



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

Tel: 01728 582213

The Revd Nichola Winter

Email: njwinter@whd.co.uk

The Revd Johanna Mabey

Email: rev.johannamabey@gmail.com

Sunday 26th February First Sunday of Lent

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Holy Communion
Knodishall	9.30am	Holy Communion

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

Dear Friends,

And so we plough on into Lent, full of best intentions and prayerfulness and penitence and expectation. Claire has created a wonderful Easter Card with all of the benefice services and events planned throughout Lent and Holy Week, which will be available soon.

We began Lent with a quiet, and reflective Ashing Service at Knodishall. The service was very well received, and I think we all felt very moved by the presence of God in our midst

I'm really looking forward to celebrating this most holy of times with you all, and look forward to seeing you soon.

And for those of you who have asked... I'm still winning the wager with my friend!

With every blessing,

Sarah

Collect

Almighty God,
whose Son Jesus Christ fasted forty days in the wilderness,
and was tempted as we are, yet without sin:
give us grace to discipline ourselves in obedience to your Spirit;
and, as you know our weakness,
so may we know your power to save;
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

Genesis 2.15-17, 3.1-7

The Lord God took the man and put him in the garden of Eden to till it and keep it. And the Lord God commanded the man, 'You may freely eat of every tree of the garden; but of the tree of the knowledge of good and evil you shall not eat, for in the day that you eat of it you shall die.' Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, 'Did God say, "You shall not eat from any tree in the garden"?' The woman said to the serpent, 'We may eat of the fruit of the trees in the garden; but God said, "You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die."' But the serpent said to the woman, 'You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.' So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loin cloths for themselves.

Second Reading

Romans 5.12-19

Therefore, just as sin came into the world through one man, and death came through sin, and so death spread to all because all have sinned sin was indeed in the world before the law, but sin is not reckoned when there is no law. Yet death exercised dominion from Adam to Moses, even over those whose sins were not like the transgression of Adam, who is a type of the one who was to come. But the free gift is not like the trespass. For if the many died through the one man's trespass, much more surely have the grace of God and the free gift in the grace of the one man,

Jesus Christ, abounded for the many. And the free gift is not like the effect of the one man's sin. For the judgement following one trespass brought condemnation, but the free gift following many trespasses brings justification. If, because of the one man's trespass, death exercised dominion through that one, much more surely will those who receive the abundance of grace and the free gift of righteousness exercise dominion in life through the one man, Jesus Christ. Therefore just as one man's trespass led to condemnation for all, so one man's act of righteousness leads to justification and life for all. For just as by the one man's disobedience the many were made sinners, so by the one man's obedience the many will be made righteous.

Gospel Reading

Matthew 4.1-11

Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. He fasted for forty days and forty nights, and afterwards he was famished. The tempter came and said to him, 'If you are the Son of God, command these stones to become loaves of bread.' But he answered, 'It is written, "One does not live by bread alone, but by every word that comes from the mouth of God."' Then the devil took him to the holy city and placed him on the pinnacle of the temple, saying to him, 'If you are the Son of God, throw yourself down; for it is written, "He will command his angels concerning you", and "On their hands they will bear you up, so that you will not dash your foot against a stone."' Jesus said to him, 'Again it is written, "Do not put the Lord your God to the test."' Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour; and he said to him, 'All these I will give you, if you will fall down and worship me.' Jesus said to him, 'Away with you, Satan! for it is written, "Worship the Lord your God, and serve only him."' Then the devil left him, and suddenly angels came and waited on him.

Post Communion

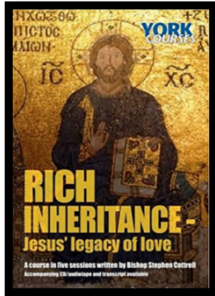
Lord God, you have renewed us with
the living bread from heaven;
by it you nourish our faith, increase our hope,
and strengthen our love: teach us always to
hunger for him who is the true and living bread,
and enable us to live by every word that proceeds
from out of your mouth; through Jesus Christ our Lord.

† **Alde Sandlings Lent Course 2023** †

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

Every Tuesday at 7pm – Lent Course at Ken and Fran's Home, Aldeburgh from *28th February* **Now Fully Booked**

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



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

If you would like to attend the Friston Lent course, or the Aldringham Lunches, please email

Claire at admin@aldeburghparishchurch.org.uk
Aldeburgh now fully booked.

