

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

13 and 20 April 2025

Holy Week ~ Easter Week

*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](http://www.northburychurches.org.uk)



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# Holy Week day by day

## Palm Sunday

*Liturgy of the Palms*   *Psalm 118*   *Luke 19.28-40*  
*Isaiah 50.4-9a*   *Psalm 31.9-18*   *Philippians 2.5-11*   *Luke 22.14-23.49*

I say this every year and make no apologies for it: keep a good Holy Week. Attend as much of the provision as possible (granted some people work/have family commitments/caring duties/other). In doing so, discover that the more you give yourself over to this week (yes, it is time consuming) and embrace the story of Jesus in the different happenings, then the more spiritually enriching this precious time will be – and your faith and you yourself will notice a difference. Holy Week gets you that way.

The Church long ago recognised that some people simply want to keep a sanitised Holy Week: wave their palms, then skip to the end, to Easter Day. Why would you want to explore the darkness of Jesus's betrayal, arrest, beatings and death? But this serves to miss the other parts of this week too, for instance anointing, foot-washing, and the institution of the Eucharist no less.

Still, because some will avoid such, the Church has the whole Passion read out on Palm Sunday – the triumphant entry and the Passion all in one service! We need to do the emotional and theological work before hearing of an empty tomb.

In fact, accounts of Lent and Holy Week activities and liturgies of one sort or another were experienced in Jerusalem by a nun, Egeria, back in the 4<sup>th</sup> century and she recorded the details of this in *Egeria's Travels*. Identifying with Christ this way is therefore well established!

So, in the benefice – and see below for all dates, times and churches:

Monday to Wednesday we offer a Eucharist in the daytime and in the evening Compline with an Address on the Gospel for the day.

Maundy Thursday sees footwashing as part of the Eucharist (and it is feet *not* hands otherwise it misses the point) - and if you are in St John's for this service it is followed by the Watch till Midnight. Come along to 'watch and pray' whether you were at another service or not: stay for a bit, even 15 minutes, but be caught by that sense of urgency: 'could you not stay awake with me?'

Good Friday has Stations of the Cross, Matins, and then the Walk of Witness. Many of us attend this Walk, however I do encourage you to come to either Fornham St Martin or St John's for the Liturgy of Good Friday at 2pm and spend that hour with Jesus, his last hour, that we may pray, 'we adore you O Christ and we bless you, because by your holy cross you have redeemed the world.'

On Easter Eve, the Saturday night, 8pm, it is time for the vigil and the stories of God's plan for salvation. We hear them in the darkness, then move to the porch to light the paschal candle – the symbol of Christ's resurrection and victory over death. And of course, all the paschal candles for each church are lit and carried out into the darkness. So come along and let us worship together as a benefice.

And then Easter Day ... rejoice! I'm not writing the 'A-word' yet!

## Reflections

To aid all of the above, here are reflections for your own private prayers and contemplations day by day.

### *Monday John 12.1-11*

Jesus visits Bethany, the home of his dear friends, Mary, Martha, and Lazarus. There he has dinner – Lazarus eats with him, Martha serves (as usual), and sister Mary is once more at Jesus's feet. This time she does not sit in rapt contemplation, instead she takes a large amount of expensive nard, anoints his feet and wipes them with her hair. The scent hangs heavy; perhaps it overpowers the room because a vast quantity was used.

Anointing confers a status, an identity even: in Old Testament times, kings, priests, even prophets were anointed. We still anoint royalty today, though we also anoint with oil at baptism, confirmation, and ordination; anointing the sick and the dying is common too. This leads us to ask: what status or identity does Mary's anointing confer upon Jesus now and in the future? Maybe this is a window on to the burial ritual. Note too the actions of Judas in this reading – we'll meet him again in a few days.

