



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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The Revd Johanna Mabey

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Sunday 5th February Third Sunday before Lent

Services in The Alde Sandlings Benefice this Sunday

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

Message from our new curate joining us later in the year.

Hello, I'm Mary and I'll be joining the benefice as your assistant curate. I'm looking forward to serving amongst you. I'm excited to join in with all that the churches are doing and to help share the love of Jesus. In my spare time I like being outdoors, whether that's swimming in the sea, walking dogs, or growing vegetables. If I'm inside, you might find me cooking or making music. I grew up fairly close to Alde Sandlings and I'm looking forward to being back in the area.



Collect

Almighty God, who alone can bring order
to the unruly wills and passions of sinful humanity:
give your people grace so to love what you command
and to desire what you promise, that,
among the many changes of this world,
our hearts may surely there be fixed
where true joys are to be found;
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 58.1-9a

Shout out, do not hold back! Lift up your voice like a trumpet!
Announce to my people their rebellion, to the house of Jacob their
sins. Yet day after day they seek me and delight to know my ways,
as if they were a nation that practised righteousness and did not forsake
the ordinance of their God; they ask of me righteous judgements, they
delight to draw near to God. 'Why do we fast, but you do not see?
Why humble ourselves, but you do not notice?' Look, you serve your
own interest on your fast-day, and oppress all your workers. Look, you
fast only to quarrel and to fight and to strike with a wicked fist. Such
fasting as you do today will not make your voice heard on high. Is such
the fast that I choose, a day to humble oneself? Is it to bow down the head
like a bulrush, and to lie in sackcloth and ashes? Will you call this a fast, a
day acceptable to the Lord? Is not this the fast that I choose: to loose the
bonds of injustice, to undo the thongs of the yoke, to let the oppressed go
free, and to break every yoke? Is it not to share your bread with the
hungry, and bring the homeless poor into your house; when you see the
naked, to cover them, and not to hide yourself from your own kin? Then
your light shall break forth like the dawn, and your healing shall spring
up quickly; your vindicator shall go before you, the glory of the Lord shall
be your rear-guard. Then you shall call, and the Lord will answer; you shall
cry for help, and he will say, Here I am. If you remove the yoke from
among you, the pointing of the finger, the speaking of evil.

Second Reading

1 Corinthians 2.1-12

When I came to you, brothers and sisters, I did not come proclaiming the mystery of God to you in lofty words or wisdom. For I decided to know nothing among you except Jesus Christ, and him crucified. And I came to you in weakness and in fear and in much trembling. My speech and my proclamation were not with plausible words of wisdom, but with a demonstration of the Spirit and of power, so that your faith might rest not on human wisdom but on the power of God. Yet among the mature we do speak wisdom, though it is not a wisdom of this age or of the rulers of this age, who are doomed to perish. But we speak God's wisdom, secret and hidden, which God decreed before the ages for our glory. None of the rulers of this age understood this; for if they had, they would not have crucified the Lord of glory. But, as it is written, 'What no eye has seen, nor ear heard, nor the human heart conceived, what God has prepared for those who love him'— these things God has revealed to us through the Spirit; for the Spirit searches everything, even the depths of God. For what human being knows what is truly human except the human spirit that is within? So also no one comprehends what is truly God's except the Spirit of God. Now we have received not the spirit of the world, but the Spirit that is from God, so that we may understand the gifts bestowed on us by God.

Gospel Reading

Matthew 5.13-20

'You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. 'You are the light of the world. A city built on a hill cannot be hidden. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven. 'Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfil. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.

Post Communion

Merciful Father,
who gave Jesus Christ to be for us the bread of life,
that those who come to him should never hunger:
draw us to the Lord in faith and love,
that we may eat and drink with him
at his table in the kingdom,
where he is alive and reigns, now and for ever.

Sermon by Rev'd Sarah du Boulay from The Benefice Service at Aldringham on the 29th January

Simeon and Anna
Luke 2:22-40

I'm going to start my sermon today using a trope I usually hate. Forgive me. But I want to ask a question. What is resilience?

Well, according to the Cambridge Dictionary, resilience is either, a) the ability to be happy or successful after something difficult or bad has happened. Or b) the ability of a substance to return to its usual shape after being bent, stretched or pressed.

I think both are pertinent, and both apply to people as well as objects. To us.

I think resilience is an important part of the Gospel story we have heard today.

This telling of the presentation of Christ in the temple, comes immediately after Luke's narrative of the shepherds on the first Christmas night. We are told that after the shepherds left the Holy family in Bethlehem, Mary treasured their words about all they had experienced, and she pondered them in her heart.

Mary, we know, had to be resilient. She was pregnant and gave birth out of wedlock in less than ideal circumstances. She and her young family had to flee their home lest her baby be murdered by a jealous and cruel king. She raised this child, teaching him, feeding him, keeping him safe. She watched as he started his ministry. She saw him arrested, beaten, and killed. She knew exactly who her child was. And still she persisted. Mary was incredibly resilient. She had great faith and hope in God. We believe that Mary knew Jesus had been resurrected after the event (we know she lived as a disciple

with Peter, James, John and others, and was present at Pentecost). But this is after he died. Can you imagine the resilience she needed to embody? In this telling of the story, Simeon is also a model of resilience. When we meet him in this passage in Luke, he is an old man. He too has lived his life faithfully and holding on to the promises of the Old Testament. He is ready to die, but he knows – he has been promised – that he will meet the Messiah, the Christ child, before he does so. ‘Now Lord, let your servant depart in peace, for your word has been fulfilled.’ As he cradled the baby Jesus, he blessed both him and his family, and foretold the story of heartache which awaited them all. ‘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.’ An impossible message for any parent to hear, but balanced with his message of hope – he names Jesus as God’s plan for salvation; a light for revelation and for glory. Simeon meeting Jesus was not a time to be fearful of the dangers of the future. It was not a time to be sad that Simeon’s life was ending. It was a time for rejoicing and praising God. A time for hope.