Sermon by Rev'd Sarah du Boulay from the Service at Aldringham on the 19th February

It's funny how often mountains are mentioned in the Bible. (I actually looked it up – it's around 570 times – love is mentioned 714, Jesus about 800, so 570 feels like quite a lot for inanimate objects). These readings are two examples, and specifically examples of something quite astounding happening on top of a mountain. Firstly, in Exodus when Moses actually went into the presence of God and was given the Ten Commandments. Then in Matthew where Jesus was transfigured – a powerful demonstration of his divine nature and manifestation of his glory. His 'inner circle' (if you like), like Moses before them, came face to face with God himself.

Funny things happen on mountains in the Bible. Strange and powerful and frightening and godly things.

If you receive our weekly benefice newsletters, you might remember back in November, I wrote of a forthcoming holiday I was planning in the Lake District. I spoke of how for me, the Lake District is a very special place – it's where my heart feels happiest. I know I am not alone in this feeling. I love mountains, and I particularly love the Lakes – I have one rock on one mountain – halfway up Blencathra, which is my particular special place – my favourite place out of everywhere I have visited across the whole world.

I also mentioned another thing about Blencathra. It is my thin place. A thin place is originally a Celtic tradition. It is simply a place where heaven and earth come closer together. A place where we encounter God. I have a real need to go to my rock on Blencathra on a regular basis. It calms me. It energises me. It revitalises me. It centres me. It reconnects me to God and makes me feel spiritually whole. I have other thin places – many other thin places, but this is the thinnest of my places.

I hope as I am speaking that you are all thinking and can recall thin places of your own.

A place where we feel closer to God. Where heaven and earth collide.

It struck me that in terms of thin places, these readings are very apt as we prepare for Lent.

Lent, as we know, is a penitential season. It is a time where we specifically remember and concentrate on the fact that God is our Lord and Saviour, and we are entirely reliant on his grace and mercy. Ours is not a faith of works, it is a faith of trust and of love. We are saved because God loves us, not because of how many good things we do in our lives. This in itself is humbling. And as we look to the celebrations of Easter – where by raising Jesus from the dead, God overcame death FOR US, it is good for us to be humbled by his love.

Lent is a time for us to come closer to God. To reconnect. To wash away all the stuff which keeps us away from God – which can rock our faith and distract us. To refocus on God and to concentrate on our relationship with him. A metaphorical thin place – certainly a thin time.

It is why some people choose to give something up at Lent – the idea being that in denying ourselves, we remember why we have given it up, and that it is a personal sacrifice, and we pray that it makes us closer to God. Some people take something up (say, reading our Bibles) for the same reason.

So I ask you – where is your thin place? And what will you do this Lent to create your own thinness. How can you get as close as possible to God before Easter? What can we do, as your Church family to help? How will you come face to face with God?

Meet The People - Our Unsung Heroes – Part Three **by Jenny Digby** **This month – Churchwardens**

For our February edition of Meet the People, we are looking at the role of our Churchwardens within the Alde Sandlings Benefice of Aldeburgh, Aldringham, Friston & Knodishall.

You may be surprised to learn that the office of churchwarden dates back to the 13th century and is one of the earliest forms of recognised lay ministry. The earliest churchwardens were responsible for the church building and contents, and this remains the same today.

The responsibilities of a modern-day churchwarden are far reaching, they are also responsible for all the church properties and all records, licenses and agreements associated with the properties. Churchwardens consult the Archdeacon and the Diocesan Advisory Council about any repairs or alteration to the church, or any acquisitions or disposals of contents, and that a faculty (a legal approval) is obtained before any work begins. They keep the logbook of all the alterations and repairs, and they keep an up-to-date inventory and photographic record of all the items belonging to the church, so we mustn't lose track, that this role is voluntary and for this reason, I think without a doubt we can call our churchwardens, true unsung heroes.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations for ever and ever.” AMEN
Ephesians 3. 20-21

I needed to find out more about this exhaustive role and meet these truly dedicated, committed Christians, who keep our churches going within the Benefice.

