



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 23rd February Second Sunday before Lent

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion <i>with baptism</i>	Revd Sarah du Boulay
	11.00am	Family Service	in the Church Hall
	6.00pm	Evening Prayer	Led by The Elders
Aldringham	11.00am	Family Service	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Holy Communion	Revd Mary Brown

A message from, Revd Mary Brown

Dear Friends,

In my sermon last week (printed below) I talked about praying bold prayers - that the resurrection (which we read about in 1 Corinthians 15) gives us good reason to pray bold prayers.

In our gospel reading this Sunday we will hear the disciples say 'Who then is this, that even the wind and the waves obey him?' Elsewhere in the gospels (Matt 21/Mark 11) Jesus tells us that in the power of the Holy

Spirit, we can do what he did, we can even ask mountains to leap into the sea and they will.

So let's be encouraged to pray bold prayers this week, to bring everything before our Heavenly Father, who loves us, who listens to us, and who will answer us. Let's remember who it is that invites us to pray, and that taught us to pray - our Lord Jesus Christ, through whom everything was made, who holds the authority over the natural order, who stilled storms with a word, who died for us, and was raised again.

With love and prayers,

Mary

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 - for all the weddings we have coming up this year, and the way that the church welcomes wedding couples.

Aldringham - for the new family service which starts this Sunday (please do come and invite your neighbours, friends and family).

Friston - for those who have worked hard liaising with Save the Rain which is leading to new rain water tanks and planters around the church.

Knodishall - for a beautiful sunny prayer walk this week, enjoying the gifts of God's good creation together (please do join us one Tuesday morning.)

Pilgrims - Pilgrims are giving thanks for our 'Light' themed February. How God inspires all our times together, our worship, our conversations and encounters out in the community.

Collect

Almighty God, you have created the heavens and the earth and made us in your own image:
teach us to discern your hand in all your works
and your likeness in all your children;
through Jesus Christ your Son our Lord,
who with you and the Holy Spirit reigns supreme over all things,
now and for ever.

First Reading

Genesis 2.4b-9, 15-end

These are the generations of the heavens and the earth when they were created. In the day that the Lord God made the earth and the heavens, when no plant of the field was yet in the earth and no herb of the field had yet sprung up-for the Lord God had not caused it to rain upon the earth, and there was no one to till the ground; but a stream would rise from the earth, and water the whole face of the ground then the Lord God formed man from the dust of the ground, and breathed into his nostrils the breath of life; and the man became a living being. And the Lord God planted a garden in Eden, in the east; and there he put the man whom he had formed. Out of the ground the Lord God made to grow every tree that is pleasant to the sight and good for food, the tree of life also in the midst of the garden, and the tree of the knowledge of good and evil. The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Then the Lord God said, 'It is not good that the man should be alone; I will make him a helper as his partner.' So out of the ground the Lord God formed every animal of the field and every bird of the air, and brought them to the man to see what he would call them; and whatever the man called each living creature, that was its name. The man gave names to all cattle, and to the birds of the air, and to every animal of the field; but for the man there was not found a helper as his partner. So the Lord God caused a deep sleep to fall upon the man, and he slept; then he took one of his ribs and closed up its place with flesh. And the rib that the Lord God had taken from the man he made into a woman and brought her to the man. Then the man said, 'This at last is bone of my bones and flesh of my flesh; this one shall be called Woman, for out of Man this one was taken.' Therefore a man leaves his father and his mother and clings to his wife, and they become one flesh. And the man and his wife were both naked, and were not ashamed.

Second Reading

Revelation 4

After this I looked, and there in heaven a door stood open! And the first voice, which I had heard speaking to me like a trumpet, said, 'Come up here, and I will show you what must take place after this.' At once I was in the spirit, and there in heaven stood a throne, with one seated on the throne! And the one seated there looks like jasper and cornelian, and around the throne is a rainbow that looks like an emerald. Around the throne are twenty-four thrones, and seated on the thrones are twenty-four elders, dressed in white robes, with golden crowns on their heads. Coming from the throne are flashes of lightning, and rumblings and peals of thunder, and in front of the throne burn seven flaming torches, which are the seven spirits of God; and in front of the throne there is something like a sea of glass, like crystal. Around the throne, and on each side of the throne, are four living creatures, full of eyes in front and behind: the first living creature like a lion, the second living creature like an ox, the third living creature with a face like a human face, and the fourth living creature like a flying eagle. And the four living creatures, each of them with six wings, are full of eyes all around and inside. Day and night without ceasing they sing, 'Holy, holy, holy, the Lord God the Almighty, who was and is and is to come.' And whenever the living creatures give glory and honour and thanks to the one who is seated on the throne, who lives for ever and ever, the twenty-four elders fall before the one who is seated on the throne and worship the one who lives for ever and ever; they cast their crowns before the throne, singing, 'You are worthy, our Lord and God, to receive glory and honour and power, for you created all things, and by your will they existed and were created.'

