

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

29 March 2026

Palm Sunday and Holy 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)



*St Mary's, Culford*

*Photo: Ali Miller*

## ***In this issue:***

Palm Sunday: Julia Mann \* Worship this week and next \* Mead Singers at St George's \* Maundy Thursday supper at All Saints', Bury \* Help needed! \* Coffee mornings at West Stow and All Saints', Bury \* Holy Week Haiku \* Sponsoring Heroes \* Judas betrays Jesus \* Julie Hooton's Epic 12hour Swim Challenge \* Good Friday Walk of Witness \* Contacts

# *Palm Sunday*

*Liturgy of the Palms: Matthew 21.1-11 Psalm 118.1-2,19-end*

*Liturgy of the Passion: Isaiah 50.4-9a*

*Psalm 31.9-16 Philippians 2.5-11*

*Passion: Matthew 26.14-end of 27*

In many churches there is no sermon at the Eucharist on Palm Sunday. This is an ancient custom which may go back to the early days of the church.

On this holy day we allow the liturgy to speak for itself with the Blessing of Palms, the procession into the church and the reading of the Passion which this year is Matthew 26.14 - 27.66.

Many of us will keep our palm crosses at home, perhaps using one as a book mark in our Bible or prayer book for the year. We also might like to read the Passion and reflect on it during Holy Week.

As we read the Palm Gospel, we see that it is full of bustle and activity. Jesus sends two disciples to collect a donkey and her colt and to bring it to him. He tells them exactly what to say to the donkey's owners in case they are challenged.

We need to remember that a donkey was a useful, everyday part of someone's working life, the equivalent of today's white van. A donkey taken without permission would have been the same as taking a car without the owner's consent. I wonder if Jesus had made friends with the donkey beforehand?

There is a legend that says that the cross pattern of the fur on the back of a donkey reminds us of Jesus' ride into Jerusalem to the shouts of the crowd who place their cloaks in the road and wave branches in his honour.

Their cry is 'Hosanna!' which means 'save us!' and 'Blessed is he who comes in the name of the Lord! Hosanna in the highest!' We too say or sing these

words during our own Eucharist as we acclaim Jesus humbly riding on a donkey into Jerusalem. In this way we are echoing the shouts of the crowd as they follow Jesus in his triumphal entry into Jerusalem.

Entering a city in triumph is what a king would do after a great victory – but a king would ride on a splendid warhorse, not a humble donkey. Horses were for military commanders and wealthy or aristocratic people. But Jesus the king, who is our king, enters his city riding on a donkey.

On Palm Sunday we enter Holy Week and follow Jesus as he approaches the last days of his earthly life. We remember that the riotously cheerful and enthusiastic crowd waving branches and spreading their cloaks on the ground may well be the same people who just a few days later will be shouting out for Jesus to be crucified and a criminal to be released.

Perhaps we find that it is an easy thing to follow Jesus when life is good and things are going our way. It is perhaps not so easy when we have to face the sorrows or difficulties of life, such as sickness or bereavement.

Furthermore, we need to reflect on how we are called to follow Jesus when our geo-political world at present can seem to be so unstable. We may feel isolated and anxious about all this – yet we must always remember to pray for those in authority, both nationally and internationally.

Jesus too experienced isolation and knew the pain of feeling abandoned, not just by almost all of his followers but also during the crucifixion when in his agony he felt that his heavenly Father had deserted him. This means that Jesus always knows how we feel because he has gone that way before us.

Perhaps in this Holy Week we are being given an unlooked for, unexpected opportunity to use these days as a way of joining Jesus and keeping him company in the days leading up to his death on the cross. May this Holy Week be a time for us to pray and reflect more than usual on the astonishing days that changed the world and everything in it.

