

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

2 August 2026

9th 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



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9th Sunday after Trinity

Isaiah 55.1-5 Psalm 145.8-9,15-end Romans 9.1-5 Matthew 14.13-21

Christianity is a faith that very often takes the basic and ordinary things of human life and finds a particular significance in it. Today it is food and drink – our reading from Isaiah invites us all to come to the water and we may think, *oh, there's nothing special in that* and take it for granted. Except that in the Middle East water was, and still is, a precious commodity, something to be guarded jealously and never wasted.

At present in Bury, a hosepipe ban is still in force and many of the water pipes in our country are extremely old and worn and near the end of their life, which is why we sometimes see water gushing uncontrollably down our streets. What a waste of a precious gift!

But to return to Isaiah. To invite *all* who are thirsty to come and drink is an invitation that might have been considered downright reckless. Next, we are invited to buy wine and milk – without money and without price. Again, this is not normal and best not to try to do this in a supermarket.

Then there is a pointed question – *Why do you spend your money on that which is not bread and your labour for that which does not satisfy?*

Ouch! Why do we do this? It may be that we've all had an experience of mistaking what we *want* for what we *need*. Perhaps we buy stuff to try to comfort ourselves if life is not going well for us or to try to get a bit of status. If we make a habit of this we risk getting into financial difficulties.

This passage from Isaiah invites us to rethink such desires and to learn what is of value and what is not. Sometimes, this is quite difficult to do. We forget that clutching on to many possessions may not make us happy.

Such possessions may even become a burden, especially if we forget to be thankful to God for the good things he has given us, importantly – our food. Our Psalm for this Sunday is one for reflection to remind us of this.

And then we come to our reading from Romans. Here we find a cry of anguish from Paul as he grieves for those of his own culture and background who are unable to join him in following Christ. Perhaps some of us have found ourselves in a similar situation if those closest to us do not share our faith in Christ – and may even be hostile to it. This can be a painful experience for us.

Then we come to the feeding of the five thousand. The account of Jesus providing food for so many people is found in all four of the gospels. This Sunday we have Matthew's version. The passage opens with Jesus taking himself away to a deserted place to be alone.

He's just been told of the execution of John the Baptist and so perhaps he wants to grieve, to collect his thoughts and to reflect on the work and ministry of his dead cousin. Sometimes we too need to find a deserted space for peace and quiet, prayer and reflection.

However, this peaceful interlude does not last long when the crowds learn where Jesus is, and in his great compassion Jesus heals the sick and then sets about satisfying their hunger. When he tells the disciples to give the crowd something to eat, you can almost hear the sarcasm in their reply as they point out *well actually, they've only got five loaves and two fishes*.

These loaves and fishes would be quite small, more of a snack than enough for a proper meal. There was nothing very glamorous or exciting about that, it was the everyday food of ordinary people at the time.

Yet Jesus is able to feed everyone. He looks up to heaven, takes, blesses and breaks the loaves and gives the food to the disciples to distribute to everyone present. These actions are repeated by the priest during the consecration of the bread and wine in the Eucharist.

This feeding of the five thousand has been looked upon as a foretaste of what we call the Eucharist, Holy Communion, the Liturgy, the Breaking of Bread, the Mass.

So as we reflect on the feeding of the five thousand, we can give thanks that Jesus still offers us his heavenly food. It may not look much, simply a fragile wafer placed in our open hands and yet in his great love for humanity Jesus himself comes to us. How wonderful is that?

Because of this love of Christ for all of us, we are enabled to offer him all our love and devotion. This means that whenever we receive him in this holy sacrament of the altar we can give thanks to our dear Lord and open our hearts and minds to him.

We can pray that we and all humanity may be supported and sustained wherever we may find ourselves in these uncertain times.

Julia Mann

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 2 AUGUST

SUNDAY 2 August 9th 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
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

Monday 3 August

Tuesday 4 August *Jean-Baptiste Vianney, curé d'Ars, spiritual guide, 1859*

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

Wednesday 5 August *Oswald, king, martyr, 642*

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 6 August *Transfiguration of Our Lord*

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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Friday 7 August *John Mason Neale, priest, hymn writer, 1866*

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

Saturday 8 August *Dominic, priest, founder of the Order of Preachers, 1221*

SUNDAY 9 August 9th Sunday after Trinity

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

Hymns & Pimm's

at Fornham All Saints



Julie, Linda, Elizabeth and Margaret - Judith out of shot - all on drinks or catering duties.
With thanks to Ali Miller for the photos



SINGING FOR FUN WITH AFTERNOON TEA



ALL SAINTS CHURCH,
PARK ROAD, IP33 3QW

SATURDAY 1ST AUGUST

STARTS AT 2:30PM

ENTRANCE £5

COME AND SING SONGS FROM **THE MUSICALS**
OR JUST ENJOY THE MUSIC AND AFTERNOON TEA
IN GOOD COMPANY

www.northburychurches.org.uk



TRANS FIGUR ATION

For that one moment, 'in and out of time',
On that one mountain where all moments meet,
The daily veil that covers the sublime
In darkling glass fell dazzled at his feet.
There were no angels full of eyes and wings
Just living glory full of truth and grace.
The Love that dances at the heart of things
Shone out upon us from a human face
And to that light the light in us leaped up,
We felt it quicken somewhere deep within,
A sudden blaze of long-extinguished hope
Trembled and tingled through the tender skin.
Nor can this blackened sky, this darkened scar
Eclipse that glimpse of how things really are.

