

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

8 February 2026

2nd Sunday before Lent

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



World Day of Prayer ~ 6 March

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2nd Sunday before Lent

Genesis 1.1-2.3 Psalm 136 Romans 8.18-25 Matthew 6.25-end

So, what is your favourite doughnut filling? A quick check on the internet suggests that your options are legion. For here you will find bakeries offering all sorts of things to have inside these doughy treats. Fillings such as chocolate, cream and pistachio to name but a few. But when I was a lad, it really came to a straight choice between two options to have in the centre of your tasty baked goods. First there was jam - red, sweet and fruity. Or secondly nothing. In other words, a hole. The hole at the centre of the appropriately named ring doughnut.

This Sunday is the Second Sunday before Lent, which means we find ourselves in a period that brings to mind the doughnut. Or it does for a strange mind like my own. For this is a time made up of a couple of weeks that form something of a gap, or hole, in between the two great Christian feasts that are Christmas and Easter, those greatest of feasts that recall the birth of Jesus and the salvation won by our Lord. And to continue the doughnut analogy come what may, this period is very much a filling between these feasts that is also sweet in nature.

For despite these weeks being given the name ordinary time, this period is not like the centre of a ring doughnut - merely empty space, offering something of little value for our Christian lives. Instead, it is stuffed full of wonderful treats that feed us with the most fabulous and nourishing wonders of the Christian faith as is clear from the Bible readings that we have to chew on during these few weeks.

If you head to Church next week for example, the Sunday next before Lent as it is called, then here you will find yourselves presented with the fabulous event that is the Transfiguration. And this is an event that is far from ordinary. In fact, it is rather pivotal in the life of Jesus, being a literal mountain top experience where the divinity of Jesus is revealed and his place in God's plans shines out brightly, as he is transformed into radiance and named as God's beloved Son, amongst many other wonders.

But that is the second bite of this delicious and by no means ordinary filling. Before that there are other words well worth getting your teeth into when it comes to the things of faith.

So how do these words begin? Well, “in the beginning.” A beginning that points to a most fabulous truth. The truth that God created the world. Whether this was literally as described in the Book of Genesis or not doesn’t matter. For the sweetness of these words comes not from the nuts and bolts of how God created, but rather from the truth that God did the creating. And more than this that they did so for no reason other than love. The love of God that was and remains so great, that they created all things to share this with. And this we know not least, because when God saw what they had made, they knew that it was good.

And even more than this, at the end of the sixth day and before they rested, as God basked in the glory of all that they had created, they saw that indeed, it was very good. And here I think, we cannot help but look back to Christmas as well. For during that festive period, we also hear a passage that speaks of things that were true in the beginning. In this case in the beginning when there was the Word. The Word who was a crucial part of creation, with not one thing coming into being without him, and who we recall at Christmas became flesh and lived among us. Again, a real treat to savour. And this is again a treat that is anything other than ordinary, no matter what this doughnut filling period may be called.

And the Gospel passage for this Sunday is the perfect companion piece to this story of creation, making all sorts of connections to this and offering many tasty truths. For here we have that Word made flesh, Jesus, confirming the love that he and the Father have for the created world. For he speaks of the birds of the air, fed by God, and the lilies of the field growing thanks to God, and God alone. For as Jesus says, they “neither sow nor reap” “toil nor spin” and yet God cares for them and feeds them.

The most wonderful treat to feast upon from these words is that, as Jesus reveals, in fact the reason he mentions this at all, is to highlight that God’s desire to feed and nourish the people of the world is so much greater than this. A truth that means that we have no need to worry. In fact, Jesus states that we shouldn’t. It is no wonder then that this passage is so often used as we celebrate Harvest. For these are words that are steeped in the goodness of God and the care that God has for creation and humanity especially.

Humanity that is, as these words make clear, at the very top of the pile in terms of feelings of love that God has for the world manifested in their desire to provide whatever we need to live from the abundance of creation. Here then is a truth to swallow hook line and sinker, to be caught up in and that generates a warm glow deep down inside. The fact that all people are created,

loved and cared for by God. A wonderful truth about the life of a Christian sandwiched between the most wonderful times of the year that are Christmas and Easter. But wonders that are very much glorious and fabulous in their own right.

And to add to this, in the reading from St Paul's letter to the Romans for this Sunday, we find another delicious dollop of joy. For in these words from this great saint of the early church, we may hear that creation is groaning, and humanity no doubt with it, such that joy seems rather far away. And yet as St Paul lays plain to his readers then, and therefore to those who take note of these words now, no matter the aches and pains, the trials and tribulations that are faced in life, there is hope. Indeed, in hope they and therefore we, were and are, saved. Here then is Easter. For this hope is based upon the salvation won for us by Jesus Christ.