*Julia Mann*

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# Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 29 MARCH

<b>SUNDAY 29 March Palm Sunday</b>		<i>The Passion Gospel is read at all services</i>
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	Benefice Eucharist (CW)	Culford
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
<b>Monday 30 March Monday of Holy Week</b>		
9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
7.00pm	Compline with address	Flempton
<b>Tuesday 31 March Tuesday of Holy Week</b>		
9.30am	Eucharist (CW)	St George's, Bury St Edmunds
7.00pm	Compline with address	West Stow
<b>Wednesday 1 April Wednesday of Holy Week</b>		
8.30am	Morning Prayer (CW)	St John's, Bury St Edmunds
9.30am	Eucharist (CW)	St John's, Bury St Edmunds
7.00pm	Compline with address	Lackford
<b>Thursday 2 April Maundy Thursday</b>		
11.00am	Chrism Eucharist (CW)	The Cathedral
6.30pm	Eucharist (CW)	All Saints', Bury St Edmunds
7.00pm	Eucharist (CW)	Culford
8.00pm	Solemn Eucharist, Washing of Feet, Procession to Altar of Repose, Watch until Midnight	St John's, Bury St Edmunds
<b>Friday 3 April Good Friday</b>		
9.00am	Stations of the Cross	St John's, Bury St Edmunds
9.30am	Matins (BCP)	Timworth
10.30am	Walk of Witness	gathering at the Cathedral
2.00pm	Liturgy of Good Friday	Fornham St Martin & St John's, Bury St Edmunds
<b>Saturday 4 April Holy Saturday ~ Easter Eve</b>		
8.00pm	Easter Eve Ceremonies, blessing of Easter Candles	St John's, Bury St Edmunds
<b>SUNDAY 5 April Easter Day</b>		
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

# 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



**St George's** hosted a lovely devotional concert with the Mead Singers at church on Passion Sunday, 22nd March, followed by delicious Hot Cross buns. Thank you to David and Michael and the choir for a splendid afternoon of music and meditation.

*Maz Callaby*

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**At All Saints'** there is a simple supper at 5.30pm before the Maundy Thursday 6.30pm communion service.

Please contact Katie with your numbers for catering at [katophil@btinternet.com](mailto:katophil@btinternet.com) or ring 01284 769897.

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## **Help needed!**

Some of our churches need assistance in compiling a general church risk assessment. We are looking for willing volunteers to help with this.

If you have some spare time and are happy to assist, please let me know.

Contact Mthr Ali - [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)

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# **WEST STOW CHURCH**

**APRIL 1ST**

**CHAT, COFFEE, TEA,  
BISCUITS**

**9.30 – 11.30**

**Donations in aid of  
ST NICHOLAS HOSPICE**

**this month**

### ***Palm Sunday***

Crowds shout, donkey brays  
Hosannas ring, enter King  
Palms cloaks underfoot

### ***Holy Monday***

Gobsmacked dinner guests  
A moment to remember  
Nard in abundance  
  
Hair and feet in touch  
Future gift meets the present  
Buried in the act

Love's motivation  
Completes grave necessities  
Cost? Irrelevant

### ***Holy Tuesday***

This man in demand  
Folk clamouring to see - yet He  
Drops words like the grain

The story is sown  
Now a seed it germinates  
Roots shoots in the heart

When He's lifted up  
Maybe as flowers we turn  
Following the Son

# Holy Week Haiku

### ***Holy Wednesday***

A meal has been shared  
But towels water washing –  
His service: a shock

Bread dipped, friend dismissed  
Conditions ripe - Treachery  
Unfurls in the dark

Yet nothing is lost:  
A commandment fresh, uttered  
For the love of God

# Sponsoring Heroes

*Update on Mary McGuire's knitting madness in aid of Alzheimer's Research UK*

With the end of Lent approaching, I just wanted to give everyone an update on my knitting efforts and to thank you all for your amazing generosity. I was extremely dubious about raising any money at all as I tend to be a bit rubbish at it, but I am amazed how many people have stumped up, either with cash or via the online forms. The current total, with two weeks to go before the end of the challenge, is an amazing £680. With the cash sponsorship, it takes the total raised to £702.

