#### Lark Valley and North Bury Team Ministry

## VIRAL BULLETIN

#### 9 August 2020

#### 9th Sunday after Trinity

Welcome to the ninth Sunday after Trinity edition of the *Viral Bulletin*.

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



St Lawrence, Lackford, before lockdown

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## **Ninth Sunday after Trinity**

#### Matthew 14.22-33

Like most of you we haven't had much in the way of a holiday or time away this year.

It was lovely to go away, with Mark Hunt, Anne Ruffles and a small group, to Poland at the beginning of March, but I little imagined at the time that this would be the last occasion that I would fly for some while.

It now does look like this might be my one and only flight this year. I was booked for a trip to Oberammergau in June but of course that was cancelled ... and Philip and I were going to cruise to Iceland in September but that now is also cancelled.

We hope, like many of you, for better things next year.

But towards the end of August I am hoping to have a couple of nights away at Launde Abbey. We sometimes just need some quiet time away from the usual or currently not so usual routines, in order to have some extra space to pray and to help us to re-connect with God.

We read in our Gospel passage from Matthew today that Jesus needed to find space to pray.

'After he dismissed the crowds, Jesus went up the mountain by himself to pray.'

Perhaps we all need a nearby mountain, but if that isn't possible, Launde Abbey can be an excellent alternative!

Now if we look again at our Gospel story, we see Jesus walking on the water towards the disciples in the boat.

When we were in the Holy Land we got up early on the last morning of our tour to watch the sun rising over Galilee. It was indeed a most wonderful sight ... the lake was still and calm and a beautiful blue colour.

We didn't see any squalls but we were told that the wind can easily whip up the water so that it becomes turbulent.

And so we can imagine what it must have been like for the disciples in the boat ... battered by the waves and far from land with the wind against them.

Some of us have been, or are going, through stormy waters.

And it is at these times that Jesus comes to us walking on the sea ... whatever that sea might be ... whether it's physical health issues for ourselves or loved ones ... or mental health concerns, with depression and anxiety being very common at this present time ... or money or job issues ... stress or struggle of any kind ...

In the midst of the storm, Jesus can speak to us, saying:
'Take heart, it is I; do not be afraid.'

Take some time to be quiet for a moment and listen to Jesus speaking to you. Hear Jesus say to you, 'I am with you. Hang in there.'
Sit quietly and rest awhile.
Amen.

Val Gagen



#### Lark Valley and North Bury Churches

#### SERVICES THIS WEEK

	th August	Sunday 9t		
All Saints', Bury St Edmunds	Parish Communion (CW)	9.00am		
St George's, Bury St Edmunds	Parish Communion (CW)	9.30am		
Fornham St Martin	Family Communion (CW)	10.00am		
Lackford	Family Communion (CW)	10.00am		
St John's, Bury St Edmunds	Parish Eucharist (CW)	11.00am		
Fornham All Saints	Benefice Evening Prayer (BCP)	6.00pm		
Wednesday 12th August				
St John's, Bury St Edmunds	Eucharist (CW)	6.00pm		
Thursday 13th August				
All Saints', Bury St Edmunds	Eucharist (BCP)	9.30am		
Sunday 16th August - The Blessed Virgin Mary (transferred from 15th)				
Lackford	Holy Communion (BCP)	8.00am		
All Saints', Bury St Edmunds	Parish Communion (CW)	9.00am		
St George's, Bury St Edmunds	Parish Communion (CW)	9.30am		
Timworth	Morning Prayer	9.30am		
Fornham All Saints	Family Communion (CW)	10.00am		
West Stow	Worship @ West Stow	10.00am		
St John's, Bury St Edmunds	Parish Eucharist (CW)	11.00am		

