

Lark Valley and North Bury Team Ministry

VIRAL BULLETIN

16 February 2025

3rd 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



*Starling Murmuration ~ Northern Bury St Edmunds at about 5pm, 5 February 2025
With thanks to Ali Miller for the photograph*

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3rd Sunday before Lent

Jeremiah 17.5-10 Psalm 1 I Corinthians 15.12-20 Luke 6.17-26

We live in publicly desperate times for the world. Thoughts are kept on a large scale, with instant news colouring our little private lives. Politicians have opined that religion has no place in politics, but is a private individual matter, chiefly concerned with another world.

Christians may call that world the Kingdom of Heaven. Some people have said that to enter a church is to shed all that heavy anxiety and clamour, to escape into a calmer place with other priorities.

But, especially for Christians, there is an inextricable link between heaven and earth. We treasure the words that tell of the Word, the author of all, once localised in a small region (now fearfully in the news) and speaking of inner human qualities directly relating to heaven.

These qualities are not a private individual matter; they show what kind of person one is. Behaviour is all about relating to other people. All communities distinguish between approved and deplored behaviour, although different places may hold different standards.

The world has seen political upheaval many times before, often connected with religion. The Church itself has made its own martyrs, and is in some turmoil even now.

The Reformation of the 16th and 17th centuries was at a time of new invention (printing) and new learning (literacy). Churches which had contained striking illustrations in painting and sculpture of Biblical people and stories, now in fear of idolatry replaced them with texts, cardinal to catechetics.

The Ten Commandments vied with the Lord's Prayer for prominence on church walls, other favourites being the Apostles' Creed and the Beatitudes (Matthew 5 v 3-10) from the Sermon on the Mount. Each of the eight verses begins with 'Blessed' (Beatus), naming an inner quality desired for heavenly living.

This Sunday the lectionary gives us Luke's version of the Beatitudes, less well known. It is called the 'Sermon on the Plain', given by Jesus on coming down from the mountain (where the twelve had been chosen from many

'disciples'). Now a large crowd had assembled, wanting and receiving teaching, healing and deliverance. However, the Beatitudes are directed principally to the disciples. There are only four statements of blessing; they are complemented by four 'Woes', the consequences of present worldly privilege, not given in Matthew's list.

Matthew, writing apparently for Jewish Christians, makes the Sermon on the Mount echo Moses' obtaining of the Commandments on the holy mountain. The Beatitudes are an updated spiritual version for behaviour, also divinely sourced.

Luke, whose hearers/readers were mostly Gentile, like himself, focuses on present worldly conditions which are going to be reversed. So where Matthew's first statement has 'poor in spirit' Luke's has simply 'poor'. But in both cases there is the warning of persecution ahead for those, like the true prophets of old, speaking God's word to a transgressing generation.

The reversals given by Luke are of outward circumstance, and much of Jesus' teaching in the gospels turns worldly order upside-down. In his teaching there is a prime emphasis, however, on internal attitudes and motivation, not only on outward behaviour.

Some of Jesus' condemnation of Pharisees and others was that their outward correctness, even punctiliousness, concealed inner uncharitableness and worse, while they accepted popular respect and deference.

We do not have 'thought police'. And yet we do, each with our own conscience, although relying solely on it may seem like marking one's own homework. Hence a serious Christian needs a 'director' and/or confessor, to hold up a clear mirror to one's inner self.

There are things we do not see from another's point of view, which we may need to modify. Thoughtlessness and unconscious cruelty can be even more harmful to others and their future than intended harshness.

This is where the passage for today from Jeremiah, and Psalm I, show the importance of where we place our trust and reliance in shaping the visible world around us. Inner qualities are shown by interaction with others, and the effects on them.

'Spirit of God, teach us your ways,
that we may walk in the paths of peace.'

