

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

18 August 2024

12th 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](http://www.northburychurches.org.uk)



*The very enjoyable Benefice Bash took place on Sunday 11 August, kindly hosted by Andy and Ali at West Stow Rectory.*

### *In this issue:*

- 12th Sunday after Trinity: Andy Miller \* Worship this week
- Open Garden: Westley Road \* Looking after wildlife in the heat
- Book Sale, Coffee & Cakes: Fornham St Martin \* Flowers for a farmer's funeral
- From the Registers \* Wood for sale \* Wonder Club: Lackford
- Wanted: someone to handle the payroll \* Coffee Morning: All Saints', Bury
- Seen recently in a wheat field near Timworth \* Mini Stages: All Saints', Bury
- On Voice: Victoria Johnson \* Ride and Stride, Pedal and Drive \* Contacts

# 12th Sunday after Trinity

Proverbs 9.1-6 Psalm 34.9-14 Ephesians 5.15-20 John 6.51-58

Wisdom is a superb hostess. Indeed, I would suggest that it is no exaggeration to say that she is “the hostess with the mostest” as the phrase goes. For, as we find in the verses from the book of Proverbs offered for the 12<sup>th</sup> Sunday after Trinity, having built herself a house – and one with seven pillars no less – she prepares a lavish feast, setting her table with a sumptuous range of meats and the finest wines, mixed by her own fair hand. And her generosity is huge. For she invites all to join her for this extravagant meal. And this invitation is indeed an act of grace.

For it is not just the great and the good who she wishes to feast at her table, but others of less note are also offered the chance to dine in such surroundings. For the simple and even “those without sense” are to be welcomed with open arms. And yes, to cap it all off, this call to come and eat her bread and drink her wine is beneficial for those who do attend.

For this meal offers life. At the least, immaturity is set aside and insight offered to those who are so wonderfully ushered in to dine on this feast. In short, the love of Wisdom is so immense that sharing her gifts, those things that allow others around her to live life to the full, is the first and foremost thing on her mind.

Over the last several weeks in the Gospel readings offered from St John during this period of ordinary time, we have followed Jesus as he engages in what some call “the bread of life discourse.” And here we find so many parallels with Wisdom from the passage in the book of Proverbs.

Several weeks ago, Jesus was the host with the most at a lavish meal, as bread flowed freely and thanks at least in part to the generosity of a boy, a crowd of 5,000 and more hungry people had their stomachs filled.

Teaching followed to those who Jesus named (and perhaps shamed at least a little) as coming to him to receive yet more of this physical sating – their “fill of the loaves.” Like Wisdom then the invitation to the feast offered by God through Jesus is huge. And like for Wisdom it includes those who are perhaps immature in their thinking when it comes to what is important in life. For these people were looking only to their daily needs, and not the bigger picture that Jesus was offering.

But, of course, they were not turned away, but instead led gently to the significance of the true feast that God via Jesus provides – insights offered so to speak. And this bigger picture was painted vividly through Jesus proclaiming that he is “the bread of life” and that people will never hunger or thirst again, as he has the answers to what gives true life for people in our world. And beyond this, this feast that Jesus hosts is one that goes on for all eternity. For the bread that Jesus offers

sees whoever eats it live for ever, as explained to the crowd despite their complaints on the 11<sup>th</sup> Sunday after Trinity.

For the 12<sup>th</sup> such Sunday though, it is meat – flesh – that sees a particular connection with the words from Proverbs. For as Jesus says, “whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.” That this is difficult teaching to stomach is clear.

The crowd, knowing that eating human flesh is forbidden, scratch their heads in confusion and struggle to accept it. But accept it all must, and not least because this is at the heart of what Jesus has to offer. For “those who eat my flesh and drink my blood have eternal life” our Lord explains.

