



## Alde Sandlings Benefice

Aldeburgh, St Peter & St Paul's Parish Church,  
Aldringham, St Andrew's Parish Church,  
Friston, St Mary's Parish Church  
Knodishall, St Lawrence's Parish Church

Rector: The Revd Sarah du Boulay

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## Sunday 2<sup>nd</sup> February Candlemas

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	11.00am	Family Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Revd Mary Brown

### A message from our Rector, Revd Sarah du Boulay

Dear friends,

It's been a while since I have updated everybody on the appointment of a benefice Children and Families' Worker, following the joint decision back in November of all 4 PCCs to go ahead with this project.

Firstly, our working group has now finalised the job description and grant application to send to the diocese. I will run both past the Growing Younger Enabler at the Diocesan office to make sure that both are in the best shape possible before asking the PCCs to agree them so that we can submit our application.

For those of you who didn't make it to the benefice information evening about this on 1<sup>st</sup> September last year and would like to know more, please do ask either myself, Mary, or any member of any PCC and we will be pleased to share with you the information we have. Once the PCCs have approved the documents, they will of course be available for anybody to see.

Secondly, I am thrilled to announce that a very kind and generous **anonymous** donor has offered to pay the benefice's share of the first year cost of employing the Children and Families' Worker. This is a huge gift, and is a wonderful act of support and faith in what we are doing. So, on we go, with prayers that we are indeed doing God's will, and that He will honour our commitment by enabling us to connect with many more children and families.

Exciting times indeed!

With prayers as always,

Sarah

### **The Alde Sandlings Saturday Gratitude**

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

**Aldeburgh, Aldringham and Friston** - Across the Alde Sandlings benefice, this week we especially grateful people who give so generously of their money to enable us not only to maintain the worship, mission and buildings we currently sustain, but to develop and look to the future. Thank you all so much. Your contributions are very much appreciated.

**Pilgrims** - We continue to give thanks for the faithful group who gather on Zoom, week by week, to worship and pray for the needs of family, friends and the local community. Thanks be to God.

### **Collect**

Almighty and ever-living God, clothed in majesty,  
whose beloved Son was this day presented in the Temple,  
in substance of our flesh: grant that we may be presented to you  
with pure and clean hearts, by your Son Jesus Christ our Lord,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Malachi 3.1-5**

See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight—indeed, he is coming, says the Lord of hosts. But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness. Then the offering of Judah and Jerusalem will be pleasing to the Lord—as in the days of old and as in former years.

Then I will draw near to you for judgement; I will be swift to bear witness against the sorcerers, against the adulterers, against those who swear falsely, against those who oppress the hired workers in their wages, the widow, and the orphan, against those who thrust aside the alien, and do not fear me, says the Lord of hosts.

## **Second Reading**

### **Hebrews 2.14-end**

Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

## **Gospel Reading**

### **Luke 2.22-40**

When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, 'Every firstborn male shall be designated as holy to the Lord'), and they offered a sacrifice according to what is stated in the law of the Lord, 'a pair of turtle-doves or two young pigeons.' Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary

under the law, Simeon took him in his arms and praised God, saying, 'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.' And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed-and a sword will pierce your own soul too.' There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband for seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favour of God was upon him.

### **Sermon by Revd Sarah du Boulay at Aldeburgh, 26<sup>th</sup> January**

I was tempted to take a giant leaf out of Jesus' book today, and to re-read you one of the pieces of scripture, then say in a big and important voice 'today, this scripture is fulfilled in your hearing'. Then sit down, and leave everybody to think their own thoughts for a while. But I wasn't quite brave enough...

What this did make me think though, is what exactly does that mean? Today, this scripture is fulfilled in your hearing. We know what this precise prophesy meant – the coming of the Messiah, the Son of God, the Anointed One, was indeed, among them at that very time. But what I want to challenge you with now, is that scripture is still being fulfilled, every day, some 2000 years later. This scripture is being fulfilled in your hearing. In your sight.

Take, for example, the end of our Old Testament reading - Go and enjoy choice food and sweet drinks, and send some to those who have nothing prepared. We do this! We donate to our local food bank. We are looking to support the opening of a local food pantry. And there are other ways each of us individually gives to those in need. We are literally fulfilling scripture, right here in this church! And this must give us confidence. It's

not necessarily prophecy which we are fulfilling, but it is a command. And we are the latest in a long line of people who have fulfilled this same piece of scripture. Isn't that exciting?

