

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

15 June 2025    *Special St Paul's Cathedral Issue*    Trinity Sunday

*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)



*Garden at All Saints', Bury St Edmunds*

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# Trinity Sunday

*Proverbs 8.1-4,22-31 Psalm 8 Romans 5.1-5 John 16.12-15*

## Mystery and Dancing ~ Trinity 2025

When training for the priesthood, I had to do a good number of placements. With various persuasions I managed to wrangle a two week stay living and working with the nuns of the Community of St Clare in Oxford. It is a contemplative order, that is, silent.

Downstairs in the convent itself was a library full of all manner of theological and spiritual treasures, but upstairs was a wall with shelves almost full of thrillers and murder mysteries. It seems the nuns could not get enough of mystery; perhaps the appeal is that those sorts of mysteries are usually solved, useful when your life is devoted to worshipping God: ineffable, known and yet very much unknown, incarnate and transcendent. Our faith is full of mystery and Trinity Sunday is the day we celebrate a great mystery.

The mystery of the Holy Trinity, also known as how God exists, is central to our faith. For the early believers, something of God became understood through wrestling with scripture and tradition and life - and through much heated wrangling with each other - which resulted in the Creeds we still recite today.

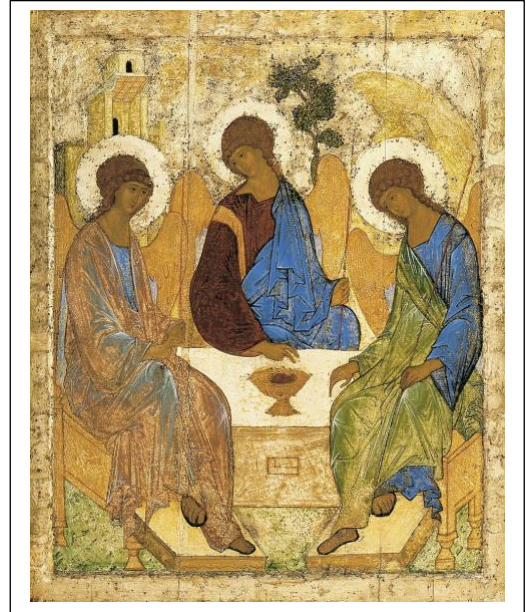
The Trinity is best defined by the Athanasian creed (written sometime in the 5<sup>th</sup> century and not by Athanasius) which states that God exists as 'one God in Trinity and Trinity in Unity'; that is, one God existing as three distinct 'Persons': Father, Son, and Holy Spirit, co-eternal and co-equal.

Not, however, persons like you or me. Yet the three comprise the same substance or essence. By substance I do not mean some sort of 'created stuff'. Why? God is Creator so this same substance, whatever it may be, is *divine*, that is uncreated 'God stuff'. Keeping up at the back?

Feel free to scratch your head, because it is hard to get your head round. The truth is, attempting simpler explanations will only take us so far and very likely down a path of heresy ... We're dealing with mystery.

Back to the three 'persons'. These three are the Father and Creator of all; the Son, that is the Word became flesh, Jesus; and the Holy Spirit our comforter, strength and guide. Our reading from John's Gospel contains all three persons: Jesus, the Father, and the Spirit.

Jesus offers reassurance to the disciples; he promises them that the Spirit will come and guide them into truth and knowledge, enabling them to grasp things they cannot yet bear, letting them see that whatever the Father has, Jesus has also. The Father, Son, and Spirit are working together in a harmonious relationship founded in their loving unity.



Remember that in John's Gospel Jesus talks a lot about abiding: abiding in him, abiding in his love. Remember too, the Ascension: whereby our humanity has been taken into heaven through Jesus. Well, if we abide in Christ, who is now with God the Father, and we do so through the power of the Spirit, then we are drawn ever closer into the divine life. As close as we can get this side of the veil.

The Spirit helps us to do this by enabling us to glimpse something of the glory and majesty of God in our daily lives such that we may find ourselves 'lost in wonder, love and praise'.

Such an idea isn't far removed from Wisdom's experience in response to God the Creator. In the book of Proverbs, Wisdom rejoices as God lovingly crafts the earth and all that fills it, including us the human race. If you like, wisdom offers a testimony of delight in all that God is doing. Think of the beginning of a Gerard Manley Hopkins' poem, 'The world is charged with the grandeur of God. It will flame out, like shining from shook foil ...' Be drawn into such glory - and respond.

Now the best way to embrace the mystery of the Trinity whether we fully grasp it or not is to respond in worship: to praise and glorify God. And in praising and joyful worship we offer our hearts and we in turn are drawn close to the heart of the mystery: which is love. Love seen in the relationships which exist between Father, Son, and Spirit. Love which says, 'join in' and draws us into participating in a divine dance of love.