The salvation that we will celebrate on that glorious Easter morn when we recall how Jesus burst free from the tomb, defeating death and freeing us from all that has, does and will, separate us from God. Events that mean that we do wait in hope, patiently knowing that no matter what life throws up, a future with God in heaven forever is both secured and assured. What a feast this is! No less than the tastiest of all treats to consume. And whilst Easter may be to come, here in the centre, between that great feast and Christmas that has been celebrated, we find this wonderful truth of our faith. In this far from ordinary time, we have the most fabulous of sweetness revealed in the words that we hear.

For these are words that tell us this. God created the world in love. They tell us that God cares for that world, feeding and nurturing all parts of it and humanity most of all, such that no one need worry so great is God's loving care. And they tell us that no matter what is occurring in and for the world, there is hope. Hope and indeed surety in the salvation that is to come through and thanks to Jesus Christ our Lord.

This then is the filling to a doughnut that is so much more fabulous than anything that even the finest baker can provide. A fabulous feast for followers of Jesus thanks to a time that is so much more than ordinary and so much more than an empty hole in the middle of the sweet treats that are at the centre of the Christian faith, Christmas and Easter. Sweet treats that are salvation won by Jesus Christ, the incarnate Word, that we have and will swallow down. But certainly, this is whilst already well fed and watered by the fabulous things of faith that we have feasted on in between.

Amen.

Andy Miller

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 8 FEBRUARY

SUNDAY 8 February 2nd Sunday before Lent

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

Monday 9 February

Tuesday 10 February *Scholastica, abbess, c543*

6.00pm	A Quiet Space	St John's, Bury St Edmunds
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Wednesday 11 February

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

Thursday 12 February

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
6.00pm	Adoration and Benediction	St John's, Bury St Edmunds

Friday 13 February

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

Saturday 14 February Cyril and Methodius, missionaries, 869 and 885

Valentine, martyr at Rome, c269

SUNDAY 15 February Sunday next before Lent

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

Candlemas



Photos and
text by
Ali Miller

at Wonder Club



We kept Candlemas at Wonder Club in Lackford and enjoyed wondering about the story of the Holy Family meeting Simeon and Anna. Afterwards we had snowdrop (Candlemas Bells!) and candle related crafts. We blessed candles for people to take home too!

