



## 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 12<sup>th</sup> February Second Sunday before Lent

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
	3.00pm	Celebration of Love Service
Aldringham	11.00am	Holy Communion
Friston	10.00am	Service of The Word
Knodishall	9.30am	Morning Prayer

### **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**

## **Message from our priest in charge – Revd Sarah du Boulay**

Dear Friends,

A clergy friend and I currently have a challenge with each other. At the end of every week, we add up our totals and the one who is farthest from the mark buys lunch for the other on our joint day off. Our aim is to each establish good working habits alongside a friend who can support us and who understands exactly what it is all about.

You'll be proud of me, I'm sure, to learn that I haven't yet bought a meal (my competitive nature is coming to the fore!).

This agreement, together with the first PCC meetings of 2023, and our January benefice services have reminded me once again how much stronger we all are together. How support and prayer, and love bonds us and enables us. How we are created to be in union and unity with one another. This all bodes well for the rest of the year.

With every blessing,

Sarah

### **Collect**

Almighty God,  
you have created the heavens and the earth  
and made us in your own image:  
teach us to discern your hand in all your works  
and your likeness in all your children;  
through Jesus Christ your Son our Lord,  
who with you and the Holy Spirit reigns supreme over all things,  
now and for ever.

## **First Reading**

### **Genesis 1.1-2.3**

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day. And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day. And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.' And it was so. God made the two great lights—the greater light to rule the day and the lesser light to rule the night—and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day. And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day. And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every

kind. And God saw that it was good. Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.' So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

## **Second Reading**

### **Romans 8.18-25**

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

## **Gospel Reading**

### **Matthew 6.25-end**

‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

### **Post Communion**

God our creator, by your gift  
the tree of life was set at the heart of the earthly paradise,  
and the bread of life at the heart of your Church:  
may we who have been nourished at your table on earth  
be transformed by the glory of the Saviour’s cross  
and enjoy the delights of eternity;  
through Jesus Christ our Lord.

**Next Sunday – 19<sup>th</sup> February**  
**Sunday next before Lent**

## **Sermon by Rev'd Nichola Winter from the Service at Friston on the 5<sup>th</sup> February**

There is a rather appealing symmetry about this particular week of the year. Candlemas has passed - the mid-point between the shortest day of the year, when daylight is at its briefest, and the spring equinox, when night and daylight are roughly equal. The church calendar shows that we are now in ordinary time; church vestments take on the colour of nature, green; and today is the fifth Sunday after Epiphany and the third Sunday before Lent. We're at a kind of balancing point between Epiphany and Lent, between winter and spring. Even the weather is unpredictable, mild and windy but still with a threat of winter chill.

Early in his ministry Jesus states that he has come not to abolish what has formed the foundation of faith in the past - the law and the prophets - but to fulfil it. In the words from Isaiah, he comes to 'loose the bonds of injustice; to undo the thongs of the yoke, to let the oppressed go free and to break every yoke.' Later, in Matthew's gospel, in what is often called 'the sermon on the mount', we hear how Jesus invites his followers to come to him. 'Take my yoke upon you, and learn from me;' he says, 'for I am gentle and humble in heart, and you will find rest for your souls... my yoke is easy, and my burden is light.' It's very easy to allow ourselves to become bogged down in our everyday affairs; but Jesus teaches us a different way; these words may have become very familiar to us, but it's well worth taking the whole of chapters 5-7 and imagining just what an impact these words would have had on those who heard them for the first time.

From today's passage, it is perhaps 'salt' and 'light' that leap out at us. Two familiar, valuable commodities that we may take for granted - the kitchen salt pot, the electric light - but they required more work in order to be enjoyed in first century Galilee. Essentials for life that required effort. And Jesus is calling us to liken ourselves to those items. Salt and light, both necessary for life, in the right quantities. We need to let the teaching of Christ season and lighten our lives so that we can truly be witnesses to the gospel message of healing, reconciliation and salvation – three things so desperately needed in our increasingly secular, confusing and confused world today. As Christians we need to let our way of living witness to the fact of Christ in our lives; we need to show others that the true light is the light of God and that the higher power of God is better than self-reliance or dependence on tacky new age idols, fake news and so-called 'click bait'. But we also need to be aware of just how we let that

light shine. We're not called to make a song and dance about what we're doing. When Jesus was asked by his disciples how to pray he warned against proclaiming loud and wordy prayers in the manner of those who just wanted to demonstrate how pious they were. Instead, they were to go into the privacy of their rooms and pray the words we know as the Lord's Prayer. Even so with the salt and light Jesus speaks of here. Too much salt and a dish becomes inedible. Too much light and we become blinded. A gentle seasoning is what's needed; a subtle light. Our witness needs to deliver with the quiet determination that brings results rather than the showy over-colourful language that fascinates but fails to bear fruit. Think many of our politicians, media presenters and celebrities - I sometimes find myself asking just what it actually is that they are promising... As Paul says in his words to the Corinthians:

'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.'

And so we stand at a pivoting point; Jesus comes not to abolish what has gone before but to fulfil it. We are witnesses to that and we are called to continue that work, as light, as salt, as his disciples. By God's grace alone we are called into service and strengthened by the Holy Spirit. As we share this eucharist now, may we realise again our capacity for bringing seasoning to those parts of life that have grown dull, and light to those parts of life that have grown dark.

### † **Lent Course 2023** †

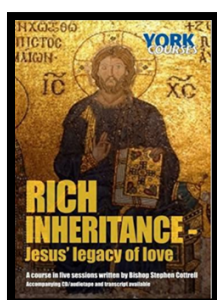
Every Monday at 12 Noon – Lent Lunches at Aldringham Church, *from 6<sup>th</sup> March*

Every Tuesday at 7pm – Lent Course at Ken and Fran's Home, Aldeburgh *from 28<sup>th</sup> February*

Every Wednesday at 2.30pm – Lent Course at Friston Village Hall *from 1<sup>st</sup> March*

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, as numbers are limited.**



**Pancakes at the Pub**  
**Shrove Tuesday 21<sup>st</sup> February at**  
**The Dolphin from 3.15pm**

All welcome – All ages.  
Pancakes and lots of fun  
£3.00 for two pancakes with a choice of fillings  
Proceeds to go to Aldringham Church

**£££ 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](mailto: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.

**Saturday 25th February online Zoom Pilgrim Local History  
Storytelling Ceilidh from 7pm (opening at 6.45pm)**

The first half of the evening will be a presentation on the local poet, artist and architect Cecil Howard Lay (1885-1956). A chance to learn about his life and influence from the comfort of your own chair! After a comfort break to replenish glasses and snacks, the second half will be a chance to first share and listen to each other's thoughts, stories and remembrances related to Cecil Howard Lay's local legacy and then followed by an open time of sharing on the topic of the Great Coastal Flood of 1953.

**Saturday, 4th March, 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.