While it is true that we do not find the word 'Trinity' in the Bible, it is a mystery that is implanted in our hearts, for which we are hard-wired. It is a mystery into which we are plunged as we are immersed in the waters of baptism – which is done 'in the name of the Father, the Son, and the Holy Spirit'; it is the moment in which we are invited to dance.

We are made for dancing and the melody of God's music is divine. It is a dance in which you are never left forlorn on a bench at a school disco, or which you sit out for lack of partners at a tea dance or ceilidh in the village hall; it is a dance where you cannot get the moves wrong, your steps are unique and God gifted them to you and God delights as you use them.

It is true that we live in a world that often feels exclusionary: we know there are places, societies, homes, and more shamefully churches where – at the minimum – if you don't look or sound right you are out rather than in.

This is not how Jesus operates. And as Jesus is one with the Father and the Spirit, then it is not how the Trinity operates. The mystery of the Trinity concerns many things but it is always about love: love which is invitational and participatory and maybe that sense of total inclusion is a big part of the mystery. Indeed, it is the holiest love expressed and intertwined between the relationships of Father, Son, and Spirit, which is also offered to us.

We are invited to step into the mystery, to participate in a divine dance of love at the very heart of who God is. Let us respond in love – and worship in joyful reverence and praise:

Glory to the Father, and to the Son, and to the Holy Spirit;  
as it was in the beginning is now and shall be for ever. Amen.

*Ali Miller*

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## Lark Valley and North Bury Churches

# SERVICES WEEK BEGINNING 15 JUNE

### SUNDAY 15 June Trinity Sunday

8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Holy Communion (CW)	St George's, Bury St Edmunds
9.30am	Matins (BCP)	Timworth
10.00am	Said Eucharist (CW) <i>gathering at 9.15am</i>	West Stow
10.00am	Eucharist (CW)	Fornham All Saints
10.30am	All Age Worship	All Saints', Bury St Edmunds
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds

### Monday 16 June Richard, bishop, 1253

*Joseph Butler, bishop, philosopher, 1752*

### Tuesday 17 June Samuel and Henrietta Barnett, social reformers, 1913 and 1936

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

### Wednesday 18 June Bernard Mizeki, martyr, 1896

8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Solemn Eucharist (CW)	St John's, Bury St Edmunds
5.00pm	Evening Prayer (CW)	St George's, Bury St Edmunds

### Thursday 19 June CORPUS CHRISTI

*Day of Thanksgiving for the Institution of the Holy Communion*

9.30am	Holy Communion (BCP)	All Saints', Bury St Edmunds
7.30pm	Solemn Eucharist, Procession and Benediction	St John's, Bury St Edmunds

### Friday 20 June

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

### Saturday 21 June

### SUNDAY 22 June 1st 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 (BCP)	Flempton



St John the Evangelist St John's Street Bury St Edmunds IP33 1SN



# Corpus Christi

## CELEBRATION EUCHARIST with Procession and Benediction

Thursday 19<sup>th</sup> June 2025 at 7.30pm

*Preacher* The Revd Julia Mann

*President* The Revd Alison Miller *Team Vicar*

Followed by a party  
- all are welcome.

Adoration and Benediction of the Blessed Sacrament is offered  
at St John's on the second Thursday of the month at 6pm.

Remaining dates during 2024 are 10<sup>th</sup> July, 14<sup>th</sup> August,  
11<sup>th</sup> September, 9<sup>th</sup> October, 13<sup>th</sup> November and 11<sup>th</sup> December.

*Lark Valley and North Bury Team Ministry  
Diocese of St Edmundsbury and Ipswich*

*Organist: David Honeyball  
Affirming Catholicism*

# CAPTION COMPETITION RESULT

There was an amusing clutch of entries this week ...



Ali thought someone said 'bonnet-dictus.'

*Valerie Wilde*

St John's Drive By Blessing initiative was causing a tailback.

*Gina Robertson*

Ali is wondering if it would be alright to ask for a lift home.

*Gail Bate*

The Team Rector discovered that the only way to get the Team Vicar to wash a car was with Holy Water!

*Matt Roecer*

'You can't park there mate.'

*Mary McGuire*

(from l-r) Chasuble, Thurible, Driveable

*Henry Allen*

'Well, they did say swing into the bay in front of St John's!'

*Matt Roecer*

St John's - where BMW stands for 'bless my wheels'.

*Steve Robertson*

The Team Vicar misunderstood it when someone said they were incensed with the parking on St John's Street!

*Matt Roecer*

Ali's 'prayerful mechanic' roadside assistance side-hustle is proving to be popular.

*Mary McGuire*

... but all of them were completely outflanked by ...