### *Tuesday John 12.20-36*

Jesus encourages us to believe in the light, so that we can be 'children of light'. Yet this comes off the back of the puzzling words about the Son of Man being glorified and the words about the grain of wheat that if it dies bears much fruit. Often, concerning meditation, we talk about letting go of



thoughts and of self in order to fully 'be' in the silence. There is something in this: about letting go of things in order to make room – room for the silent space where we encounter God. In the nothingness, emptiness, we are open to all that God offers. Maybe this is a way to view the words of Jesus here: paradoxically, to leave go of everything, to intentionally sacrifice it all, means that ultimately we gain everything.

### *Wednesday John 13.21-32*

Betrayal and bread. A troubled Jesus speaks to his disciples gathered round him, saying that someone will betray him. The Beloved Disciple, nestled close to Jesus, is encouraged by Peter to ask whom it will be. Jesus responds by saying it will be the one to whom he gives the dipped piece of bread ... it is, of course, Judas Iscariot.

Bread, the stuff of life, is handed to Judas and instigates the betrayal, 'do quickly what you are going to do'. Ultimately, after all that follows, the One who is broken for us on a tree will become our very Bread of Life. But first, it is night and Judas goes out. How do you view Judas? And how do you think Jesus views Judas?

## *Maundy Thursday*

*I Corinthians 11.23-26 John 13.1-17, 31b-35*

### *Reflection ~ Part 1*

Spend some time first of all with Jesus washing the feet of the disciples. Notice the disciplined, determined, almost ritualistic way in which Jesus prepares for this job. Think of Peter, watching embarrassed or perhaps confused as Jesus washes the feet of the others before he then approaches to do this for him. Yet the lesson is ingrained with the words, 'unless I wash you, you have no share with me'. And what is Peter sharing in? The humility and servanthood of Christ that is borne out of deep love for the other – wash the feet of others, love others. Imagine picking up the towel and the jug of water to wash feet; Christ's command to a life of service.

### *Reflection ~ Part 2*

On Maundy Thursday we encounter the Words of Institution, the words and actions of Jesus at the Last Supper as he broke the bread and shared the wine. In our first reading St Paul informs the Corinthians that what he received from the Lord he passes on to them now ... and so on so that they come to us in the various forms of our Eucharistic prayers. Another command: do this in remembrance of me. What is crucial is that when the

priest embodies the words and actions of Jesus in the prayer, as the congregation pray silently and add their assent with the 'amen', a spirit filled active form of remembrance kicks in and the past comes back to meet us such that Jesus is fully with us, the Real Presence. Some words from the liturgy used this night: We know that as he was with them in the upper room so our Lord is here with us now. How does this make you feel?

## Good Friday

*The Passion Reading: John chapters 18 and 19*

As we read the Gospel account, we are transported to the heart of the action; we are present with the other witnesses. Perhaps we notice the sadness, the horror, and the tragedy of the crucifixion of Jesus. Perhaps we may also get a sense of Christ drawing all people to himself in this very moment.

It is traditional to meditate upon the seven last words Jesus utters from the cross – what comes to mind as you do so?

***“Father, forgive them; for they do not what they are doing.”***

*Luke 23.34*

How do you approach forgiveness? Do you find it easy or difficult? Here, Jesus teaches us about forgiveness even from the cross. Ask God to help you to desire a forgiving heart. It can be a pathway to healing.

***“Truly I tell you, today you will be with me in Paradise.”***

*Luke 23.43*

Perhaps this is a starting point to look at the enormity of the love of Jesus for each of us, seen here in his words to the thief on the cross next to him. Words of hope even in a place of despair. Recall when someone did something kind for you when you were in an unhappy place – it is a little glimpse of God's love. There is a place for each of us because of the loving relationship Jesus has with each of us.

***“My God, my God, why have you forsaken me?”***

*Mark 15.34; Matthew 27.46*

A cry of abandonment from Jesus. It is in fact the very beginning of Psalm 22. The agony of Jesus is real; we can feel very alone in our suffering even when surrounded by loved ones. Yet there is a movement within that psalm from extreme suffering and abandonment to deliverance and praise. On the cross there is no sign of the latter as yet, but perhaps the fact that Jesus cries, 'My God' may indicate a last gasp of hope that someone might still be listening. Maybe we can derive comfort from the fact that when we are in

such places ourselves, Jesus truly knows what it is like; this does not, of course, make it any easier to bear, but it may help our thinking around such matters.

