



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

Priest in charge: The Revd Sarah du Boulay

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The Revd Nichola Winter

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Sunday 15th January Second Sunday of Epiphany

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Service of The Word
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

Message from our priest in charge – The Rev'd Sarah du Boulay

Dear Friends,

Happy New Year! (I realise I am late off the mark with this – until when is it acceptable to keep saying it?).

I am still riding high after the re/commissioning of our 12 Elders on Sunday by Archdeacon Jeanette. We have a wonderful team of people, and I am in awe of the faith and courage shown by Mo, Sheila, Jill, Jenny, David, Susan, Tim, Catherine, Marie, Fran, Jules and Ros in stepping forward to serve the benefice. Between them, they will be able to lead services, and take a bigger role in pastoral care, so we shall all be seeing much more of them. Bravo!

And so we move forward into 2023, fortified, encouraged and raring to go. I wonder what God has in store?

With every blessing,

Sarah

† A message from Elizabeth Tipping †

Dear friends of the Benefice Churches, I would like to thank you all for your thoughtful cards and letters of condolence following the passing of my husband, John. As a family we've been overwhelmed by your kindness and generosity, particularly relating to the donations we've received in John's name for The Children's Society, a charity close to our hearts. Through numerous collections including the Christmas Day church collections, the total raised so far is £5526.00.

Thank you all and God Bless. Elizabeth Tipping

Collect

Almighty God,
in Christ you make all things new:
transform the poverty of our nature by the riches of your grace,
and in the renewal of our lives
make known your heavenly glory;
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

Isaiah 49.1-7

Listen to me, O coastlands, pay attention, you peoples from far away!
The Lord called me before I was born, while I was in my mother's womb he named me. He made my mouth like a sharp sword, in the shadow of his hand he hid me; he made me a polished arrow, in his quiver he hid me away. And he said to me, 'You are my servant, Israel, in whom I will be glorified.' But I said, 'I have laboured in vain, I have spent my strength for nothing and vanity; yet surely my cause is with the Lord, and my reward with my God.' And now the Lord says, who formed me in the womb to be his servant, to bring Jacob back to him, and that Israel might be gathered to him, for I am honoured in the sight of the Lord, and my God has become my strength—he says, 'It is too light a thing that you should be my servant to raise up the tribes of Jacob and to restore the survivors of Israel; I will give you as a light to the nations, that my salvation may reach to the end of the earth.' Thus says the Lord, the Redeemer of Israel and his Holy One, to one deeply despised, abhorred by the nations, the slave

of rulers, 'Kings shall see and stand up, princes, and they shall prostrate themselves, because of the Lord, who is faithful, the Holy One of Israel, who has chosen you.'

Second Reading

1 Corinthians 1.1-9

Paul, called to be an apostle of Christ Jesus by the will of God, and our brother Sosthenes, To the church of God that is in Corinth, to those who are sanctified in Christ Jesus, called to be saints, together with all those who in every place call on the name of our Lord Jesus Christ, both their Lord and ours: Grace to you and peace from God our Father and the Lord Jesus Christ. I give thanks to my God always for you because of the grace of God that has been given you in Christ Jesus, for in every way you have been enriched in him, in speech and knowledge of every kind— just as the testimony of Christ has been strengthened among you— so that you are not lacking in any spiritual gift as you wait for the revealing of our Lord Jesus Christ. He will also strengthen you to the end, so that you may be blameless on the day of our Lord Jesus Christ. God is faithful; by him you were called into the fellowship of his Son, Jesus Christ our Lord.

Gospel Reading

John 1.29-42

The next day he saw Jesus coming towards him and declared, 'Here is the Lamb of God who takes away the sin of the world! This is he of whom I said, "After me comes a man who ranks ahead of me because he was before me." I myself did not know him; but I came baptizing with water for this reason, that he might be revealed to Israel.' And John testified, 'I saw the Spirit descending from heaven like a dove, and it remained on him. I myself did not know him, but the one who sent me to baptize with water said to me, "He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit." And I myself have seen and have testified that this is the Son of God.' The next day John again was standing with two of his disciples, and as he watched Jesus walk by, he exclaimed, 'Look, here is the Lamb of God!' The two disciples heard him say this, and they followed Jesus. When Jesus turned and saw them following, he said to them, 'What are you looking for?' They said to him, 'Rabbi' (which translated means Teacher), 'where are you staying?' He said to them, 'Come and see.' They came and saw where he was staying, and they remained with him that day. It was about four o'clock in the afternoon. One of the two who heard John speak and followed him was Andrew, Simon Peter's brother. He first found his brother Simon and said to him,

'We have found the Messiah' (which is translated Anointed). He brought Simon to Jesus, who looked at him and said, 'You are Simon son of John. You are to be called Cephas' (which is translated Peter).

Post Communion

God of glory,
you nourish us with your Word
who is the bread of life:
fill us with your Holy Spirit
that through us the light of your glory
may shine in all the world.
We ask this in the name of Jesus Christ our Lord.

Part two of Our Unsung Heroes by Jenny Digby (Lay Elder)

Meet The People - Our Lay Elders

In our January and second edition of Meet the People, I would like to introduce you to our Church Lay Elders. They play an important leadership role within the church, probably more in a spiritual way and this encompasses not just Aldeburgh, but within the Alde Sandling Benefice including Aldringham, Friston & Knodishall.

If you attended the wonderful 10.30am Sunday service in Aldeburgh, on 8th January, you will have seen that the church was packed and that we now have twelve Lay Elders within the Alde Sandlings Benefice. They were commissioned on this day by the Archdeacon Jeanette Gosney, the Archdeacon of Suffolk.

What exactly is a Lay Elder within the church I hear you ask? Must confess; this was the first question I asked when approached to see if I wanted to get a little more involved.

