

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

25 August 2024

13th 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)



*There was a warm welcome last Sunday to Pat and Alan's garden in Westley Road (see more below).*

*In this issue:*

13th Sunday after Trinity: Adrian Mann \* Worship this week  
Open Garden in Westley Road \* Book Sale, Coffee and Cakes  
Wood for sale: West Stow \* Wonder Club: Lackford  
Wanted: someone to handle the payroll \* Praying Together: September  
Coffee Morning: All Saints', Bury \* Mini Stages: All Saints', Bury  
On Voice: Speech, Song, Silence, Human and Divine: Victoria Johnson  
A Time of Silence: Dave Walker \* Contacts

# 13th Sunday after Trinity

Joshua 24.1-2a,14-18   Psalm 34.15-end   Ephesians 6.11-20   John 6.56-69

What is Christianity about? What would you say if somebody asked you that, if you had to give some account of your beliefs? Being a good Anglican and a vital part of the Lark Valley and North Bury benefice, I'm sure what you'd say would be *very orthodox*.

Perhaps you'd say something about a God who loved creation into being and continues to love all that is in it, even rebellious humanity, even you and me. And you might then talk about God's love being shown above all in Jesus, and in his life and work and death and resurrection. And about how the Holy Spirit joins that all together and makes it come alive.

Then you'd realise you were *really orthodox* because you'd couched your reply in trinitarian terms. Very well done!

But then they come back and ask you: What about the Church? What does the Christian Church do? That is an important question. There are people out there who have a nice warm glow about Christianity, if a bit vague, but don't really see much point in identifying themselves with the Church. It's always getting bad publicity. It's subject to indifference, or scorn, or hostility.

Surely, they say, it's sufficient to relate to God in a lovely sunset, or some other wonder of creation, or in being nice to people. Of course, these things are of great value ... but we need to be clear that they are not sufficient.

So what does the Christian Church do? What is it for? Why do we need it? Then we might answer: It's there to make God's love known to people, to communicate, to express and to enact, to put into practice, what Christ did and does in the world. But that is easier said than done.

It is easier said than done because it means that we have to *be* Christ. This is why we claim to *be* the body of Christ. Often, at the introduction to the Peace, we say: "We are the body of Christ. In the one Spirit we were all Baptized into one body. Let us then pursue all that makes for peace and builds up our common life."

Then later, after we have said the Lord's Prayer, whoever is presiding at the

Eucharist breaks the consecrated bread saying: “We break this bread to share in the body of Christ.” And we all reply: “Though we are many, we are one body, because we all share in one bread.” These are important sayings, not to be uttered lightly or taken for granted.

Each year our Sunday gospel readings home in on the synoptic gospels: Matthew, Mark or Luke. This year it is Mark’s turn. Yet by now we have gone for five Sundays without hearing from Mark at all. Instead, we have been working our way through Chapter Six of John.

On the last Sunday of July, instead of Mark’s account of the feeding of the 5,000, we got John’s, and then through all of August, John’s follow-up discourse, with Jesus saying: “I am the bread of life” and “the bread that I will give for the life of the world is my flesh.”

This might all seem a bit laboured, a bit much. In fact, the first three verses of today’s gospel are a repeat of the last three verses of last week’s. They overlap.

But this is all done for a reason: these verses are extremely important. They answer that crucial question: What is the Christian Church for? What does it do? Why do we need it? Through John, Jesus says to us: “Those who eat my flesh and drink my blood abide in me, and I in them.”

This is the Eucharist. This is what the Church has done down the ages. This is what the Church does for us, day by day, week by week, here and now, whenever and wherever the Eucharist is celebrated. This is what makes the people of God. This cannot be done by any other person or organisation.

At the very beginning of his gospel, John has made it clear that Jesus is God’s Word – God’s communicating, creating, outpouring being. “In the beginning was the Word.” And this is to be identified with the man Jesus from Nazareth – a person like us – a walking talking, breathing, eating carpenter. “And the Word became flesh and lived among us.”

Now we are being told by this very person: “Those who eat my flesh and drink my blood abide in me, and I in them.” The word ‘flesh’ makes a clear connection between Eucharist and Incarnation.

In other words, it connects our action when we celebrate the Eucharist together with the deep and essential foundation of our faith – that Jesus was both divine and human, bridging the divide between God and humanity.

It is a mystery which, in our human fallibility, we can never fully understand, whether in the form of the gift of the person of Jesus, or in the gift of the Eucharist he has left us.

