

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

17 May 2026

7th Sunday of Easter ~ *after Ascension Day*

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



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7th Sunday of Easter

~ after Ascension

Acts 1.6-14 Psalm 68.1-10, 32-end | Peter 4:12-14, 5.6-11 John 17.1-11

Sing to God

**Sing to God, you kingdoms of the earth;
make music in praise of the Lord;
He rides on the ancient heaven of heavens;
and sends forth his voice, a mighty voice.** Psalm 68:32-3

This is the time of year for skylarks. You can hear them at first, somewhere high above a field, then maybe you can spot one for a bit, fluttering and swooping away up and up until they are lost from sight.

There are nightingales about, too. I saw one in a wood. Again, the song was the first sign: so strong and unmistakable. The bird was sitting on the branch of an oak tree, singing loudly to another one that remained invisible. It looked larger and browner than I had imagined. I stood transfixed, watching and listening as the two songs intertwined. Then it took off towards its invisible mate, flying low across the wood, and out of sight.

It is in moments of awe and wonder such as this where it is possible to glimpse the power and glory of God. The language of the physical world points us to the divine as earth and heaven combine. That which is visible and audible becomes invisible and inaudible, and yet is still present. We are taken beyond ourselves by this heavenly song.

This is also the time of year the Church remembers the extraordinary scene of Christ's Ascension into heaven described in Acts¹, where Jesus is taken up before the very eyes of the disciples.

The passage begins with a question from the disciples "*Lord, are you at this time going to restore the Kingdom to Israel?*" This question showed the same misunderstanding they had shared on the Road to Emmaus, when they had hoped Jesus would be the one to redeem Israel². Their sense of liberation remained grounded in the physical and political world. It reminds me of a

¹ Acts 1:6-14

² Luke 24:21

recent interview with Pope Leo, who was asked to respond to recent world events. He simply said that he was not a politician, and his role was to preach the Gospel as a message of peace and reconciliation.

Jesus explains to them that it is up to God's authority when things transpire, and such time is not the same as our time. He speaks, instead, of the gift of the Holy Spirit which will come upon them and enable them as witnesses. Then, in sight of all present, Jesus was lifted into a cloud and out of sight. What was visible became invisible.

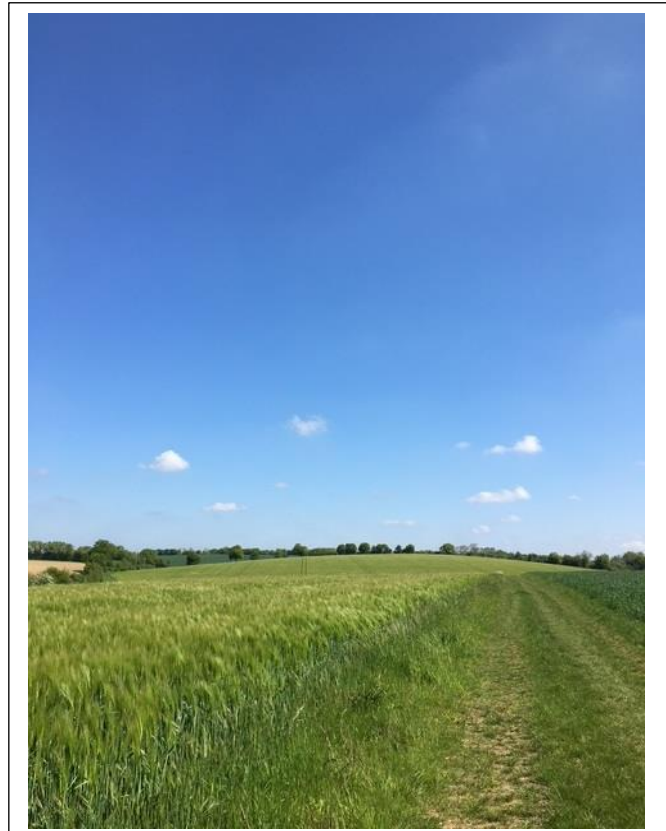
The two mysterious men in white told the disciples that Jesus was *taken into Heaven*. Were they the same angels witnessing to the empty tomb? We are not told.

Heaven remains a destiny of Christian Hope, yet remains

difficult to describe. It may be understood as our final reconciliation with God in the promise of *Eternal Life* - a condition rather than a place. The Gospel of John³ speaks of *Eternal Life* as full knowledge of God and Jesus Christ as one. Once again, heaven and earth are combined. The invisible becomes visible once again through the Love of God and the person of Christ.

This continues for us in the Word and the sacraments, and also the ever-surprising encounters in our own lives. Can Jesus become more visible in us or to us? We can see qualities in others which are Christ-like. We can aspire to be more Christ-like. We can act as witness to the Gospel of peace and reconciliation. Christ was elevated; we, too, become elevated through Him.

Christ's work remains un-finished: the World is not redeemed. God's justice and peace are not established realities. We continue to share in Holy Communion *to proclaim the Lord's Death until He comes again*. We cannot claim to know when this will occur.



The Skylark

³ John 17:1-11

How did the disciples respond to this experience? In their grief, wonder and bewilderment, they walked together back to a place of safety. They



The Nightingale

gathered together, with men and women they knew, and they prayed. This is the first description of Church.

It is not recorded how or what the disciples prayed for. Maybe they didn't ask for anything, but simply stayed in the presence of God as revealed to them in their friend Jesus. Again, like the skylark, although invisible and unreachable, he was still with them.