***“Woman, here is your son ... Here is your mother.”***

*John 19.26-27*

We have already heard of Jesus showing love and care from the cross but here is another example. This time Jesus looks upon his blessed mother and his dear friend, the Beloved Disciple, and he speaks. His suggestion will ultimately provide care for them both, perhaps in readiness for the grief to come. Jesus does this by forming a new family. This is a family that keeps growing – the Church. At the cross Jesus really does draw all people to himself and it is birthed from love. Can you imagine standing near Mary and the Beloved Disciple? How does this make you feel?

***“Father, into your hands I commend my spirit.”***

*Luke 23.46*

Jesus has constantly given of himself in his earthly ministry: to those in need, to his followers. Jesus fully gives of himself once more: he places himself, all of himself, into the hands of others; this time to the soldiers, but also to his Father. ‘I commend my spirit.’ Everything is handed over and nothing is held back. Jesus trusts his Father. What is it like for us to live life in such a way? To fully give of ourselves to God? And is this the future point where we find our own desires align with God’s desires for us? It is a place of trust.

***“I am thirsty.”***

*John 19.28*

Jesus is fully divine, though we see here that he is also fully human: he thirsts as his body responds to the strain of crucifixion underneath the hot sun. If you have accompanied the final journey of a loved one or someone in your care then you will be aware of the needs or requests that are so important to ensure that they are as comfortable as possible as the time nears. How do you respond to the thirsting Christ? And how does Christ respond to you?

***“It is finished.”***

*John 19.30*

Two ways to hear these words. It is finished! Finally, I have accomplished what I set out to do. The ‘hour’ in John’s Gospel is *now*; throughout this book Jesus refers to the ‘hour’ as where he will be lifted up and glorified. It is the scene of triumph where he will draw all people to himself (John 12.32). Yet, there is another way to hear these words. Words breathed

out in defeat. Holy failure. Mission incomplete. Or is it? We don't know! Which speaks to you today? Either way, what we do know is that we can approach Jesus with confidence for he is near us and helps us as we seek to grow from our own wounds and places of despair. This is hope.

**We adore you, O Christ, and we bless you,  
because by your holy cross you have redeemed the world.**

## *Holy Saturday*

We have walked the way of sorrows to the very end and Jesus lies in the tomb. We wake up to an empty day but the silence is almost noisily present: it hangs heavy and fills our own tomb-like space.

What do we do now? We wait.

## *Easter Day*

*Acts 10.34-43 John 20.1-18*

A story of creation, but new creation. Mary Magdalene weeps near the tomb; it is not completely empty for, though the body of Jesus is gone, two angels are present. In her grief and bewilderment, a man asks why she is weeping; she does not recognise that this is Jesus, instead she mistakes him for the gardener! It is this moment, when Jesus says her name, 'Mary!', that he brings her back to herself, hence her instantaneous response of recognition: 'Rabbouni!'

Jesus lovingly calls her name, thus she emerges from her grief and old self into someone restored afresh. Her meeting with Christ is transformative: perhaps Jesus is a gardener of sorts. There are resonances here with the Creation story: firstly, God calls things into being, and secondly, cherubim were sent to guard the east entrance to the Garden of Eden after the banishment of Adam and Eve. Yet now two angels sit in the empty tomb, a symbolic entrance to the place of resurrection and restoration.

In finding nothing in the tomb, it turns out we find everything!

Death is defeated and here in this garden we find new Creation, new life. Through meeting Christ on this resurrection day, we too have new life as Jesus helps us to flourish and grow, we too hear our names called afresh, we too can blossom in faith, we too have hope for the future. A-word!