SINGING FOR FUN WITH AFTERNOON TEA



ALL SAINTS CHURCH,
PARK ROAD, IP33 3QW

SATURDAY 14TH FEBRUARY

STARTS AT 2:30PM

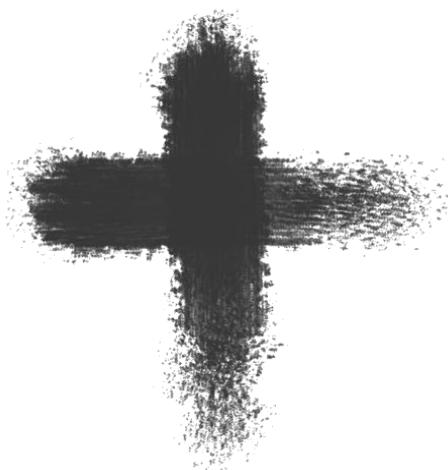
ENTRANCE £5



COME AND SING ROMANTIC SONGS ON
VALENTINE'S DAY,
OR JUST ENJOY THE MUSIC AND AFTERNOON TEA
IN GOOD COMPANY

www.northburychurches.org.uk

Lark Valley and North Bury Churches



Ash Wednesday

18 February 2026

HOLY EUCHARIST

with

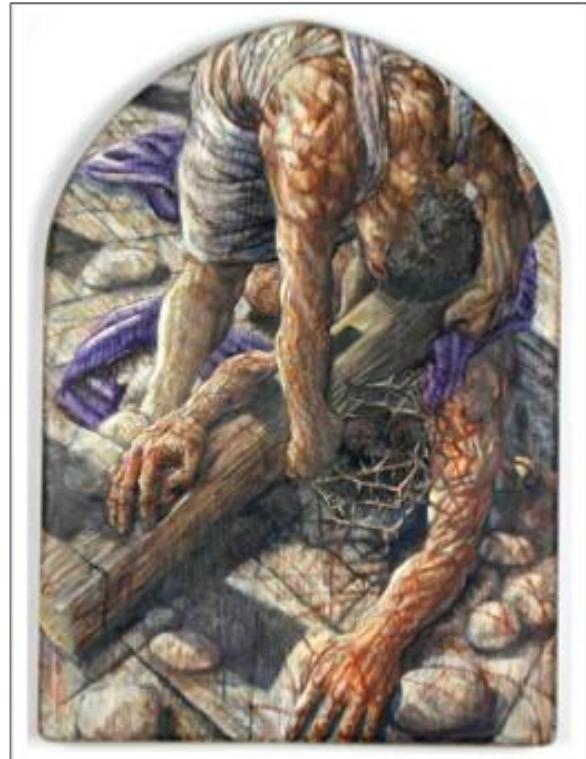
IMPOSITION OF ASHES

St John the Evangelist 9.30am

Fornham St Martin 7.00pm

Fridays in Lent
at 6pm
from
20th February
to
27th March

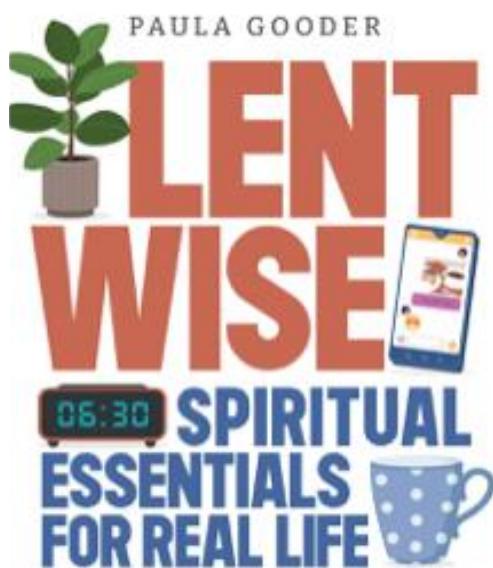
St John's Church
Bury St Edmunds



Stations of the Cross

Reflections following
the narrative
of Christ's passion
using the pictures
created by Iain McKillop

LVNB Lent Course



"User-friendly, undaunting and profound. The author is an experienced and trustworthy guide on our journey through Lent. With her help, Lent will be a journey of delighted discovery and not a miserable, dutiful trudge." Jane Williams

It is time to make our Lenten journey together and this year our course is from Paula Gooder's updated book, Lentwise.

The session titles are Compass, Nourishment, Light, Shelter, Water.

Each week the journey is aided by passages from John's Gospel.

It is not necessary to purchase the book.

And don't worry if you cannot make every session – just come to what you can.

Saturdays: 21st, 28th February, 7th, 14th, 21st March

10-11.30am St John the Evangelist, St John's St, BSE

**Simply turn up, or, to express interest, contact Mother Ali
teamvicarlvnb@btinternet.com**

WORLD DAY OF PRAYER

WOMEN LED + GLOBAL + ECUMENICAL

“I will give you rest”

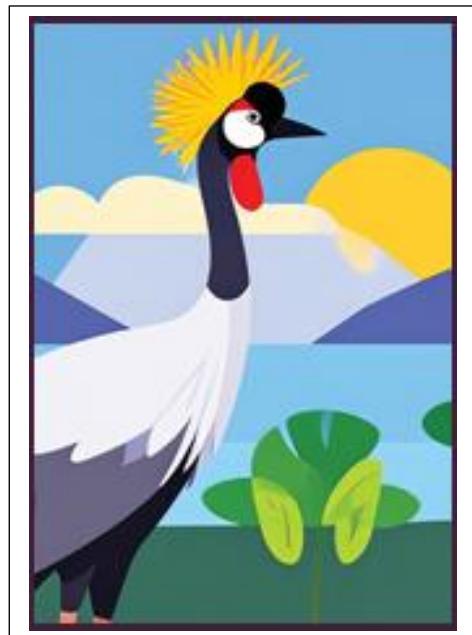
2026 NIGERIA

Our sisters in Nigeria invite us to join them for the World Day of Prayer on Friday 6 March 2026. The service they have prepared reflects on the theme, "I will give you rest."

The World Day of Prayer is an international, women-led, ecumenical movement that shares the hopes, concerns, and prayers of women around the globe. Each year, women from a different country craft a service, sharing their unique spiritual journey and culture. For 2026, the women of Nigeria have created a service that speaks to our need for peace and solace, drawing on their faith and experiences in a world filled with struggles and anxieties.

The preparation for this day is extensive. The writing country and theme are chosen years in advance, and the service then travels to the international committee in New York for translation and dissemination to national committees in over 120 participating countries. From there it is adapted and shared locally, culminating in gatherings at hundreds of churches every March.