Now look at the New Testament reading. This church runs because we are all different parts of the body of Christ. Sitting here, right now, with a building over our heads, warm air blowing through the heating system, singing hymns, reading liturgy, praying... All of that is only happening because we have worked together as part of a body. Our organists are talented musicians. By stepping up to the plate and using this gift, they enable the rest of us to worship in a particular way. Other members are very good at looking after the fabric of the church. By stepping up to the plate and keeping the building standing (literally!), they enable the rest of us to worship together in this church. Others know how the heating and the sound system work. By stepping up to the plate, they enable us to hear what is being said in church, and to be warm (?) whilst our worship happens. Many people are remarkable prayer warriors. By praying continually for the church and its community, they enable us to keep God at the centre of all we do, and protect and strengthen us in our mission and ministry.

I could keep going. There are so many faithful people in this building today, all stepping up to the plate in their own way. And what's important is that we all have a part to play. We all need to fulfil what is asked of us at any given time, as part of this church yes, but more fundamentally, as part of the body of Christ. It's a constant, changing, challenge. It's scripture being fulfilled. This is what we have been praying for in this last week of prayer for Christian Unity – unity within each church, and unity between all churches, irrespective of denomination, as we seek to be active parts of the body of Christ – which is more vast than we can imagine.

Now look at the gospel reading again:

*“The Spirit of the Lord is on me,  
because he has anointed me  
to proclaim good news to the poor.  
He has sent me to proclaim freedom for the prisoners  
and recovery of sight for the blind,  
to set the oppressed free,  
to proclaim the year of the Lord's favour.”*

This prophecy was about Jesus. About Jesus being the anointed one. About Jesus proclaiming good news to the poor. About Jesus setting the oppressed free. About Jesus giving sight to the blind. About Jesus proclaiming the year of the Lord's favour. Absolutely. We know he did this by preaching. By

modelling a good, Christian way of life. By praying. By worshipping. By challenging injustice and oppression. And in the end, by dying for us. This is the good news of the gospel – that God loves us all so much, he gave his only son to die, and be resurrected, so that we can live in relationship with him forever. That is the good news. Jesus is the good news. God's love is the good news. This is why we are here, right here, right now. Because we all believe in that good news.

So what?

Well, I believe the so what here, is that this piece of scripture doesn't just refer to Jesus. It is also a manifesto for all of us. To spread the good news of the gospel. I have to tell you – my relationship with God is the best thing that has ever happened to me, and I am desperate to share that with as many people as possible. To open up the same possibilities for them. I want people to come to faith. I want revival for the church. I want Alde Sandlings to be at the centre of that revival for Suffolk! I want scripture to be fulfilled. Right here, right now.

So what does that look like for us? To all be part of the body – to fulfil our gifts and our calling. To step up to the plate. To be anointed by God to proclaim the good news to the poor. To proclaim freedom to prisoners and the oppressed. To give sight to the blind. To proclaim the year of the Lord's favour. Some of this, I believe is literal. Some, figurative. All, important. All scriptural. All relevant. All personal. How are we going to fulfil scripture. What does that look like, for our parishes? For our benefice? For us? I want to encourage you – there is wonderful work being done here. God's work, is being done here – by all of us. In it together, as we should be. But we mustn't rest. We need to keep pushing forward, to continue living out that year of the Lord's favour.

### **Post Communion**

Lord, you fulfilled the hope of Simeon and Anna,  
who lived to welcome the Messiah:  
may we, who have received these gifts beyond words,  
prepare to meet Christ Jesus  
when he comes to bring us to eternal life;  
for he is alive and reigns, now and for ever.

**Next Sunday – 9<sup>th</sup> February,  
Fourth Sunday before Lent**

## **NEW ELECTORAL ROLL**

The Electoral Roll is a list of names and addresses of every person who can vote in the annual parochial church meeting. It is revised annually but replaced in its entirety every six years. The current electoral-rolls (created in 2019) will be replaced with brand-new rolls this year (2025).

**EVERYONE** will need to fill out an application form (please email Claire if you would like an electronic copy sent to you) whether you are already on the current roll or wish to be added.

Hard copies can also be found in the church you worship in.