I started with my local church, St Peter & St Paul's in Aldeburgh which is located in an enviable position on the brow of the hill, looking out to sea as you approach the sea front and town centre. It is the largest of the four churches within the Benefice and can seat approximately 350 people. The church tower dates from the 14th century, but much of the rest is 16th century. The church is most famous as being the burial place of the composer [Benjamin Britten](#) and his partner the tenor [Peter Pears](#); also buried in the churchyard are the pioneering doctor [Elizabeth Garrett Anderson](#), the soprano [Joan Cross](#) and the composer and conductor [Imogen Holst](#). Britten is also commemorated in a stained-glass window.

Ken Smith is our churchwarden here together with Derek Cook and Julian Worster as deputies. Ken started his journey to churchwarden many years ago when he volunteered to serve as deputy to the then churchwarden. Ken could see that Bill Roberts had so many jobs, that he needed help or, the jobs would not get done. At the time, this mainly involved doing small church maintenance and repair jobs, making sure the churchyard was well kept, helping with the practical side of church services and being an active member of the Parochial Church Council (PCC).

Ken was quick to point out that it's a remarkably interesting role and you never stop learning. Sometimes Ken gets asked questions where he doesn't have the answers and needs to go back many years in the records, and maybe consulting with previous churchwardens and priests. The rewarding part of this is that in looking for those answers and finding out about the fascinating history of the church and the town.



**Derek Cook, Ken Smith and
Julian Worster**



**St Peter & St Paul's Church
Aldeburgh**

As I set off to meet the Churchwardens in our other three churches within our Benefice, on a very cold but glorious sunny week in January, I couldn't wait to look around the churches of Aldringham, Friston & Knodishall and find out more from our other unsung heroes.

St Andrew's Aldringham

My first stop was to meet David Copp, the churchwarden at St. Andrew's church Aldringham. A beautiful 11th Century rural church set on a gentle slope in peaceful surroundings close to the Suffolk Heritage Coastline. You can't see it from the road, it's located at the end of a lane with gorse land either side, typical coastal wilderness which is just off the main road in-between Aldringham and Thorpeness. There is a sign along the main road to indicate the church turnoff, but it may be easy to miss if you are a visitor.

The sun was streaming through the churchyard with just the birds flitting in and out of the bushes and gravestones when I arrived, it was more like a Spring Day than January and a feeling of peace and tranquillity seemed to reign, the perfect place to relax and think quietly. I understand the churchyard is frequented by visitors enjoying the many walks in the area. The church of Aldringham is a country church which seats approximately 110 people. Although smaller than the town church in Aldeburgh, there is still a lot to do. Some parishioners attend to small flower beds around the church, others tidy up the pathways, they all do their bit, they don't need recognition or praise, it's their local church and they take pride, keeping it going.

Talking with David who has been the churchwarden for around six to seven years, it soon became clear to me that it was also very much the people who matter. 'The Friends of St Andrews' is a voluntary group who raise money for the fabric of the church. David is able to call on other members of the church who can be relied on to give a hand; they work together as a team. Like Ken from Aldeburgh, David found himself putting up his hand to take on the role, simply because there was nobody else ready to volunteer. It's a big responsibility.

Was it a calling or just knowing that somebody was needed to keep this rural church going? Whatever the reason, David is doing a brilliant job.

I quickly realised that although I thought I knew what the role of Churchwarden was all about, it is far greater than getting the jobs done, even in a smaller church, so many of the decisions made with regards to the church and churchyard are governed by both church law and English law.

David's involvement with St. Andrew's started when he took on the role of churchyard manager. The churchyard is very large, and the

management plan aims to keep a country/rural feel. Apart from cutting the paths through the churchyard, the main annual maintenance takes place in July when a wonderful group of parishioners come together for a couple of days to cut and rake the grass and generally make the place tidy with an al fresco lunch afterwards.

Various events are planned during the year and during the summer including the “cutting and raking days”, they get together to celebrate and to enable people with a common concern for their church, to meet together.

During lockdown when we were all able to meet again at a distance, church services were held outside in the churchyard with social distancing, this brought so many people together, with passers by joining in. David tells me it was very special. In a time of crisis, the church stands tall as a sign of refuge and spirituality.



