on Saturday 15 June.

It is also at West Stow on Saturday 8 June. Both are from 10am to 11.30am.

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1st Sunday after Trinity

Deuteronomy 5.12-15 Psalm 81.1-10 2 Corinthians 4.5-12 Mark 2.23-3.6

Human life is bounded by all kinds of rules and regulations, whether we are aware of this or not. Some are legal requirements for our safety such as stopping at traffic lights when the light shows red. Others come under the heading of politeness and good manners – it seems that British people learn to say ‘thank you’ a lot, whether or not we are really thankful! I’m sure we can think of lots more.

Our churches have some of these things too – it is still the custom in many churches for men to take off their hats when entering a church. In some churches (but not here in our benefice) women have to wear some sort of head covering whether they like it or not ...

Some rules and regulations can seem quite trivial whereas others are good and helpful. Our reading from Deuteronomy tells us of one of these rules for the Israelites. It’s about keeping the Sabbath, the day of rest. I’m sure we’ve come across some Christians who feel very strongly about keeping the Sabbath, sometimes in very rigid ways. My grandmother, for example, would never let us kids go to the pictures on a Sunday.

But what Deuteronomy tells us about the Sabbath is that we are to refrain from work, because it is to be a day of rest and recuperation as well as an opportunity for worship. The Israelites had been slaves in Egypt and now some of them have their own slaves, so you could say that they’ve become employers. Perhaps some were good and others not so good employers.

Maybe there was a bit of exploitation going on. Maybe that’s why there is such emphasis that the rest that the Sabbath brings is not just to be for humans but also for the animals which were used to help people make a living. In fact, keeping the Sabbath can be seen as an early regulation concerning animal welfare because, like humans, creatures need rest. If oxen are not being used to till the soil, the land gets a rest too.

One very strange thing about all this is that scholars wonder how it was that the whole unique concept of the Sabbath came into being – it was not something that the Israelites would have borrowed from their neighbouring peoples and cultures of the time.

In the time of Jesus things were not so very different. Mark's account of the disciples plucking heads of grain in a cornfield would have meant that they were doing something that would have counted as work and was therefore not permitted on the Sabbath. The same goes for the healing of someone on the Sabbath – that would have counted as work as well. Here we have Jesus not being at all meek and mild. Here is Jesus being assertive as he points out the first principles behind the Sabbath – rest, recuperation, kind acts. He breaks the Sabbath regulations to make his point.

Jesus says that the Sabbath was made for the welfare of humanity, not humanity for the Sabbath. He says that he is Lord over the Sabbath. And this statement would have been guaranteed to set the Pharisees very much against Jesus and their reaction was to start to plot with the Herodians, the people who actively supported Herod Antipas who was a puppet king under the thumb of the Romans who were occupying the country.

So how do we spend the Christian Sabbath, the first day of the week, the day of resurrection? Do we consciously make it a bit different from the other days of the week? Is it good for us all to have such a 24/7 lifestyle that one day seems very like another? How do we balance all the areas of our life, in our work, our rest, our activities and our leisure?

Perhaps we need to remember that anything we do is simply the result of God's mercy towards us - as it was for Paul. We are simply the clay jars out of which the treasure bestowed on us by God may be shown forth, even in periods of suffering.

On this day we honour and bless Jesus for being Lord of the Sabbath. May he always guide us on Sundays which are the Christian Sabbath and the other days of the week too. May we make Jesus visible to others in how we live our Christian lives.

Julia Mann

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 2 JUNE

SUNDAY 2 June 1st SUNDAY AFTER TRINITY

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	All Age Worship	Fornham All Saints
10.00am	Eucharist (CW)	West Stow
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

Monday 3 June *Martyrs of Uganda, 1885-7, 1977*

Tuesday 4 June *Petroc, abbot, 6th cent*

8.30am	Morning Prayer (CW)	St George's, Bury St Edmunds
10.00am	Eucharist (CW)	Fornham St Martin
6-7pm	A Quiet Place Special ADORATE	St John's, Bury St Edmunds

Wednesday 5 June *Boniface (Wynfrith), bishop, martyr, 754*

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 6 June *Ini Kopuria, founder of the Melanesian Brotherhood, 1945*

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 7 June

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

Saturday 8 June *Thomas Ken, bishop, nonjuror, hymn writer, 1711*

SUNDAY 9 June 2nd SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	Culford
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
10.00am	Eucharist (CW)	Lackford
10.00am	Eucharist (CW)	Fornham St Martin
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
3.00pm	Wonder Club	Lackford

LIVE-STREAMED WORSHIP

The Parish Eucharist is usually live-streamed from St John's on Sundays at 11am on Facebook [@StJohnsBSE](https://www.facebook.com/StJohnsBSE) and later posted onto www.northburychurches.org.uk

Churches Count on Nature

Are you curious about what is growing
and living in our churchyards?
Well, let's find out together!



