



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
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 23rd March Third Sunday of Lent

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion with Baptism	Revd Sarah du Boulay
	6.00pm	Evening Prayer	Led by The Elders
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Mary Brown

A message from Revd Mary Brown

Dear Friends,

What a glorious week it has been; it is so good to feel the sun on our faces and see the daffodils and cowslips filling the verges. This week I have enjoyed walking to as many of my meetings as possible. Doing so has given me a new perspective on our benefice, seeing how the different parts fit together geographically, and being reminded of how deeply interconnected our four parishes are.

This week all four of our PCCs have met. Please do take the opportunity when you can to thank our PCC members, Church Wardens, Treasurers and Secretaries. They work so hard, giving of their time, energy and resources to look after our churches, as do all our other volunteers.

Please join us in praying for the Benefices and for each parish. Psalm 127 tells us that 'Unless the Lord builds the house, those who build it labour in vain.' Let's praise the Lord together that it is he that builds his Church - the Body of Christ - and thank him for the opportunity to be part of that labour. And let's pray together that he guides and directs us, and all those who make decisions about the activities of our churches and benefice, asking that he would 'lead us in right paths for his name's sake' (Psalm 23).

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.

All four parishes - for the Deanery Lent course, and the ten people from across the Benefice who are attending this together, for the speakers, the discussion, and the opportunity to learn and to make new friends.

Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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.

Isaiah 55.1-9

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel,

for he has glorified you. Seek the Lord while he may be found, call upon him while he is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

Second Reading

I Corinthians 10.1-13

I do not want you to be unaware, brothers and sisters, that our ancestors were all under the cloud, and all passed through the sea, and all were baptized into Moses in the cloud and in the sea, and all ate the same spiritual food, and all drank the same spiritual drink. For they drank from the spiritual rock that followed them, and the rock was Christ. Nevertheless, God was not pleased with most of them, and they were struck down in the wilderness. Now these things occurred as examples for us, so that we might not desire evil as they did. Do not become idolaters as some of them did; as it is written, 'The people sat down to eat and drink, and they rose up to play.' We must not indulge in sexual immorality as some of them did, and twenty-three thousand fell in a single day. We must not put Christ to the test, as some of them did, and were destroyed by serpents. And do not complain as some of them did, and were destroyed by the destroyer. These things happened to them to serve as an example, and they were written down to instruct us, on whom the ends of the ages have come. So if you think you are standing, watch out that you do not fall. No testing has overtaken you that is not common to everyone. God is faithful, and he will not let you be tested beyond your strength, but with the testing he will also provide the way out so that you may be able to endure it.

Gospel Reading

Luke 13.1-9

At that very time there were some present who told him about the Galileans whose blood Pilate had mingled with their sacrifices. He asked them, 'Do you think that because these Galileans suffered in this way they were worse sinners than all other Galileans? No, I tell you; but unless you repent, you will all perish as they did. Or those eighteen who were killed when the tower of Siloam fell on them-do you think that they were worse offenders than all the others living in Jerusalem? No, I tell you; but unless you repent, you will all perish just as they did.' Then he told this parable: 'A man had a fig tree planted in his vineyard; and he came looking for fruit

on it and found none. So he said to the gardener, “See here! For three years I have come looking for fruit on this fig tree, and still I find none. Cut it down! Why should it be wasting the soil?” He replied, “Sir, let it alone for one more year, until I dig round it and put manure on it. If it bears fruit next year, well and good; but if not, you can cut it down.”

Sermon by Revd Mary Brown at Aldeburgh 16th March

I told people last Sunday that I had given up butter for Lent. I wasn't expecting to say that, and I hadn't quite decided if that's what I was doing. But when in my sermon I found myself declaring that I had given up butter for Lent, I had to see it through!

It has been, so far, much harder than I expected. No partial fast I've done before, has pushed me towards reliance on God like this one has. This might seem like a trite example, and many of you are probably thinking that giving up butter doesn't sound that challenging, but for me, for this Lent, for whatever reason, it is the fast I needed. Through this partial fast I am being reminded that my strength comes from God alone, that God is my only defence.