Malcolm Guite
from *Sounding the Seasons: seventy sonnets for the Christian Year*
Canterbury Press, Norwich, 2012

Eucharist for the Feast of the Transfiguration

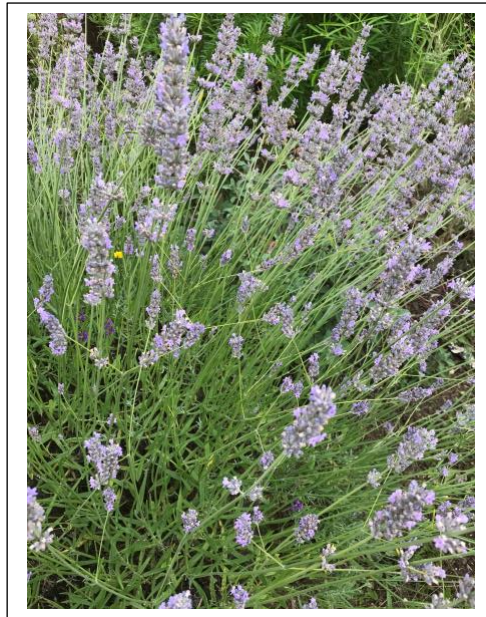
All Saints', Park Road, Bury St Edmunds
Thursday 6th August at 9.30am

All Saints', Park Road

**7 August
from 4pm**

**Tidying of
Church grounds
~ any help
would be great!**

**Please bring tools.
Thanks!**



Don't miss the **Benefice BASH**



at The Rectory, West Stow
Sunday 16th August 6pm - 8pm

St. John the Evangelist
Bury St Edmunds IP33 1SN

Lark Valley and North Bury Churches



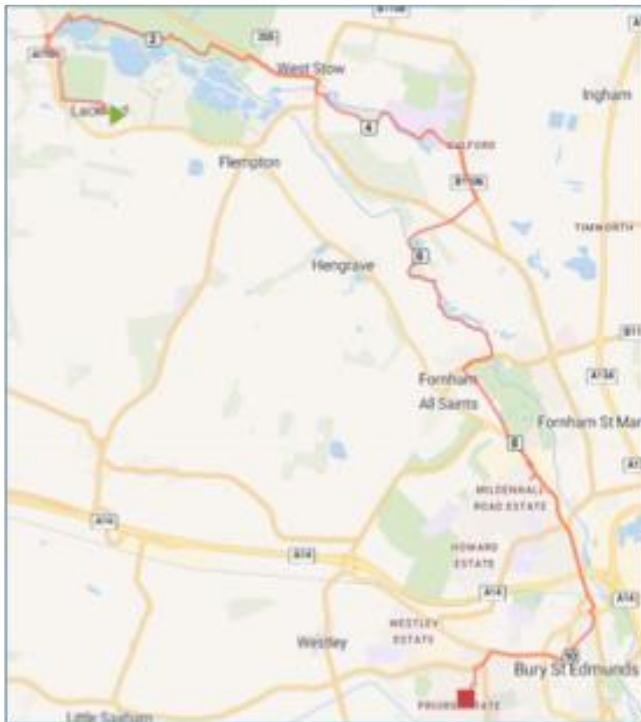
Adoration
of the
Blessed Sacrament
and
Benediction

Thursday
13th August

6pm
for half an hour

Benefice Pilgrimage Walk

22nd August 2026



Come and join us for a leisurely walk from Lackford into Bury St Edmunds. We will be stopping at:

- St Lawrence, Lackford
9am (meet from 8.30am)
- St Mary's, West Stow
10.30am
- St Mary's, Culford
11.30am
- All Saints, Fornham All Saints 1pm
- St George's, Bury 2.30pm
- St John's, Bury 3.30pm
- All Saints, Bury 4.30pm

You are warmly welcome to join us for a pilgrimage across the Lark Valley and North Bury Team Benefice. The total journey from Lackford to All Saint's Bury is around 12.6 miles (20.28km). The pace will be reasonably slow (2mph) to allow us to enjoy the beautiful churches and countryside along the way. You may wish to do it all, or journey with us for part of the route only.

We will start from St Lawrence church in Lackford at 9am. Please arrive at the church from 8.30am for a walkers' briefing and prayers. There will be several stops on the way for toilets and to refill water bottles. We plan to eat our packed lunches at Fornham All Saints. The route will be a combination of footpaths and pavements so will require comfortable walking shoes/boots and weather/nettle appropriate clothing.

To find out more information and fill out a registration form, please contact Sarah Gull, seg30@cam.ac.uk

CAPTION COMPETITION



A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption for this photograph of Margaret attacking a bucket of ice at *Hymns and Pimm's*, kindly provided by Ali Miller.

Please send your entries by Tuesday 4th August to the Viral Bulletin at adrian.mann@btinternet.com

Our Pets



TIMWORTH CHURCH Pet Service



Sunday 30th August
3pm



Lark Valley & North Bury Team Ministry

www.northburychurches.org.uk

MY LIFE BROKEN DOWN INTO SEGMENTS



CartoonChurch.com

Contacts

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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, but please don't forget to ask permission of those who may therefore appear in the Viral Bulletin.
