

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

14 June 2020

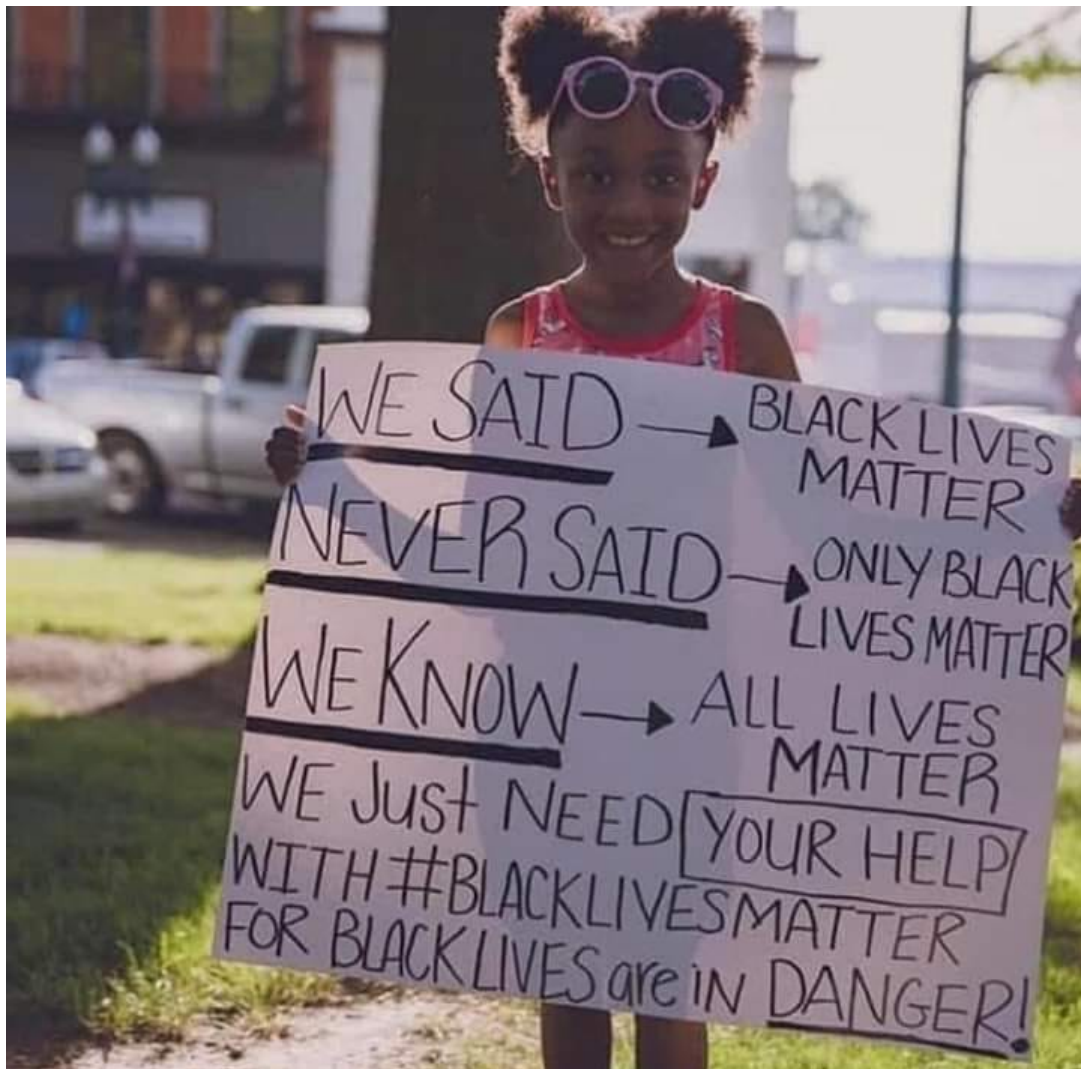
1st Sunday after Trinity

Welcome to the *Viral Bulletin* for the first Sunday after Trinity.

