

Lark Valley and North Bury Team Ministry

# VIRAL BULLETIN

2 August 2020

8th Sunday after Trinity

Welcome to the eighth 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](http://www.northburychurches.org.uk)



*At Foxearth Meadows*

*Courtesy of A Rocha*

*In this issue:*

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Janet Groom sends her thanks

# Eighth Sunday after Trinity

*Matthew 14:13-21*

In the New Testament Jesus is frequently shown eating meals; with Mary and Martha, with Zacchaeus (the short man who climbed the tree to get a better view of Jesus) and with those despised tax collectors and sinners. And then we have this reading about the feeding of the 5,000 with 5 loaves and 2 fish.

Immediately before these verses from Matthew's Gospel is the story of John the Baptist being beheaded, such a gruesome story. Then we are told that Jesus goes by boat to a deserted place. This sounds quite natural to me, we see the humanity of Jesus, his cousin has been killed, he is upset, he wants to be alone. But the crowds have other ideas, they follow him so he comes ashore and heals the sick. It gets late, the disciples get anxious. They ask Jesus to send the crowds away so that they can buy food. But Jesus says, "you give them something to eat."

The disciples produce 5 loaves and 2 fish and the crowd is fed. Possibly a crowd of 10 - 20 thousand because the number of 5 thousand only refers to the men and does not include the women and children. So this vast crowd is fed and there are 12 baskets of food left over. Even those of us who know we can stretch a pound of mince to feed the family and unexpected guests can't do that.

The story is often said to be a pointer towards our Holy Communion. If we look carefully Jesus takes the bread blesses it, breaks it and gives it to the crowd which is what happens when we celebrate Holy Communion. The bread is taken, blessed, broken and given to us all.

Then again the story can be seen as a sign of God's abundance, God's willingness to give us even more than we need; everyone was fed with 12 baskets of food left over.

But I think it is important to notice that this miracle happens because the disciples work with Jesus. They took what they had, the 2 small fish and 5 loaves and this they offered to Jesus and then the miracle happened. It seems that without the involvement of the disciples the crowd would not have been fed.

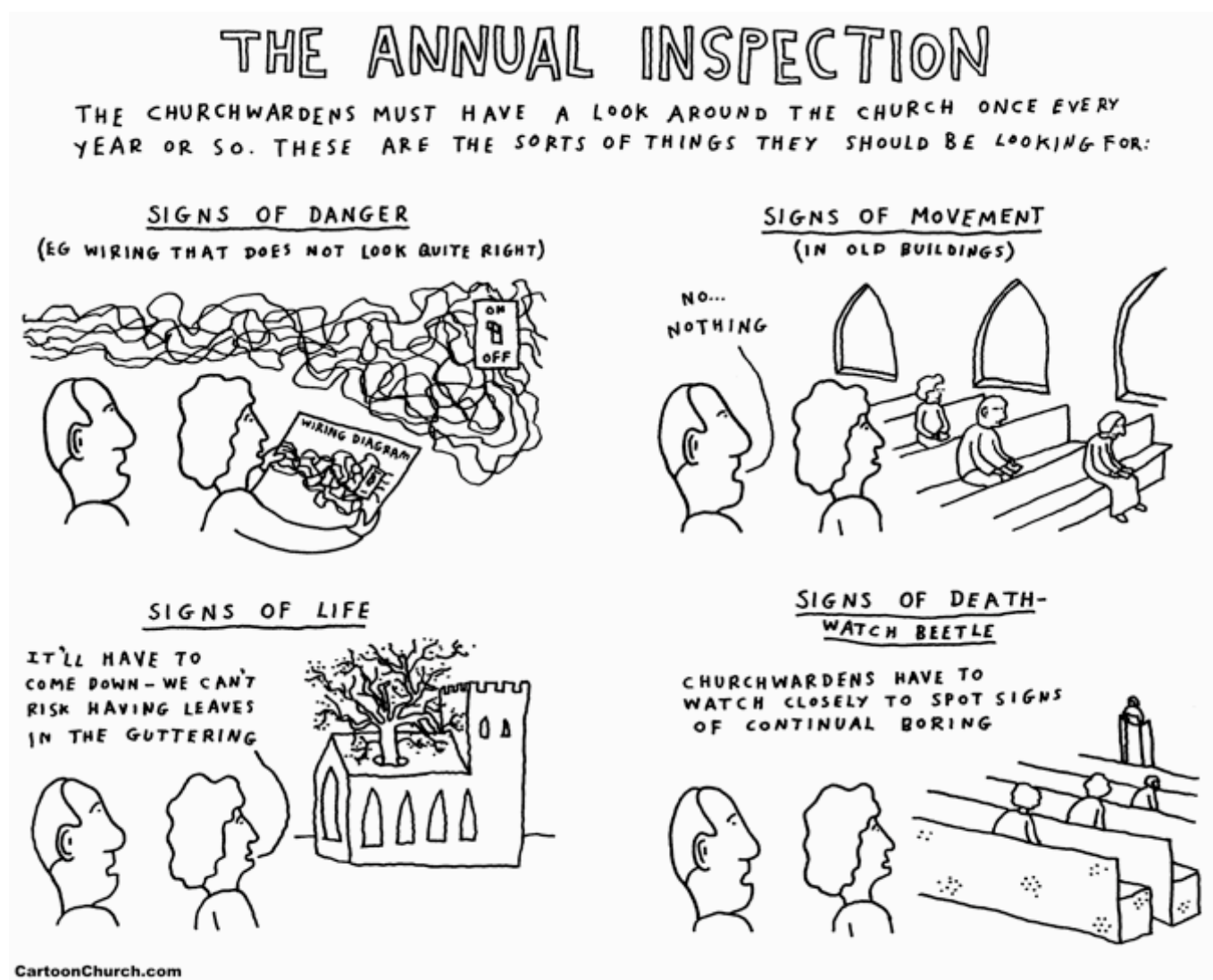
Jesus said to his disciples, "you give them something to eat".