8th June, West Stow

15th June, Fornham All Saints

Both dates: 10-11.30am

Wear stout outdoor shoes and suitable
clothing such as long sleeves/trousers
to avoid nettles and prickles.

Lark Valley and North Bury Team Ministry

Praying Together ~ June 2024

For the wider community and church

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

Saturday 1 June 10.30am
Fornham All Saints Church

*Coffee Morning
In aid of Church finds*

Sunday 2 June 3.30pm
St Edmundsbury Cathedral

*Celebration of the 30th Anniversary of
the Ordination of Women in Suffolk*

It has been 30 years since women were first ordained as Priests in Suffolk. Since then, the county has been at the forefront of progress, with a total of 50 women clergy now making up 42% of all stipendiary priests across the county.

The Dean of Women's Ministry in the St Edmundsbury and Ipswich diocese, the Rev'd Ali Miller, will preside at the Eucharist, with Bishop Martin acting as Deacon. Many of those ordained in 1994 will be present at the service.

The Cathedral will welcome 'in conversation' guests Clare Sanders (one of those ordained in 1994), Sharon Potter (currently an incumbent) and Catriona Brinkley (a recently ordained curate).

The Very Rev'd Catherine Ogle, Dean of Winchester, will be the preacher at the service: Catherine grew up just outside Cambridge and later returned there to train for the ministry at Westcott House. She has served on the College Council of the College of the Resurrection, Mirfield. She was Vicar of Huddersfield for ten years and was Dean of Birmingham from 2010 until 2017, then becoming Dean of Winchester.

The Rev'd Canon Philip Banks, Precentor at St Edmundsbury Cathedral, says: "We will give heartfelt thanks for all that has been achieved since 1994 in helping to make our churches signs of God's capacious, inclusive heart of love, serving our communities across Suffolk. And we will look forward, as we continue to welcome all, irrespective of gender, race or orientation, to follow their calling and vocation to serve God's church in the future. We look forward to welcoming everyone to the Cathedral to celebrate with us."

Tuesday 4 June 10.00-11.15am

All Saints Church

Coffee Morning ~ Coffee or tea, cake and chat

Donations to Christian Aid ~ All welcome

Tuesday 4 June 6-7pm

St John's, Bury St Edmunds

ADORATE ~ 40 Hours+ Devotion

The 40 Hours+ Devotion is an international prayer vigil during the eight days surrounding the festival of Corpus Christi. During this time, the Society of Catholic Priests invites participants to sign up for a one-hour slot of prayer in the presence of the Blessed Sacrament from wherever they are.

Wednesday 5 June 9.30-11.30am

West Stow Church

Chat, coffee, tea, biscuits

Donations in aid of St Nicholas Hospice

The Wonder Club

Story
Wondering
Craft
Prayer
Cake



St Lawrence, Lackford

9th June, 3pm



All Saints' Church, Wordwell

Wordwell, Bury St Edmunds, Suffolk, IP28 6UN



Evensong
Sunday 23rd June
6:00pm
All Welcome

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

u3a Choir



u3a Choir Summer Concert 2024

Friday 28th June 7.30
All Saints Church

Choir Leader - Karen Norris
Tickets £7 (includes lovely food,
provided by choir members).

Sunday 23 June David Crawley at St John's Church

David Crawley is celebrating the **45th Anniversary of his ordination to the priesthood** on Sunday 23 June at 11am in St John's Church.

If you are able to join him, either for the service or later on (say 12.15pm) for drinks and nibbles, that would be wonderful.

Saturday 20 July 6.30 for 7pm Fornham All Saints Church

Hymns and Pimms

Come and sing ten hymns - one chosen by each parish in the LVNB Benefice
Free entry **Enjoy a glass of Pimms or a soft drink**

Sunday 11 August 6pm-8pm
West Stow Rectory

BENEFICE BASH

*An informal occasion and a chance for all our congregations to get together
Please bring a chair or rug to sit on Park at the church
Drinks and nibbles provided*

A message from Val Gagen

I have been in touch with the bishop and staff and I now have a retirement date. My last service, to which you are all invited, will be at ...

... St George's at 3pm
on Sunday 28 July.



Pilgrims

from Lark Valley and North Bury Churches
at Walsingham on Monday 27 May.

With thanks to Ali Miller for the photograph.

CAPTION COMPETITION

A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption for this photograph.



Please send your entries by Tuesday 4 June to the Viral Bulletin at adrian.mann@btinternet.com

With thanks to Ali Miller for the photograph.

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We also have assistance from priests within the benefice with permission to officiate.

Please don't forget ...

to let Julie Hooton NBTLVB@outlook.com

and the 'Viral Bulletin' adrian.mann@btinternet.com

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

And your photos are always welcome, jpeg or png format preferred.