*Please forward this to anyone you know who might not be in our Google group.*

For links to information and worship during the coronavirus restrictions

please visit: [www.northburychurches.org.uk](http://www.northburychurches.org.uk)



*In this issue:*

First Sunday after Trinity: Val Gagen \* Black Lives Matter: a reflection

Janet Groom's Skydive \* Saint of the Week: Richard of Chichester

Wanted: someone to keep our website up to date

Churches opening for private prayer

# First Sunday after Trinity

*Matthew 9:35 - 10:23*

I DON'T KNOW ABOUT YOU but I have spent quite a bit more time reading during these strange times, as well as going for our daily walk and making progress with the garden. I have just finished reading 'The Black Death' by John Hatcher. I borrowed this from a member of one of our churches because we had been talking together about a Presentation we'd both been to about the Battle of Fornham, and I happened to say that I'd missed the talk on the Black Death so she offered to lend me a book about it.

It has been very interesting to read this at the time of the Pandemic. The book tells the story of the village of Walsham, near Bury and the arrival of the plague in March, 1349. It had mostly fizzled out by the end of June, but it had brought a new way of living for the 50% of villagers who were left, after this first wave had subsided. [You will need to read the book if you want to know what happened!]

But it makes me wonder what new way of living we all might experience following the pandemic? How and in what ways might we live our lives differently in the future?

In our reading from Matthew, the disciples are being sent out to experience a completely new way of living. We read in verse 1 of chapter 10, Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness.

The Greek word Matthew uses to describe that power is 'exousia' ... in this context it means that Jesus' disciples receive his authority, his power, and his influence. They are sent out in a new way and their mission becomes a direct imitation of Jesus' own ... it also promises responsibility, discomfort and self-sacrifice along the way.

But you might say that this is the mission Jesus gives to each one of us. If we focus our lives on the kingdom of God, we will try to do all we can to chase away evil spirits, heal the world, and to practice righteousness. The kingdom of God is like a seed, which we can allow to grow within us, but often the distractions of life can get in the way.

So now in this time of lock down we have been given space to re think and to look at our lives in a new way. How many of us have taken up a new hobby over these last ten weeks? And perhaps it is also a time to think about how we might do things differently once restrictions are lifted more?

What have we missed most; what have we longed for?  
What has lead us to sadness or even tears?  
What have we felt guilty about?  
What has made us angry?  
What has inspired us?  
What has made us glad or hopeful?  
How might we use this experience to do things differently  
once the pandemic is over?

I'd like to end by sharing a prayer with you from Night Blessings:  
[Find it on Facebook.]

Lord of hope and healing:  
we bring you our sorrow, and ask for your comfort.  
We bring you our longing, and ask for your peace.  
We bring you our questions, and trust that you are the answer.  
We come empty-handed, and ask for your fullness.  
We bring you our tears, and ask for your joy.  
We bring you our lives, and ask for your purpose.  
We hold before you all who need hope,  
all who need grace,  
and all who need a fresh start.  
Amen

*Val Gagen*



*John Grinham*

*Fornham All Saints' church, 6 June 2020, before the downpour*

# Black Lives Matter

## A reflection

I can't breathe.

**George Floyd**

For those of you who are tired of hearing about racism,  
imagine how much more tired we are constantly experiencing it.

**Barbara Smith**

My skin is not a sin.

**Carlos Wallace**

What is the impact of not being valued?

How do you measure the loss of what a human being does not receive?

**Patrisse Khan-Cullors**

That's not a chip on my shoulder.

That's your foot on my neck.

**Malcolm X**

Things like *racism* are *institutionalised*.

You might not know any bigots. You feel like 'Well I don't hate black people so I'm not a racist,' but you benefit from *racism*. Just by the merit, the colour of your skin, the opportunities that you have. You're privileged in ways that you might not even realise because you haven't been deprived of certain things.

We need to talk about these things in order for them to change.

**Dave Chappelle**

Our lives begin to end the day we become silent about things that matter.

**Martin Luther King Jr**

We can disagree and still love each other unless your disagreement is rooted in my oppression and denial of my humanity and right to exist.

**James Baldwin**

It's up to all of us – black, white, everyone –  
no matter how well-meaning we think we might be,  
to do the honest, uncomfortable work of rooting (racism) out.

