



## 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

Email: [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

Curate: The Revd Mary Brown

Email: [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)

Tel: 01728 467454

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## Sunday 16<sup>th</sup> February Third Sunday before Lent

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Prebendary Derek Johnson
	11.00am	Holy Communion	Revd Mary Brown
	11.00am	Family Service	in the Church Hall
Aldringham	11.00am	Service of the Word	Led by The Elders
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

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

Dear friends,

Looking forward to Lent, I am really pleased to share with you details of the Deanery Lent course which we will be joining in with this year (details later in this newsletter). We will be treated to a retired Major General speaking about the ethics of war, and other eminent professionals thinking about medical ethics, justice, money and human rights – all from a Christian perspective. In a world which seems more compromised than ever, it is so important for us to engage with what is happening all around us, and to do

so from a faith-based position. How fortunate to have these people on our doorstep, ready and willing to share with us their experience. Do come if at all possible.

I'm a bit ahead of myself this year, and have already been thinking of possible Lenten disciplines to follow. One I'm particularly keen on at the moment was something a young person did back when I was a youth worker. He decided that for every day in Lent, he would give thanks for a particular person who had been a positive influence in his life, and if they were still alive, would write a note to them to thank them. It was such an affirming activity for him, and incredibly emotional for those of us who received those notes, that I'm fairly sure I will do the same this year. Does anybody have any other ideas for disciplines to take up for Lent?

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.

Across the **Alde Sandlings benefice**, this week I am grateful for our team of Lay Elders and Clergy who work so hard to provide pastoral and liturgical care and service to all of us (myself very much included). Without them, we would not be able to function. They love us, care for us, pray for us, lead us in worship, teach and guide us. And other than Rev'd Mary and myself, are all unpaid and do so entirely as volunteers from their own sense of calling. What a team!

**Pilgrims** - are giving thanks for the many moments of grace and revelation shared by those who joined us over our weekend gatherings as part of our focus on Candlemas. Giving thanks for the deep peace which fell upon our times together during Pilgrims Create and Pilgrims at Aldringham Court as we listened to The Blessing by Kari Jobe.

## **Collect**

Almighty God, who alone can bring order  
to the unruly wills and passions of sinful humanity:  
give your people grace so to love what you command  
and to desire what you promise,  
that, among the many changes of this world,  
our hearts may surely there be fixed  
where true joys are to be found;  
through Jesus Christ your Son our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Jeremiah 17.5-10**

Thus says the Lord: Cursed are those who trust in mere mortals  
and make mere flesh their strength, whose hearts turn away from the  
Lord. They shall be like a shrub in the desert, and shall not see when  
relief comes. They shall live in the parched places of the wilderness,  
in an uninhabited salt land. Blessed are those who trust in the Lord,  
whose trust is the Lord. They shall be like a tree planted by water,  
sending out its roots by the stream. It shall not fear when heat comes,  
and its leaves shall stay green; in the year of drought it is not anxious,  
and it does not cease to bear fruit. The heart is devious above all else;  
it is perverse—who can understand it? I the Lord test the mind and search  
the heart, to give to all according to their ways, according to the fruit of  
their doings.

## **Second Reading**

### **I Corinthians 15.12-20**

Now if Christ is proclaimed as raised from the dead, how can some of you  
say there is no resurrection of the dead? If there is no resurrection of the  
dead, then Christ has not been raised; and if Christ has not been raised,  
then our proclamation has been in vain and your faith has been in vain. We  
are even found to be misrepresenting God, because we testified of God  
that he raised Christ-whom he did not raise if it is true that the dead are  
not raised. For if the dead are not raised, then Christ has not been raised.  
If Christ has not been raised, your faith is futile and you are still in your  
sins. Then those also who have died in Christ have perished. If for this  
life only we have hoped in Christ, we are of all people most to be pitied.  
But in fact Christ has been raised from the dead, the first fruits of those  
who have died.

## **Gospel Reading**

### **Luke 6.17-26**

He came down with them and stood on a level place, with a great crowd of his disciples and a great multitude of people from all Judea, Jerusalem, and the coast of Tyre and Sidon. They had come to hear him and to be healed of their diseases; and those who were troubled with unclean spirits were cured. And all in the crowd were trying to touch him, for power came out from him and healed all of them. Then he looked up at his disciples and said: 'Blessed are you who are poor, for yours is the kingdom of God. 'Blessed are you who are hungry now, for you will be filled. 'Blessed are you who weep now, for you will laugh. 'Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets. 'But woe to you who are rich, for you have received your consolation. 'Woe to you who are full now, for you will be hungry. 'Woe to you who are laughing now, for you will mourn and weep. 'Woe to you when all speak well of you, for that is what their ancestors did to the false prophets.

### **Sermon by The Very Revd Christopher Lewis at Aldringham and Knodishall, 9<sup>th</sup> February**

The Gospel: Jesus said to the disciples: 'from now on you will be catching people'. To talk about fishing and nets right here may not be very relevant except on the beach. Or maybe referring to some people's holidays: on the bank of the river under an umbrella.

However, I reckon that Jesus' call to his disciples is as important to note as it ever was. The church seems a bit chaotic at the moment, but it is good to see it as a net – full of all sorts of odd fish and yet with the body of the church in common. And all are told that they might fish for people, although you have to be careful of the parallel. If you don't, then the fisherman quickly becomes someone of superior knowledge, playing the fish from the bank. If tempted to be superior like that, we can be quickly reminded of Simon Peter's example – first reaction when asked to join Jesus' fishing expedition is to fall on his knees, knowing how unprepared he is: 'Go away from me, Lord, for I am a sinful man'.