To me the miracle of the story is that God worked with the disciples, they and of course that means us too, are an essential part of God's story.

God trusts us to work with him to do his work. Only our God would give us that much trust.

Jesus said "you give then something to eat."

*Jenny Vereker*



## *Lark Valley and North Bury Churches*

### **SERVICES THIS WEEK**

#### **Sunday 2nd August**

9.00am	Parish Communion (BCP)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
9.30am	Holy Communion (BCP)	Timworth
10.00am	Family Communion (CW)	West Stow
10.00am	Worship@Fornham	Fornham All Saints
11.00am	Parish Eucharist (CW)	St John's, Bury St Edmunds

#### **Tuesday 4th August**

10.00am	Eucharist (CW)	Fornham St Martin
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#### **Wednesday 5th August**

6.00pm	Eucharist (CW)	St John's, Bury St Edmunds
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#### **Thursday 6th August - Transfiguration of Our Lord**

9.30am	Eucharist (BCP)	All Saints', Bury St Edmunds
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#### **Sunday 9th August**

9.00am	Parish Communion (CW)	All Saints', Bury St Edmunds
9.30am	Parish Communion (CW)	St George's, Bury St Edmunds
10.00am	Family Communion (CW)	Fornham St Martin
10.00am	Family Communion (CW)	Lackford
11.00am	Parish Eucharist (CW)	St John's, Bury St Edmunds
6.00pm	Benefice Evening Prayer (BCP)	Fornham All Saints

### **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 [clairerose1953@gmail.com](mailto:clairerose1953@gmail.com)

### **OPEN FOR PRIVATE PRAYER**

St John the Evangelist, Bury St Edmunds	12noon-4pm daily
St Mary, West Stow	4-6pm on Sundays and 8.45-10.45am on Wednesdays
Fornham All Saints	2-4pm on Sundays and Wednesdays, entry via the Priest's door
St Andrew, Timworth	contact Alison Pettitt (01284 728379)
St Lawrence, Lackford	contact Harry Lidster (01284 728876)
Fornham St Martin	contact Beryl Dykes (01284 704109) or David Yates (01284 705157)
St George, Bury St Edmunds	contact the Revd Val Gagen (01284 361963)
All Saints, Bury St Edmunds	open for worship only
St Mary, Culford and St Catherine, Flempton	remain closed at present - contact numbers are in the porch



# ECO CHURCH



*Five of the ten churches in our benefice have nominated carrying out an Eco Church assessment as one of their Growing in God aims. They are St Lawrence's Lackford, St Mary's West Stow and St Mary's Culford in the Lark Valley, and St George's and St John's in Bury St Edmunds.*

**Eco Church is A Rocha UK's award scheme  
for churches in England and Wales who want to  
show that the gospel is good news for God's earth.**

A Rocha is an international network of environmental organisations with a Christian ethos. A Rocha (meaning "the rock" in Portuguese) was founded in Portugal in 1983. Their free online survey and supporting resources are designed to equip churches to express care for God's world:

- in their worship and teaching;
- in how they look after their buildings and land;
- in how they engage with their local community and in global campaigns,  
and in the personal lifestyles of your congregation.