Marianne Atkinson

Lark Valley and North Bury Churches

SERVICES WEEK BEGINNING 16 FEBRUARY

SUNDAY 16 February 3rd Sunday before Lent

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) gathering at 9.15am	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 17 February Janani Luwum, archbishop, martyr, 1977

Tuesday 18 February

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

Wednesday 19 February

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 20 February

9.30am	Holy Communion (BCP)	All Saints', Bury St Edmunds
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Friday 21 February

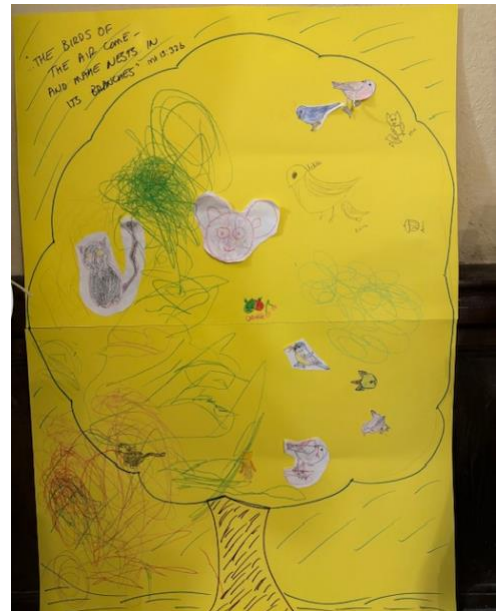
5.15pm	Evening Prayer (CW)	St John's, Bury St Edmunds
6.00pm	Eucharist (CW)	St John's, Bury St Edmunds

Saturday 22 February

SUNDAY 23 February 2nd Sunday before Lent

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

Wonder Club met at St Lawrence, Lackford
to hear all about the Parable of the Mustard Seed
... and to wonder



Cress seeds sown in egg boxes,
nests woven and filled with moss
(and the odd chocolate egg),
birds made, and all manner of
artistic efforts made their home
in the tree!
And then? The feast of
chocolate cake and tea.

Ali Miller



Mosaic Middle East

Mosaic Middle East (formerly the Foundation for Relief and Reconciliation in the Middle East) is supported by some of our Lark Valley and North Bury Churches.

Fragile Ceasefire, Urgent Needs

This weekend (9 February) marks three weeks since the start of the ceasefire agreement between Israel and Hamas—a milestone that many of us have been fervently praying for, and we thank God for these answered prayers. Although the ceasefire remains fragile and has not been without its challenges, it continues to hold, allowing more urgently needed aid to flow into Gaza.

Over half a million Palestinians have been able to return to northern Gaza after fleeing their homes over a year ago. However, most have had no access to healthcare during this time, and are returning to scenes of almost total destruction. Mosaic is unwavering in our commitment to support those affected by the conflict, so that those in urgent need of assistance can now access aid in ways that have been impossible over the past 16 months.



Mosaic is partnering with the Anglican Alliance and the Episcopal Diocese of Jerusalem to continue providing critical emergency support to those affected by the conflict in Gaza. This collaboration enables us to work closely with established local institutions, experienced staff, and experts who understand the unique context and needs on the ground. By leveraging their deep knowledge and existing networks, we can maximize the impact of our aid.

One of the critical institutions that Mosaic will be supporting through our new partnership is the Al Ahli Hospital. The recent ceasefire is allowing many Palestinians to seek treatment at Al Ahli after many months with virtually no access to healthcare. In response to the overwhelming need for emergency care, the hospital's chapel has been repurposed to accommodate inpatients, while Red Crescent ambulances are transporting patients since the hospital's own ambulances were destroyed during the conflict.



Emergency triage area in the courtyard of the Al Ahli Hospital

The hospital is now at the centre of a catastrophic public health situation. Many of the patients are chronically ill, suffering from the dire conditions in overcrowded camps where access to water and sanitation has been severely limited. Until recently, ongoing air strikes had prevented even nearby residents from accessing care, but with this pause in hostilities, Al Ahli is now receiving an influx of about 600 patients a day, in addition to about 130 inpatients - with families of patients also being accommodated on-site. Many dedicated hospital staff have lost their homes and are now sheltering either at the hospital or at the nearby Holy Family Catholic Church. Along with the Greek Orthodox Church of St Porphyrius, the church continues to provide shelter to scores of families whose homes have been destroyed.