#### CHURCH ZOOM GATHERING

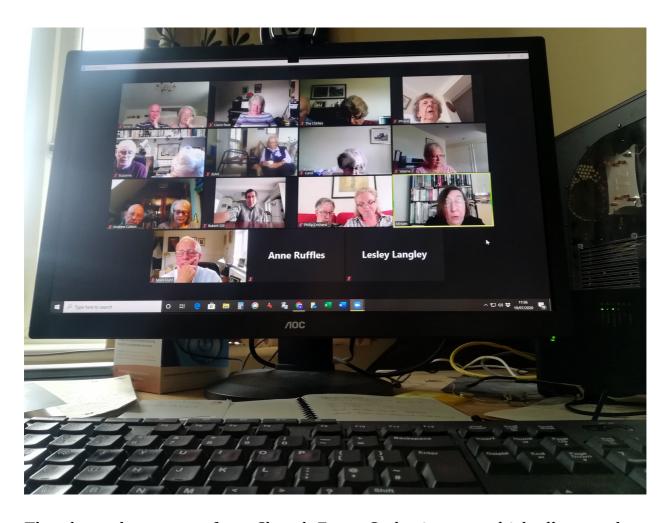
Everyone is welcome to join our Church Zoom gathering at 11am on Sundays. To do so, please email Claire for the link at <a href="mailto:clairerose1953@gmail.com">clairerose1953@gmail.com</a>

#### OPEN FOR PRIVATE PRAYER

St John the Evangelist	12noon-4pm daily			
St Mary, West Stow	8.45-10.45am on We	dnesdays and 9.15-11.15am on 1st and 3rd Sundays.		
For access at other times please contact Ian Hobley (01284 728745) or Paul Luke (01284 729654)				
Fornham All Saints	opening between 9-10 and c	osing between 5-6. Hand sanitising will be requested		
names and contact details will also be asked for. Movement around the church will also be limited.				
St Andrew, Timworth		contact Alison Pettitt (01284 728379)		
St Lawrence, Lackford	d .	contact Harry Lidster (01284 728876)		
Fornham St Martin contact Beryl Dykes (01284 704109) or David Yates (01284 705157)				
St George, Bury St Ed	<b>munds</b> co	ntact the Revd Val Gagen (01284 361963)		
All Saints, Bury St Edr	nunds	open for worship only		
St Mary, Culford and St Catherine, Flempton				

remain closed at present - contact numbers are in the porch

#### What is the CHURCH ZOOM GATHERING?



The photo shows one of our Church Zoom Gatherings, at which all are welcome. It is possible to join just using the telephone, but then of course you cannot see people. If you would like to join, just send Claire an email at <a href="mailto:clairerose1953@gmail.com">clairerose1953@gmail.com</a> and she will send you a link. You do need to download the app, which takes a moment and is free to participants. You can do this on a desktop, laptop, tablet or smartphone.

Each week we hear two readings, have a sermon and prayers as part of the service.

This is a way for those who do not feel it is wise for them to go into the church building to be able to take part in a service still and to see each other. We share news for a few minutes before and after the service.

One of our regular Zoomers who is now back in church commented:

I am missing Zoom! Strangely it seems more friendly and intimate - perhaps because we are sharing our homes? This is the opposite of how many see using this technology. And because we have to be so careful to "distance" in church it is hard to kindle a sense of community.

So please remember all are welcome. If you are not sure about going into the building yet or cannot make the service time offered, do give Zoom a try, 11am on Sunday morning.

### FAIRTRADE PRODUCERS RAISE THEIR VOICES TO ASK NESTLÉ TO



#### KEEP KITKAT FAIRTRADE

After a decade of sourcing cocoa and sugar for KitKat in the UK and Ireland, Nestlé have informed Fairtrade they no longer plan to buy Fairtrade cocoa and sugar from some of the world's most vulnerable small scale farmers.

The move will mean a loss of almost £2 million (£1.95 million) in Fairtrade Premium each year for thousands of cocoa and sugar farmers in the global south. This income is a real lifeline for some of the world's poorest farmers.

Nestlé and Fairtrade have made a much-needed difference to farmers' lives in the last 10 years. Cocoa co-operatives have benefitted from the safety net of the Fairtrade Minimum Price and the Premium has meant communities have been able to invest in classrooms, dispensaries, canteens, and programmes to help women increase and diversify their income.

'As Fairtrade producers, our voice is heard and taken into account. We are treated with the respect and dignity we deserve.'

