



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 6th April Fifth Sunday of Lent

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 | Very Revd Christopher Lewis |
| Friston | 9.30am | Holy Communion | Revd Sarah du Boulay |
| Knodishall | 9.30am | Morning Prayer | Led by Elder Ros Macallister |

A message from our Rector, Revd Sarah du Boulay

Dear Friends,

Last Sunday was known by a few different names – 4th Sunday in Lent, Mothering Sunday, Laetare Sunday (or 'Rose Sunday'), and Refreshment Sunday. It is traditionally the day in Lent when we take a break from our penitential Lenten discipline. Where people would return to their 'mother' churches. When the Pope blesses the golden roses given to Catholic monarchs. When people stop their fasting and gain 'refreshment'. When focus turns even more sharply onto the events of Holy Week and Easter, and when we take both stock and refreshment on our Lenten journey. It's one of the reasons why one of the Gospel readings is that of Jesus feeding the 5,000 – to remind us that through him we are refreshed, and his love and the life offered to us is not only sufficient, but abundant.

I hope that your Lent is proving abundant in it's blessings, and look forward to seeing you over the next few weeks for the most important time in our church year.

With prayers

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 - Messy Church – all those who organise, help, attend, play, worship, provide refreshment, clean up and support – it's such a fun morning for all.

Aldringham - Thursday morning prayer, when a lovely group of faithful worshippers meet in the vestry to pray, discuss scripture, and on occasion go for a coffee and catch up afterwards.

Friston - The new village choir who meet every Wednesday and are led by Adrian Nicholson. What a joyful community activity and group.

Knodishall - Coldfair Green Primary School and Knodishall Preschool who provide such important facilities and education for our children and families.

Collect

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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 43.16-21

Thus says the Lord, who makes a way in the sea, a path in the mighty waters, who brings out chariot and horse, army and warrior; they lie down, they cannot rise, they are extinguished, quenched like a wick: Do not remember the former things, or consider the things of old. I am about to do a new thing; now it springs forth, do you not perceive it? I will make a way in the wilderness and rivers in the desert. The wild animals will honour me, the jackals and the ostriches; for I give water in the wilderness, rivers in the desert, to give drink to my chosen people, the people whom I formed for myself so that they might declare my praise.

Second Reading

Philippians 3.4b-14

Even though I, too, have reason for confidence in the flesh. If anyone else has reason to be confident in the flesh, I have more: circumcised on the eighth day, a member of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews; as to the law, a Pharisee; as to zeal, a persecutor of the church; as to righteousness under the law, blameless. Yet whatever gains I had, these I have come to regard as loss because of Christ. More than that, I regard everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and I regard them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but one that comes through faith in Christ, the righteousness from God based on faith. I want to know Christ and the power of his resurrection and the sharing of his sufferings by becoming like him in his death, if somehow I may attain the resurrection from the dead. Not that I have already obtained this or have already reached the goal; but I press on to make it my own, because Christ Jesus has made me his own. Beloved, I do not consider that I have made it my own; but this one thing I do: forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus.

Gospel Reading

John 12.1-8

Six days before the Passover Jesus came to Bethany, the home of Lazarus, whom he had raised from the dead. There they gave a dinner for him. Martha served, and Lazarus was one of those at the table with him. Mary took a pound of costly perfume made of pure nard, anointed Jesus' feet, and wiped them with her hair. The house was filled with the fragrance of the perfume. But Judas Iscariot, one of his disciples (the one who was about to betray him), said, 'Why was this perfume not sold for three hundred denarii and the money given to the poor?' (He said this not because he cared about the poor, but because he was a thief; he kept the common purse and used to steal what was put into it.) Jesus said, 'Leave her alone. She bought it so that she might keep it for the day of my burial. You always have the poor with you, but you do not always have me.'

Sermon by Revd Nichola Winter for Mothering Sunday

Motherhood isn't easy. Ask any mother. As well as the apparent joys of bringing a new life into the world and nurturing that small one as it grows there is a great deal of pain - physical, mental and emotional. The Levite woman and Mary both knew the pain of motherhood. Mothers here will have their own experiences of the highs and lows of motherhood. It is right that we honour the role of mothers - and other carers of children. It has been suggested that in this all-inclusive age it shouldn't just be mothers who receive all the accolades. Indeed, I was slightly startled to see one of those full-blown displays in a card shop where there were 'Mothers Day' cards for virtually any relation you can think of - including mums-to-be. Rather over the top, I thought; and the cynical side of me reflected that the card industry was going to do very nicely out of it. But it sends some odd messages indeed. In an age where there really is an extravagant sense of over-entitlement it is disturbing that so many claims are made that it is every woman's right to have a child. It isn't. A child is a gift from God; we need so much to remember that.

Mothering Sunday rightly gives us a chance to honour mothers. But we mark, too, the nurturing role that we all play, remembering others who have nurtured, including mother church. Traditionally, today was the day when servant girls were given time off to go and visit mothers - whom they would have rarely had opportunity to visit if their hard-won place of work was any distance from their home. Posies of wild flowers would be gathered from the wayside. Pilgrims would make journeys to the 'mother church' - to give thanks, to catch up with news, to receive further instruction. This year, Mothering Sunday falls the week after we mark the Annunciation of our Lord to the Virgin Mary; that key mother figure who has brought inspiration, comfort and solace to so many down the ages. Remember, it isn't so long ago that, at Candlemas, we thought about Simeon's startling message to Mary about swords and the piercing of souls, read just now. And later, as we work our way through the passion narrative, we'll think of Mary standing at the foot of the cross, will Simeon's words come back vividly into her mind?

