

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

1 March 2026

2nd Sunday of Lent

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



St George's Knit and Natter group have despatched fourteen more blankets for Ethiopia this week.

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2nd Sunday of Lent

Genesis 12.1-4a Psalm 121 Romans 4.1-5,13-17 John 3.1-17

Journeying into Lent (I)

On our last night in Kagera there was an unexpected party. It was the night before Ash Wednesday, and Bishop Darlington arrived, along with Canon Ellis, the Vicar General, and Thomas Shavu, farmer and lead for [CCMP](#), the Church and Community Mobilisation Process. Fortunately the housekeeper Rosemary had been warned and prepared plenty of food.

We ate well on fish, rice and cabbage with fruit juice made from avocados and pineapple. I lit candles, cautious of yet another power cut. On one occasion Rosemary had prepared a meal by torchlight, and two nights before we had been woken by a powerful bang, followed by complete darkness and heavy rain. We never discovered where the lightning had struck, but noticed a group mending a pylon outside the hospital the following morning.

I am entranced by Canon Ellis. He had been a farmer before he became a priest, and claims this is how he knows his people so well. Farming is largely at subsistence level in Kagera, with bananas, maize, beans and cassava as staple. The bishop keeps chickens.



Rosemary cuts pineapple by torchlight.



The Bishop's chickens.

Ellis's preaching style is flamboyant in its performance: he plays to his congregation without notes, and they love it as he strides up and down the aisle, gesticulating and wagging his finger at them. Through translation I picked up the drift of his message: we should prepare for a season of change; it was time to follow Christ; a good man in the home is an example to his children; Jesus will protect you from witchcraft.

He then warned of heretical teachings from unknown evangelists, using the analogy of pouring red sauce onto your food, not realising it was made of hot chillis. I resolved inwardly to be less cautious in my own preaching, whilst trying to avoid accusations of false teaching.

What are you doing for Lent? I asked him. He looked serious. "I will try to spend more time alone with God", he replied. Before I could ask him how he might achieve this the Bishop joined in: "I will take time to reflect on where God has brought me thus far".

I shared a story of how the year before I had attended a talk given by a Palestinian woman prior to Ramadan. She reminded the other women to spend their time in fasting, prayer and charitable giving. Under "fasting" she had included fasting from gossip.

Ellis's reply continues to resonate: it seems there are as many ways to spend more time with God as there are rooms made ready for us. Scriptural passages resound with encounters. In [Genesis](#), God takes the initiative, and commands Abram to leave his own place of inheritance and set out on a journey. Abram obeys, and the great journey begins under God's protection and blessing. Abram himself becomes a blessing to others.

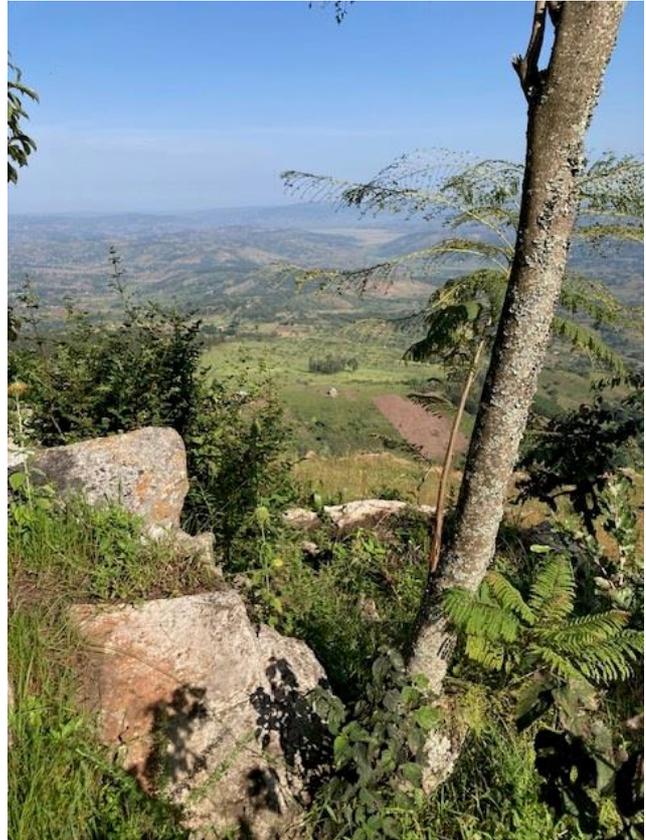
In [John](#), it is the Pharisee Nicodemus who takes the initiative, and journeys to see Jesus under cover of darkness. Did he simply not want to be seen, or was the darkness representing his own fear and ignorance? He struggles with the idea of being born again in a physical sense, even though he recognises Jesus as one sent by God.