What is this teaching all about? There is much debate amongst those who study the Bible about this passage and in many cases it is suggested that sense can be made through verses elsewhere in John’s Gospel that are pointed to by these words of Jesus. Fabulous words penned by John in his Gospel that are felt by many to hold the key to this fleshy mystery.

So, for example, who can hear the word “flesh” without being led to the very beginning of the fourth Gospel and words that we hear at Christmas, that “the Word became flesh and lived among us”? And through this, as has happened over the last several weeks, we are pointed to the truth that through the incarnation – through the earthly life and works of Jesus the life-giving wonders of God are revealed.

And when we hear that Jesus gives life to the world through his flesh, who can similarly avoid being reminded of John 3:16? “For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.”

These words about flesh point us to look to the life Jesus lived, but also to the death and resurrection he went through to provide an eternal future with God in heaven. It is Christ’s life and death that give true life Jesus is saying. These are “the way of insight” to borrow a phrase from Wisdom. These are the things that point to what truly matters in life for God, Jesus and their followers.

But the mention of eating flesh and drinking blood also has another very clear connection to Wisdom and to a feast that is life giving and that offers maturity in faith and insight into the ways of God. For through this we are drawn to think of the Eucharist. Unlike Matthew, Mark, Luke and St Paul, John does not specifically speak of Christ instituting the Eucharist.

However, when Christ says that “those who eat my flesh and drink my blood have eternal life” this conjures up the image of Christ taking bread and wine, blessing it and offering it to the disciples at the Last Supper, as he declares it to be his body and his blood – all of which as described in the words of those other New Testament writers.

And here then we see the true beauty of what the Eucharist has to offer. Through eating this flesh and drinking this blood we receive the gift of eternal life, for “the one who eats this bread will live for ever.” And this in and of itself is reason to partake of this most nourishing of meals.

Another, of course, as revealed in the words of St Paul, is that Jesus wishes it. “Do this in remembrance of me” Paul recalls Christ saying to the disciples after offering them the bread and wine.

But also, and more, what we remember through feasting at the Lord’s Table, is the death and resurrection of our Lord. As Paul explains, “as often as you eat this bread and drink the cup, you proclaim the Lord’s death until he comes.”

When we take the bread and wine at the communion rail, we are engaging with and glorifying the wonderful saving acts of our Lord. What we do as we offer our outstretched hands to receive these things and as we literally take the bread and wine within ourselves, is state that Christ died for us, and rose again to make us right with God.

But in the words on the 12<sup>th</sup> Sunday after Trinity from St John, we hear a further benefit of eating the flesh and drinking the blood of our Lord. “Those who eat my flesh and drink my blood abide in me, and I in them.” And as Jesus explains, this abiding is an extension of that between him and the Father.

When we receive, and what we receive in the bread and wine, is none other than the most powerful relationship with Jesus. A mutual abiding, that as Jesus says gives us life. Indeed, unless we eat and drink these things we have no life in us, Jesus explains.

And what is this life? Well at the least, keenly aware of this deepest of relationships with God, our abiding with our Lord, we cannot help but wish to live our lives as Jesus would wish, shaped and moulded by the one whose flesh and blood we consume such that they abide in us.

As Wisdom would put it, our receipt of the Eucharist sees us leaving the simplicity of our own needs behind and sets us to walk in the way of insight that is a life moulded by Jesus Christ through the wonders of his incarnation, death and resurrection and all that this means.

And so, Wisdom, that “hostess with the mostest” has built a house, one in which a lavish meal is provided to all, no matter who they are and that allows life to be lived with insight and maturity. Jesus, “the bread of life” offers such a meal to those who gather to feast at his table. The meal of his body and blood, whose eating and drinking see the recipient abide with Christ such that they are fuelled with his life and works, his death and resurrection. This is the Eucharist. This is the way of insight, the way that sees all who eat this bread – this flesh – live for ever. Amen.