As of now, Fairtrade Premiums are providing tangible support for farmers at this difficult time. Because producers can choose themselves how to spend the Fairtrade Premium, they have been able to act quickly during the Covid-19 crisis to protect their health, support their communities and compensate for disruption to income. As a result, farmers and their co-operatives have been able to buy protective equipment, distribute hand-sanitisers, raise awareness and support families struggling due to illness. The Fairtrade Premium is unique in guaranteeing farmers full control over how they choose to invest it in their communities and farms.

Nestlé's decision will mean all future purchases of sugar will be from European sugar beet producers, meaning cane sugar farmers will not only lose the Fairtrade Premium, but could lose access to market to sell their sugar. Future purchases of cocoa may be from the same co-operatives, but only as part of Nestlé's own Cocoa Plan initiative, meaning no Fairtrade Premium. Cocoa farmers in Côte d'Ivoire expressed some grave concerns when they were first told about Nestlé's decision at a joint meeting in May. They clearly stated how worried they are about the resulting income gap and the loss of freedom to decide how the Premium is spent. When a typical cocoa farmer in West

Africa lives below the extreme poverty line and earns on average 74p per day – less than half of a living income, but only a few pence more than the price of a KitKat – it is not surprising cocoa farmers are so anxious about losing further income through this move.



Besides the new global health pandemic, farmers remain deeply affected by long-term endemic poverty, lack of services, low and unpredictable income and climate change. Fairtrade means access to children's education, access to health centres, electricity to enable children to learn, as well as improved living and working conditions for farmers in the most remote areas where cocoa is grown.

Fairtrade has the highest fixed Premium of any independent certification scheme in cocoa, currently \$240 per tonne - that goes directly to the producers' co-operatives on top of market price - coupled with a Minimum Price that protects farmers if world markets collapse.

The Fairtrade Foundation started campaigning publicly for Living Incomes for cocoa farmers in 2017 and was the first to publish a Living Income reference price. It is already working with businesses to pilot a Living Income for cocoa farmers. Research from Fairtrade International shows that the overall financial value to Ivorian Fairtrade cocoa co-operatives and their farmer members increased by almost 35 percent in 2019.

Writing on behalf of Ivorian cocoa farmers, Atse Ossey Francis, Chairman of the Board of Directors of the Ivorian Fair Trade Network, said: 'Fairtrade is 50% owned by producers, giving us power to make our own decisions for our organisations, families and communities, giving us the opportunity to raise the voice of small producers. As Fairtrade producers, our voice is heard and taken into account. We are treated with the respect and dignity we deserve. **Stopping the relationship with Fairtrade is to silence our voices.**'



www.thisismytheatre.com

# The THREE

## MUSKETEERS

Asexandre Dumas

"All for one & one for all!"



Friday 14th August, 3pm
ALL SAINTS CHURCH

**WORDWELL** (field next to church)

Tickets in advance only. Open-air. Social distancing measures in place. www.thisismytheatre.com / 07732 253311

#### **NEWS from CULFORD**

I am delighted to report that St Mary's Culford will be open for worship from 1st September. The first service to be held in the church will actually be a school baptism on August 30th, which will, weather permitting, mainly be outside with the west doors open. The church will remain closed for the time being other than for services.

Gail Bate

#### **FACE COVERINGS**

Up until now the Church of England has strongly advised that face coverings should be worn by all those attending a place of worship, including ministers, worshippers, staff, volunteers, contractors and visitors; remembering that they are mainly intended to protect other people, not the wearer, from coronavirus COVID-19 and that they are not a replacement for physical distancing and regular hand washing.



#### FROM SATURDAY 8 AUGUST THIS IS A LEGAL REQUIREMENT

#### Q. What is a face covering?

A. A face covering is something which safely covers the nose and mouth. You can buy reusable or single-use face masks. You may also use a scarf, bandana or hand-made cloth covering but these must securely fit round the side of the face.

#### Q. Why should we wear face coverings?

A. Coronavirus (COVID-19) can spread predominantly by droplets and perhaps aerosols from coughs, sneezes and speaking.

The best available scientific evidence is that, when used correctly, wearing a face covering can reduce the spread of coronavirus droplets in certain circumstances, helping to protect others.

DO YOU HAVE any photos of your church and (with permission) 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 Adrian Mann: adrian.mann@btinternet.com