



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 12th March Third Sunday of Lent

Services in The Alde Sandlings Benefice this Sunday

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

Prayer for Lent

Lord, we come before you in Prayer today

Open our hearts to your presence and help us to appreciate, that not everyone has experienced the gift of your love as we have

Give us the courage to be seen, to help us build relationships within our community, to see and understand the problems in everyday life

We ask that you shine a light on areas of our life where we learn from you. Where we go out and share God's love

Helps us to show that the church is not a private club whose rules are complicated and unwelcoming, but a place where we come together, inspiring faith, giving hope and remembering that God is with us every day, every step of our life

A place where the door is always open, Jesus is always there to listen, he is around us all the time, he's not going anywhere.

None of this has changed over the last 2000 years, our Lord Jesus Christ, is the same yesterday and today and forever. AMEN

Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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

Exodus 17.1-7

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

Second Reading

Romans 5.1-11

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also 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. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners

Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

Gospel Reading

John 4.5-42

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.). Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the

one who is speaking to you.’ Just then his disciples came. They were astonished that he was speaking with a woman, but no one said, ‘What do you want?’ or, ‘Why are you speaking with her?’ Then the woman left her water-jar and went back to the city. She said to the people, ‘Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?’ They left the city and were on their way to him. Meanwhile the disciples were urging him, ‘Rabbi, eat something.’ But he said to them, ‘I have food to eat that you do not know about.’ So the disciples said to one another, ‘Surely no one has brought him something to eat?’ Jesus said to them, ‘My food is to do the will of him who sent me and to complete his work. Do you not say, “Four months more, then comes the harvest”? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, “One sows and another reaps.” I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.’ Many Samaritans from that city believed in him because of the woman’s testimony, ‘He told me everything I have ever done.’ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, ‘It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.’

Post Communion

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil, and with pure hearts and minds to follow you, the only God; through Jesus Christ our Lord.

**Next Sunday – 19th March
Fourth Sunday of Lent/
Mothering Sunday**

Sermon by Revd Nichola Winter from the Service at Knodishall on the 5th March

As a child, I was given a prayer book by my god mother. It was a presentation edition - white cover, gold page edges, probably intended as a confirmation gift. I loved it; it got a lot of use and is now rather battered around the edges. It was illustrated with colourful pictures of scenes from biblical stories. One of the pictures showed Nicodemus, coming to see Jesus by night. The pair are shown on a roof top, a clear velvet sky in the background, glittering with stars. Jesus sits patiently, hand raised, instructing. Nicodemus stands, looking bemused, apparently finding what he is hearing hard to take in.

And who can blame him? He is obviously intrigued by Jesus - why else would he come to question and consult him? But he is also conscious of his position in the community - maybe he doesn't want to be seen by others and so he comes under cover of darkness. But if he is looking for easy answers he's going to be disappointed.

So many of those who come to Jesus with questions in the expectation of easy answers are going to feel slightly let down. Jesus doesn't always make things easy. There are times when we have to dig deep.

We are told that Nicodemus comes by night - classic symbolism to show that he is not yet walking in the light. He is a member of the Sanhedrin, and he recognises that Jesus comes from God - meaning in his terms that he is 'raised up by God' - but this recognition only goes so far. The truth is that Jesus has actually come from God. Nicodemus speaks for an inadequate faith system which had long held hopes of the Messiah but suffered blindness when actually confronted with Jesus himself as he ushers in the true faith. Jesus tells Nicodemus that it is only 'begetting from above' that enables one to enter the Kingdom of God - only the begetting by water and spirit. John's Jesus speaks of the very life of God - and that can only be received when one is begotten by God from above - and that happens when one is baptized by water and receives God's Spirit. The rest of a follower's life will be a journey of discovery and consolidation, growing in the Spirit until becoming - eventually - the person God wants each one of us to be.

Nicodemus knows the law. He knows that teaching is crucial. But he is, perhaps, less open to the idea that it is God's love that will bring about

salvation. Verse 16 is one of the greatest statements in biblical scripture. It contains some of the most astonishing and outrageous words - familiar to us through the comfortable words used at communion. '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.' These words are sometimes called the 'gospel in miniature' - Jesus' death is combined with God's love for humanity in order to give it eternal life. John's gospel will continue and enlarge on this theme of love - but Nicodemus is the first to hear it.

As we progress through Lent, how do we respond to this reading? Do we approach Jesus like Nicodemus, with all our doubts and questions, knowing that Jesus can do amazing things but wondering how they can be relevant for us? With Nicodemus, do we ask 'how can these things be?' There is a stunning sculpture by Michelangelo in Florence showing Christ's body being taken down from the cross. One of the figures is identified as Nicodemus (although it has been argued that it is Joseph of Arimathea) - however, they struggle to be tender as they gently lower the body that seems heavy and burdened with all the sin and care of the world. The faces of those present are blank - almost numb with grief. We hear an echo of Nicodemus words, 'how can these things be?'. One of our Lenten questions might be 'how can any good come out of this?' Return to the words of Jesus, his mini parable on the wind, or 'spirit' as the word translates in both Greek and Hebrew. 'The spirit/wind blows where it chooses'. We hear the sound of it but we don't know where it comes from or where it goes to. But, if we are born again of the spirit, that same spirit will work in the life of each of us. So, may our hearts be a cradle of the spirit, and may that spirit work well in us.
Amen.

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/UCLeckK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

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.

† Benefice Service for Maundy Thursday †

Aldeburgh Parish Church will be hosting the Alde Sandlings Benefice service on the 6th April starting at 6.30pm.

You are all very welcome.

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