*Revd Ali Miller*

# Holy Week

*in the Lark Valley and North Bury Team*

## **PALM SUNDAY 13<sup>th</sup> April**

Holy Communion (BCP) with reading of the Passion Gospel  
at All Saints', Bury St Edmunds and Culford at 8am  
Parish Eucharist with reading of the Passion Gospel  
at St George's and All Saints', Bury St Edmunds at 9.30am  
at Lackford and Fornham St Martin at 10am  
and at St John's at 11am

## **Monday in Holy Week 14<sup>th</sup> April**

Eucharist at All Saints', Bury at 9.30am ~ Compline at Lackford at 7pm

## **Tuesday in Holy Week 15<sup>th</sup> April**

Eucharist at St George's at 9.30am ~ Compline at West Stow at 7pm

## **Wednesday in Holy Week 16<sup>th</sup> April**

Eucharist at St John's at 9.30am ~ Compline at Flempton at 7pm

## **MAUNDY THURSDAY 17<sup>th</sup> April**

Chrism Eucharist at the Cathedral at 11am

*A service at which Bishop Graeme blesses the holy oils for use in the churches of the diocese during the coming year, and at which bishops, priests and deacons renew their ordination vows.*

## **MAUNDY THURSDAY 17<sup>th</sup> April**

Eucharist with Commemoration of the Last Supper  
at All Saints', Bury St Edmunds at 6.30pm *preceded by supper at 5.30pm*

Eucharist at Culford at 7pm

Eucharist of the Last Supper with Washing of Feet  
and Procession to the Altar of Repose  
at St John's at 8pm *followed by Watch until Midnight*

## **GOOD FRIDAY 18<sup>th</sup> April**

Stations of the Cross at St John's at 9am

Matins (BCP) at Timworth at 9.30am

Churches Together Good Friday Walk of Witness  
gathering at the Cathedral at 10.30am

Liturgy of Good Friday

at St John's and Fornham St Martin at 2pm

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# I Will Follow Him

## Mead Singers at St George's

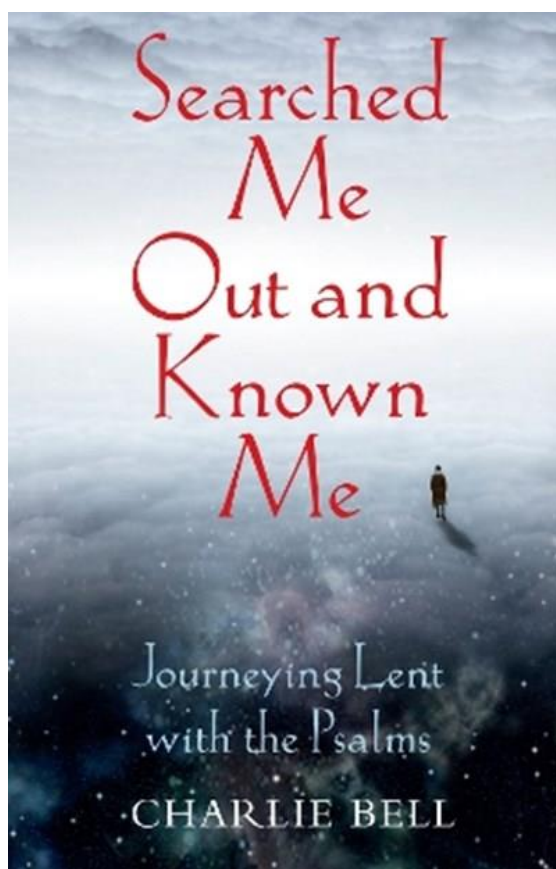
*Maz Callaby*



The Mead Singers came to St George's on Passion Sunday and if you were not there you missed a real treat. The choir, led by Michael Phillips, was amazing and David played the organ, then dashed across to the piano and then to the lectern to help us understand the complex characters involved in the Easter Story.

We were so pleased to have such a good attendance and I think all enjoyed the refreshments including delicious hot cross buns. Many thanks to all our helpers.