Thanks to everyone who donated. Knitting every day has been great fun. A lot more fun than I expected. I have also managed to knit some slightly wacky things that I would never have normally attempted and learned a lot in the process. The list of knitted booty includes: a pair of socks, a bear for my new great niece, about five inches of a double knitted scarf (so far) and a pair of fingerless mittens. I have paused the scarf to knit a second pair of emergency mittens for someone I know who spends a lot of time outside and is getting cold hands!



So, once again, a massive THANK YOU for helping me raise this total! In addition, the challenge has a fundraising leader board and it appears that I am sitting in second place, which is a bit of a thing. And although it doesn't matter, I can't help feeling slightly smug about it.

If you haven't sponsored me yet, and you want to, it's easy as pie. Just stop me and ask if you're at St John's (I always have the form with me). Otherwise, you are welcome to donate electronically by clicking one of these links below.

Facebook Giving Page:

<https://socialsync.app/fundraiser/cr-93oj85qyr3wn>

Just Giving Page:

<https://www.justgiving.com/fundraising/mary-mcguire-1771350600>



Euphorbia Milii

Crown of Thorns Plant

# Judas betrays Jesus

## John 13:21-32

*The Gospel reading for Wednesday in Holy Week*

Before this, in John's account, we're told of Jesus washing his disciples' feet, demonstrating the humility of Christ's love. Afterwards, of Jesus's new great commandment to love one another. 'Just as I have loved you, you also should love one another.'

Here, in between, there is the betrayal. Judas leaves in darkness to betray the light of the world: '...after receiving the piece of bread, he immediately went out. And it was night.'

This is a key event, but we don't really know what to make of it, or of Judas. We don't know *why* Judas did it. There are theories, some given us by the gospel writers, but that is all they are - theories.

Theories such as: Satan entering into him. Greed. Dishonesty. Disappointment in the sort of Messiah Jesus was turning out to be. Conflicting loyalties.

It all brings into play the old question of *why*, if God is God, should evil be allowed to exist. This discussion is called *theodicy*: why does a good and all-powerful God allow evil, suffering and harm to exist in the world?

This issue is in sharp relief because, after all, Jesus *did* choose Judas to be a disciple in the first place. And furthermore, now it seems, at this crisis point, that Jesus knows in some way what is going on.

In John's account, emphasising Jesus's divinity and glorification, Jesus almost seems to be orchestrating the whole business: 'Do quickly what you are going to do,' he says to Judas.

We can't know why Judas made the choices he did. We can't get away from the part he plays in the story of salvation. It is deeply ironic. It is a necessary sin, a necessary evil action, apparently.

When it comes to Peter's denial, which is also foretold by Jesus, we can find it stangely comforting, hopeful even. Peter fouled up badly, we think, so there must be hope for us.

Is there hope for Judas?

Emotionally, I suspect, we link arms with Peter, but we try to distance ourselves from Judas.

But Judas is one of us, too. He is at the Last Supper. He joins us at the table of the Lord, where Jesus hands him a piece of bread. If we consider that this is the same meal at which Jesus instituted the Eucharist, Judas might be the first communicant. We'll soon receive of that bread ourselves.

At the time they are all concerned that it might be them. Jesus says to them: '...one of you will betray me.' And they look at one another warily.

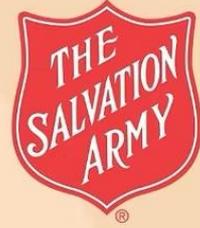
They are right to be concerned, because mostly they *will* scatter, terrified, to the four winds. As would we, in all likelihood. We do well to remember in these coming days that we are all implicated.

**During Holy Week,  
consider these two extracts from Julian of Norwich's  
*Revelations of Divine Love.***

*'And here I understood that  
our Lord looks on his servant  
with pity, not with blame.'*

*'And so now we have matter for mourning,  
because our sin is the cause of Christ's pain.  
And we have lasting cause to rejoice,  
because of the endless love that made him suffer.'*

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



# 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**<sup>™</sup>

# 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 25<sup>th</sup> April and finish at 8:30am on Sunday 26<sup>th</sup> and in an outdoor pool.

