

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

5 April 2026 **Easter Day and 2nd Sunday of Easter**

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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Triduum Haiku

Maundy Thursday

My Lord drenches feet
And feeds us: take bless break give
Then waits - Garden blues

Good Friday

Stripped Bruised Crowned with thorns
Carpenter nailed to a tree
Below: Church is formed

A cry from the cross
All finished; forgiveness flows
Blood water confirms

Anointed and wrapped
Planted body, sealed in stone
We can only weep

Holy Saturday

Holy Saturday
Waiting in stillness, above
Hallowing, beneath

Vigil, kept. While He's
Harrowing the Other Place
Souls' liberation

Easter

*Easter Day: Acts 10.34-43 Jeremiah 31.1-6 Psalm 118.1-2,14-24
Colossians 3.1-4 John 20.1-18 or Matthew 28.1-10*

*2nd Sunday of Easter: Acts 2.14a,22-32 Psalm 16
I Peter 1.3-9 John 20.19-end*

Easter Day 2026

Congratulations! After the long trek through the highs and lows of Holy Week, and having faithfully stayed the course, we have finally arrived at Easter itself.

Alleluia! This is the day when we recall that first Easter morn, when Jesus rose from the dead - and the world was never the same again. And we hear as much from St Matthew's Gospel.

Before we explore the resurrection a little more closely, last week saw a happening in one of our churches, St John's, the likes of which might not have been seen before in the building. It was not quite seismic, true. But it was exciting all the same.

Or perhaps that should be egg-citing - because at St Edmundsbury's School Easter Service we had an Egg and Spoon relay race up and down the aisle. This is the space where we normally have our processions in and out: reverently, solemnly, though often joyfully.

On this occasion it saw children carefully carry their eggs and pass them on to waiting friends, spoon in hand, who were tasked with carrying them to the finish. Pairs of children working together.

In our Gospel today we hear of two women working together: Mary Magdalene and the other Mary. On the day after the Sabbath, as the first light of dawn seeps through the cracks in the darkness of night, the women make for the tomb where Jesus was laid. Mary and Mary heading out together.

We don't know who the 'other Mary' is and the only thing we can be certain of is that her identity is uncertain. So that's the first mystery to befriend. What we do know for certain is that these two Marys are faithful women.

Remember - as the men fell away when Jesus went to his death on the cross, we are told that many women kept vigil, watching from a distance (and Mary Magdalene was definitely one of them). And when Joseph of Arimathea took Jesus's body and wrapped it carefully in a white linen cloth and laid it in his own tomb - newly hewn from the rock, great stone rolled in place to seal it - the two Marys were there too. Watching silently, keeping vigil, seated opposite the tomb. They were noting every detail and effort, and witnessing all, especially the truth of death, as these last loving things were carried out for Jesus. But as soon as Mary and Mary could return following the Sabbath, they did.

So here they are, in the chill air, as the sun's rays creep upwards and out. We're told they went to see the tomb. They have not gone to do anything else. No anointing or attempts to enter the grave space to see Jesus. Just simple prayerful vigil at the tomb of the man they followed and loved, whom they saw dead and buried, and sealed away behind a giant rock.

The morning is still. Like the earth is holding its breath. If there is any hint of expectancy about this moment, the women do not show it, but maybe they keep it close in their hearts. Who knows what they heard Jesus speaking about, directly or indirectly? Did they overhear anything as he foretold death and resurrection?

As the two Marys prepare to settle with their grief, they eye the guards warily. Yes, guards. Placed there by the authorities to prevent Jesus's body being stolen by the disciples. Little chance of that, for the men, Jesus's friends, scarpered when he was arrested at Gethsemane, fleeing into the night; even Peter denied him in the courtyard. Simply the women remain.

They prepare to pray ... yet all hope of normalcy in grieving is interrupted in seismic fashion, literally so, for the ground judders as a great earthquake, noisy and disturbing, even rock splitting, shakes the women's very being to the core. This is pure drama!

At the epicentre is an angel like lightning, a messenger of the Lord, who is dressed in clothing brighter than the shiniest whites-wash. For Mary and Mary, it is as if this figure has just strolled out of the Hebrew Scriptures, a neon sign flashing 'Divine Action Alert'!