Gospel Reading

Luke 8.22-25

One day he got into a boat with his disciples, and he said to them, 'Let us go across to the other side of the lake.' So they put out, and while they were sailing he fell asleep. A gale swept down on the lake, and the boat was filling with water, and they were in danger. They went to him and woke him up, shouting, 'Master, Master, we are perishing!' And he woke up and rebuked the wind and the raging waves; they ceased, and there was a calm. He said to them, 'Where is your faith?' They were afraid and amazed, and said to one another, 'Who then is this, that he commands even the winds and the water, and they obey him?'

Sermon by Revd Mary Brown at Aldeburgh, 16th February

Our first and last readings today from Jeremiah and Luke present us with two starkly opposing options for how we choose to live our lives. They show us one way that leads to a flourishing life, and another that leads to a dry and shrivelled life.

There are different ways to read these types of lists in the Bible that contrast blessing and curse - or blessing and woe. I read them not as declarations of reward or punishment for the choice of how we live our lives, but as statements of the inevitable consequences of those choices.

Those who choose to trust in the LORD will find that they are blessed. They will find themselves to be nourished by God's ever flowing stream of goodness, like a tree in fruit with green leaves, no matter what circumstance they are living through - heat, drought or a gentle spring - poverty, sickness, grief, or abundance.

In Philippians 4 Paul describes himself as living like this second tree in Jeremiah, saying: *'I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do all this through him who gives me strength.'*

Blessed here in Jeremiah, and in Luke, doesn't mean '#blessed' in the contemporary sense of material wealth, health, or any other worldly measure of success. Blessed in these scriptures means so secure in God that theirs a life of peace rather than anxiety, a life without fear, no matter what it brings.

The contrast is with those who choose to trust in themselves and other humans rather than in God, those whose hearts turn away from the LORD. Unlike the person who trusts in the LORD, these people will find that in their distrust of the LORD their source of water and life is dried up - instead of a fruitful tree they will be like a desert plant ever hungering for water.

We are told that these people 'will not see when relief comes' - in an opposite reality to the blessed tree, these people will find that however outwardly easy their life is - however much they experience wealth, health and success, they still hunger and thirst and are never satisfied.

This is a stark contrast, and one that is designed to shock the reader into reevaluating their life, to encourage them to choose the life of the one who will be blessed, even if that means relinquishing success by worldly measures.

So, how can we choose to be like Jeremiah's second tree, like Paul in Philippians 4, ever flourishing, no matter what comes our way? What does it mean to trust in the LORD?

In I Corinthians, Paul tells us that living as those who trust in the LORD means believing in Jesus' resurrection from the dead.

Paul is very strong in his correction of the Corinthians in this passage: *'If Christ has not been raised, our preaching is useless and so is your faith', 'If Christ has not been raised, your faith is futile, you are still in your sins'*. For Paul, and for the church since - as declared in the creed which we say together at every service - belief in the resurrection of the Lord Jesus Christ is fundamental to a Christian faith, without this belief our faith is useless, futile.

Paul goes on to say *'if for this life only we have hoped in Christ, we are of all people most to be pitied'*. The resurrection of Jesus matters. It matters to our faith, it matters to how we live our lives, it matters to our salvation. If Christ was not raised from the dead then he was not victorious, he did not defeat sin and death, he did not usher in the new creation where sin and suffering are no more. If Christ was not raised from the dead - we have no hope - we are like Jeremiah's parched shrub living in a salty desert.

But there is no 'if' - Christ was raised for the dead, and in him we have a sure and certain hope, for a flourishing life now, and for eternity spent in his presence. Because Christ was raised from the dead, because he did defeat death, sin and suffering; he is reconciling all things to himself, he is restoring all of creation.

Because Christ was raised from the dead we can be like Jeremiah's second tree, planted by water, with our roots deep in the stream, weathering all things in our trust in the LORD's steadfast goodness.

The reality is that most of us will still fear when drought comes, will still experience anxiety to some degree - I know that I do. But as we trust in God, as we learn to rely fully on him, we will find that we are increasingly stable in the face of any and every circumstance.