*Andy Miller*



## Lark Valley and North Bury Churches

### SERVICES WEEK BEGINNING 18 AUGUST

#### SUNDAY 18 August 10th SUNDAY AFTER TRINITY

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

#### Monday 19 August

#### Tuesday 20 August Bernard, abbot, teacher of the faith, 1153

*William and Catherine Booth, founders of the Salvation Army, 1912, 1890*

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

#### Wednesday 21 August

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 22 August

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
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#### Friday 23 August

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

#### Saturday 24 August Bartholomew the Apostle

9.30am	Solemn Eucharist (CW)	St John's, Bury St Edmunds
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#### SUNDAY 25 August 11th SUNDAY AFTER TRINITY

8.00am	Holy Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
10.00am	Eucharist (CW)	Fornham St Martin
10.00am	Eucharist (CW)	Culford
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
12noon	Holy Communion (BCP)	Flempton

**PLEASE NOTE: LIVE-STREAMED WORSHIP** Live-streaming of the 11am Parish Eucharist from St John's on Sundays via Facebook [@StJohnsBSE](https://www.facebook.com/StJohnsBSE) with later posting onto [www.northburychurches.org.uk](http://www.northburychurches.org.uk) will cease after the live-streaming on Sunday 25 August.

# Open Garden

Sunday 18<sup>th</sup> August

Pat and Alan welcome you to their garden

77, Westley Road, Bury St Edmunds

IP33 3RU

2 to 5 pm

All welcome

Cake, Cuppas and  
Chat

Donations for

The  
Children's  
Society

No child  
should feel  
alone



# Looking after wildlife in the heat



*by Andy Lester, A Rocha UK Head of Conservation*

Whilst this hot weather spell may be shortly coming to an end, the reality is we will have many more extreme weather periods in the months and years ahead due to climate change.

**What can we do to ensure nature has a chance in hot dry times? Here are our top five actions for wildlife.**

- Make sure you have a supply of water for birds and insects. Water stress is one of the biggest killers of wildlife during drought. Keep it topped up every day.



- Don't forget to continue to supply food for wildlife. Drought can mean grains dry up faster and insect numbers reduce increasing reliance on us to help support nature in times of stress.

- Avoid cutting your grass. Keeping grass long will help retain moisture, provide a source of shelter for insects and mammals and keep the topsoil from blowing away.

- Keep your bushes unpruned. Creating spaces of shade will help reduce your garden's temperature, slowing the effect of drought.

- Make sure you keep fruit trees well watered with a can not a hose. Don't waste water trying to keep the grass alive - instead, focus your attention on flowering and fruiting species. This will help to keep a food source for pollinating insects and for birds and other animals.

**Fornham St Martin Church**

*Book Sale,  
Coffee & Cakes*

**Saturday 31st August**

**10:00am - 3:00pm**

Over 2000 books and lots of  
cakes, scones and pastries.

**All Welcome**





# A farmer's funeral



Gail Bate assembled these lovely vases of flowers for a farmer's funeral, that of Keith Flack at Culford. A touch of the countryside: wheat, brambles, even hawthorn in there!

*Ali Miller*

## From the Registers

### Holy Baptism

30<sup>th</sup> June Annabelle Litherland ..... Fornham All Saints  
 14<sup>th</sup> July Jack Humphries ..... Fornham All Saints

### Funerals

25<sup>th</sup> June Trevor Watkin ..... WSC  
 27<sup>th</sup> June Shirley Youngs ..... WSC  
 12<sup>th</sup> July Michael Plume ..... Fornham St Martin  
 16<sup>th</sup> July Kenneth Murton ..... WSC  
 23<sup>rd</sup> July Audrey Moss..... St Lawrence, Lackford  
 31<sup>st</sup> July John Lane ..... WSC  
 5<sup>th</sup> August Shirley Anne Bird ..... All Saints, Bury followed by burial  
 7<sup>th</sup> August Keith Flack ..... St Mary's, Culford followed by WSC  
 8<sup>th</sup> August Raymond Clarke..... All Saints, Bury followed by WSC  
 12<sup>th</sup> August Michael Warner..... WSC