The actions churches take count towards a prestigious Eco Church Award at Bronze, Silver or Gold level. You can complete the Eco Survey to gauge where your church currently is in relation to the three different levels and may find you already qualify for an Eco Church Award.

A Rocha's vision is for churches of all denominations to care for creation as an integral part of loving their neighbours and following God faithfully. We can all help to bring that vision to reality by participating in Eco Church.

**A Rocha UK have a nature reserve  
quite near to us at Foxearth Meadows,  
in the north of Foxearth parish next to Glemsford Pits.**

Here's a report from the reserve:

Spring saw the return of migratory warblers to the reserve, the earliest into voice being the Chiff-chaff. Its song is instantly recognisable as a dancing "chiff-chaff", usually delivered from the upper branches of a riverside tree or the taller hedges, and not to be confused with the more muscular "teacher teacher" of the Great Tit. From the

lower vegetation comes the flute-like song of the Blackcap, known in some circles as the mock Nightingale. The Nightingale itself generally prefers the dense vegetation just outside the reserve. Later to arrive are the 'Acros', as they are called in birding slang. These are birds of the *Acrocephalus* genus, which winter in sub-Saharan Africa, including Reed and Sedge warblers, both of which are present on the reserve, particularly around the Island Pond. Both of these may fall victim to the Cuckoo (*see photograph right by Albert Butcher*). A male Cuckoo has been present for most of the spring. The female bird was no doubt in the area too. She looks similar to the male but has a completely different call: a bubbling cry likened to water gurgling down a plug-hole.

For those visiting the reserve, the good news is that we have over recent weeks been able to resume opening the car park and we are trying to do so 7 days a week (no guarantees though over the holiday period). If the car park is closed, there is still a footpath access to the reserve, through the car park and via the two kissing gate entrances. The not-so-good news is that we are currently unable to leave the eco-toilet open with the exception of supervised activities on the reserve.



## **FOXEARH RESERVE CONSERVATION VOLUNTEER WORK PARTIES**

There is a lot of practical work to be done on site to execute the management plan for the reserve, and so we're happy that after a four month break we're now able to re-start our weekly work parties. Covid-19 restrictions will affect what we do, and we will be working at tasks which allow for social distancing and maintaining social distancing when we relax for refreshment breaks.

**Volunteers will be asked to bring their own refreshments.** If people have thorn-proof work gloves and safety footwear, please bring them. Otherwise unused work gloves and sterilised safety wellies can be provided. We will practise a careful hygiene regime as directed by Mark.

We trust that all this will not mar the friendly atmosphere of our work parties. We'll arrange jobs (some lighter, some heavier) to suit whoever is able to come.

Work parties generally take place on a Friday. We start at 10.00 am, and people work through the morning, or longer if they are able.

**DATES:** every week from Friday, 7 August.

**In the present circumstances, it is important that you contact Mark Prina to let him know you are able to come, so that he can manage numbers and tasks in a safe way.** (Tel. 07548 209652 or e-mail [mark.prina@arocha.org](mailto:mark.prina@arocha.org))

# The Transfiguration of Our Lord

## Thursday 6 August

### Luke 9.28-36

THE TRANSFIGURATION OF OUR LORD is a festival that often falls on a weekday and so it can be overlooked. That is a pity, because it is a commemoration of a moment of deep significance to our faith.

Luke's gospel tells us of what happened to Jesus on the mountain top. And the episode of the Transfiguration also appears in the gospels of Matthew and Mark. Yet the Transfiguration is a mysterious event and from the earliest days of the church it has been looked upon as a pivotal episode in the life of Jesus.