Over the last week, through this small thing of giving up butter, God has been showing me many bigger ways in which I rely on myself, or worldly things, instead of relying on him.

This is the sort of honest reflection, leading to confession, that the season of Lent invites us into. Not for the sake of beating ourselves up, not to cause misery or self-doubt, but to lead us into true joy. It is only when we realise our utter dependence on God that we can really experience the joy that comes from complete reliance on God - in all his abundant kindness and goodness towards us.

Our readings today initially seem to be quite disconnected from each other, they are challenging readings, but the thread that runs between them is the theme of reliance on God, and relinquishing reliance on self.

Let's start with Abram. Right from the offset God says to him 'do not be afraid...I am your shield.' God is coming to Abram in response to Abram's faithfulness to God in refusing to accept any wealth from the King of Sodom. God comes declaring a reward over Abram.

But Abram is afraid for his future, he has no offspring, and he cannot see how he could receive any reward without offspring.

In his initial response Abram does not realise that God has a bigger vision for his future than any that Abram could have for himself. God promises this man, who has been married for decades without children, offspring, plural. Not just one child to inherit from him, but a host of descendants so great that they will outnumber the stars. This is just the beginning of the promises God makes to Abram and the work he does in Abram's life. Promises that lead on through the unfolding story of scripture, and eventually to Jesus himself.

In this moment, Abram believes God's astounding promise. He trusts that what God says will come true.

This is what God asks of each of us - a trust in him over and above ourselves or anything of the world.

The rest of the passage in Genesis is the detail of God making a covenant with Abram, confirming this promise. (Do chat to me afterwards if you want to dive deeper into this.) For now, I'll point out that Abram's trust in God at this moment is so complete that he falls to sleep even in the midsts of a deep and terrifying darkness, akin to Jesus falling asleep in the storm which we heard about a few weeks ago.

Next, we'll go to our gospel reading. We skip forward from Abram 42 generations, to Jesus. Jesus who throughout his ministry has been showing his disciples this same pattern of complete trust in God. He has shown them that they can trust him in the midst of storms; trust him in the desperation of illness; trust him in the throws of spiritual oppression. Jesus who now, in the face of a death threat from Herod, asks his disciples to trust him even as he walks towards that death.

As Jesus asks his disciples to trust him in this way, he knows that their trust is weak. Even more so he knows that the trust in God of those who have not followed Jesus is even weaker. This is why he laments over Jerusalem, saying *'how often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing!'* Jesus - who is God - reminds his people that since the beginning of the salvation story, he has been offering them his presence and protection, his love and provision. And that instead of trusting him and accepting it, they have turned again and again to self-reliance. God has consistently declared through the prophets, and the lives of his people recorded in scripture, that he is their shield, their fortress and defender, but they will not have it, they are determined to provide their own defence.

This is echoed in our New Testament reading. Paul is reminding the church in Philippi that they are first and foremost citizens of heaven. He reminds them and us that when we make our earthly desires our god, when we set our minds on earthly things, we make ourselves enemies of the cross of Christ. But when we stand firm in the Lord we experience his transforming power, making us glorious in Christ.

What does it look like to stand firm in the Lord? It looks like trusting him above all else, letting him be our shield, our defender. It looks like laying aside all other gods - all other desires that compete with our desire for Jesus - relinquishing our self-reliance, and even our reliance on butter!

It looks like allowing ourselves to be undefended, not in a sense of being weak or vulnerable, but in the sense of not needing to defend ourselves, because God is our shield and fortress, the only defence we need.

The stripping back of self that happens in the fasting and confession of Lent encourages us to turn to God alone. It is from this undefended posture that we are able to find true intimacy with God; true community with one another; and true honest with ourselves.

In a moment we will share the peace of Christ with one another. As we do so I invite you to really examine your hearts. If you find in yourself hostility towards your neighbour, go towards that person, offer them the peace of Christ without defensiveness, in the safety of knowing that it is God who is your defence.

Unlike the pharisees, Herod, and the people of Jerusalem in our gospel reading, we have seen the end of the story. We know what Jesus did for us in his death, resurrection and ascension. We know the full extent of salvation that is found under the shadow of his wing. We know what is offered to us in Christ. And in this assurance we can live completely undefended - in the true freedom and joy that only Christ can give.