Jesus describes a spiritual re-birth as beyond our own control, where both flesh and spirit combine. It is not clear in this passage how much Nicodemus understands, but his journey of faith takes him to the scene of the cross.

The following day we set out on our own journey to Rwanda, and back to Bury St Edmunds. We are presented with a parting gift of a handbag. Mine is emblazoned with the message "Faith Overcomes Fear".



Repairing the electricity supply.



A parting view from Kagera to Burundi.

Observing life in Kagera puts our own cultural habits into perspective. The weather is clear, and innocent of all possibility of thunderstorms. I look out one last time over the valley below towards the distant hills of Burundi on one side and Rwanda on the other. The view is breathtaking. There, it is easy to spend time with God, the maker of [heaven and earth](#). We are blessed by this journey, and our connection to these people, so far removed from our own place of inheritance. I pray the Lord continues to keep watch.

Sarah Gull



Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 1 MARCH

SUNDAY 1 March 2nd Sunday of Lent

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	All Age Worship	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
3.00pm	Wonder Club	Lackford

Monday 2 March Chad, bishop, missionary, 672

Tuesday 3 March

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

Wednesday 4 March

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds

Thursday 5 March

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 6 March

10.30am	World Day of Prayer Service	St John's, Bury St Edmunds
5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Stations of the Cross	St John's, Bury St Edmunds

Saturday 7 March Perpetua, Felicity and companions, martyrs, 203

10-11.30am	LVNB Lent Course: Lentwise	St John's, Bury St Edmunds
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SUNDAY 8 March 3rd Sunday of Lent

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)	Lackford
10.00am	Eucharist (CW)	Fornham St Martin
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

The Wonder Club

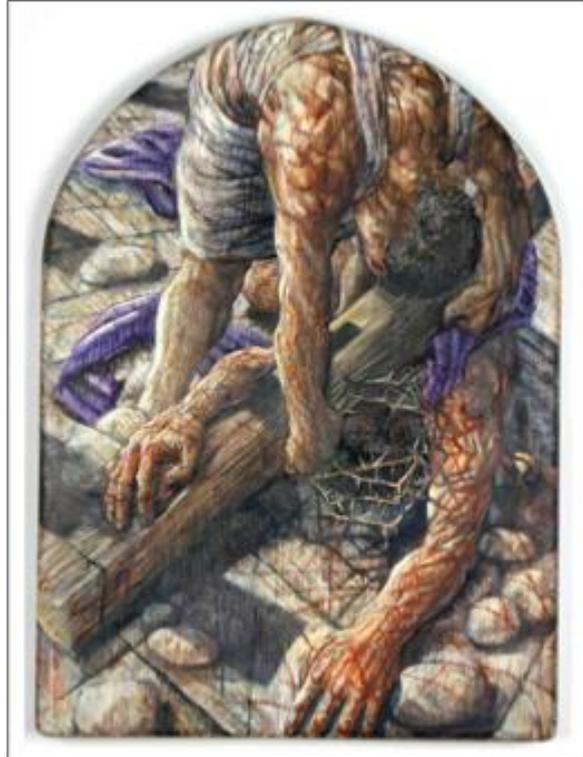
Story
Wondering
Craft
Prayer
Cake



St Lawrence
Lackford
THIS SUNDAY
1 March
at 3pm

Fridays in Lent
at 6pm
from
20th February
to
27th March

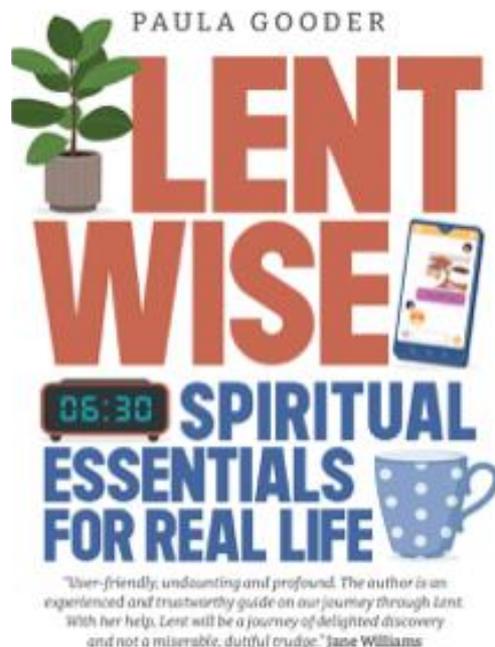
St John's Church
Bury St Edmunds



Stations of the Cross

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

LVNB Lent Course



It is time to make our Lenten journey together and this year our course is from Paula Gooder's updated book, Lentwise.