This is the second earthquake in three days. And while it is true that Jerusalem hovers above a hotbed of tectonic action, this quake seems to be the Holy

breaking through. Jesus, present as the Word at the beginning of Creation, still affects his surroundings and beyond.

It is a seismic shift in how the world operates: through death - for when Jesus died, the curtain in the temple was torn in two, and the earth shook, rocks split and tombs were opened, such that the glorious dead saints could emerge; now, through resurrection life - for the ground opens after a pregnant pause to birth something else, something new.

Though let's hear what the angel has to say. Yes, the angel who at this moment is casually sitting astride the giant stone, legs dangling. This is the stone which had sealed the tomb but has now been rolled to the side. The angel's posture might look comical, irreverent perhaps, given the situation, if it were not for the truth of his words.

Of course he begins in the usual way of angels, 'Do not be afraid.' Fair enough! After all, the ground has moved beneath the women's feet, the presence of God abounds and who can face that and live? Just look at the guards, they have fainted dead away. Out for the count in a deep trance.

But the women. The women are very much alert and alive. And bold! Now the angel offers an invitation to look inside the tomb. To see that it is truly empty. Mary and Mary are witnesses to nothing but stone. All that is present is the absence of Jesus. Like the angel said, 'he has been raised.' How it has happened is great mystery. They don't get to see it. They are just aware of the aftermath.

For their privilege of hearing the angel's words and seeing the empty space, the women are charged with a task of the greatest importance: to share the good news. The angel has chosen them to 'go quickly', to find the disciples who had deserted their friend Jesus, and let them know of his resurrection, that he will meet them in Galilee – the place where it all began.

The Easter dawn relay race has begun. Mary and Mary set off at cracking pace, skirts billowing, fuelled by adrenaline from the encounter with the angel. Fear mixed with joy is a great catalyst for action. Excitement courses through their bodies with the news that their beloved friend Jesus is alive.

They believe it without seeing how it happened (such details are irrelevant, all that matters is the now) and they believe it without having seen him. Yes, the tomb is empty - yet their hearts are full.

They believe. That's faith. If this was a movie, they'd be punching the air!

And as they career onwards, wild and excited, they collide with Jesus, who has one word: 'Greetings'. His presence, his voice, pulls them up. Breathless, exhilarated, they fall to the floor and take hold of his feet. Mary and Mary recognize him straightaway and while they don't exactly rugby tackle him, they have grabbed him and he is not going anywhere, at least not for this moment!

There is no doubting his identity: what this moment reveals is a natural response to his presence. The women's response is *worship*. Fall to the floor in loving adoration, deepest reverence, praise and gratitude: Alleluia!

Now Jesus commissions the women to find his brothers and tell of this good news, that he is raised from the dead and will see them in Galilee. Note that he calls his disciples, the ones who missed it all, his brothers. Jesus sends the women not just with good news of the resurrection, but with good news of reconciliation, for he confirms the disciples are part of his family.

Jesus has indeed changed the world: relationships which have gone awry are being restored, sins are forgiven, people who do not normally get a look in (hello ladies) are chosen as witnesses and messengers, death is defeated and we will one day rise, just like our Lord.

The mystery of the resurrection – how it actually happens – will remain just that, but we see and hear the aftermath, as lives are transformed through faith and the good news is shared, passed on from one person to another to another. Like the women we rejoice in the empty tomb, but it is not merely absence in that space that fuels our faith, it is trusting deep down in the risen Lord's presence whether it be felt or not. It is trusting he truly is there.

2000 years later here we are: still passing on the baton of faith in Jesus and his resurrection life. Okay this Easter relay is not quite an Egg and Spoon Relay, but it can be just as, if not more, exciting/egg-citing. It is always fresh and new.

And when we hear it, may our hearts be moved to respond, and so we gather in worship to rejoice and remember and to encourage one another, to be fed with Word and Sacrament, so that once more we will be sent to love and serve the Lord ... and tell this good news to someone else through words and actions.