David Gordon (Treasurer) Sheila Brechin (Elder) David Copp (Church Warden)



St Andrew's Parish Church, Aldringham

St Mary's Church Friston

The following day, I met up with Simon Ive & Marie Szpak (one of our newly commissioned Lay Elders) at St. Mary's church in Friston. Friston doesn't currently have a churchwarden as such, although Simon heads up the team, but it's very much teamwork with the parishioners, they all pull together, and it works.

St Mary's church at Friston sits proud and stands out, visible from the main road. But despite its size visually, its seating is similar in numbers to that of Aldringham, its greatest asset is its prominence within the village and also the people who serve in the church. This being so, it's very much a village community that come together with the church to support summer events and helps raise funds for the church.

As I entered the church, the first thing to hit me was the church's showpiece – the enormous Royal Arms of James 1st which Munro Cautley rescued in pieces from the tower in 1935 and reassembled. Carved from five-inch-thick planks and over six foot square, they are virtually complete, although little of the colour survives. On the north wall there is the cover

of what was probably the church's first Bible, displayed in a frame; it dates from about 1550 and still has its engraved brass mounts.

During the summer the team working together for the church, arranges various fund-raising events which helps swell the church funds. These events are well patronised by the villagers and visitors alike and what I can see within our Benefice, is that second home owners and regular holiday makers, support these events financially and in helping them to be a success. People genuinely like to take part in their community.



St Mary's Church, Friston

**Peter & Margaret (readers/flowers) Maggie (reader and cleaner)
Alan (PCC, General maintenance, reader, cleaner)
Marie (Elder, reader, cleaner, PCC)**

St. Lawrence, Knodishall

The last church on my visit within the Alde Sandling Benefice was St Lawrence Church at Knodishall, where I met Richard Laws-Smith who is the Churchwarden there. This is another delightful little church set in the middle of nowhere, you really would need to know where you are going to find it, but what a gem when you come across it. They have one bell, but it calls the people to church and serves the purpose. Quite magical really.

St Lawrence Church is in a rural parish of approximately 880 people, 1½ miles south of Leiston and 3 miles east of Saxmundham. It is a vibrant village and has a busy Playgroup, a successful Primary School, and a Village Hall. The church can hold a maximum of approx 90 people, and is used for one service each Sunday, and for baptisms, weddings, and funerals. At present they have one church warden and two elders, and an active PCC which meet on a regular basis.

Richard, like our other parishes within the Benefice, relies heavily on his fellow church members to help and it works. However, due to age and the residential profile, there is only a small number of people actively involved in the running of the church, but these enthusiastic people willingly clean, arrange flowers, prepare the altar and church for services, read lessons, lead intercessions, act as sides persons, and manage their finances and Gift Aid arrangements. This once again, shows the power of the people within villages, determined to keep their church going.

It truly is rewarding to see first-hand, just what can be done when you look at how immaculate the church is inside and likewise with the church grounds. It costs a lot of money to maintain a churchyard and a lot of hard work, so St Lawrence's relies on their volunteer team to roll up their sleeves and help raise funds. These people really do take a pride in their church.

In conversation with Richard, I discovered there is a full 'Churchyard Rules' which advises what you can and can't do in a churchyard, available to view on the St. Edmundsbury website. www.cofesuffolk.org

As I walked the churchyard with Richard at St Lawrence church, which was bathed in splendid winter sunshine, he talked about the history of some of the graves and their relationship to the surrounding villages, the family names of long ago kept coming up again and again. It really is a fascinating subject; the churchwardens are so knowledgeable and willing to help.



**Tim Haxell (Elder) Pat McIntosh
(PCC Secretary)
Ros Macalister (Elder)
Pat Challis (Top Team Member)
Richard Laws Smith (Church Warden
& Treasurer)**



**St Lawrence's Church
Knodishall**

My conclusion is that the churchwarden really is the pillar of his/her church, their enthusiasm spills over and this is when the community comes into its own. In times of need, they all pull together, even non churchgoers in small villages, respect and understand the need of a church within their community. It genuinely is the centre point, and they don't want to lose it.