**Michelle Obama**

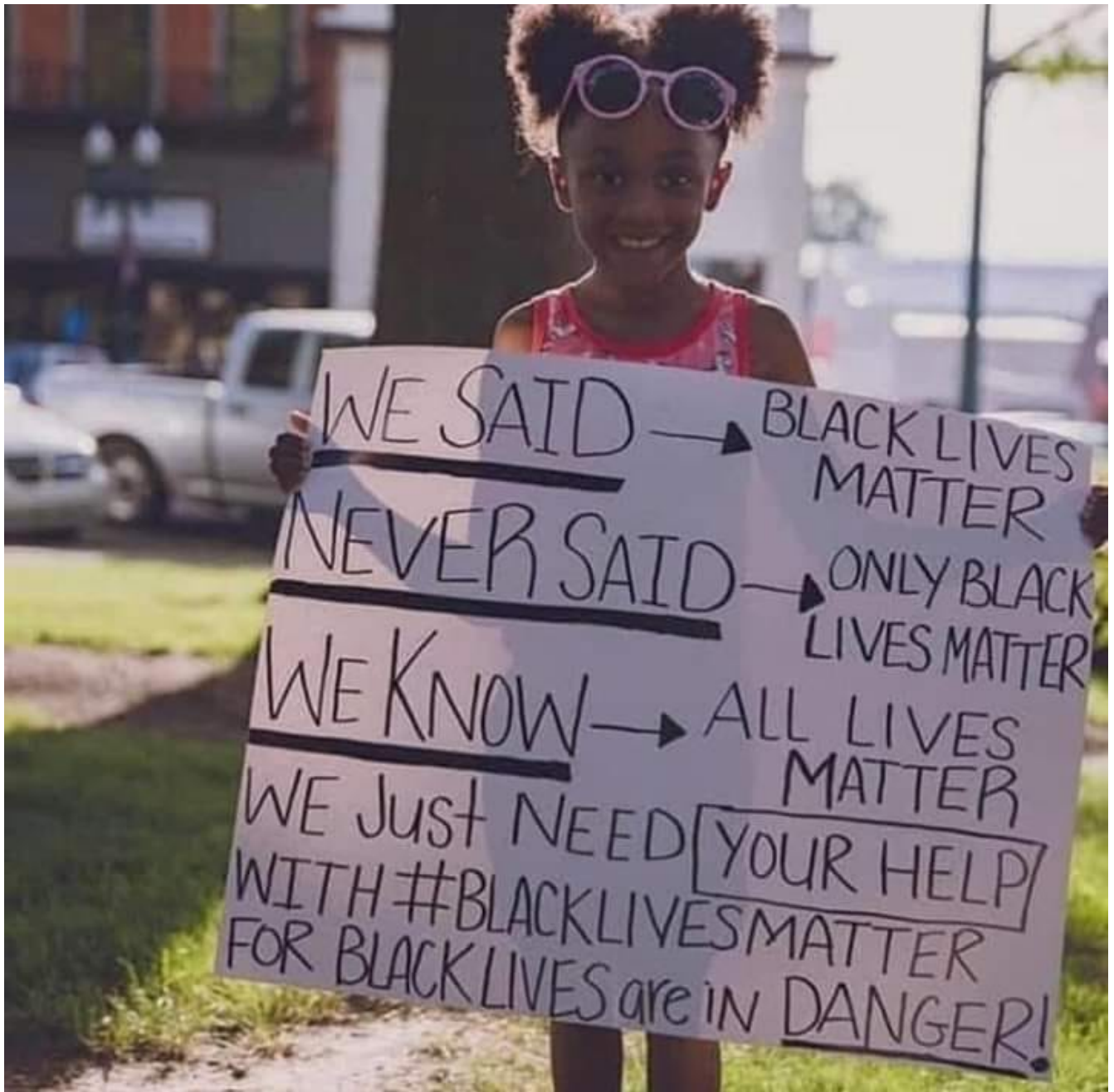
If you are neutral in situations of injustice,  
you have chosen the side of the oppressor.

**Desmond Tutu**



There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus.

*Paul the Apostle*



As I know you are, I am so distressed that just as we have been rediscovering our shared humanity as children of God, brought together by the coronavirus, racism rears its ugly and evil head in the appalling killing of George Floyd. I pray that we will all join in solidarity with victims of racism, challenging and rooting out racism and prejudice wherever it appears, and asking for the grace to recognise it and root it out of our own hearts and minds. This has all been a terrible reminder that human evil will take every opportunity to undermine the good, and we need to be vigilant as we slowly emerge from this period of lockdown.

