



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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Sunday 22nd January Third Sunday of Epiphany

Services in The Alde Sandlings Benefice this Sunday

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|-------------------|----------------|----------------------------|
| Aldeburgh | 10.30am | Holy Communion |
| | 6.00pm | Evening Prayer |
| Aldringham | 11.00am | Holy Communion |
| Friston | 10.00am | Service of the Word |
| Knodishall | 9.30am | Holy Communion |

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

Dear Friends,

As I write this it is a beautifully sunny, dry day. Cold, yes, but absolutely gorgeous. And what a difference it makes to everything. I don't know about you, but when it's beautiful outside, life itself feels lighter. I think it's something to do with outlook and approach.

So this week, I will mostly be concentrating on what makes my heart sing. Where I find God in any given situation (or person). And how I bring this outlook and approach into the rest of my life – how it affects my faith and my mindset.

I wonder what makes your heart sing? What changes your outlook and approach to life? I'd be interested to know.

With every blessing,

Sarah

Collect

Almighty God,
whose Son revealed in signs and miracles
the wonder of your saving presence:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your mighty power;
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 9.1-4

But there will be no gloom for those who were in anguish. In the former time he brought into contempt the land of Zebulun and the land of Naphtali, but in the latter time he will make glorious the way of the sea, the land beyond the Jordan, Galilee of the nations. The people who walked in darkness have seen a great light; those who lived in a land of deep darkness—on them light has shined. You have multiplied the nation, you have increased its joy; they rejoice before you as with joy at the harvest, as people exult when dividing plunder. For the yoke of their burden, and the bar across their shoulders, the rod of their oppressor, you have broken as on the day of Midian.

Second Reading

1 Corinthians 1.10-18

Now I appeal to you, brothers and sisters, by the name of our Lord Jesus Christ, that all of you should be in agreement and that there should be no divisions among you, but that you should be united in the same mind and the same purpose. For it has been reported to me by Chloe's people that there are quarrels among you, my brothers and sisters. What I mean is that each of you says, 'I belong to Paul', or 'I belong to Apollos', or 'I belong to Cephas', or 'I belong to Christ.' Has Christ been divided? Was Paul crucified for you? Or were you baptized in the name of Paul? I thank God that I baptized none of you except Crispus and Gaius, so that no one can say that you were baptized in my name. (I did baptize also the household of Stephanas; beyond that, I do not know whether I baptized anyone else.) For Christ did not send me to baptize but to proclaim the gospel, and not with eloquent wisdom, so that the cross of Christ might not be emptied of its power. For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God.

Gospel Reading

Matthew 4.12-23

Now when Jesus heard that John had been arrested, he withdrew to Galilee. He left Nazareth and made his home in Capernaum by the lake, in the territory of Zebulun and Naphtali, so that what had been spoken through the prophet Isaiah might be fulfilled: 'Land of Zebulun, land of Naphtali, on the road by the sea, across the Jordan, Galilee of the Gentiles—the people who sat in darkness have seen a great light, and for those who sat in the region and shadow of death light has dawned.' From that time Jesus began to proclaim, 'Repent, for the kingdom of heaven has come near.' As he walked by the Sea of Galilee, he saw two brothers, Simon, who is called Peter, and Andrew his brother, casting a net into the lake—for they were fishermen. And he said to them, 'Follow me, and I will make you fish for people.' Immediately they left their nets and followed him. As he went from there, he saw two other brothers, James son of Zebedee and his brother John, in the boat with their father Zebedee, mending their nets, and he called them. Immediately they left the boat and their father, and followed him. Jesus went throughout Galilee, teaching in their synagogues and proclaiming the good news of the kingdom and curing every disease and every sickness among the people.

Post Communion

Almighty Father, whose Son our Saviour Jesus Christ is the light of the world: may your people, illumined by your word and sacraments, shine with the radiance of his glory, that he may be known, worshipped, and obeyed to the ends of the earth; for he is alive and reigns, now and for ever.

From the book 'Reflections for Sundays: Year A'

Reflection by Keith Ward. Keith is a Fellow of the British Academy, Emeritus Regius Professor of Divinity, Oxford, a Canon of Christ Church Cathedral, Oxford, and Senior Research Fellow at Heythrop College, London.

Focussing on John 1:29-42, I saw the Spirit descending from heaven like a dove (vs 32)

This passage, unlike the accounts in the other Gospels, does not state that Jesus was baptised by John. But it records the Baptist's vision of the Spirit descending and resting on Jesus 'like a dove'. In the story of the Great Flood, Noah sent out a dove three times, and the third time, when it did not return, Noah knew that the earth was cleansed and renewed, ready for a new beginning for human life and a new covenant of all living creatures with God. The dove is a symbol of new life; in Jesus, human life is made anew, as he is filled with the Spirit of wisdom and understanding, and in his person human life is united unbreakably to the divine life.

This is not just an event long ago in history. For Jesus, filled with the Spirit, baptises with the Spirit. Baptism with water symbolises the washing away of sin, the death of the old self. Baptism with the spirit, with the wind and fire of God's love, infuses the life of God into the lives of men and women. It is the birth of the new self.

The Spirit that rested on Jesus is passed on through him to all who ask, as we become – like him and because of him – spiritually born of God.

**† 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? Come and tell us about it!

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

**Next Week - Sunday 29th January
Fourth Sunday of Epiphany
Benefice service at Aldringham Church at 11am
ALL WELCOME
NO SERVICES AT ANY OTHER CHURCH
within the Benefice on the 29th January**

**£££ 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. **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 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 pilgrimstogether473@gmail.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