*WSC - West Suffolk Crematorium*

*SALE OF  
(FIRE)WOOD*



*AT ST MARY'S CHURCH*

*WEST STOW, IP28 6ET*

*SATURDAY*

*AUGUST 31st*

*10.00am - 3.30pm*

*Cash sales only, please.*

*Larger sizes may suit carpenters.*

*Proceeds in aid of church funds.*

*More details from Paul Luke*

*01284 729654*

# The Wonder Club

Story  
Wondering  
Craft  
Prayer  
Cake



**St Lawrence,  
Lackford  
1<sup>st</sup> September,  
3pm**

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## All Saints', Bury

are looking for **someone to handle the payroll** as the person who currently does so is standing down.

If anybody is interested, or knows someone who may be, please can they contact the Treasurer of All Saints' Bury, Stephen Bye, on

[allsaintstreasurer2024@outlook.com](mailto:allsaintstreasurer2024@outlook.com) for more details.

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# Coffee Morning

Donations to



EMBRACE  
the Middle East

Tuesday 3rd September

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)



# Seen recently in a wheat field near Timworth



The Team Rector has answered Bishop Martin's call for parish clergy to be in touch with local farmers this harvest time.

*Ali Miller writes:* Here are some photos of Andy's big day out in a wheat field near Timworth! He had a great time riding in the combine with Ed Turner. Many thanks to Ben Turner for organising it.



**STAGE  
COACH**

Bury St Edmunds



# MINI STAGES

Stagecoach Mini Stages (for 2 -4 year olds) is a fun and exciting way for you and your child to actively experience the performing arts in a comfortable, relaxed and safe environment.

Our themed classes last 45 minutes each week and are the perfect way for you and your child to explore a world of imagination through songs, stories and much, much more.

**Wednesdays 10.30-11.15am**

**All Saints Church, Park Road, Bury St  
Edmunds, IP33 3QW**

**FROM 11TH SEPTEMBER**

**Register Now**

[www.stagecoach.co.uk/  
burystedmunds](http://www.stagecoach.co.uk/burystedmunds)

 @burystedmundsandstow





Thursday 12 September 2024 beginning with Mass at 11am  
St Edmundsbury Cathedral



# On Voice

Speech, Song, Silence:  
Human and Divine

*with Revd Dr Victoria Johnson  
Dean of St John's College, Cambridge*

**ALL ARE WELCOME** to this joint meeting of the Society of Catholic Priests and Affirming Catholicism in the diocese of St Edmundsbury & Ipswich, beginning in the Cathedral with Mass at 11am.

Mass will be followed by a talk in the Edmund Room, given by Victoria Johnson, on her recent book **On Voice**, published by Darton, Longman and Todd. Copies will be available for sale.

Lunch will be served in the Edmund Room at 12.30pm, provided by the Pilgrim's Kitchen, followed by departure.

Price: £10 for two courses, wine and coffee - a good deal!

*Attendees need to register as soon as possible with ...  
Michael Wilde 01284 767415 cormack246@gmail.com  
... then closer to the time they will receive instructions on how to pay.*



# Ride and Stride, Pedal and Drive

The national Ride and Stride event started in Suffolk as a sponsored bike ride and then spread across the country.

Thank you to all our volunteers, riders, strider, drivers and supporters ... every pound helps to keep our wonderful church buildings in good order.



Organised by Suffolk Historic Churches Trust (SHCT), Suffolk Churches Ride and Stride, and Pedal & Drive car rally, each year sees several thousand cyclists and walkers of all ages (and drivers of vintage and classic cars) taking part in the fundraising event that this year is on Saturday 14 September.

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## Contacts

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[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 priests within the benefice with 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 photos are always welcome,  
jpeg or png format preferred.

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