*Bishop Martin Seeley*

*because  
you matter*

## St Nicholas Hospice Care

A Registered Charity No. 287773



# Janet Groom's Skydive

I'm writing this to let you know that I'm going to do a Skydive on 19th July to raise funds for St Nicholas Hospice Care as a way of saying Thank You for Lucas's health following his cancer treatment.

Lucas received cancer treatment last year and showed tremendous strength and positivity. I've also experienced cancer. We're so grateful to the NHS.

I absolutely avoid crazy fairground rides and the thought of bungee jumping leaves me cold ... so this is *totally* out of my comfort zone.

Please support me!!

It's definitely a Leap of Faith and a huge Thank You for our continued health!

As a volunteer for St Nicholas Hospice I realise how much income they have lost this year and your support will really be appreciated. Thank you.

Donating through JustGiving is simple, fast and totally secure. Your details are safe with JustGiving - they'll never sell them on or send unwanted emails.

Once you donate, they'll send your money directly to the charity. So it's the most efficient way to donate - saving time and cutting costs for the charity.

So please visit:

[www.justgiving.com/fundraising/Janet-Groom](http://www.justgiving.com/fundraising/Janet-Groom)



## *Saint of the week* **Richard** **Bishop of Chichester** **1197-1253**

THANKS be to thee, my Lord Jesus Christ  
for all the benefits thou hast given me,  
for all the pains and insult

which thou hast borne for me.

O most merciful redeemer, friend and brother,  
may I know thee more clearly,  
love thee more dearly  
and follow thee more nearly,  
day by day.

*This well-known prayer is a great favourite for many Christians – but who wrote it?*

Richard was born in Droitwich. He was keen on learning, but he worked on the family farm for some years before studying canon law at Oxford, Paris and Bologna. He was ordained priest in 1242 and in 1244 he was elected Bishop of Chichester having previously been Chancellor of Oxford University and Chancellor to the Archbishop of Canterbury.

Richard is remembered as an example of what a bishop should be. He was strict but also merciful and available to everyone. He had a strong pastoral care for his clergy and people, visiting them on foot. He was generous to those who were hungry while living a simple, frugal life himself.

Richard ensured that clergy administered the sacraments, without payment, in a dignified manner. Priests had to wear clean vestments, altar linen had to be spotless and the bread and wine for Communion were to be of good quality. Clergy had to be celibate, live in their parishes (which at the time many did not) and wear clerical dress. Lay people had to learn by heart the Lord's Prayer, the Hail Mary and the Apostles' Creed and were to attend Mass on Sundays and festivals.

Richard died in 1253 and was canonized in 1262. His burial place in Chichester Cathedral was a place of pilgrimage until 1538 when his shrine was destroyed. In 1930 a modern shrine was set up in the Cathedral and today many pilgrims go to Chichester to remember Richard. In Christian art he is sometimes depicted with a chalice by his feet because it is said that he once dropped a full chalice (which is every priest's nightmare) but yet the wine was not spilt. He is the patron saint of the county of Sussex.

Richard's feast day is kept on 16 June. It is said that he recited his prayer as he lay dying - and this reminds us always to say thank you to Jesus, our merciful redeemer, friend and brother.

*Julia Mann*



# **WANTED**

## **Someone to keep our website up to date**

**\*\*\*\*\* TRAINING PROVIDED \*\*\*\*\***

*Please contact:* The Revd Matt Selman  
01284 599356 [curatematt@hotmail.com](mailto:curatematt@hotmail.com)

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## **STOP PRESS**

*At the time of writing the following churches  
in our benefice were planning to **OPEN FOR PRIVATE PRAYER:***

**All Saints', Bury St Edmunds**

2-4pm on Sundays and 4-6pm on Wednesdays  
starting next Wednesday 17th June

**St John the Evangelist, Bury St Edmunds**

12noon-4pm daily, starting next Monday 15th June

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**DO YOU HAVE** any photos of your church and people  
which you can submit as an email attachment?

Items for the **VIRAL BULLETIN** are very welcome  
and can include photographs and illustrations.

*Please send them to to Adrian Mann:* [adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)