As I draw this article to a close, I've learnt so much since visiting these enchanting churches within the Alde Sandling Benefice, not just about the history and the family names from the villages that will live on forever resting in the churchyard, but also about the people who serve in our churches. They don't need praise; they know that the village appreciates what they do, the key being integrity and commitment, delegation and shared responsibility, and their values at the heart of everything they do.

"Be shepherds of God's flock that is under your care, watching over them-- not because you must, but because you are willing, as God wants you to be; not pursuing dishonest gain, but eager to serve;" **Peter 5:2**

Such a great bunch of people who truly deserve the title of our **Unsung Heroes.**

If you have a few spare hours each month, would like to learn new skills and become part of an enthusiastic team, meet new people and open doors you never thought you would walk through, please contact the churchwarden who would be pleased to talk this through.

Knodishall St Lawrence's

This small print of a design commemorating St. Lawrence was given to Knodishall Church on behalf of the Benefice on Ash Wednesday. It shows the notorious grid iron on which he was burned to death, and his famous words "The jewels of the church are the lives of the poor". The artist was Andrew Anderson, our Diocesan Architect for a number of years, also responsible for the new clergy and choir vestry in Aldeburgh Parish Church. The fine design was originally intended for a stained glass window in Westminster Cathedral but was not taken up. It is good to know it has found a worthy home here.

Canon John Giles



St. Laurence

Laurence was one of seven deacons in Rome, little more than two centuries after Christ's crucifixion. He died as a martyr in the persecution under Emperor Valerian in 258 AD. As sacristan of one of the Christian churches in Rome, he was ordered to hand over any treasures and jewels possessed by the church to the authorities. Refusing to do this, he appeared instead in court with a group of poor local people stating: "The jewels of the church are the lives of the poor". For this he was condemned to die, bound cruelly to a huge gridiron suspended over a fire. The jewels and gridiron are shown in this design by Andrew Anderson,

architect, designer and print-maker, and former Diocesan Architect of St. Edmundsbury & Ipswich, and Norwich Dioceses. The design is dated 11.1.12. St. Laurence's Day is 10th August.

Aldeburgh - Sunday 26th March 10.30am Service

We are very pleased to inform you that we will be joined by The King's College School Choir from Wimbledon for our Holy Communion service. To thank them for coming and joining us, we thought it would be nice to offer them a little spread afterwards. The choir consists of 40 pupils, age 10-18, plus their teachers/choir leader and organist. So, could you bring a plate of sandwiches, crisps, cakes etc?

Please speak to Sandra Saint and advise what you would like to bring, or email Claire at admin@aldeburghparishchurch.org.uk

YOU ARE ALL MOST WELCOME

ALDEBURGH PARISH CHURCH

ST PETER & ST PAUL'S

Invites you to



**COME AND HEAR THE EASTER STORY
& JOIN IN EASTER CRAFTS
& MUCH MORE FUN FOR ALL AGES**

THERE WILL ALSO BE AN EASTER EGG HUNT!!

**at the CHURCH HALL
SATURDAY 18TH MARCH
10am till 12 Noon**

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**

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>

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/B0BGKRDJIR>

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 njwinter@whd.co.uk

† World Day of Prayer †

You are warmly invited to join the churches of Aldeburgh at 11.00am on **Friday 3rd March 2023**, in the Fairfield Centre, to celebrate the World Day of Prayer. This year we are praying for Taiwan. Everyone is welcome to the Service and to the free soup & bread lunch afterwards. **On Saturday 4th March**, in the Fairfield, from 10.00 to 12.00, there will again be a World Day of Prayer (WDP for Kids) activity for families and children. If you would like to be a helper, or to book places for children, please contact Elizabeth Smith, through admin@aldeburghparishchurch.org.uk

Aldeburgh Cleaning Team

There is now a diary in the "Duster Box" to use. This will hopefully help members of the cleaning team know what has/hasn't been cleaned that week. Thank you so much for keeping our church looking so welcoming to our visitors.

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

£££ 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

📣 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>

† 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**

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 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.

Pilgrims In Person Gathering Friday 17th March

A Pilgrims 'In Person' Gathering to celebrate St Patrick's Day! 6.30pm, Aldeburgh Church Hall
More details to follow

**Next Sunday – 5th March
Second Sunday of Lent**