There's a quote I say to myself quite often, it's by a Christian author, James Smith, who writes about these issues. It goes like this: *'I am one in whom Christ dwells and delights, I live in the strong and unshakable Kingdom of God, the Kingdom is not in trouble, and neither am I.'* As Paul tells the Philippians, this is true for each of us who has accepted Christ. We are citizens of heaven. We are safe in every circumstance. We can trust God in the face of the rise of despotic leaders, in the face of the continuing war in Ukraine, in the face of natural disasters, and manmade emergencies, in the face of illness, family disputes, loss, and all the other hard things we encounter in this life.

The question is - will we accept what Jesus offers to us, will we allow (as the liturgy says) God's love to compel us to come in? Will we take shelter under the shadow of his wing?

Post Communion

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil,
and with pure hearts and minds to follow you, the only God;
through Jesus Christ our Lord.

Services in The Alde Sandlings Benefice, Sunday

30th March, Fourth Sunday of Lent/Mothering Sunday

Aldeburgh	11.00am	Service of the Word	Led by The Elders
Aldringham	11.00am	Service of the Word	Led by The Elders
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Service of the Word	Led by Ros Macallister

Readings for the 30th March

Collect

Merciful Lord, absolve your people from their offences,
that through your bountiful goodness
we may all be delivered from the chains of those sins
which by our frailty we have committed;
grant this, heavenly Father, for Jesus Christ's sake,
our blessed Lord and Saviour, who is alive and reigns with you,
in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Exodus 2.1-10

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He

was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

Second Reading

2 Corinthians 1.3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

Gospel Reading

Luke 2.33-35

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.'

Post Communion

Lord God, whose blessed Son our Saviour
gave his back to the smiters and did not hide his face from shame:
give us grace to endure the sufferings of this present time
with sure confidence in the glory that shall be revealed;
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 – NOW 25th May – Deadline 27th April

Aldringham – 18th May – Deadline 27th April

Friston – 4th May – Deadline 13th April

Knodishall – 11th May – Deadline 20th April

Church Wardens

As you are aware, our Church Wardens are the backbone of our churches in many ways. As you are also aware, we currently only have 3 (wonderful) wardens over the 4 parishes, when we should have 8. If you would like to apply to be a church warden please contact Revd Sarah before the APCM in the church you worship in.

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



£££ 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.

Benefice Bible Study

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

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

The Alde Sandlings Benefice Newsletter

If you would like something added that is relevant to the Alde Sandlings Benefice, please send to Claire at admin@aldeburghparishchurch.org.uk

by **Midday on the Thursday** beforehand. Thank you.

The Alde Sandlings, Dates for your Diary

- Benefice Bible Study – First Sunday of the month, 3-4.30pm. This will be hosted by Revd Mary at The Rectory, Friston
- Alpha at Aldringham – From 4th February. See notice.
- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Deanery Sunday Lent Course at Darsham Village Hall from 9th March – 13th April 4pm-5.30pm. See notice below.
- Lent Lunches at the Country Club Thorpeness – March 26th and April 2nd 12-2pm – see notice
- Mothering Sunday Services throughout the Benefice on the 30th March.
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 6th April
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May

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>

† 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.

† **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 5th April Community Breakfast 9.30 @
The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along. Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

Sunday 13th April 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

**Lent Lunches at The Country Club, Thorpeness
on the following Wednesdays in Lent**

March 26th 12-2pm

April 2nd 12-2pm

Soup and bread with tea/coffee/cold drink.

A vegetarian option will be available.