## CAPTION COMPETITION RESULT (CONTINUED)

... this blockbuster multi-entry from car-owner **Cijo Joboy!**

1. God's protection on the road, peace of mind 🙏 🚗
2. Blessing wheels, blessing life 🙏 🚗
3. Under God's care, every mile is safe 🙏 🚗
4. Blessed wheels, blessed journey!
5. God's protection on the road, peace in your heart 🙏 🚗
6. Faith on the road, blessings ahead
7. Protected by faith, driven by love
8. With God at the wheel, every mile is safe 🙏 🚗
9. May love and faith accompany you on every journey
10. Faithful journey, joyful heart 😊

And the Viral Bulletin is delighted to answer Cijo's request to wish his wife, Dr Vandana Joboy, a **VERY HAPPY BIRTHDAY** on Sunday 15 June 2025.



*Bumblebee in action  
near the River Lark  
in Bury St Edmunds.*



# **Women's Voices Women's Bodies**

**We will meet Bathsheba, Anna, Mary and others, to explore  
the Abused Body, the Disabled Body, the Aged Body, the  
Nurturing Body and the  
Suffering Body**

**A day event led by The Revd Canon Dr Liz Shercliff  
and The Revd Dr Kate Bruce**

**21<sup>st</sup> June**

**10.30am – 4pm**

**St John the Evangelist church,  
St John's St. Bury St Edmunds  
IP33 1SP**

**To let us know you are attending, book here  
[Women's Voices, Women's Bodies - Insight CofE Suffolk](#)**

**or for more information contact  
Revd Ali Miller [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)**

**Bring your own lunch ~ Drinks provided**





## St Mary's Culford

all ready for  
a wedding  
on Saturday  
7th June.

Flowers by  
Sarah Smith.

*With thanks to  
Gail Bate for the  
photograph.*



**You are most warmly  
invited to a**

**COFFEE MORNING**

**at St George's Church,  
Anselm Avenue IP32 6JZ  
on Monday 23<sup>rd</sup> June**

**from**

**10.00am – 12.00 for**

**coffee or tea and  
homemade cakes and  
a friendly natter**

***Please come and join us***





*David Yates*

Thanks to everyone for participating and supporting the annual **Christian Aid Week** of collections with the usual red envelopes, delivered only to houses to be returned to volunteers, in church and at coffee morning.

Fornham St Martin	£ 712
Fornham All Saints	£ 56
All Saints', Bury	£ 457
St John's, Bury	£ 1,251

A fantastic total of £2,476 including gift aid. Thanks again to all involved.

Christian Aid's annual week of collections using the red envelopes helps all those in countries being affected by climate change, which is ravaging crops. They work with local partners and communities to provide practical help to fund essential training and tools to help those in poverty whose first priority often is just to feed their families. They stand with and support people of all faiths and none. The initial national collection is approaching £1m, and it is great to be a part of that.

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## News from Canon Mark Haworth

Mark is to be licensed by the Bishop of London to a three-month interim post at **St Paul's Cathedral** in London as Succentor. He will be working alongside the Sacrist and Canon Precentor in planning, delivering and officiating/presiding at the many daily and weekly services in the Cathedral, and being part of the clergy team there.

He says: 'It promises to be a wonderful opportunity and experience. I will be living in London, and returning to Bury St Edmunds in mid-September, before heading straight on the Kevelaer Pilgrimage. Thereafter, I return to become Cathedral Chaplain, *playing my part in the worshipping and common life of our Cathedral.*'

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ALL SAINTS CHURCH  
PARK ROAD  
IP33 3QW

# FOOD FOR THOUGHT

INFORMAL BIBLE STUDY AND DISCUSSION

BRING YOUR OWN PACKED LUNCH



29th May  
26th June  
24th July

12:00 - 13:00

Tea & Coffee provided





# **The Elderberries**

**the u3a singers**

## **SUMMER CONCERT**

**All Saints Church**

**Park Road, Bury St Edmunds IP33 3QW**

**Friday 27<sup>th</sup> June 2025**  
**7.30pm**

**Tickets £7.00 (cash only) available on the  
door**

**Price includes a delicious buffet during the  
Interval!**

**Contact Sheila, telephone 01284 762774 for  
further details**



**Churches  
Conservation  
Trust**



# All Saints' Church, Wordwell

**Wordwell, Bury St Edmunds, Suffolk, IP28 6UN**



## Midsummer Team Evensong

**Sunday 29<sup>th</sup> June**

**6:00pm**

## All Welcome

Lark Valley & North Bury Team Ministry    [www.northburychurches.org.uk](http://www.northburychurches.org.uk)

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# Coffee Morning

Donations to



Batten Disease Family Association

Tuesday 1st July

10:00 - 11:15 am

Coffee or tea, cake and chat

All Saints Church

All Welcome



Lark Valley & North Bury Team Ministry

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



# CAPTION COMPETITION

## *at St Paul's Cathedral*



Many thanks to Philip Banks for this photograph taken after the Revd Ali Miller preached at St Paul's Cathedral at I am on the Feast of Pentecost.

A choice of fairtrade wine or chocolate awaits the person contributing the winning caption. Please send your entries by Tuesday 17<sup>th</sup> June to the Viral Bulletin at [adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)

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# Contacts

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 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.

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