## LENT IN THE LARK VALLEY NORTH BURY TEAM



Every year we make our Lenten journey together – but this year we will do so accompanied by the Psalms.

We will be using the wonderful book,  
Searched Me Out and Known Me, by Charlie Bell.

You may like to purchase your own copy - not least so you can continue to use it in Holy Week - but it is not essential.

Don't worry if you cannot make every session.  
Come to what you can. And bring a friend while you are at it!

**When: Saturday, 10-11.30am**

**Remaining date: 12<sup>th</sup> April**

**Where: St John the Evangelist, St John's St, BSE**

**Further details: Mother Ali [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com) 01284 728714**

# The F Word: *Stories of Forgiveness*

The F Word: Stories of Forgiveness exhibition has arrived at St Edmundsbury Cathedral where it will be open to the public until Sunday 13 April. A thought-provoking collection of arresting images and personal narratives, The F Word explores restorative justice and forgiveness in the face of atrocity.

Drawing together examples of restorative justice in England and Northern Ireland and examining forgiveness in South Africa, America, Israel and Palestine, the exhibition examines forgiveness as a healing process, a path out of victimhood and, ultimately, a journey of hope.

The exhibition comes from The Forgiveness Project. Founded in 2004 by journalist, Marina Cantacuzino, The Forgiveness Project provides resources and experiences to help people examine and overcome their own unresolved grievances. The testimonies they collect bear witness to the resilience of the human spirit and act as a powerful antidote to narratives of hate and dehumanisation, presenting alternatives to cycles of conflict, violence, crime and injustice.

At the heart of The Forgiveness Project is an understanding that restorative narratives have the power to transform lives; not only supporting people to deal with issues in their own lives, but also building a climate of resilience, hope and empathy.

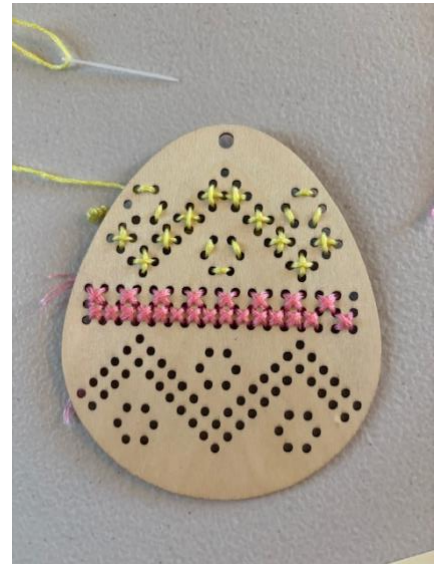
Adult Learning Manager, Chris Eyden, who has brought the exhibition to St Edmundsbury says, “Forgiveness is something everyone can relate to. We’ve all forgiven something or someone, even if in a small, day-to-day capacity. This exhibition looks at the power of forgiving what many may consider the unforgiveable and how restorative justice is becoming increasingly important in the reconciliation both of offenders and their victims. It’s powerful and thought-provoking and everyone is welcome to encounter the stories that in many cases have been life changing.”

*The exhibition is in the Cathedral Nave, free to view and highly recommended.  
It has been kindly sponsored by Greene & Greene Solicitors.*

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# Wonder Club at Lackford



At Wonder Club we heard the Godly Play story about Jesus's Last Supper and spent time wondering together.

Then we did crafts covering a Holy Week theme including Holy Week spinners and collages, scratch art crosses, Easter Egg cross stitch, and lastly, edible Easter Gardens.

*Ali Miller*

# CAPTION COMPETITION RESULT



*Entries this week include:*

The Team Rector putting the tea in Christianity.

*Gina Robertson*

The Team Rector volunteered to show the President how to handle China.

*Henry Allen*

The Team Rector demonstrated that services could be more efficient if chalice assistants dealt with two at a time.

*Henry Allen*

*But the winner is **Lesley Langley** with*

The sacristan rang in sick that morning.