Despite everything, they now had a new confidence, and a new sense of community in Him, and all would be well. As they took in the enormity of what had happened they started to piece together their fresh sense of purpose and a new song centred in Christ.

Sarah Gull



Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 17 MAY

SUNDAY 17 May 7th Sunday of Easter ~ after Ascension Day

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>gathering for 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

Monday 18 May

Tuesday 19 May Dunstan, archbishop, monastic reformer, 988

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

Wednesday 20 May Alcuin, deacon, abbot, 804

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 21 May Helena, protector of the Holy Places, 330

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 22 May

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

Saturday 23 May

SUNDAY 24 May Pentecost ~ Whit Sunday

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

St Lawrence, Lackford



Bring Your Own Drinks, Plate/Cutlery

Tickets available online



<https://lackford-community-council.sumupstore.com/>

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*

Iken/Ikanho

Iken from Ikanho

A hallowed isle

Time melts here like the Alde to the Ore to the sea

The mudflats a shimmering mirror when conditions are right

Slivers of silver

Flashes of holiness

Reflected, then

Embedded

Into the sense of the place

Prayerful continuity

Refined by fire

Here, all is authentic and remote

The elements do not care about comfort

Listen to the cry of the birds

Joining hidden voices

Mystics in the making

Past lives emerge from the strata of centuries

Anglo-Saxon footprints

And East Anglian epics

Swilled down with mead

Real and unreal

Saints and monks

Warriors and wyrms

Demons and raiders

Botwulf and Beowulf

With their weapons of choice

The knowledge is there and

The battle is valid when

Seeking monsters within and without



Words heaped on words
Emerge from storm and water and mud
To be told and re-told
Mysteries for souls ancient and modern
Where the veil between truth and myth
What is seen and unseen
Is the thinnest translucent onion skin

Like in the sanctuary: peace
Where all collapses in on itself
What was once what is to come what is now
Coexists
Here is nothingness and yet everything that can be
The finite gazing on the infinite
Held together in a pocket of eternity

Crossing the marshes to this primitive and selig spot
At the edge of all things
Is to peer through the window into a holy elsewhere
And find it is already present
The transfiguration is complete:
From Iken to Icon

Ali Miller

*From THE SEA, THE SEA
A Portrait of the Norfolk
and Suffolk Coast, edited
by Cameron Self and
published by Waterland
Books, Norwich, Norfolk.
March 2026*



St John the Evangelist

St John's Street Bury St Edmunds IP33 ISP



Corpus Christi

CELEBRATION EUCCHARIST

with Procession and Benediction

Thursday 4 June, 7pm

President The Revd Alison Miller *Team Vicar*
Preacher The Revd Helen Prior-Townsend

Followed by a party - all are welcome

Lark Valley and North Bury Team Ministry

Organist: David Honeyball

Diocese of St Edmundsbury and Ipswich

Team Rector: Revd Dr Andrew Miller

Affirming Catholicism / Society of Catholic Priests

WONDER CLUB

Wonder Club is our monthly All Age afternoon benefice service, using Godly Play

We meet at St Lawrence, Lackford, 3pm

Expect stories, wondering, craft, cake



2026 dates

7th June

5th July

August - Break

6th September

4th October

1st November

December - tbc

What does Godly Play offer?

Ways to be community - Building trust and exploring together

Ways to create sacred space - Making a place to wonder, and taking time to reflect

Ways to get inside stories - Discovering the languages of word, gesture, symbol and silence

Ways to search for meaning - Supported by community, story and space, deepening spiritual meaning in our lives

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

19 th April	Theodore Norrington	St John the Evangelist, Bury St Edmunds
26 th April	Mila Poole and Sofia Poole	All Saints, Bury St Edmunds

Thanksgiving for Marriage

28 th March	Maureen and Robert Cairns	All Saints, Wordwell
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Holy Matrimony

10 th April	Clare Yates and Derek Daly	All Saints, Bury St Edmunds
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Funerals

26 th March	Fr Bob Torrens	St John the Evangelist, Bury St Edmunds followed by West Suffolk Crematorium
9 th April	Evelyn Bugg	West Suffolk Crematorium
10 th April	Daisy Long	All Saints', Fornham All Saints followed by West Suffolk Crematorium
20 th April	Joan Plumb	Bury St Edmunds Borough Cemetery
24 th April	John Gaffney	St Mary's, Culford followed by interment, Culford Woodland Burial Site
5 th May	Bridget Harper	All Saints', Fornham All Saints followed by interment, Fornham All Saints Cemetery

CREAM TEA
on Saturday 4th July
from 3-5pm

in the Anselm Centre garden
IP32 6JZ

In aid of the
Bury Drop-In Centre and St George's Church



Everyone welcome
£6.00 per Adult £3.00 per child

To include scones, cream and jam
unlimited tea, coffee or cold drinks

To book your place contact either:

Wendy on 01284 768714 or

Maz on 01284 767758 or

Email: maz.callaby@btinternet.com

Caption Competition Result



This week's weighty entries include the following:

Not only does God show strength with his arm but churchwardens do as well.

Alan Cole

Although Valerie loved training, she felt, as churchwarden, thurifer training would include a thurible not weightlifting!

Steven J. Gray

The Team Rector was very concerned to realise that he might have to veto some of the Caption Competition entries.

Henry Allen

But the winner is **Lesley Langley** with: **Oooh, Valerie!**



**WEST STOW
CHURCH**

JUNE 3RD

**CHAT, COFFEE, TEA,
BISCUITS
9.30 – 11.30**

**Donations in aid of
DEMENTIA AWARENESS
this month**

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.