Jesus' disciples are fishers of people. To some that sounds altogether too aggressive. Standing on a soap box or in a pulpit telling people what's good for them: 'You are all wicked and must turn to the Lord'. That approach seems to be effective (maybe only among extreme

fundamentalists) when attached to the promise - false of course – that you will then get rich quick.

Or the quieter method of parents and teachers speaking to a child who listens, grins and walks away, then behaving much as he or she did before, namely in the manner approved of by their friends.

So, aggressive fishing leads to small catches on the whole; the fish swim off, looking a bit bored.

If that doesn't work, what does? The other extreme is to say you should not fish at all. But there is a middle way. It is just to put oneself firmly into being a Christian, leading a genuinely good life, not in an exhibitionist or aggressive manner but following in the way of Jesus. No soap box; no shouting. Instead people may actually ask 'What is it that makes her or him like that? They may become fascinated and want to learn what makes a Christian tick, and so they may be led to the truth, perhaps accompanied by some quiet words. People enter the great broad net which is the Church.

I have heard that said by many who have a healthy horror of telling people what's good for them, and they may not want to be labelled a hypocrite. So they lead quiet good lives.

Does that work; is it faithful to what Jesus called us to do? I read an article written by a priest in London who began to doubt whether loving example was enough. He wrote: 'It is significant that one of my colleagues has worked hard in the community in his area for seven years and nobody, to my knowledge, has ever made that ... connection and realized that the reason for his sacrificial and loving actions was because he was as follower of Christ'.

There he was, hoping that fish would drift into the wonderful net. No doubt the people said that it was good to have him around and that he did good, but somehow they never got to it all being a consequence of deeply righteous living. They may have shrugged their shoulders and gone their way.

So, aggressive fishing may not work, and nor may very quiet fishing. Let us look more clearly at Jesus himself. He did preach and teach. He was critical of the powers that were. He was deep-rooted in God's will. Usually he quietly taught small groups who could hear him and watch him, sharing in his life and prayers. Even then, they frequently missed the point. It is hard for us to read off a particular fishing method from Jesus' life. Times were different and our capabilities are small. But at least we can say this. He did not harangue and nor did he expect them all to copy him. He invited all to share a way of life open to God and to neighbours. We are not to be shy talking of faith. This week he might have said that Bishops should not shout at each other!

The first disciples were there to pass on the message of Jesus - that we should follow him, loving God and loving our neighbours as ourselves. It is as if they were saying 'Come on into the net and join us; there are some odd fish in here, but actually they are pretty good, so swim in and see for yourself'.

That was quite a challenge for the disciples, then for the early church, then for the church today. Life in the net must be attractive and must point to God. It is no good people discovering a dodgy aquarium. It is our task both quietly to invite, but also to make sure that the things going on in the net are attractive and Christ-like.

And finally, as well as worshiping God, we must deeply respect the fish, knowing how it is that deep down in each fish is a longing not only for love of other fish, but also for love of God. Where else to go for this to be brilliantly expressed but to that most wonderful of poets, Rupert Brooke?

***But somewhere, beyond Space and Time,  
Is wetter water, slimier slime!  
And there (we trust) there swimmeth One  
Who swam ere rivers were begun,  
Immense, of fishy form and mind,  
Squamous, omnipotent and kind;  
And under that Almighty Fin,  
The little fish may enter in.  
And in that Heaven of all their wish,  
There shall be no more land, say fish.***

### **Post Communion**

Merciful Father,  
who gave Jesus Christ to be for us the bread of life,  
that those who come to him should never hunger:  
draw us to the Lord in faith and love,  
that we may eat and drink with him  
at his table in the kingdom,  
where he is alive and reigns, now and for ever.

**Next Sunday – 23<sup>rd</sup> February,  
Second 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 from 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.
- Ash Wednesday Benefice Service on 5<sup>th</sup> March at 6pm at Knodishall Parish Church
- Deanery Sunday Lent Course at Darsham Village Hall from 9<sup>th</sup> March – 13<sup>th</sup> April 4pm-5.30pm. See notice below.
- Nadia and Friends Concert – Monday 17<sup>th</sup> March at Aldeburgh Parish Church at 12 Noon.
- 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, be added to our mailing list or for the Zoom links.

## Saturday 1st March Community Breakfast & Local Walk 9.30 @ The Parrot date

As before, a delicious breakfast bap and coffee/tea combo for £7.50 is on offer at the Parrot, before we head out to explore local paths. Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both.

## Pilgrims @ Thorpeness Sunday 9th March 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.

**All are welcome to any of the Pilgrims events**

## **DEANERY LENT COURSE**

We are pleased to inform you of the Lent Course on offer this year. If you would be interested in attending, then please let Claire know at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we can then arrange transport to Darsham Village Hall. ALL WELCOME.



# **CHRISTIAN ETHICS** *or* *How to do the right thing*

## **LENT COURSE**

**Each Sunday of Lent  
9 March to 13 April**

Led by Revd Tim Rogers, with guest speakers:  
Major General (Retd) John Sutherland, David Burgess,  
Jill Stuchfield, Revd Nic Stuchfield, Prof. Lara Coleman.

Discussing: principles of Christian ethical  
thinking, going to war, medical ethics,  
justice, money & human rights.

**Darsham Village Hall, IP17 3FA  
4pm - 5:30pm**

Refreshments will be served  
No cost, but donations toward the expenses welcome

**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church**

**Monday 17<sup>th</sup> March  
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into March 2025, with the return of:

Helen Stanley (Violin)  
Nadia Lasserson (Piano)  
*And local Composer*  
Alan Bullard (Piano)

In a programme of Bach, Mozart, Smetana and Bullard

**Looking forward to welcoming you all.  
Admission is free- with a retiring collection for  
Save the Children**

**ALL VERY WELCOME**



**Save the Children**  
**100 YEARS**