



## 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

Email: [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## **Sunday 29<sup>th</sup> January Fourth Sunday of Epiphany/ Presentation of Christ**

### **Services in The Alde Sandlings Benefice this Sunday**

Aldringham 11.00am Benefice Holy Communion

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

Dear Friends,

Last week I asked what makes your heart sing. This week, I am wondering who makes your heart sing?

I am currently on an Incumbency Skills course with colleagues from Ely, St Albans, Chelmsford, and Norwich Dioceses, as well as Eds and Ips. As well as being a really good learning experience, it has also been wonderful to meet up with friends – some I have worked with and others I trained with. All have had a positive impact or influence on me in some way, and some will be lifelong friend.

I always think that part of our mission as Christians is to look for the best in all people – where do we see God at work in them?

This week, I'm looking forward to the whole benefice worshipping together this Sunday at Aldringham – see you there!

With every blessing,

Sarah

## **Notice to The Aldeburgh Congregation**

If you are planning to attend the Benefice Service at Aldringham tomorrow (29<sup>th</sup> January, starting at 11.00am) would you like to car share from Aldeburgh to Aldringham and back? If you are happy to share the journey as a driver or a passenger, meet at Aldeburgh Church Car Park between 10:20am and 10:30am and we will sort ourselves out from there.

### **Collect**

Almighty and ever-living God,  
clothed in majesty, whose beloved Son  
was this day presented in the Temple,  
in substance of our flesh:  
grant that we may be presented to you  
with pure and clean hearts,  
by your Son Jesus Christ our Lord,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **First Reading**

#### **Malachi 3.1-5**

See, I am sending my messenger to prepare the way before me, and the Lord whom you seek will suddenly come to his temple. The messenger of the covenant in whom you delight—indeed, he is coming, says the Lord of hosts. But who can endure the day of his coming, and who can stand when he appears? For he is like a refiner's fire and like fullers' soap; he will sit as a refiner and purifier of silver, and he will purify the descendants of Levi and refine them like gold and silver, until they present offerings to the Lord in righteousness. Then the offering of Judah and Jerusalem will be pleasing to the Lord as in the days of old and as in former years. Then I will draw near to you for judgement; I will be swift to bear witness against the sorcerers, against the adulterers, against those who swear falsely, against those who oppress the hired workers in their wages, the widow, and the orphan, against those who thrust aside the alien, and do not fear me, says the Lord of hosts.

## **Second Reading**

### **Hebrews 2.14-end**

Since, therefore, the children share flesh and blood, he himself likewise shared the same things, so that through death he might destroy the one who has the power of death, that is, the devil, and free those who all their lives were held in slavery by the fear of death. For it is clear that he did not come to help angels, but the descendants of Abraham. Therefore he had to become like his brothers and sisters in every respect, so that he might be a merciful and faithful high priest in the service of God, to make a sacrifice of atonement for the sins of the people. Because he himself was tested by what he suffered, he is able to help those who are being tested.

## **Gospel Reading**

### **Luke 2.22-40**

When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, 'Every firstborn male shall be designated as holy to the Lord'), and they offered a sacrifice according to what is stated in the law of the Lord, 'a pair of turtle-doves or two young pigeons.' Now there was a man in Jerusalem whose name was Simeon; this man was righteous and devout, looking forward to the consolation of Israel, and the Holy Spirit rested on him. It had been revealed to him by the Holy Spirit that he would not see death before he had seen the Lord's Messiah. Guided by the Spirit, Simeon came into the temple; and when the parents brought in the child Jesus, to do for him what was customary under the law, Simeon took him in his arms and praised God, saying, 'Master, now you are dismissing your servant in peace, according to your word; for my eyes have seen your salvation, which you have prepared in the presence of all peoples, a light for revelation to the Gentiles and for glory to your people Israel.' 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.' There was also a prophet, Anna the daughter of Phanuel, of the tribe of Asher. She was of a great age, having lived with her husband for seven years after her marriage, then as a widow to the age of eighty-four. She never left the temple but worshipped there with fasting and prayer night and day. At that moment she came, and began to praise God and to speak about the child to all who were looking for the redemption of Jerusalem. When they had finished everything required by the law of the Lord, they returned to Galilee, to their own town of Nazareth. The child grew and became strong, filled with wisdom; and the favour of God was upon him.