Let's end with a practical application of this message. A way that we can practice trusting in the LORD every day.
And that is prayer.

Praying is a declaration that we trust God, that we believe that he is listening, that he cares, and that he is able and willing to take action.

When we pray we pray to the God who raised Jesus Christ from the dead, the God that so loved the world that he gave his only Son to win our lives. We pray to the creator of heaven and earth, the God who calls us precious and honoured in his sight, the God who loves us.

When we pray we pray in the power of the Holy Spirit. Paul tells us that the same power that raised Christ from the dead lives in us! This is the power in which we pray.

So when we pray, let's do it knowing who it is that we are talking to, who it is that is listening - let's direct our prayers to the God in whom we trust.

And when we pray let's remember that it is in the power of Christ's resurrection that we pray - let's pray bold prayers.

If praying feels daunting to you, if trusting that God will listen feels scary, if so far in your life prayer has amounted to 'thinking good thoughts' - why not take a small step this week towards bold prayers! Jesus' disciples asked him how to pray, and in response he taught them the Lord's prayer, which we say at every service. Why not commit this week to saying the Lord's prayer every day. To slowly making each statement, and choosing to trust that our prayer will be heard and will be answered. As the week goes on perhaps we'll have the confidence to add our own situations and circumstances, our own praise, our own thanksgiving, and our own petitions to the ones that Jesus taught his disciples.

Post Communion

God our creator, by your gift
the tree of life was set at the heart of the earthly paradise,
and the bread of life at the heart of your Church:
may we who have been nourished at your table on earth
be transformed by the glory of the Saviour's cross
and enjoy the delights of eternity;
through Jesus Christ our Lord.

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

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 – 6th April

Aldringham – 18th May

Friston – 4th May

Knodishall – 11th May

Alde Sandlings NEW Service Times from January 5th

We have new service times for Aldeburgh and Friston Churches.

Aldeburgh will be 11.00am EVERY Sunday from the 5th January

Friston will be 9.30am EVERY Sunday from the 5th 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



† 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 4th February. See notice.
- Ash Wednesday Benefice Service on 5th March at 6pm at Knodishall Parish Church
- Deanery Sunday Lent Course at Darsham Village Hall from 9th March – 13th April 4pm-5.30pm. See notice below.
- Nadia and Friends Concert – Monday 17th March at Aldeburgh Parish Church at 12 Noon.
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 6th April
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th 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.

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 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

FUN QUIZ

Friday 7th March 2025 at Knodishall Village Hall

The first "Fun Quiz" quiz to be held this year raising funds for St Lawrence Church, Knodishall. If you would like to come along on for an evening of fun, laughter, good food, good company, spot prizes - and of course to also answer a few questions - then please phone Pat on 01728 832653 to book your table. Maximum of 6 per team, £8.00 per person, jacket potato supper provided but bring your own drinks. Quiz starts promptly at 7pm. Come and join us for a fun night.

World Day of Prayer

You are warmly invited to join the churches of Aldeburgh on Friday 7th March 2025, to celebrate the World Day of Prayer.



This year we are praying for the Cook Islands in the South Pacific. The theme of the service is 'You are wonderfully made', based on Psalm 139.

Every year the WDP service is held in churches around the world, together praying for God's blessing on the country selected for that year, and giving us an insight into the way of life and the needs of the women in that country. For 24 hours, as the earth turns on its axis throughout the World Day of Prayer, voices will rise from churches from East to West, following one another in worship and prayer.

The Service in Aldeburgh will be held in the Fairfield Centre, at 11.30am, and will be followed by a free soup & bread lunch. ALL WELCOME!

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness 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 and we will do our utmost to arrange a visit.

BISHOPS' LENT APPEAL 2025

Inspired by his latest trip to Tanzania last year Bishop Martin saw the importance of our continuing relationship with Kagera, all that it offers and how important it is for us all to strengthen the link. Bishop Graeme has therefore agreed that the 2025 Lent Appeal will be for Kagera. Taken from the hymn 'Great is thy faithfulness' the theme of the appeal this year is: 'Bright Hope for Tomorrow'

“Our aim through the appeal is to support farming initiatives and good practice in agriculture, training of evangelists and clergy at Kagera Christian Theological College (KCTC), and resourcing of pastors in their parishes. We will also continue our support for healthcare in the region through the Diocesan hospital.”

If you would like to donate, here are ways you can:

[Ways to donate for the Bishops' Lent appeal 2025](#)

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 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