That's the hope-filled joy of Easter - and we are Easter people.

Alleluia, Christ is risen!

He is risen indeed. Alleluia!

Mother Ali



My thanks

A great, all-embracing thank-you to all who sent heartfelt messages, offered prayers, gave help with arrangements, and were able, or wished to be able, to attend the funeral Requiem for my beloved husband, Bob Torrens, now gone from us. I am so grateful for the church family's support, and, as we come to the supreme feast of Easter, may we all be strengthened by the blessing and promise it brings.

Marianne Atkinson

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 5 APRIL

SUNDAY 5 April Easter Day

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	Eucharist (CW)	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

Monday 6 April Monday of Easter Week

6.00pm	Eucharist (CW)	St John's, Bury St Edmunds
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Tuesday 7 April Tuesday of Easter Week

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

Wednesday 8 April Wednesday of Easter Week

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

Thursday 9 April Thursday of Easter Week

6.30pm	Eucharist (CW)	All Saints', Bury St Edmunds
6.00pm	Adoration and Benediction	St John's, Bury St Edmunds

Friday 10 April Friday of Easter Week

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

Saturday 11 April Saturday of Easter Week

SUNDAY 12 April 2nd Sunday of Easter

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

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 12 APRIL

SUNDAY 12 April 2nd Sunday of Easter

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

Monday 13 April

Tuesday 14 April

6.00pm	A Quiet Space	St John's, Bury St Edmunds
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Wednesday 15 April

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

Thursday 16 April *Isabella Gilmore, deaconess, 1923*

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 17 April

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

Saturday 18 April

SUNDAY 19 April 3rd Sunday of Easter

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	Eucharist (CW) <i>preceded by breakfast from 9.15am</i>	West Stow
10.00am	Eucharist (CW)	Fornham All Saints
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

Easter Haiku

Easter Day

The dew lies heavy
Trailing from an open tomb
Footprints kiss the ground

The risen Lord walks
Contemplates Love's work while Earth
Sings Alleluia

Grace is found in spades
Names called/hearts warmed/bread broken
Resurrection life

**And onwards, further haiku for some of the days
of the Easter Octave ...**

In the Garden ~ Easter Tuesday

Two angels – A gap
The measure of a person
Not here and yet – here?

Hair is in her eyes
Seeing and yet not seeing
Here in the garden?

Names are important
The Risen Lord knows – He calls
Mary - Apostle

Emmaus ~ Easter Wednesday

Mourn weep; it is true
Emptiness is everything
Time to take her word

There and back again
Sojourn to the countryside
Return with belief

Proclaim the Gospel
Potential on your doorstep
Just act; some use words

Terror/Peace ~ Easter Thursday

And we talked and talked
Till terror walked in – except
Really He was peace

Sure, fear and doubt, yet
Real presence manifested
No ghost but – Jesus

While we gawped wondered
Stared at marked healed hands and feet
He laughed; gobbled fish

The Second Sunday of Easter

He has been here before:
Visits His friends – exhales Peace
And where was Thomas?

Tom doubts disbelieves
Some first century FOMO
But here comes Jesus

An invite: hands side
Open to touch – Tom affirms
My Lord and my God!

Ali Miller

Donations to



Coffee Morning

Tuesday 7th April

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

St George's

BINGO

at The Anselm Centre, Anselm Avenue,
Bury St Edmunds, IP32 6JZ

Saturday 18th April
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

To book your place please ring
Wendy on 01284 768714
or Maz on 07746 058179

Charity Number: XN42173



Canon Faez Jirjees leads the faithful congregation of St George's in Baghdad in their Palm Sunday procession.

Photo: Mosaic Middle East

ST GEORGE'S CHURCH
ANSELM CENTRE
IP32 6JZ

KNIT AND NATTER

**FORTNIGHTLY
TUESDAYS**

**2:00PM -
3:30PM**



We knit squares to make blankets
to help support the work of
Hamlin Fistula UK.
<https://hamlinfistulauk.org>

This registered charity is
dedicated to the prevention and
treatment of childbirth injuries in
Ethiopia.