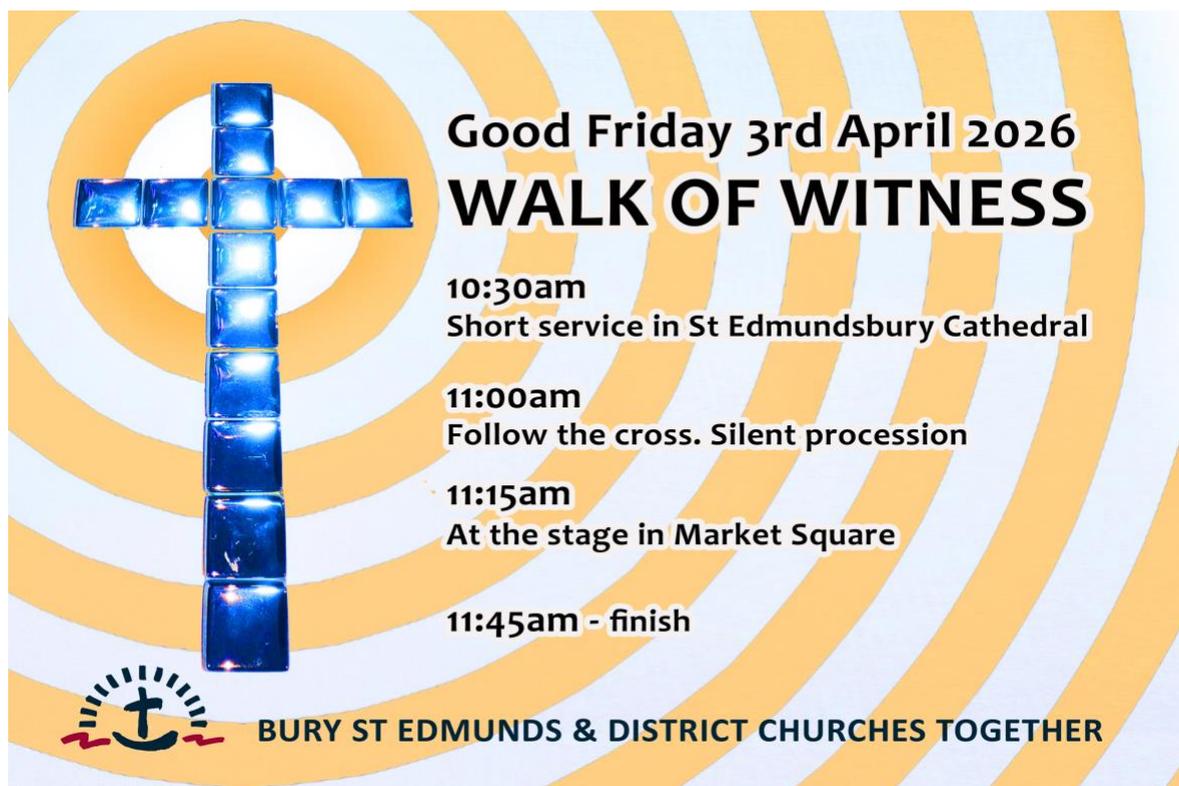
What a challenge!

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](mailto:nbtlvb@outlook.com) or scan the QR code above. Huge thanks for your support,

*Julie Hooton*



**Good Friday 3rd April 2026**  
**WALK OF WITNESS**

**10:30am**  
Short service in St Edmundsbury Cathedral

**11:00am**  
Follow the cross. Silent procession

**11:15am**  
At the stage in Market Square

**11:45am - finish**

 **BURY ST EDMUNDS & DISTRICT CHURCHES TOGETHER**

# Contacts

Revd Dr Andy Miller .... 01284 728714     [teamrectorlvnb@btinternet.com](mailto:teamrectorlvnb@btinternet.com)  
Revd Ali Miller ..... 01284 728714     [teamvicarlvnb@btinternet.com](mailto:teamvicarlvnb@btinternet.com)  
Team Office ..... 01284 700400     [NBTLVB@outlook.com](mailto:NBTLVB@outlook.com)

*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.

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