Aldeburgh – Please put in the administrator’s pigeonhole or send by email.  
Aldringham, Friston and Knodishall please hand to an Elder or Church Warden, or you can scan or take a photograph of the form and send it to Claire at:

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

The forms need to be handed in at least 3 weeks before the Annual PCC meetings at the Church you worship in.  
APCM’s in the Alde Sandlings Benefice:

**Aldeburgh – 6<sup>th</sup> April**

**Aldringham – 18<sup>th</sup> May**

**Friston – 4<sup>th</sup> May**

**Knodishall – 11<sup>th</sup> May**

### **Alde Sandlings NEW Service Times from January 5<sup>th</sup>**

We have new service times for Aldeburgh and Friston Churches.

Aldeburgh will be 11.00am EVERY Sunday from the 5<sup>th</sup> January

Friston will be 9.30am EVERY Sunday from the 5<sup>th</sup> January

Aldringham and Knodishall services remain at the same times

**First Sunday of the month at Aldeburgh is the Family Holy Communion service served with coffee and biscuits.**

**Please Bring Your Own Cup - it's less waste, makes your drink truly yours and helps with the clearing up afterwards.**

## ALPHA AT ALDRINGHAM

11 weeks starting on 4th February - 6-8pm, including a light supper.

Alpha is for anyone who has questions about the Christian faith, whatever your background or beliefs, you are

**ALL WELCOME**

To sign up and for more details and the location, please contact Rev'd Mary [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)



### † Church of England and Diocese Online Worship †

There are many online services you can view from the Church of England and our cathedral. Here are some links below.

Church of England website

<https://www.churchofengland.org/prayer-and-worship/church-online/weekly-online-services>

Church of England Facebook page

<https://www.facebook.com/thechurchofengland/>

Church of England YouTube channel

<https://www.youtube.com/channel/UCLecK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

### £££ Ways to donate to our churches within the £££

#### Alde Sandlings Benefice

Your donations REALLY mean so much to us. If you would like to donate, please click on the link below.

No matter how small your donation is, it helps us keep our doors open, support our ministry and mission, and to help preserve our church buildings. THANK YOU SO MUCH

Just click on the link to support any of our churches -

<https://www.aldeburghparishchurch.org.uk/ways-to-donate-to-the-churches-within-the-alde-sandlings-benefice/>



## † Morning Prayer across the Benefice †

Revd Sarah is bringing the benefice together in prayer each morning from 9-9.30am. People are very welcome to join, no regular commitment required, just pop along when you wish.

Monday – Aldeburgh & \*\*Friston

Tuesday – \*\*Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh

\*\* Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

## The Alde Sandlings, Dates for your Diary

- Prayer Warriors' Group – Every last Tuesday of the month, 6-7pm in Aldeburgh Church – All welcome
- Benefice Bible Studies Group – First Sunday of the month, 3-4.30pm, at The Rectory, Friston
- Alpha at Aldringham – Starting from 4<sup>th</sup> February. See notice.
- APCM's in the Alde Sandlings Benefice
  - Aldeburgh – 6<sup>th</sup> April
  - Aldringham – 18<sup>th</sup> May
  - Friston – 4<sup>th</sup> May
  - Knodishall – 11<sup>th</sup> May

## Prayer Groups Continue

### Benefice monthly Bible Studies Group.

Every first Sunday of the month from 3-4.30pm.

This will be hosted by Revd Mary at the Friston Rectory.

### Prayer Warriors Group

Every last Tuesday of the month from 6-7pm in Aldeburgh Church.

You are all most welcome. If you would like to join either, please contact Revd Mary to be added to the list.

## † Home Visits †

Not everyone can get to church as they were once able to, due to an illness or reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know. Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

## Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities. The Aldeburgh Co-op and Solar in Leiston are doing a grand job in collecting food donations, which are collected regularly and distributed. So please look out for the various collection baskets. <https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

## † Pilgrims Together on Wednesdays on Zoom †

The worship starts at 6.30pm (Zoom call opens from 6.10pm) and the call is then left open after the worship time for people to catch up. People are welcome to email [pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com) to receive a copy or be added to our mailing list.

## Pilgrims @ Thorpeness Sunday 9th February 4pm @ Ogilvie Pavilion - Pilgrims Create

New Pilgrims face to face gathering. A time to share and explore.  
A time to be with each other and God.

## Saturday 15th February Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts.  
All are welcome.

## Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith – [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)