



## 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 19<sup>th</sup> February Sunday next before Lent

### Services in The Alde Sandlings Benefice this Sunday

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

**Benefice Ash Wednesday Service  
Knodishall Parish Church  
February 22<sup>nd</sup> at 6pm**

**ALL WELCOME**

### Collect

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Exodus 24.12-end**

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.' Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

## **Second Reading**

### **2 Peter 1.16-end**

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, 'This is my Son, my Beloved, with whom I am well pleased.' We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

## **Gospel Reading**

### **Matthew 17.1-9**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, 'Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.' While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, 'This is my Son, the

Beloved; with him I am well pleased; listen to him!' When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, 'Get up and do not be afraid.' And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, 'Tell no one about the vision until after the Son of Man has been raised from the dead.'

### **Post Communion**

Holy God, we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to change and save.  
This we ask through Jesus Christ our Lord.

### † **Alde Sandlings Lent Course 2023** †

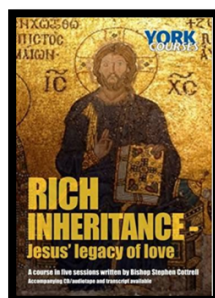
Every Monday at 12 Noon – Lent Lunches at Aldringham Church, *from 6<sup>th</sup> March*

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.**



## **Sermon by Rev'd Nichola Winter from the Service at Aldeburgh on the 12<sup>th</sup> February**

Some years ago I was invited to discuss funeral arrangements with a lady who wanted to ensure the minimum of worry for her family when her death came. It was several years before we needed to put her wishes in place but when the time came for a meeting with the family they were a little surprised at the reading that had been chosen. It was the passage from Romans, read this morning. On reflection, however, the bereaved family concluded that this reading was spot on. It expressed eloquently the faith their relation had held. Paul's words speak of the sufferings of the present age, but also the tenacity of the Christian hope. Paul rarely uses soft and gentle words - true faith can be tough but the rewards promised will exceed all expectation. It may come as no surprise that this lady had chosen 'Onward Christian soldiers' as one of the hymns to be sung - not as a glorification of war but rather as a stirring call to follow the cross of Christ, to be steadfast and to trust and depend on God rather than on humankind's relatively puny power and frailty. As a child, my piano teacher used to call it 'stickability' - the determination to persevere and not be put off. In some ways, these are unfashionable characteristics. Too often we are encouraged to go with the 'feel good' factor - if a task/expectation/relationship is too fraught, then give it up, forget it, move on to something else.

Yes, we can take that way out. But if we are always giving in we never get the chance to test what we are truly made of. Challenging ourselves and testing our abilities are an important part of ensuring that we use our gifts to their greatest potential. To be content with anything less is to cheat ourselves - and God. Paul is at pains to stress this - earlier in the same letter he writes:

'we boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us.'  
(Rom 5:3-5)

Jesus tells us not to fret. Not to fret over the minutiae of the day. We live in a time when we seem to be encouraged to fret over what we haven't got rather than what we have got. And I'm not saying that there aren't unfortunate people who really do find themselves in very difficult

circumstances and they truly need our love, help and compassion. But perhaps this gospel encourages us to look afresh at our lives; to reconsider and to re-prioritise our needs and our wants. In a culture where it seems that everything has to happen at once and wishes need to be satisfied immediately, we are called to take a step back, to wait, and to wait in patience.

We are to trust God; his grace and his mercy will equip us with all that we need. The sacramental time that we set aside to be with God is essential for our sustenance and well being. One of the key teachings of Jesus makes the same point. We are not to fret over the things in life that are add-ons to the essentials. God knows that we need food and drink, we need clothing, we need a body that will function reasonably well. But to make gods of these things in themselves is to lose sight of the bigger picture; to be blind to the love of God. We need to focus our energy on building up our faith, on recognising the needs of others and using our resources so that the kingdom of God may be built on earth - and in our lives. Yes, we are, on our own, inadequate. But God fills in where we fall short. As we hear in the Genesis reading, God takes chaos and makes order of it - even though it might sometimes seem that it is chaos that we still see all around us. But it is when we become dependent on God that we truly see his strength and grace.