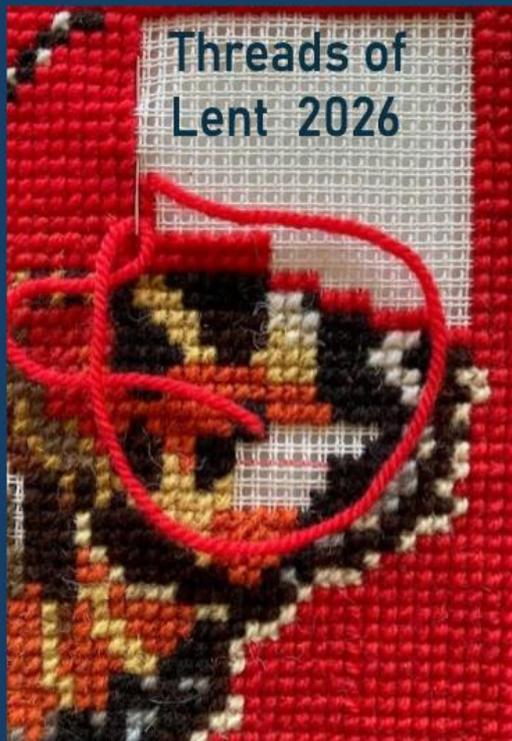
The session titles are Compass, Nourishment, Light, Shelter, Water. Each week the journey is aided by passages from John's Gospel.

It is not necessary to purchase the book.

And don't worry if you cannot make every session – just come to what you can.

**Saturdays: 21st, 28th February, 7th, 14th, 21st March
10-11.30am St John the Evangelist, St John's St, BSE**

**Simply turn up, or, to express interest, contact Mother Ali
teamvicarlvnb@btinternet.com**



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

26th February, 5th, 12th, 19th & 26th March

Easy parking
Tea and coffee
Bring your own materials

Enquiries to Sarah Gull seg30@cam.ac.uk

BURY ST EDMUNDS OLD SCHOOL FUND GRANTS

The Bury Old School Fund is a small local charity which provides modest grants to students in both secondary and tertiary education to assist with costs such as travel and educational materials.

Applicants, or their parents or guardians, must live within the town boundaries of Bury St Edmunds in order to be considered for a grant and be under the age of 25, although discretion by the Trustees may be considered if an Applicant is situated outside of the boundaries of Bury St Edmunds, but attends (or attended) a School within the boundary.

For an Application Form please e-mail
osfclerk@greene-greene.com

All Applications for the 2026/27 academic year must be received by the clerk by close of business on 31 August 2026.

Coffee Morning

Donations to



Tuesday 3rd March

10:00 - 11:15 am

All Saints Church

Coffee or tea, cake and chat

All Welcome



Lark Valley & North Bury Team Ministry

www.northburychurches.org.uk

WEST STOW CHURCH

MARCH 4TH

**CHAT, COFFEE, TEA,
BISCUITS**

9.30 – 11.30

Donations in aid of

RESTORE

(Formerly Bury St Edmunds Women's Aid Centre)

this month

WORLD DAY OF PRAYER

WOMEN LED + GLOBAL + ECUMENICAL

“I will give you rest”

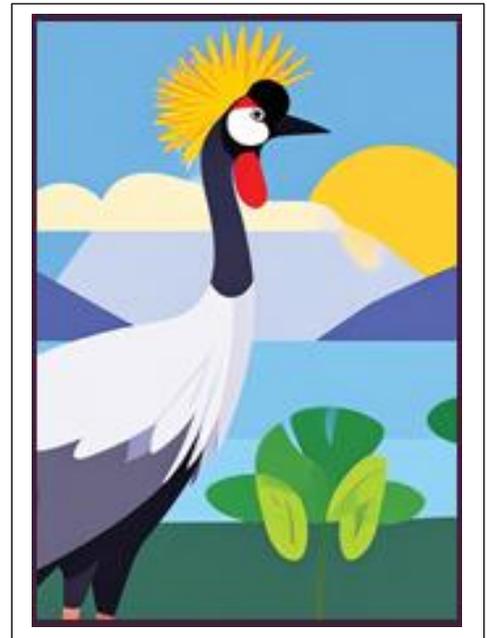
2026 NIGERIA

Our sisters in Nigeria invite us to join them for the World Day of Prayer on Friday 6 March 2026. The service they have prepared reflects on the theme, "I will give you rest."

The World Day of Prayer is an international, women-led, ecumenical movement that shares the hopes, concerns, and prayers of women around the globe. Each year, women from a different country craft a service, sharing their unique spiritual journey and culture. For 2026, the women of Nigeria have created a service that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties.

The preparation for this day is extensive. The writing country and theme are chosen years in advance, and the service then travels to the international committee in New York for translation and dissemination to national committees in over 120 participating countries. From there it is adapted and shared locally, culminating in gatherings at hundreds of churches every March.