# Easter Week

*in the Lark Valley and North Bury Team*



**EASTER EVE** 19<sup>th</sup> April

Team Easter Eve Ceremonies at St John's at 8pm

**EASTER DAY** Sunday 20<sup>th</sup> April

Holy Communion (BCP) at All Saints', Bury at 8am

Holy Communion (BCP) at Timworth at 9.30am

Parish Eucharist at St George's and All Saints', Bury St Edmunds at 9.30am  
at Fornham All Saints at 10am  
and at St John's at 11am

**Monday in Easter Week** 21<sup>st</sup> April *Jesus appears to the women*

Eucharist at St John's at 6pm

**Tuesday in Easter Week** 22<sup>nd</sup> April *Jesus appears to Mary Magdalene*

Eucharist at Fornham St Martin at 10am

Eucharist at St John's at 6pm

**Wednesday in Easter Week** 23<sup>rd</sup> April *The Road to Emmaus*

Morning Prayer at St John's at 8.30am

Eucharist at St John's at 9.30am

Evening Prayer at St George's at 5pm

**Thursday in Easter Week** 24<sup>th</sup> April *Jesus appears to the Apostles*

Eucharist at All Saints', Bury at 9.30am

**Friday in Easter Week** 25<sup>th</sup> April *Jesus by the Sea of Tiberias*

Evening Prayer at St John's at 5.15pm

Eucharist at St John's at 6pm

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# CAPTION COMPETITION



*It was good to see Rector and Ordinand helping Michael with his sacristan duties preparing for Passion Sunday. Our Caption Competition judging panel eagerly awaits the resulting entries.*

A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption. Please send your entries by Easter Monday 21<sup>st</sup> April to the Viral Bulletin at [adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)



Find out how we are celebrating a decade of supporting the homeless and vulnerably housed, visit our website for more information:

[www.burydropin.org](http://www.burydropin.org)



# EYE-WITNESS

## Stories from Israel and the West Bank

*Come and hear first-hand from Tanya, recently returned from the West Bank*

- *What is daily life under occupation really like?*
- *What is the Israeli peace movement doing?*
- *What can be done to promote a just peace in Israeli-occupied Palestine?*

**Sunday April 27<sup>th</sup>, 2025 at 2 pm**

**Quaker Meeting House**

***ALL WELCOME!***



Ecumenical  
Accompaniment  
Programme  
in Palestine  
and Israel

For more information about the programme please  
visit: [www.eyewitnessblogs.com](http://www.eyewitnessblogs.com)

# Bury Town Pastors



*Is God calling YOU?*

Could you join the Prayer Team, praying for the Town Pastors and people in the town?

**Could you be a Town Pastor patrolling the streets of Bury, showing the love of Jesus and caring for people on one Saturday night each month?**

***Apply now for  
Town Pastor  
Training 2025***

***Town Pastor Training Dates:*** Saturday 17th May (9.00am - 4.00pm) & 4 evenings: Tues 20th May, Thurs 5th June, Wed 11th June, and Mon 16th June.

***Prayer Team applications are welcome anytime***

As part of the team we would ask you to be on duty one night a month either as a Town Pastor, praying at our base or praying for one hour a month in your own home. Each month you would have the opportunity to say when you are available.

**Not sure about applying?...contact Jo Copsey to arrange to come out with the Town Pastors for an hour or two, or to visit the Prayer Base.**



For further information contact: **Jo Copsey**

**Tel: 07594 334215**

**Email: [jocopsey@burytownpastors.org.uk](mailto:jocopsey@burytownpastors.org.uk)**

Or download an application form from our website

**Website: [www.burytownpastors.org.uk](http://www.burytownpastors.org.uk)**

## Contacts

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Team Office ..... 01284 700400     [NBTLVB@outlook.com](mailto:NBTLVB@outlook.com)

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

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## Please don't forget ...

to let Julie Hooton     [NBTLVB@outlook.com](mailto:NBTLVB@outlook.com)  
and the 'Viral Bulletin'     [adrian.mann@btinternet.com](mailto: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.

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