There is a prayer - source unknown - that says this so eloquently:

Almighty God, who in thy wisdom hast so ordered our earthly life that we needs must walk by faith and not by sight; grant us such faith in thee that, amidst all things that pass our understanding, we may believe in thy fatherly care, and ever be strengthened by the assurance that underneath are the everlasting arms; through Jesus Christ our Lord. Amen.

## **Aldeburgh Parish Nursing Service**

Are you a carer, or do you know anyone who has dementia/ Alzheimer's or another long term age related condition such as Parkinsons disease? If so, would you like to meet with others going through the same thing, have fun, make friends, and get some useful information all with a hot drink and home made cakes?

Find out about **Monday Club**, run by Parish Nurse Ali Cherry at: **The Fairfield Centre**, Aldeburgh, **2nd Monday of every month**. March 14th, April (3rd Monday due to Easter) May 8th, June 12th. 10:30 - 12:00. An opportunity to relax & share memories together with music, quizzes, guest speakers and entertainers. **£3 per person**.

For more info contact: Ali Cherry, Parish Nurse on 07870 946475 or nursealicherry@yahoo.co.uk

## **Canon Rich Henderson appointed as Archdeacon of Suffolk**



The Rt Revd Martin Seeley, Bishop of St Edmundsbury and Ipswich, has appointed the Revd Canon Rich Henderson to be the new Archdeacon of Suffolk. He is currently Rector of Beccles with Worlingham, North Cove and Barnby, as well as Rural Dean of Waveney and Blyth deanery, and an honorary canon at St Edmundsbury Cathedral.

Read more here - <https://www.cofesuffolk.org/canon-rich-henderson-appointed-as-archdeacon-of-suffolk.php>

## **Pancakes at The Dolphin Inn**

Shrove Tuesday 21<sup>st</sup> February from 3.15pm

Come and join in the pancake making, and various activities for the children. **£3** for two pancakes, with a choice of fillings.

All proceeds to go to Aldringham Church

## Celebration of Love Service

Last Sunday (12<sup>th</sup>) we celebrated LOVE together as a benefice. It was lovely to see so many new faces come to join in this celebration. Thank you so much to all that organised and created a beautiful “LOVE” display corner, and to the people that kindly shared their special belongings with us. We have had great feedback. Well done everyone.



## **A New Book by Our Very Own Revd Nichola Winter**

We live in a fast-paced world, and it can be hard to make time to be still, to reflect and to see what's really going on in life. In my hospital chaplaincy work over the last few years - and particularly during and following the Covid pandemic - I've encountered many people searching for a way to make life less fraught. Often they have a sense of spirituality but don't know how to harness it. This can cause depression, despondency and sometimes despair. As a result I have written a book that drew upon some of the meditation and mindfulness techniques I used with staff and patients. I hope it will help others get their life back on track.

The book is called 'From Hell to Heaven, Helped by Angels', with the sub-title 'A Mindful Makeover that draws you from Despair to Delight'. It delivers tips and techniques inspired by the concept of angels in the bible that can help us overcome difficulties and see opportunities rather than problems in our life.

The book costs £8.99, plus p&p, and you can find it at:

<https://www.amazon.co.uk/dp/B0BGKRDJ1R>



A portion of the proceeds from sales of the book during Lent will go to the Bishops' Lent Appeal for Kagera. If you have difficulty accessing the book, please contact Revd Nicky at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)



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ST PETER & ST PAUL'S

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**ALL WELCOME**

**NO CHARGE. JUST PLEASE LET US KNOW YOU  
ARE COMING, SO WE HAVE ENOUGH MATERIALS.**

**Please email Fran Smith at**  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

**£££ 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.**

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<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 and for the Zoom links.

### **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.