“Those who eat my flesh and drink my blood abide in me, and I in them.” To abide, to live in, to be in: this idea crops up time and time again in John’s gospel. It has been called ‘a relationship of interior presence’ and ‘mutual indwelling’. The life that the Father shares with the Son passes to the faithful through the Eucharist.

Jesus’s words about the bread from heaven reveal something divine, something mysterious of which only the Spirit can supply understanding. This talk of eating flesh and drinking blood is of course highly figurative. But it is intentionally very intense and can hardly fail to suggest the idea of death. Through death Christ becomes the bread of life and blood of salvation to the world. Only a claim to divinity can account for this.

This is tough stuff, and very shocking to Jesus’s hearers. Even though Jesus is speaking at Capernaum, very much home ground for him, it makes some his followers leave and drives them away. Talk of divinity and death was decidedly unnerving, and remains so today.

It is interesting to note that a strange Greek expression is used to describe the departure of these unhappy disciples. Literally, it means ‘they went away, backwards’. The same term is used at the time of Jesus’s betrayal.

All this suggests an element of crisis and gives rise to an important confession of faith by Peter on behalf of all Jesus’s followers, including us: “We have come to believe and know that you are the Holy One of God.”

It is tough stuff – but it is also rather wonderful. This is why the Eucharist is *the great thanksgiving* of the Church. And why it answers the question: What is the Church for?

*The Church is here to offer thanks to God for Jesus.* Everything else follows from that response of thanksgiving. Worship, prayer, service, mission: all are rooted in thanksgiving.

The Eucharist is that thanksgiving in its very essence. It is the Bread of Life and Cup of Heaven. We can never fully understand it, but we need to place ourselves in it, day by day, week by week, year by year, and let it seep into our souls.

# Lark Valley and North Bury Churches

## SERVICES WEEK BEGINNING 25 AUGUST

### SUNDAY 25 August 13th 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

### Monday 26 August

### Tuesday 27 August Monica, mother of Augustine of Hippo, 387

6.00pm	A Quiet Space	St John's, Bury St Edmunds
--------	---------------	----------------------------

### Wednesday 28 August Augustine, bishop, teacher of the faith, 430

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 29 August Beheading of John the Baptist

9.30am	Eucharist (CW)	All Saints', Bury St Edmunds
--------	----------------	------------------------------

### Friday 30 August John Bunyan, spiritual writer, 1688

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

### Saturday 31 August Aidan, bishop, missionary, 651

### SUNDAY 1 September 14th 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	Parish Communion (CW)	All Saints', Bury St Edmunds
9.30am	Holy Communion (BCP)	Timworth
10.00am	All Age Worship	Fornham All Saints
10.00am	Eucharist (CW)	West Stow
11.00am	Sung Eucharist (CW)	St John's, Bury St Edmunds
3.00pm	The Wonder Club	Lackford

**PLEASE NOTE: LIVE-STREAMED WORSHIP**

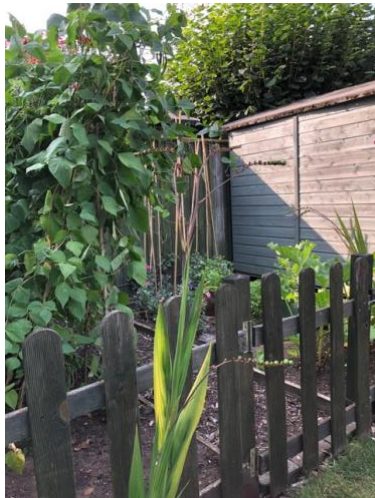
*Live-streaming of the I I am Parish Eucharist from St John's on Sundays via Facebook [@StJohnsBSE](https://www.facebook.com/StJohnsBSE) with later posting onto [www.northburychurches.org.uk](http://www.northburychurches.org.uk) will cease after the live-streaming on Sunday 25 August.*

# Open Garden ~ Westley Road

Thank you to Pat and Alan Matthews, who offered a warm welcome as they opened their garden in Westley Road on Sunday 18 August.

Everyone enjoyed the perfect weather, and they were generous with their donations to The Children's Society - £175 was raised.