Preferring to take one step at a time instead of overcommitting, I was relieved to be advised, that you can do as much or as little to suit you, which sounded encouraging.

Then I began to think of our church structure shaped more by the corporate world than the scriptures. We have our Priest in Charge, Rev'd Sarah du Boulay, and a management team of church staff, the majority of which are volunteers and simply not on the payroll, hence our Unsung Heroes.

Elders are mentioned in the Bible, a Church should have them. But what are church Elders? What do they do? Are the Elders in churches the same as Elders in the New Testament?

Here's the short answer from the Apostle Peter:

"I exhort the Elders among you: shepherd God's flock" (1 Pet. 5:2; see also John. 21:15-16 and Acts 20:28). Elders serve the Good Shepherd by providing his local flocks with spiritual oversight. Elders feed, lead, protect, and nurture church members like shepherds do with sheep.

In the same sense, a modern-day Elder will help with leading worship and pastoral care within their congregation and community, under the authority of the incumbent. Their ministry is shaped by their gift, availability, and local needs.

Pastorally, an Elder might visit people at home or in hospital, follow up baptisms or funerals, visit newcomers, work with young families or elderly people, or visit the local school.

Our twelve Lay Elders within the Alde Sandlings Benefice of Aldeburgh, Aldringham, Friston & Knodishall, are a team of committed Christians drawn from the church congregation who are commissioned by the Archdeacon to support mainly the pastoral work of the clergy team. I say commissioned, as to become a Lay Elder, firstly the volunteers need to undertake a training course. Some of our team of twelve are renewing their commitment for a further three years and some are new, like me. A huge chunk of the training is to understand the importance of 'Safeguarding', within the Church of England.

Safeguarding within the church is seen as part of the care and protection of children, young people and vulnerable adults involved in church activities, and is the responsibility of everyone who participates in the life of the church.

Once this training has been completed, the Lay Elders are ready to be commissioned by the Archdeacon and as this photo shows, this took place on Sunday, 8th January at St Peter & St Paul's church, Aldeburgh, with the Archdeacon of Suffolk, The Venerable Jeanette Gosney.



L to R front row:

Susan Henderson, Catherine Palmer, Jenny Digby all from Aldeburgh
Archdeacon of Suffolk, The Venerable Jeanette Gosney, Canon Dr Mo Blackburn (Aldeburgh)
Ros Macallister (Knodishall), Fran Smith (Aldeburgh) & Sheila Brechin (Aldringham)

L to R back row:

Julian Worster (Aldeburgh), Tim Haxell (Knodishall), Jill Brown (Aldeburgh)
David Gordon (Aldringham) & Revd Sarah du Boulay (Aldeburgh)
Missing from photograph is Marie Szpak (Friston)

Supporting your church and the community isn't always about donating money, it's also about donating your time. The role of Lay Elder is one of those occasions when the church is not looking for your help financially, but asking for some of your valuable time and experience gained throughout life.

Having undertaken charitable work since retirement, I know that contributing to society leads to your improved psychological and physical health. How positive action with a sense of purpose, whilst collaborating with likeminded people for a cause you have a genuine interest in and striking up new friendships, just about covers everything and amazingly 'giving' suddenly becomes 'receiving'.

As the old adage goes, it really is far better to give than to receive.

Jenny Digby (January 2023)

**† The Annual Thanksgiving Service for the †
Air Training Corps**

We are delighted to be able to host this service at Aldeburgh Parish Church, on Sunday, February 5th at 2pm. You are all very welcome to attend. The service will be led by Revd Ron Orams, RAFAC Chaplain, and Wing Chaplain, Revd Ron Tuck.

**Benefice Celebration of Love Service
12th February at 3pm at Aldeburgh Parish Church**

Love is all around us, whether its marriage, civil partnerships, singletons, friendships, countryside, books, films, pets, and of course GOD.

Let's celebrate the LOVE in our lives together.

Do you have something special that reminds you of a very special moment/day – a wedding gift – a present from a loved one?

A photo of someone/something special? Tell us about it!

**ALL VERY WELCOME
Fizz and cake after the service**

**Next Week - Sunday 22nd January
Third Sunday of Epiphany**

NOTICES

**£££ Ways to donate to our churches within the £££
Alde Sandlings Benefice**

Your donations REALLY mean so much to us at this challenging time. 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 †

Rev'd 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 – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Daily at Aldeburgh, Monday to Saturday

† Fairfield Centre Prayers †

The united churches hold prayers at the Fairfield Centre at Aldeburgh, every third Sunday of the month at 6pm. The next one being this Sunday 15th, which will be led by the Baptist church. **All very welcome**

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>

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>

Weekly Benefice Newsletter

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

All requests by 4pm on Thursday please

† **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 21st January Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

Saturday 28th January online Zoom Pilgrim Fun Quiz from 7pm

Just for fun from the comfort of your own armchair...Please email Sue and Richard if you can provide a round: richard.bodek@btinternet.com

Saturday 4th February Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 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. (You don't need to book in advance, you can decide on the morning.)

To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

Family Services at Aldeburgh

We are delighted that you are joining us for this service on the first Sunday of each month. The 10am coffee, and a light breakfast beforehand is also turning out to be a great success. As we are all aware single use coffee cups are not good for the environment challenges, we are all faced with. So, we are starting a **BYOM** (Bring your own mug campaign). So next time you come, do pop your favourite mug in your bag. Doesn't coffee always taste better in your own cup anyway. **EVERYONE WELCOME**

Safeguarding at The Alde Sandlings Benefice

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

The Alde Sandlings Safeguarding Officer:

Mrs Fran Smith – admin@aldeburghparishchurch.org.uk