This day is a powerful demonstration of global solidarity. It begins in Samoa and moves across the world in a continuous wave of prayer, finishing 38 hours later in American Samoa. It truly is a worldwide day of prayer!



St John's Church, IP33 1SP
Southgate Church, IP33 2QA

Friday 6 March
10.30am
7.30pm

St George's invites you to join us and

The MEAD SINGERS

who present

"Near to God"

A programme of music and meditation reflecting
on "Christ's journey to the Cross" with
congregational participation

Conductor: Michael Phillips
Accompanist: David Honeyball



at St George's Church, Anselm
Avenue, IP32 6JZ

on

Sunday 22nd March at 3pm

Followed by refreshments

Forthcoming dates at St George's for your diary

Maz Callaby

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

Cream tea ~ 4th July

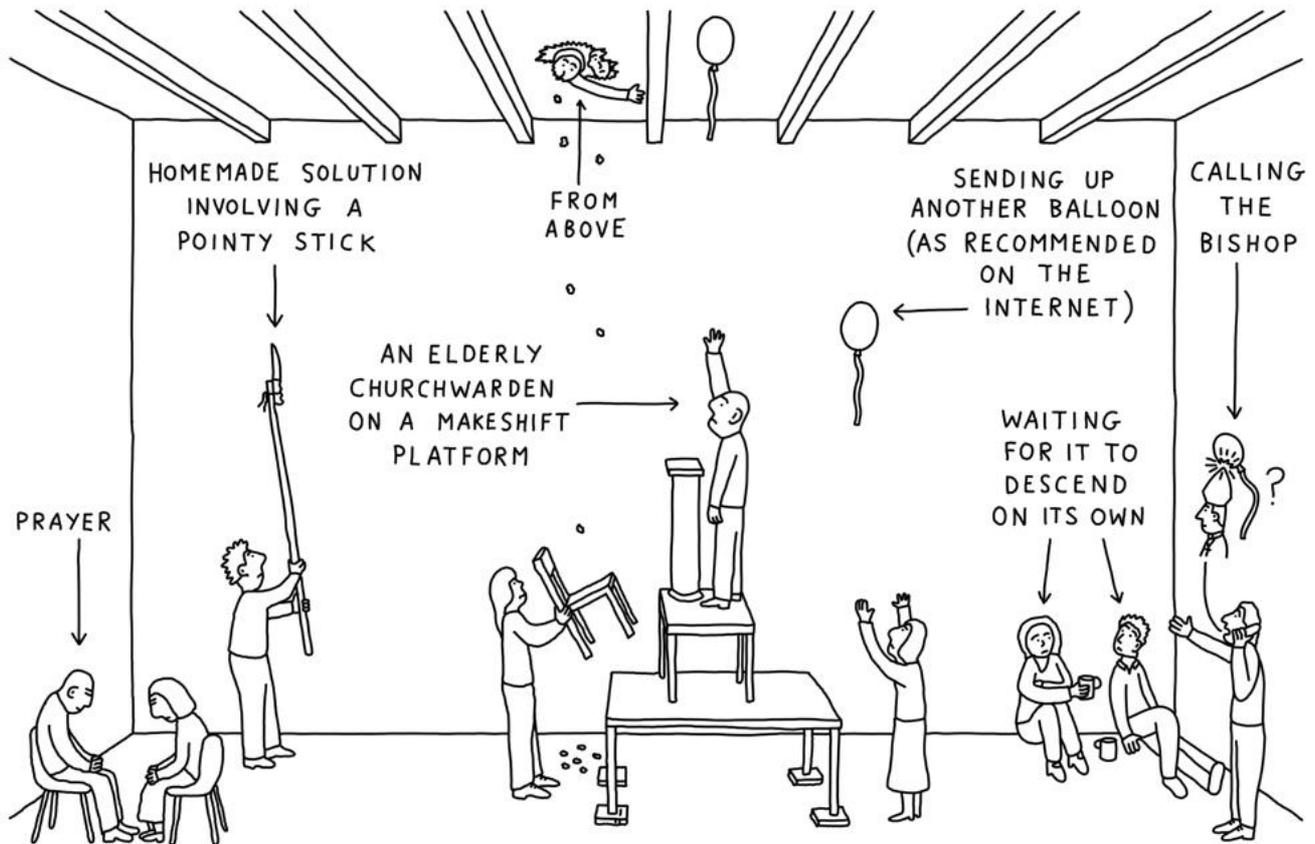
Harvest Festival ~ 11th October

Christmas* Fayre ~ 14th November

* First sighting of a Christmas event in 2026.

THE BALLOON

WAYS TO RETRIEVE IT FROM THE RAFTERS



CartoonChurch.com

Contacts

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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.