And what of Anna? Well, Anna too has been referred to as a ‘holder of hope’. She too is an old woman – widowed after only 7 years and then having lived to 84. Anna had clearly known loss and grief and hardship in her life. And yet we are told she never left the temple, but ‘worshipped there with fasting and with prayer day and night.’ She, like Simeon, instantly recognised Jesus, and began to speak about him – identifying him as the ‘redemption of Jerusalem.’ She kept her focus on God all of her life. She prayed constantly and openly, and one assumes, hopefully. Anna was resilient.

I wonder whether Mary remembered Simeon and Anna. I wonder if she remembered what they had said. How they had lived their lives. Their hope. I wonder if that memory may have given her comfort some 30 odd years later during dark times in her own life.

In my last two messages in our weekly newsletter, I have asked you two questions. The first is what makes your heart sing? The second is who makes your heart sing? The answers to both these questions remind us of love and hope and joy. Of God, in fact – we just sometimes need to be explicit about the link.

I wonder what situations we all need to be resilient about at the moment? Whether it's a family problem. Money issues. Somebody doing something we don't like. Self-doubt. Illness. World issues. From the war in the Ukraine, to something quite small, which is annoying but by no means a matter of life or death. Resilience.

I suggest to you that the key to resilience; the key to the ability to be happy or successful after something difficult or bad has happened. Or the ability of a substance to return to its usual shape after being bent, stretched or pressed. The key to resilience, is hope. And that hope is found exclusively in God. That our calling is to keep our focus on God. On the knowledge of his love for us, and the actions of Jesus Christ, our saviour and our redeemer.

If we keep God at the centre of our very being, we can't go far wrong.

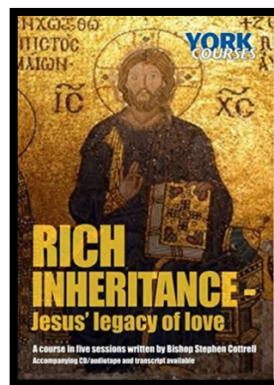
† **Lent Course 2023** †

Starting from the week commencing, 27th February
Every Tuesday at 7pm – Lent Course at Ken and Fran's Home,
Aldeburgh

Every Wednesday at 2.30pm – Lent Course at Friston Village Hall

This year the course will be reading the book written by Bishop Stephen Cottrell, Rich Inheritance – Jesus' Legacy of Love: York Courses.

Please do sign up for either course on your notice boards in church,
(from next week) as numbers are limited.



Aldringham are hoping to host their Monday Lent lunches again. BUT they need your help. Annie is looking for pairs of volunteers to host four of these lunches during March. This will involve each couple making “two soups”, one being vegetarian, and serving it with bread or rolls and making tea and coffee. Please contact Annie Norton for further information anneenorton@btinternet.com or

admin@aldeburghparishchurch.org.uk

In aid of the Bishop's Lent Appeal for Kagera.

Benefice Service at Aldringham 29th January

The Alde Sandlings Benefice worshipped together last Sunday at Aldringham Parish Church. The service was led by Revd Sarah.

It was a joyous occasion for all.

Thank you to all those who attended and thank you to Amanda for the photos.



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

† 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.

**£££ 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>

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**

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

† 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 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.

**Next Sunday – 12th February
Second Sunday before Lent**

BRITTEN PEARS
ARTS

East Suffolk Warm Rooms

Britten Pears Arts is offering two Warm Spaces, as part of East Suffolk Council's Ease the Squeeze campaign.

- Safe, comfortable spaces to stay warm
- Everyone welcome, no need to book
- Free activities and refreshments

www.eastsuffolk.gov.uk/squeeze

The Red House, Aldeburgh

Imogen Holst Room, Golf Lane, Aldeburgh, IP15 5PZ
Tuesdays and Wednesdays, 10am – 4pm

Snape Maltings

The Stable Block, Snape, IP17 1SP
Thursdays and Fridays, 10am – 4pm

Get in touch

Email: community@brittenpearsarts.org
Call: 01728 687100

How to get here

By car: Parking available on both sites

By train: Nearest station Saxmundham, or Wickham Market for Katch on-demand bus service

By bus to Snape: On demand taxi bus service between Framlingham, Snape and Wickham Market Railway Station provided by Katch Call 01728 554455

Katch

By bus to The Red House: Bus no. 64 stops at Linden Road, Aldeburgh, 0.4 miles from The Red House, running hourly to and from Saxmundham, Wickham Market, Woodbridge & Ipswich

By Taxi: On demand taxi bus service for whole of Suffolk Coastal area provided by Connecting Communities
Call 01728 635938



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Excerpt from The Children's Society Newsletter

When everyone is feeling so sad about the recent loss of our Treasurer, Canon John Tipping, over £5,000 came flooding in to support The Children's Society in his memory. The Alde Sandlings Benefice (Aldeburgh, Friston, Aldringham, Knodishall) and Snape Churches, the Dolphin Inn, Thorpeness, Pilgrims Together carol services, friends, neighbours and colleagues going back to his university days to name a few. There were donations from strangers who had been christened or married by John and who had travelled miles to pay their respects. He would have been thrilled but humbled that he had touched the hearts of so many.