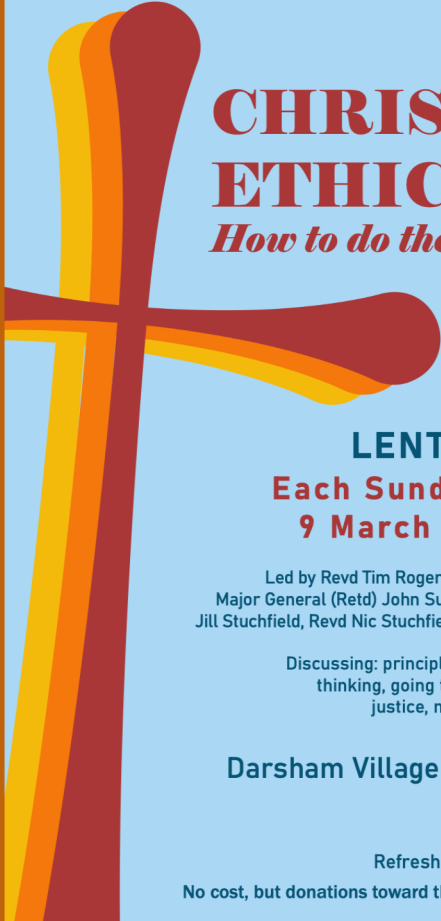
To ensure that nobody goes hungry on the day, it would help if you sign the list in the church or contact Annie Norton 01728 830519 or Dorothy Walker to let the hosts know how many people to expect.

**DONATIONS TO BE GIVEN TO THE BISHOP'S LENT APPEAL
FOR KAGERA**

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'

If you would like to donate, here are ways you can:
Ways to donate for the Bishops' Lent appeal 2025



**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

ALDEBURGH PARISH CHURCH
ST PETER & ST PAUL'S

Invites you to



**COME AND HEAR THE EASTER STORY &
JOIN IN EASTER CRAFTS
& MUCH MORE FUN FOR ALL AGES**

THERE WILL ALSO BE AN EASTER EGG HUNT!!

at the CHURCH HALL
SATURDAY 29th MARCH
10am till 12 Noon

ALL WELCOME

**NO CHARGE. JUST PLEASE LET US
KNOW YOU ARE COMING, SO WE HAVE
ENOUGH MATERIALS.**



Please email Fran Smith at
admin@aldeburghparishchurch.org.uk

† Easter Lilies at Aldeburgh †

Only about four weeks to Easter! If you would like to sponsor a Lily stem in memory of a loved one, please see Karen with the name of the person/persons you wish to remember. There is also a sign up form in the west porch. Each stem costs £3.50. It is best to give your donation directly to Karen or do contact admin@aldeburghparishchurch.org.uk

EASTER SERVICES IN THE ALDE SANDLINGS BENEFICE



EASTER SUNDAY 6.00am – SUNRISE HOLY COMMUNION BENEFICE SERVICE AT THORPENESS BEACH

ALDEBURGH PARISH CHURCH

GOOD FRIDAY

9am – EASTER GARDEN MAKING
9.45am – WALK OF WITNESS WITH
UNITED CHURCHES
2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

8am – HOLY COMMUNION
11.00am – HOLY COMMUNION



FRISTON PARISH CHURCH

GOOD FRIDAY

2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

9.30am – HOLY COMMUNION

ALDRINGHAM PARISH CHURCH

GOOD FRIDAY

2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

11.00am – HOLY COMMUNION



KNODISHALL PARISH CHURCH

GOOD FRIDAY

9.30am – JOINT SERVICE WITH
KNODISHALL METHODIST CHURCH

EASTER SUNDAY

9.30am – HOLY COMMUNION

WE WISH YOU ALL A VERY HAPPY AND BLESSED EASTER

**Please do keep in touch by visiting our website for service times
and much more at www.aldeburghparishchurch.org.uk.**

LIVING HOPE



**Always wanted to sing?
Why not join Friston Community Choir!**

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

We are starting an all-inclusive choir, led by an experienced musician and choir leader, singing popular songs to lift the soul! It will be a fun choir for people of all ages and abilities. There is no need for previous experience or the ability to read music. So don't be shy - come and give it a try!

To find out more please come and join us on:

Wednesday 19th March 6.00pm – 7.30pm

Wednesday 26th March 6.00pm - 7.30pm

(Then fortnightly)

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session (we are hoping to be able to reduce the charge if there is enough interest) There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones
email: fristonvillage@gmail.com

Or just join us on the day. We look forward to seeing you!

**Next Sunday – 6th April,
Fifth Sunday of Lent**