



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 5th March Second Sunday of 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	Holy Communion

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

Dear Friends,

The daffodils are up! It's incredible that in only a week, the garden has once more sprung to life, the churchyards are looking beautiful, piglets are being born, and nature is full of the promise of spring.

I have recently been to Aldeburgh Primary school to lead some assemblies. In the first, we talked about the meaning of Lent, and how we could all commit to doing '40 Acts of Kindness' (one per day) over the period of Lent – anything from smiling at somebody as we pass them, to giving a gift to somebody. In the second, we talked about noticing others around us, and using that knowledge to bless them specifically. I think we all too often only see the obvious and fail to look for what may be more difficult to find in ourselves and in others.

One of the reasons I have decided to eat vegan for Lent this year is so that I become more attentive to my food, and in doing so, become more aware of God.

How is your Lent going?

With every blessing,

Sarah

Collect

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Genesis 12.1-4a

Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.' So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran.

Second Reading

Romans 4.1-5, 13-17

What then are we to say was gained by Abraham, our ancestor according to the flesh? For if Abraham was justified by works, he has something to boast about, but not before God. For what does the scripture say? 'Abraham believed God, and it was reckoned to him as righteousness.' Now to one who works, wages are not reckoned as a gift but as something due. But to one who without works trusts him who justifies the ungodly, such faith is reckoned as righteousness. For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is

the adherents of the law who are to be the heirs, faith is null and the promise is void. For the law brings wrath; but where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist.

Gospel Reading

John 3.1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, 'Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.' Jesus answered him, 'Very truly, I tell you, no one can see the kingdom of God without being born from above.' Nicodemus said to him, 'How can anyone be born after having grown old? Can one enter a second time into the mother's womb and be born?' Jesus answered, 'Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, "You must be born from above." The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.' Nicodemus said to him, 'How can these things be?' Jesus answered him, 'Are you a teacher of Israel, and yet you do not understand these things? 'Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. 'Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Post Communion

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord.

Sermon by The Very Revd Christopher Lewis from the Service at Aldeburgh on the 26th February

Matthew 4;1-11 (Lk4;1-13)

Lent: the solemn time of the Christian year. Time, among other things to speak about temptation and sin. Time, even, to reel off the seven deadly sins: can you do that? Pride, Covetousness, Lust, Envy, Gluttony, Anger, Sloth. Not sure it does us good to learn them by heart!

Just by the way, I reckon that Pride is the worst, because of the damage it does both personally and on the grand scale: look at Trump or Putin then nearer home, look at oneself. Actually, however, it is probably best to concentrate on the Christian positive virtues of love, respect, justice, forgiveness, mercy. But some awareness of temptation and sin is right nevertheless.

Some people would want a picture of the Devil, maybe with horns and a pitchfork in order to personify evil. To see life as a great battle of good and evil is what is called dualism and the devil (must be a he!)- he appears in today's Gospel as a way of describing the temptations of Jesus in the wilderness. It makes a graphic story of Jesus, whose popularity could be seen as an opening to temptation, but who is resolute in refusing to be led astray.

That is the way the devil appears in Matthew's Gospel and in Luke's as well. Yet to understand life as a duel between Good and Evil is not a help. God is sovereign and it is much better to understand our lives and those of others as having freedom to respond to God or not to. In other words, to pray to God that we may use our freedom to follow Jesus Christ, rather than to use our freedom to pursue our own interests and desires.

So it is best to look at ourselves and know our capacity to turn away from God and to go our own sinful way, without any guiding force apart from ourselves. Or another picture which is more psychological: here is our will being pulled one way and then the other - the wilderness within: sub-conscious and conscious being taken backwards, forwards, sideways.

Then take another picture: the ultra-modern person wheeling and dealing, apologizing and re-arranging, lying and justifying, all on phone and social media. Temptation there is everywhere, and sin is having too much of everything, not thinking of others, preoccupied with self and all reduced to how you yourself feel. What about others?

Does the account of Jesus in the wilderness help us: the account told in much the same way in the gospels of Matthew and Luke? Jesus has been fasting. He is then tempted to order the stones to become bread, but he answers: 'One does not live by bread alone' (Quoted from Deuteronomy 8:3)

The important point is that Jesus shifts the focus away from lists of sins or complex battles. His focus is on being prepared for any challenge through prayer and his deep relationship with God the Father. In other words, that is where his strength comes from. His preparation enables him to respond to the particular situation.

So Jesus is taken to a pinnacle of the temple. The tempter quotes the psalms about the protection to be given to God's people (Ps 91;11). Jesus harks back to the Hebrew scriptures: Do not put the Lord your God to the test (Deut.6.16). Jesus is not someone who expects God to do stunts. Rather, he immersed himself in the difficulties and suffering of those around him. He takes the sins of others on his shoulders instead of throwing them back, and so challenges us to do the same.

Then Jesus on the high mountain, viewing the kingdoms of the world and their splendour. The invitation to worship the devil and in return to be given power over all that is spread before him. Again, the Old Testament is quoted: Worship the Lord your God and serve only him (Deut 6.13). That is Jesus' way: worship God and so resist temptation.

The answers on each of the three occasions are significant. Jesus was popular and so a target for the temptation which popularity brings. He does not say that the way to avoid being tempted is strong will power or indeed long courses of instruction. It is to have a profound relationship with God the Father, in prayer and worship. That is how to 'be prepared'.

On holiday once, we heard the story of a ferryman on the west coast of Ireland who had a crowd of tourists in his boat. The weather was perfect, and the passengers were surprised when he said prayers before setting out. Maybe they thought 'superstitious Irish'. Later, however, the

wind got up and there was a storm. Some passengers were frightened and prayed; they asked him to pray too. 'No' he replied 'I said my prayers at the beginning. Now I must concentrate on getting the boat across safely.'

That, I think, is a help at least to me about temptation. Jesus' preparation is one which is not a knee-jerk reaction to some immediate crisis or situation. It is long-term preparation for everything, for he has a close relationship to God the Father.

Maybe I see myself caught in a great battle between good and evil, unable to face up to/grasp my own power to choose what is good.

Or perhaps I am obsessed by inner struggle, incapable of finding my way out of the forest of competing goods, evils, possibilities.

Or maybe I am a post-modern person to whom decisions are relative to my experience and on how good I feel, failing to recognize objective truth.

In each case, of course, self-understanding is important. Perhaps an idea of the sins to beware of: envy, pride. But the real answer is much more profound. It is to follow Jesus for he was prepared for temptation not so much by knowing lists of sins, but rather by a life of prayer and worship and so his relationship with God the Father. An example in the ferry-man who was prepared for anything by a life of prayer.

So the central point may be summed up in the old saying 'Love God and do what you like'. That could be misunderstood, but I think it is pretty good advice for the wilderness of the world. Lives, all lives, will of course have temptations, crises and agonies of decision. Preparation is less through remembering lists of deadly sins, more through a close relationship with God. And that is what Lent is about.

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>

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.

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 njwinter@whd.co.uk

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.

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

**Saturday 18th March 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.

C of E Suffolk Diocese Newsletter

Our Diocese has a weekly newsletter that you can sign up for with all the latest news.

<https://www.cofesuffolk.org/contact-us/subscribe-to-our-newsletters/>

You can also find out about the Bishops Lent appeal for Kagera here.

<https://www.cofesuffolk.org/exploring-faith/our-bishops/bishops-lent-appeal/>

**Next Sunday – 12th March
Third Sunday of Lent**

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