*Photos courtesy of Sheila Green*



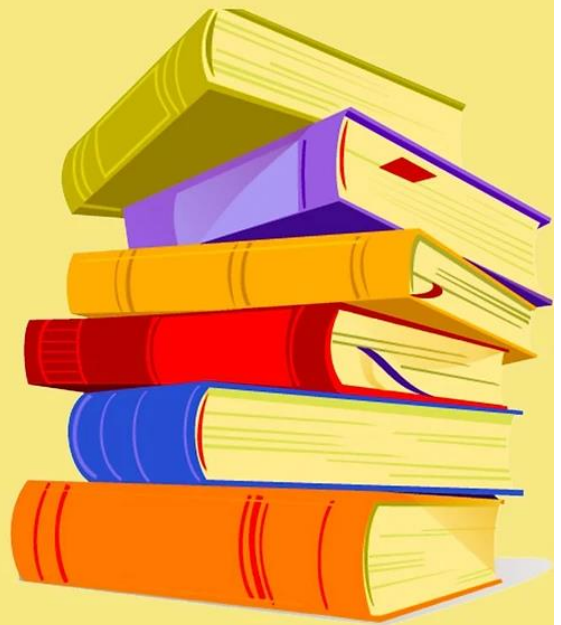
**Fornham St Martin Church**

*Book Sale,  
Coffee & Cakes*

**Saturday 31st August**

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

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



**All Welcome**



*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**

---

## **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.

---

# Lark Valley and North Bury Churches

## Praying Together ~ September 2024

### ***For the wider community & church***

- 1 **S** For all places of education at the start of a new academic year
- 2 **M** Beetons Lodge residential home
- 3 **T** The Presbyterian Church; Lancaster Avenue Gospel Hall
- 4 **W** St Olave's Road shops and residential area
- 5 **T** The Beacon Church (Pentecostal)
- 6 **F** Bridge Community Church (formerly West Road Church)
- 7 **S** All Saints', Bury
  
- 8 **S** *Growing in God* worship, work & witness at All Saints', Bury
- 9 **M** All Saints Bury church hall
- 10 **T** Julie Hooton, our Benefice Administrator
- 11 **W** All Saints church monthly coffee morning
- 12 **T** The Priors Estate
- 13 **F** The Priors Estate Residents' Action Group
- 14 **S** Kings Road & Queens Road housing areas
  
- 15 **S** Out Risbygate housing and business areas
- 16 **M** St Peter's House residential home
- 17 **T** Jankyn's Place sheltered housing
- 18 **W** St Andrew's, Timworth
- 19 **T** *Growing in God* worship, work & witness at Timworth
- 20 **F** All who live in Timworth
- 21 **S** St George's, Bury
  
- 22 **S** *Growing in God* worship, work & witness at St George's
- 23 **M** The Anselm Community Centre
- 24 **T** The Mildenhall Road Estate
- 25 **W** The Mildenhall Road Estate Residents' Association
- 26 **T** Acorn House; Chestnut Court sheltered housing
- 27 **F** Northumberland Avenue Methodist Church
- 28 **S** Kingdom Hall (Jehovah's Witnesses)
  
- 29 **S** Maltward Avenue, Winthrop Road area
- 30 **M** Westley Road area

# Lark Valley and North Bury Churches

## Praying Together ~ September 2024

### ***For the Lark Valley and North Bury family***

1 S Joanne Nettleton; Roly & Sally Nice  
2 M Pam Nitsche; Roger Nelhams; Tish Nicoll  
3 T David, Kathryn, Lucy & James Norburn  
4 W Joyce Norburn; Vivien Nunn; Jill O'Brien  
5 T Catherine Oldridge; Iris Oldridge  
6 F Philip, Katie, Liam & Victoria Orchard; David Payne  
7 S Phil, Sophie, Elizabeth & Michael Peters

8 S Clive & Alison Pettitt; Michael Phillips  
9 M Simon, Tina, Marcus & Chelsea Phillips  
10 T Sue Piper & Carla Hampton; Joy Powell  
11 W Sue Presland; Jill Quantrill; Betty Ramsay  
12 T Angela, Simon, Oliver & Annabel Ransome  
13 F Anthony, Caroline, Stephen & Daniel Ranson  
14 S Sarah Reilly; Peter Riches

15 S Gina & Steve Robertson  
16 M Anita Rooney; Claire & Peter Rose  
17 T Anne Ruffles; Pamela Rynsard  
18 W John Sadler; Kevin Salisbury  
19 T Kagendo Salisbury  
20 F Veronica Sayer; Sarah Scambler  
21 S Anna-Marie Scarfe

22 S Anne Scott; Judith Scott  
23 M Yvonne Sebastian; Ben Sebastian  
24 T David & Gillian Seddon  
25 W Kathie Siddall; Sarah Silver  
26 T Sonja Simpkin  
27 F Kathy Skinner  
28 S Catriona Smart