Mary will have been through so much with her child. Losing him on the journey back from Jerusalem when he stays behind talking with the teachers in the temple. Attending a wedding party with him when he almost doesn't want to help out when the wine runs out (what's that to me? he says). And that hurtful time when, told that his mother and brothers are waiting outside for him, he says, who is my mother; who are my brothers? When Jesus said 'who is my mother; who are my brothers?'... was he really aiming to shock or was he reminding his

followers that this is a sinful, scary world and that we all need to adopt some of those loving, caring qualities that we associate with the best of mothers if the world is ever to achieve any true sense of harmony and peace? Jesus was surely demonstrating that his care and God's love was - and is - for all. And so we are all called to love God and to love our neighbour; those are the two great commandments.

Jesus certainly does not forget or sideline his mother. At the end of his life, as he hangs dying on the cross, one of the last of his conscious thoughts is for his mother, she who has stood by him in so much. His words ensure that she will not be alone. She will not be homeless. His love and compassion for her will bring care and solace in her grief.

The words of the collect today remind us that our God is indeed a God of compassion. One of the alternative readings for today, the fourth Sunday in Lent, is John 9; the story of the man born blind and who is given sight by Jesus. It's worth reading if you feel that today's gospel reading has left you short-changed. In the midst of Lent, we too can ask that our eyes be opened to the blessing of God in our lives. When things appear dark in our lives, may the reality of the light and love of God shine in our hearts and bring us hope.

I want to finish with words of a blessing written by John O'Donohue, a priest and poet who died too young. His book, 'Benedictus: A Book of Blessings' contains one entitled 'the blessing of a child entering the world'. It is the voice of the newly born child as it arrives in its new, unfamiliar environment, full of curiosity, possible trepidation, but also hope. It is a reminder to us, as Christians, as mothers, as nurturers of faith and fellow human being that we are all part of God's creation, loved by him and for him, and with a duty to care and love right back.

As I enter my new family,
May they be delighted at how their kindness comes into blossom.

Unknown to me and them,
May I be exactly the one to restore in their forlorn places new vitality and promise.

May the hearts of others hear again the music in the lost echoes of their neglected wonder.

If my destiny is sheltered,
May the grace of this privilege reach and bless the other infants who are destined for torn places.

If my destiny is bleak,
May I find in myself a secret stillness and tranquility beneath the turmoil.
May my eyes never lose sight of why I have come here,
That I never be claimed by the falsity of fear or eat the bread of bitterness.

In everything I do, think, feel and say,
May I allow the light of the world I am leaving to shine through and carry
me home.

Post Communion

Lord Jesus Christ, you have taught us
that what we do for the least of our brothers and sisters
we do also for you: give us the will to be the servant of others
as you were the servant of all, and gave up your life and died for us,
but are alive and reign, now and for ever.

† 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>

BRIDGE AFTERNOON WITH THE FRIENDS OF ST ANDREWS CHURCH, ALDRINGHAM

14th April at 2.15pm with tea served at 3.30pm.

If you would like to reserve a table of four (£48 per table)

to play Chicago Bridge, or

for more information, please contact

admin@aldeburghparishchurch.org.uk.

All proceeds go to the Fabric Fund at St Andrews Church.

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.

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

QUIZ NIGHT at THE FAIRFIELD CENTRE

Friday 9th May 6.30pm for 7pm

£7.50 per person inc supper.

Bring your own drinks.

Teams of up to 6 people.

To book a table, please email Linda at info@thefairfieldcentre.co.uk

† 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.

£££ 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/>

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.

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>

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
- 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.
- Friston Goes Green – Plant and Cake Sale. May 17th 10-4pm on the Village Green
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 25th May
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May
- Friston Open Gardens – Sunday 15th June from 11.30am. Wander around gardens in the village, visit the specially decorated church and enjoy refreshments in the Village Hall. Proceeds to St Mary the Virgin Church.
- Friston Classics on The Green – Thursday 10th July TBC - A dazzling display of classic cars. Teas and cakes available in the Village Hall, BBQ and Bar on the Green. Proceeds to St Mary the Virgin Church.

Benefice Bible Study

Every first Sunday of the month from 3-4.30pm.
This will be hosted by Revd Mary at the Friston Rectory.

† 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.

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.

Saturday 19th April 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 to any of the Pilgrims events

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](#)

† Easter Lilies at Aldeburgh †

Only about two 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

WHEELHOUSE

Faith, Fellowship & Creative Hands at Aldeburgh Parish Church



at Aldeburgh Church Hall

**Held every second Tuesday of the month
from 12-3pm – Starting 11th March**

The Alde Sandlings Benefice **Welcome you all.**
A safe space to share your creativity and love for
crafting as we share in fellowship, faith, talking, and
hands-on creativity!

Build your Wheelhouse of Skills,

whether it be:

Art

Crochet

Knitting

Calligraphy and much more....

*"For we are God's handiwork, created in Christ Jesus to do good works."
Ephesians 2:10*



Bring your lunch with you too.

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 9th April 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 – 13th April,
Palm Sunday**

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