## **Post Communion**

Lord, you fulfilled the hope of Simeon and Anna,  
who lived to welcome the Messiah:  
may we, who have received these gifts beyond words,  
prepare to meet Christ Jesus  
when he comes to bring us to eternal life;  
for he is alive and reigns, now and for ever.

## **Sermon by The Very Rev'd Christopher Lewis from Aldeburgh 10.30am Service on the 22<sup>nd</sup> January**

The week of prayer for Christian unity. For some, that sounds very distant: a week designed for something which we maybe see as impossible and therefore unimportant. The critics also ask 'What is the point of cobbling together a structure when lively Christian faith is so personal?'. But that is not good enough, for the critic should be reminded that Jesus prayed for unity, that St Paul wrote of unity (as in today's second reading from 1st Corinthians) and then that the track record of the Churches has been nothing to be proud of, with their arguments and schisms, often related to political and cultural differences.

So if we respond to Jesus' teaching and to St Paul's writing, we have a task on which people have been largely unsuccessful and in which we perhaps are not particularly involved. The Gospel values of love, consideration for others, solidarity – those are values which have not often been harnessed to narrowing the divisions of Christians.

There have been splits for a number of different reasons. We can study Luther's objections to the Papacy and learn what his arguments were against the ways of the Church at the time: for a start, he criticized the selling of indulgences - a system of payment which supposedly absolved people of sins in the past ...and also – so the theory went - released the person making the payment from a time in Purgatory after death. Luther's objections are seen as the beginning of the Reformation: Lutheranism, Calvinism and the like. The new Protestant way was intended to put less emphasis on the systems and beliefs of the Church as a whole, and more to focus on the faith of the individual, on God's love for people and on the close following of Scripture.

Various things, of course, happened in different countries. In this age and in this country, we would not hold Henry VIII up as an example of a good Christian. It was he who, by 1536 had dissolved the monasteries, broken the country off from the Roman Catholic Church in England and Wales, seized all available assets and declared the Church of England the established church, with himself as its head. Were his motives economic, political, religious? – difficult to unscramble.

And to this day, Christian faith and practice are mighty difficult things to understand, improve, hold out as admirable. Take some extreme examples: Patriarch Kirill of the Russian Orthodox Church has called the war with Ukraine 'metaphysical' and has told the Russian soldiers that dying in battle would cancel out all their sins. Or, if you move into the Western world, look at Donald Trump, surrounded by white evangelical Christians who see (or maybe saw) him as advancing their interests. Many people stopped for prayer on their way to the infamous assault on the Capitol. One could go on: those strange people called 'Prosperity Preachers' who equate Christian faith with financial success: 'Have faith and you will get rich; if you give your money to God, God will bless you with wealth'. There you have just a few examples of how the Christian faith, like other faiths, can go wildly wrong.

So Christian unity is not easy, largely because faith gets caught up in all kinds of cultural, political, and economic circumstances. But that means that Christian unity is all the more important. In the old days, communications were bad, and people were isolated, but since the 18<sup>th</sup> and 19<sup>th</sup> centuries when communications were a bit easier and missionaries began to meet each other, the different Churches became better informed. In the early part of the last century there was much more activity and in 1948 the World Council of Churches began as a forum in which Churches can work together and gain in mutual understanding. And we too may learn.

Learning can happen locally too. We are fortunate in Aldeburgh with Baptists, Catholics, and Anglicans, each being able to experience something of the others. There is even a special opportunity for learning, namely at six in the evening on the 3<sup>rd</sup> Sunday of the month in the Fairfield Centre.