29 S Daphne Smith  
30 M Ann Southgate; Gill & Malcolm Southgate

To change, add or remove names please contact the Revd Julia Mann. Email: [jc.mann@btinternet.com](mailto:jc.mann@btinternet.com)

# Coffee Morning

Donations to



**EMBRACE**  
the Middle East

**Tuesday 3rd September**

**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)



**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.

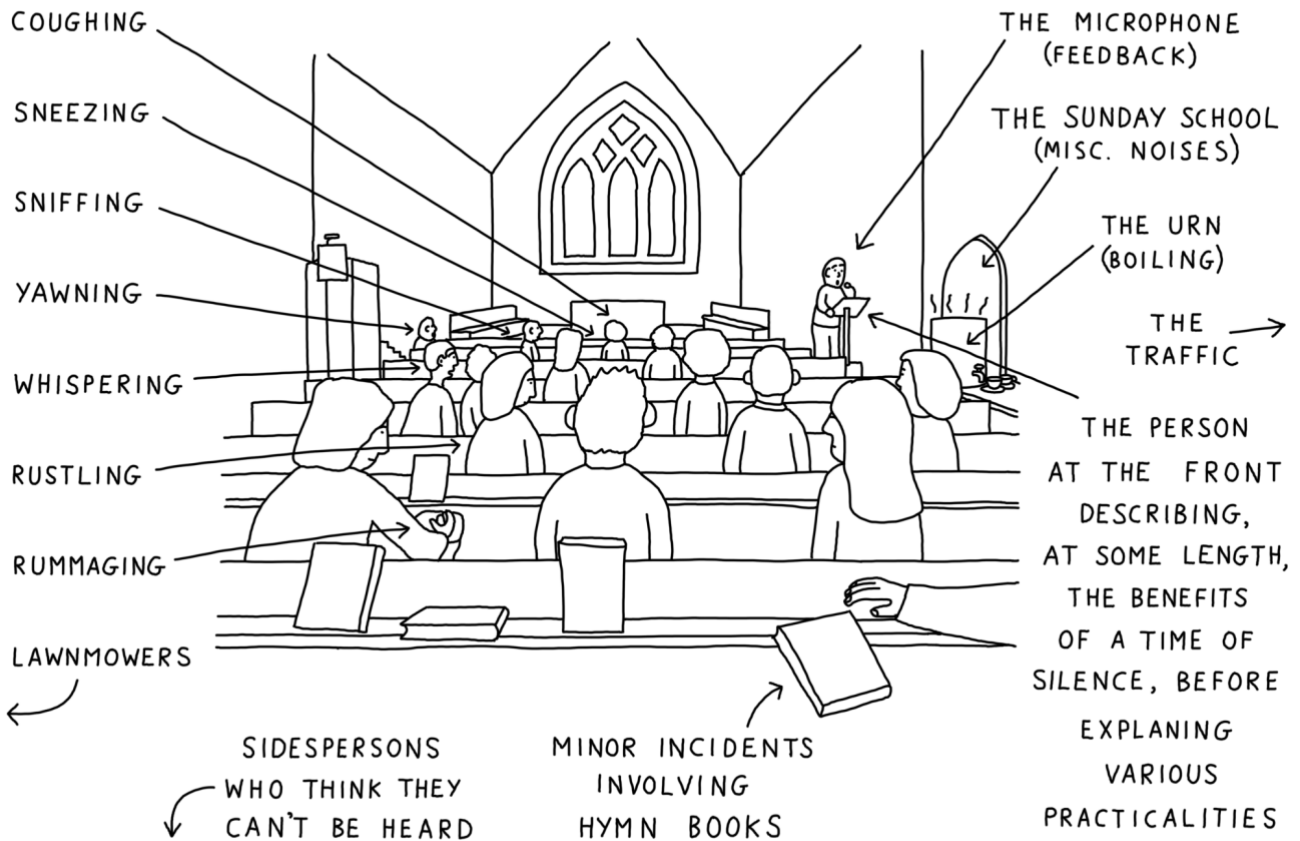
Lunch will be served in the Edmund Room at 12.30pm, provided by the Pilgrim's Kitchen, followed by departure.

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.*

# A TIME OF SILENCE

PLEASE IGNORE ALL DISTRACTIONS



CartoonChurch.com

## 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 priests within the benefice with permission to officiate.*

## 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.