

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

16 August 2026

11th 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



Abbey Gardens, Bury St Edmunds

6 August ~ Feast of the Transfiguration

In this issue:

Holy Disorder: Sarah Gull * Worship this week * Benefice Pilgrimage Walk
UPDATE * Solemn Eucharist for the Blessed Virgin Mary * Benefice Bash at
West Stow Rectory * Looking after wildlife in the heat: Andy Lester, A Rocha
UK * Timworth Church Pet Service * Bingo at St George's * The great
thing about being a pigeon: Dave Walker * Contacts

11th Sunday after Trinity

Isaiah 56.1,6-8 Psalm 67 Romans 11.1-2a,29-32 Matthew 15.[10-20]21-28

HOLY DISORDER

We are in the holiday season. Lots of people are away, exploring new places and maybe meeting new people. There is something about going somewhere new! If you are reading this abroad, it is my hope you having a great time and return refreshed. If not, then let me try to transport you on a virtual holiday to Tyre ...



A postcard from Hadrian's Arch in Tyre

... We have arrived! Tyre is an ancient Port in modern day Lebanon. Its websites describe a pretty place by the sea with a heritage in dyeing cloth using sea snails. This provided a valuable trade with Imperial Rome, as well as the colour of the former Kings of Israel. It is now a Unesco World Heritage site. But alas, this protection has not saved it from current conflict, and our Foreign Office is advising against going there at the moment. Our virtual tour will therefore have to divert you back through

time 2000 years to witness the exchange between Jesus and a remarkable woman.

What induced Jesus and his disciples to travel in that direction is not clear: Tyre was under the occupation of Rome. Perhaps they just needed a break after another tense exchange with the Pharisees? Things had not been going well: the Pharisees had challenged Jesus about breaking the traditions of the elders on hand-washing and Jesus had called them hypocrites. He had gone on to explain to the disciples that words spoken were more revealing of intentions than anything eaten with unwashed hands.

If they were hoping for some peace and quiet then they would be disappointed, as here was a Canaanite woman shouting at them! Canaanites were traditional enemies of the Jews, as well as worshippers of Baal, and were considered thoroughly unclean. The disciples just wanted her to go away. How many times do we think that about others when their presence is inconvenient? Yet the woman sounded desperate. She wanted help for her sick daughter. She addressed Jesus humbly as *Lord* and *Son of David*.

Jesus is silent. Is he listening to her or ignoring her? In a way, she was demonstrating the very thing that Jesus had been saying to his disciples - her speech and her actions were revealing her own hopes and longings more than anything that was being said to her. She was not acting for personal gain, but on behalf of her sick daughter. She was risking rejection and scorn.

The disciples remained unimpressed and asked for her to be sent away. What follows is one of the most confusing passages in Matthew's Gospel: perhaps that is its intention? a holy disorder in a pivotal moment. To start with, Jesus states that his mission was towards *only the lost sheep of Israel*. The woman remains humble, kneeling before him and addressing him again as *Lord*. To our ears Jesus' next response sounds insulting, as he refers to her as a *dog*! The woman stands up to him and responds with the famous line about *crumbs falling from the master's table*.

Was Jesus testing her, perhaps experimenting with irony? We cannot see the twinkle in his eye. Was he performing for the benefit of his disciples to shock them into a fresh reality? Did he really mean what he said, and then change his mind? Many find the idea of Jesus changing his thinking theologically impossible, as God knows all and sees all.

Yet, it seems possible that the woman, through her own speech and actions, was actually influencing Jesus in some way. The interaction seems essential to the outcome. The woman's own motivations and her courage to speak out really mattered. It seems as if she was helping Jesus to understand his

own ministry. If this is so, Jesus was showing the humility needed to learn afresh. Learning was no longer a one-directional command from someone in a position of power, but a two-way exchange of hearts and minds. Borders were crossed.

Whatever the explanation, Jesus changes his tune. He acknowledges the woman's faith and her daughter is healed. *Faith* and *Belief* are, after all, the same thing in this story, going beyond the established Law. She showed her faith in Jesus for his compassion and sense of justice, and her faith in the God that sees all. Her faith risked rejection, and was strong enough to cut across the cultural expectations around gender, ethnicity and religion for both Jesus and the woman.

This story is often seen as a foreshadowing of the spread of the Gospel to the Gentiles, but it also presents sober challenges for our own time. As we return from our virtual holiday there is much to reflect upon.

Where is our own position when it comes to power dynamics? The church still holds the ability to marginalise people and treat them in a top-down, authoritative way. Standing up to such authority becomes necessary on occasions, but is very hard to do. It is so much easier to say what others want to hear. When to let go, when to walk away or when to speak up all require discernment between courage and humility.