Let us look at today's readings. The first from the prophet Isaiah who praises God's activity: the people who walked in darkness have seen a great light which leads to a time of joy and freedom. Then St Paul to the Corinthians; remember that Paul was angry with the converts on account of sexual immorality, lawsuits, and bad behaviour during the Lord's Supper. So here he is, telling them that they must be united and well behaved as they follow Christ. And then our third reading, the Gospel, where Jesus harks back to Isaiah and to the light seen by the people who had walked in darkness. He proceeded on his ministry, gathering up followers from the fishermen he met and curing people who were suffering.

So here in the readings are clear messages about unity and purpose. Then ever since biblical times, there have been both terrible examples of Christian faith and also wonderful ones. And it would be wrong to think

that we cannot or should not learn from the wonderful ones. For each will have a part to play....perhaps like a jazz band where all contribute. I love the wonderful 1930's jazz pianist Fats Waller who played along, but needed 5 others to support him and help him to come to his great conclusions...in one number he sang 'Yer feet's too big' but in another, after much musical reflection on life, he sang: 'I'm gonna sit right down and write myself a letter'. As in jazz, we need different forms of Christianity so that we can learn and come to conclusions ourselves.

And on that note, there is a wider possibility too: that the week of prayer for Christian unity and Christian learning might expand to other faiths. Anyone who has studied meditation and mindfulness will know that Christian relations with Buddhism have been creative and close. And I heard from an Anglican Priest in High Wycombe about the manner in which Christians and Muslims got together to receive Syrian refugees and prayed with each other about reaching out to those who suffer. They did not betray or compromise their own faith, but they got to know each other and worked together on a common cause. The relationship of joint action to their prayer to God and to the growth of their friendship is remarkable.

The week of prayer for Christian unity is celebrated all over the world and we learn of Christians in other places, discovering both what is wonderful and what is to be avoided. And we may learn of and from other faiths as well.

### **Happy 90<sup>th</sup> Birthday Dick Jeffery**

We wish our church warden emeritus, Dick (Aldeburgh) a very Happy 90<sup>th</sup> Birthday. At Aldeburgh last Sunday, we all raised a glass to celebrate this rather special milestone and had a slice of cake made by our Fran Smith.

**Many Congratulations Dick!**



## **Our Newly Fledged Elders are Getting Out There! Well done Marie (Friston).**

We had a great turnout to celebrate Marie's first service as an Elder (Sunday, 22<sup>nd</sup> February); and as she emphasised, the challenge is for the same numbers at her next service on Sunday, 12<sup>th</sup> February at 10am; otherwise, to quote, 'she will think she was rubbish'. Not so!

A very convivial occasion with friends and also esteemed visitors from Aldeburgh to support her, topped off with coffee and a presentation to Marie of a magnolia tree as a token of our appreciation.

Simon Ive – Treasurer



**Next Week - Sunday 5<sup>th</sup> February  
Third Sunday before Lent**

### **Benefice Celebration of Love Service**

**12<sup>th</sup> 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**

**† 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 5<sup>th</sup> 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.

**£££ 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 †**

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 – 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**

**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>



## **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>

## **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**

## **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**

## **† 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](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list or for the Zoom links.

**Saturday 4th February Pilgrims 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.

**Saturday 18th February 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.

**COFFEE TIME**

**RSPB BIG GARDEN BIRDWATCH WEEKEND**

Be part of The Big Garden Bird Watch. Simply choose an hour between 27<sup>th</sup> and 29<sup>th</sup> January and count the birds you see land in your garden, on your balcony, or in your local park. Then submit what you saw to the link below. Even if you saw nothing, it still counts.

Find out more by clicking on the link to the RSPB website.

<https://www.rspb.org.uk/get-involved/activities/birdwatch/everything-you-need-to-know-about-big-garden-birdwatch/>

**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](mailto:admin@aldeburghparishchurch.org.uk)