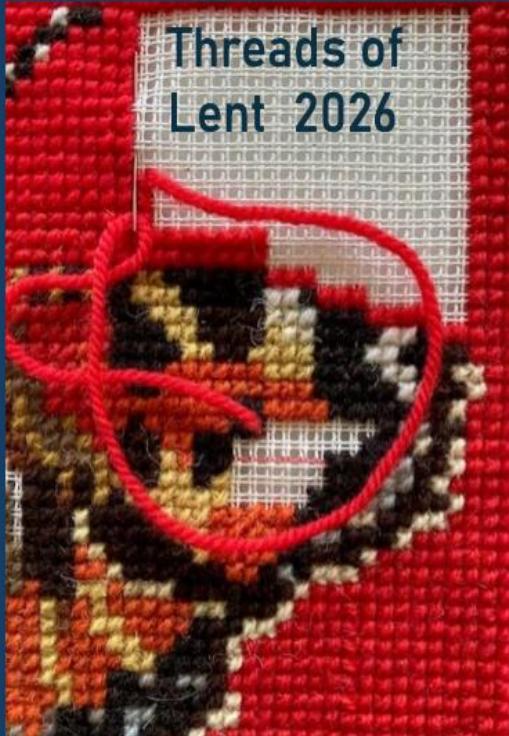
This day is a powerful demonstration of global solidarity. It begins in Samoa and moves across the world in a continuous wave of prayer, finishing 38 hours later in American Samoa. It truly is a worldwide day of prayer!



Friday 6 March

St John's Church, IP33 1SP
Southgate Church, IP33 2QA

10.30am
7.30pm



Calling all Crafters!

Are you wanting to have a sort-out for Lent ?
Nurture your creativity?
Complete a half-done project?
Try something new?

You are welcome to our "Threads of Lent" Group
at: All Saints Church, Bury St Edmunds
On : Thursday afternoons from 2pm

26th February, 5th, 12th, 19th & 26th March

Easy parking
Tea and coffee
Bring your own materials

Enquiries to Sarah Gull seg30@cam.ac.uk

A Rocha UK Eco Tips

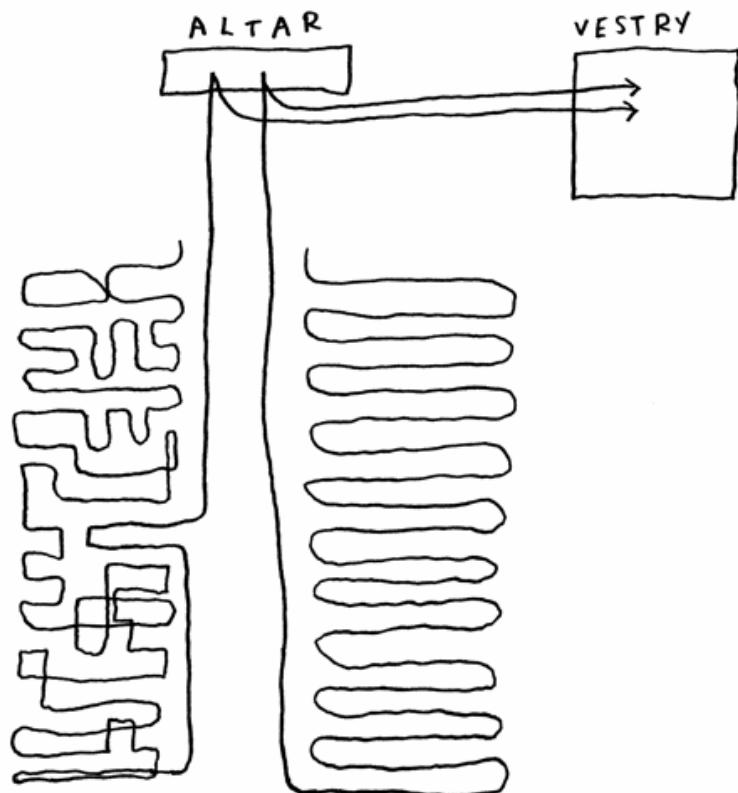
FEBRUARY 2026

This Lent, take part in Climate Steward's Carbon Fast.

Lent is a time when Christians traditionally fast and focus on God. The Carbon Fast will help you consider ways to live more simply, give you new ideas to cut your carbon footprint and invite you to focus on God and consider the whole of his creation.

Beginning on 5 March, you'll receive a weekly email containing key facts, suggestions for how you could reduce your carbon footprint and a prayer to lead you through this Lenten season. Each week features a different theme designed to help us take climate action in manageable ways that bear witness to a God who has promised to restore all of his creation.

Find out more and sign up at climatestewards.org/resources/carbon-fast/



THE JOURNEY OF THE COLLECTION
PLATES IN A CHURCH WHERE ALL
THE STUPID PEOPLE SIT ON THE LEFT

CartoonChurch.com

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*We also have assistance from priests within
the benefice who have permission to officiate.*

Please don't forget ...

to let Julie Hooton NBTLV@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.