Each of the three gospel writers places it towards the middle point of their gospels, and it follows Peter's declaration that Jesus is the Christ. It can also be seen as a pointer towards the resurrection when the risen and glorious Christ overcomes death and opens heaven's gates to everyone.

During the Transfiguration, Jesus is praying in the company of his disciples on a mountain top, often said to be Mount Tabor. Throughout our holy scriptures, mountains are places where people meet God. The presence of Jesus, (who is both God the Son and a human being), means that heaven and earth are joined together in his person.

This is reinforced by the sound of the voice of God the Father confirming who Jesus is in words that recall those uttered when Jesus was baptized. The voice comes from a cloud which can be seen as signifying the presence of the Holy Spirit. This means that the Transfiguration is a festival not just of Jesus alone, but also of the Holy Trinity.

The majesty, honour and glory of Jesus is further emphasized by the presence of Moses and Elijah. They stand for the Law and the prophets in the Old Testament. Jesus is the fulfillment of everything that Moses and Elijah stood

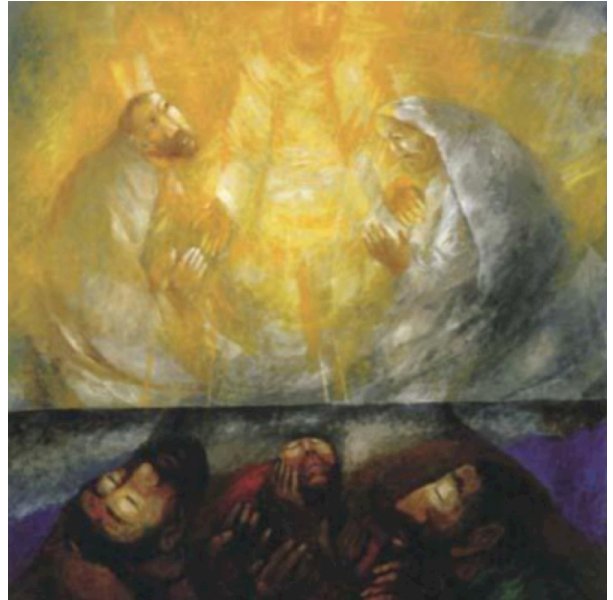
for, and these two now live in the presence of Jesus and remind us that our God is the God not of the dead but of the living.

Moses and Elijah both experienced meeting God on a mountain. Moses was given the Ten Commandments on Mount Sinai and his face shone after his meetings with God. Elijah had his encounter with the still small voice of God when he was running away from Queen Jezebel who wanted to kill him. He received courage to continue in his calling as a prophet.

How can we imagine what it must have been like for Peter, James and John to be present at the Transfiguration? Their sense of awe and holy fear reminds us that sometimes when we are particularly aware of God's presence, this is not always an easy experience. Indeed, it can be frightening, and we are told that the three disciples were terrified when the cloud came over them.

We need to remember this because there is always a temptation in some Christian circles to think of Jesus simply as a sort of chum, a kind of cosy friend. And yes, Jesus is indeed our friend – but he is more than that, he is the God who in his mercy saves us and who loves us more than we can ever imagine.

The awesome sight of the dazzling face and figure of Jesus must have been a profound, disturbing and life-changing experience for the three disciples. Until then they had known Jesus on an everyday basis. Perhaps that's why Peter wants to build a dwelling-place each for Jesus, Moses and Elijah in



order to prolong and tie down the moment. Sometimes, perhaps after a retreat or if our prayers have been particularly illuminating, we want to stay on the spiritual heights. But we have to live in the real and messy world, just like Peter, James and John. We all have to try to follow Jesus down at the foot of the mountain as well as at the top.

*Julia Mann*



# Janet Groom says ...



... my thanks to all those who so kindly supported and encouraged me with my skydive challenge.

The donations and best wishes I have received have been so appreciated.

St Nicholas Hospice Care are extremely grateful for the donations , especially as this year is proving tougher than any of us could ever have imagined.

*Janet*

... and it's still not too late to donate at

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



*Southern Hawker*



*Brown Hawker*



*Emperor*

*Dragonflies at Foxearth Meadows*

*photographs by David Chandler*

***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 Adrian Mann:  
[adrian.mann@btinternet.com](mailto:adrian.mann@btinternet.com)***