The hospital chapel, used as vital extra space for inpatients and their families

Fornham St Martin Church

*Book Sale,
Coffee & Cakes*

Saturday 15th February

10:00am - 3:00pm

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

All Welcome



Thingoe Deanery Evensong



The Rural Dean, Revd Andy Miller, and Deanery Lay Chair, Dr Sarah Cooledge, are planning a service of Evensong in one of our churches later in the year, possibly late spring/early summer. This will be for all Churches in our Deanery and will be accompanied by a voluntary choir from among our different congregations and friends.

Please let me know if you can offer your voice as soprano, alto, tenor or bass. Music reading skills are not essential. Kevin Slingsby, organist at Horringer church, will be our conductor. Please email me with your name and add S, A, T or B – or telephone me.

We will circulate the venue and date as soon as possible. This is a provisional request to ascertain how many people would be interested.

Michael Wilde
cormack246@gmail.com 01284 767415

Signs of Spring are appearing ...

... however, the days are still cold. The Salvation Army shop in town (opposite Iceland) is in need of men's coats and jumpers in particular and ladies' clothing of all sizes including coats and cardigans / jumpers.

Bury Drop In sends its guests with a voucher to the Salvation Army shop where they may get warm clothing.

The lady in the shop sends her thanks to everyone who responded last time. She said it helped them so much.

Can we help again?

Valerie Wilde

CAFÉ

Saturday February 22nd

10am -12 noon

Culford Village Hall

**(The village hall for West Stow, Wordwell, Culford Heath,
Culford and Ingham)**

**Come and enjoy a freshly
brewed cup of Fair Trade
coffee (or tea) and some yummy
cakes or savouries**

Table tennis available

**DONATIONS ARE INVITED FOR
St Mary's Church, Culford**

EVERYONE WELCOME

CAPTION COMPETITION

A choice of fairtrade wine or chocolate awaits the person who can contribute the winning caption for this photograph, kindly provided by Ali Miller.



Sheila Green is shown, behind the scenes, preparing afternoon tea for Charlie Haylock's talk, 'The History of Surnames', on Saturday 8th February.

Please send your entries by Monday 17th February to the Viral Bulletin at adrian.mann@btinternet.com



STAGE
COACH

Bury St Edmunds & Stowmarket

SPRING SHOWCASE

A medley of songs, dances and cabaret acts
performed by the students of Stagecoach
Bury St Edmunds

SATURDAY 1ST MARCH
2PM & 5.30PM

St Johns Church, St Johns Street, Bury St Edmunds, IP33 1SP

www.ticketsource.co.uk/stagecoach-bury-st-edmunds

From the Registers

Holy Baptism

19th January Lily Hoggett

St John's, Bury St Edmunds

Funeral

16th January Hilary Driver

All Saints', Bury St Edmunds
followed by burial in the Borough Cemetery

WORLD DAY OF PRAYER 2025

Friday 7 March

A service for everyone!

Please join us at the Services:

10.30am St Mary's Church,
Honey Hill, Bury St Edmunds
IP33 1RT

7.30pm St Edmunds Catholic Church,
Westgate Street, Bury St Edmunds
IP33 1QG

All Welcome

Cook Islands *I made you wonderful*



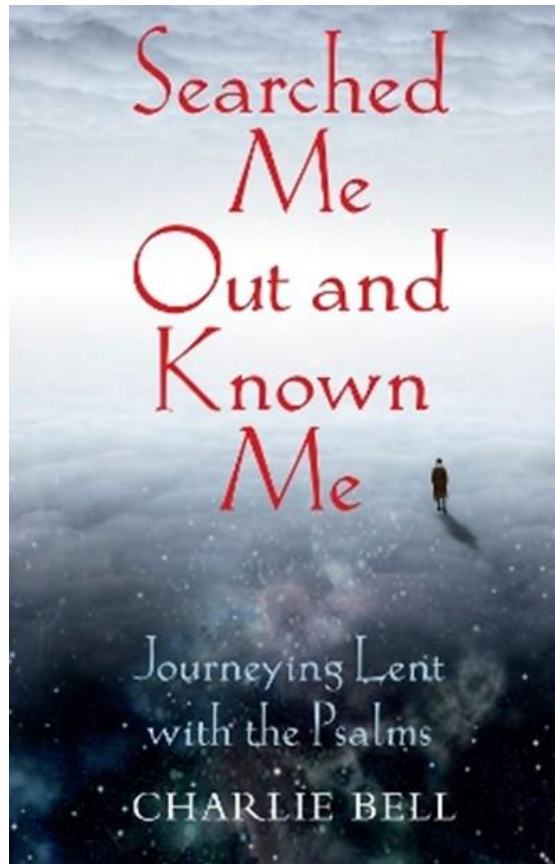
INFORMED PRAYER PRAYERFUL ACTION

24-7 365 Days a year Prayer movement Ecumenical International Women-led

wwdp.org.uk

Registered Charity Number 233242

**LENT IN THE
LARK VALLEY NORTH BURY TEAM**



Every year we make our Lenten journey together – but this year we will do so accompanied by the Psalms.

**We will be using the wonderful book,
Searched Me Out and Known Me, by Charlie Bell.**

You may like to purchase your own copy - not least so you can continue to use it in Holy Week - but it is not essential.

**Don't worry if you cannot make every session.
Come to what you can. And bring a friend while you are at it!**

When: Saturday, 10-11.30am

Dates: 8th, 15th and 29th March, 5th and 12th April

Where: St John the Evangelist, St John's St, BSE

Further details: Mother Ali teamvicarlvnb@btinternet.com 01284 728714

THE SEASON OF

Lent

JOIN US FOR A LIGHT LUNCH

FRIDAY 14TH
MARCH

FORNHAM ST
MARTIN CHURCH

12 - 2 PM

LENT IS A JOURNEY, NOT A DESTINATION.
GROWTH TAKES TIME AND EFFORT.

HOW IS LENT MEANINGFUL FOR YOU?

London Marathon

Julie Hooton

Some of you are aware that I have got a place in the London Marathon in April. The training has begun and it's definitely a challenge. It's a once-in-a-lifetime opportunity and because of this, I have decided to raise money for charity. The charity I have chosen is the East Anglian Air Ambulance. Such an amazing charity - you never know when you might need them.

If you would like to donate and motivate and push me around the 26.2 miles of London please scan the QR code, or there is a sponsor form in the office. Feel free to email me on nbtlyb@outlook.com

Huge thanks for your support. Julie



Julie's fundraiser for East Anglian Air Ambulance

I am very lucky and got a place in this year's London Marathon public ballot. As this is going to be a huge challenge for me and a once-in-a-lifetime opportunity, I have decided to raise money for charity at this same time. I think the extra motivation will push me through those 26.2 miles around London in April. The training has begun... Let's do it! I a...



Help us reach our £250 target!

Make a donation with **JustGiving**

Bishop's Lent Appeal



Inspired by his trip to Tanzania last year, Bishop Martin saw the importance of our continuing relationship with Kagera, all that it offers and how important it is for us to strengthen the link. Bishop Graeme has therefore agreed that the 2025 Lent Appeal will be for Kagera. Taken from the hymn 'Great is thy faithfulness' this year the theme of the appeal is '**Bright Hope for Tomorrow**'.

We can support this appeal in various ways, of which praying for Kagera is the most important. We are asked to think of ways in our parishes of making a collection or holding a Lent fundraising event, as many of us have done before. By popular demand the Challenge booklet is back to its original format with daily thoughts and challenges.

Our aim is to support farming initiatives and good practice in agriculture, training at Kagera Christian Theological College (KCTC), and resourcing of pastors. We will also continue our support for healthcare in the region through the Diocesan hospital.

[For all the resources, to order the printed booklets and to donate please visit our website here.](#)

Contacts

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Revd Ali Miller	01284 728714	teamvicarlvnb@btinternet.com
Team Office	01284 700400	NBTLVB@outlook.com

We also have assistance from priests within the benefice with 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.