How do we engage with people who hold different opinions? Changing our own minds about various certainties is never easy. Perhaps we need to ask ourselves why we believe the things that we do? It feels messy, but out of the confusion can come new hope and possibility. Such learning is relational, requiring interaction and honesty in both directions. We are called to do likewise when driven by compassion and justice.

How do we pick our way through the structures which support us as opposed to those which restrict or divide us? We live in a world of mistrust for old establishments and traditions at a time of rapid change. New technologies and scientific developments create clashes between old and new which can easily drag us into a state of confusion.

The woman's faith in Christ was steadfast even as she kept her own freedom to challenge him. Faith in Christ as both human and divine can help us to navigate this narrow path. We can look to Him as that still small point in a turning world as we, too, can eat the crumbs that fall in words and bread and wine shared together. This still makes all the difference.

Sarah Gull

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 16 AUGUST

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

Monday 17 August

Tuesday 18 August

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

Wednesday 19 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 20 August Bernard, abbot, teacher of the faith, 1153

William and Catherine Booth, founders of the Salvation Army, 1912, 1890

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 21 August

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

Saturday 22 August

SUNDAY 23 August 12th Sunday after Trinity

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 (CW)	Flempton

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

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



by **Andy Lester** - A Rocha UK Head of Conservation



Looking after wildlife and plant life in the heat

Whilst the heatwaves are coming and going across the UK, the reality is that we will have many more extreme weather periods in the months and years ahead due to climate change. So while there is a real danger to wildlife in times of drought and dryness, it can also be a chance for us to make sure life continues in abundance.

So what can we do to ensure nature has a chance in these dry and hot times? Here are some of our top actions for wildlife.

1. Make sure you have a supply of water for birds and insects. Water stress is one of the biggest killers of wildlife during drought. Put a dish of clean water out and you will help to keep all kinds of wildlife hydrated. Insects, small mammals, birds and even badgers, foxes and deer will benefit. Putting a stone in a plant saucer will help bees to perch and drink without drowning.
2. Don't forget to continue to supply food for wildlife. Drought can mean that grains dry up faster and insect numbers reduce, so wildlife relies on us for extra support. Hedgehogs struggle to find invertebrates when the ground is dry, as worms move deeper down. Why not put out some hedgehog food too? Make sure it is from a reputable source like the RSPB shop.
3. Avoid cutting your grass. Keeping grass long will help retain moisture, provide a source of shelter for insects and mammals and keep the topsoil from blowing away.
4. Keep your bushes unpruned. Creating shaded areas will help reduce your garden's temperature, slowing the effects of drought.
5. Make sure you keep fruit trees well watered - with a can not a hose. Don't waste water trying to keep grass alive - instead, focus your attention on flowering and fruiting species. This will help to keep a food source for pollinating insects and for birds and other animals.
6. Adding mulch around trees, shrubs and plants in your garden helps retain soil moisture, reduces watering needs during drought and improves soil health. Use organic mulch like grass cuttings, wood chips or straw, spread two to three inches deep and avoid direct contact with plant stems.

We hope these top tips will help to create a resilient landscape in these challenging times.

Our Pets



TIMWORTH CHURCH Pet Service



Sunday 30th August
3pm



Lark Valley & North Bury Team Ministry

www.northburychurches.org.uk

Charity Number: XN42173

St George's Church



BINGO



at

The Anselm Centre, IP32 6JZ

on the following date:

Saturday 5th September

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**6.30pm for 7.00pm start**

**£8.00 per person which includes  
entry fee and bingo cards,**

(extra cards can be purchased on the night)

**Hot drinks and snacks will be on sale  
in the interval**

*although you may bring your own*

**Please pre-book your place by contacting either**

**Wendy on 01284 768714**

**or Maz on 07746 058179**

# THE GREAT THING ABOUT BEING A PIGEON



IS NEVER HAVING TO  
QUEUE FOR ANYTHING

davewalker.com

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## Contacts

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|--------------------------|--------------|----------------------------------------------------------------------------------|
| Revd Dr Andy Miller .... | 01284 728714 | <a href="mailto:teamrectorlvnb@btinternet.com">teamrectorlvnb@btinternet.com</a> |
| Revd Ali Miller .....    | 01284 728714 | <a href="mailto:teamvicarlvnb@btinternet.com">teamvicarlvnb@btinternet.com</a>   |
| Team Office .....        | 01284 700400 | <a href="mailto:NBTLVB@outlook.com">NBTLVB@outlook.com</a>                       |

*We also have assistance from our Assistant Priest, Sarah Gull, and from priests within the benefice who have 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, but please don't forget to ask permission of those who may therefore appear in the Viral Bulletin.*

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