For information about knitting
squares contact
jc.mann@btinternet.com

Letter to St George's Knit and Natter Group from Hamlin Fistula UK

Dear Supporters,

Thank You for Your Beautifully Knitted Gifts – February 2026 Collection

We are so grateful for the wonderful knitted items we received from you during our February Blanket collection week. Your kindness brings warmth, comfort, and hope to women recovering from childbirth injuries. It shows them that someone truly cares about their healing and comfort.

As Ayinalem shared from Hamlin's Metu Fistula Hospital:

" When I arrived at Hamlin's Metu Fistula Hospital, everybody greeted me. The staff showed me love and respect that I never expected, starting from when I walked through the gate. They made me feel at home. Everything they gave me was new, like the blanket, the nightgown, the shoes. This made me happy."

Because of your generosity, and the time and care you put into each hand-knitted item, our first 2026 collection included **831 adult blankets, 202 baby blankets, 524 hats, and 517 cardigans**. Every hand-knitted piece brightens the day of a woman going through a hard time and makes a real difference.

We now have available a knitting leaflet with information and guidance for anyone who would like to contribute. If you would like some of these to pass on to friends and family please let us know and we will pop some in the post. Sharing the leaflets will really help us to spread the word about knitting for Hamlin.

Looking ahead, we're excited for our next collections:

- Monday 8 to Friday 12 June 2026
- Monday 12 to Friday 16 October 2026

Thank you again for your time, care, and creativity. Your donations bring warmth, hope, and joy to Ethiopian women.

Please check our website for updates: www.hamlinfistulauk.org/knit.

With warm thanks and best wishes,

Misirach

Misirach Yacob ~ Finance and Supporter Care Officer

WHAT'S ON AT ST GEORGE'S CHURCH ANSELM AVENUE, IP32 6JZ



BINGO

6:30pm for 7pm
£8 inc books



Saturday 18th April

Saturday 6th June

Saturday 5th September



Saturday 4th July
3:00pm - 5:00pm
Cream Tea
£6.50

Sunday 11th October
3:00 pm
Harvest Festival



Saturday 14th November
11:30am - 2:00pm
Christmas Fayre



ALL WELCOME

DO JOIN US

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

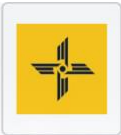
2.45pm Sermon
followed by Procession and Benediction

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*



Julie's fundraiser for East Anglian Air Ambulance

A fundraiser organised by Julie Hooton for East Anglian Air Ambulance

As the sun dips below the horizon, I will be swimming for 30 minutes, followed by a 30 minute break, every hour for 12 hours starting at 8:30pm on the Saturday and finishing at 8:30am on the Sunday. What a challenge! I have decided to use this opportunity to raise money for EAAA again. Only last week there was a serious 3 vehicle accident directly



Scan to donate

Help us reach our £200 target!

Make a donation with **JustGiving**[™]

Julie's Epic 12 hour Swim Challenge

As the sun dips below the horizon, I will be swimming on the hour, every hour for half an hour for 12 hours. And just to make it even more challenging, it'll be overnight. I'll start at 8:30pm on Saturday 25th April and finish at 8:30am on Sunday 26th and in an outdoor pool.

What a challenge!

I have decided to use this opportunity to raise money for East Anglian Air Ambulance (EAAA) again. Only a few weeks ago there was a serious 3 vehicle accident directly outside the entrance to my house. One person was air lifted out by the EAAA.

East Anglian Air Ambulance is a charity providing lifesaving critical care, 24/7, across Bedfordshire, Cambridgeshire, Norfolk and Suffolk. Whether by air or road, they're there for the most seriously ill and injured people, when every second counts. They care deeply about the work they do and the people they help. Their specialist doctors and paramedics bring hospital-level treatment straight to the scene. From blood transfusions and pain relief to anaesthesia and emergency surgery they give patients the best possible chance of survival.

If you'd like to sponsor me, please email me on nbtlvb@outlook.com or scan the QR code above. Huge thanks for your support,

Julie Hooton

Contacts

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Revd Ali Miller	01284 728714	teamvicarlvnb@btinternet.com
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.
