



## 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> March** **Fourth Sunday of Lent/ Mothering Sunday**

### **Services in The Alde Sandlings Benefice this Sunday**

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

### **A Message from our Priest in Charge – Revd Sarah du Boulay**

Dear Friends,

How is your Lent going?

I have been consistently reminded of the need to listen throughout this Lent. The need to listen to each other. The need to listen to ourselves – our mind, our bodies, our instincts. And of course, the need to listen to God.

It's incredible what is communicated with and without words. What we can hear by making the effort to listen with every sinew of our being. With all of our senses. With our souls. Through prayer.

Reminding myself to always listen has been a great gift to me this Lent. So, how is your Lent going?

With every blessing,

Sarah

## **Collect**

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living that in joy and in sorrow we  
may know the power of your presence to bind together and to heal;  
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 2.1-10**

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

## **Second Reading**

### **2 Corinthians 1.3-7**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your

consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

## **Gospel Reading**

### **Luke 2.33-35**

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed—and a sword will pierce your own soul too.'

## **Post Communion**

Loving God, as a mother feeds her children at the breast  
you feed us in this sacrament with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
through Jesus Christ our Lord.

## **Sermon by Bishop Sandy Millar from the Service at Aldeburgh on the 12<sup>th</sup> March**

### **The Woman at the well**

Jesus answered "Everyone who drinks the water I give him will never thirst. Indeed, the water I give him will become in him a spring of water welling up to eternal life."

I expect many of us will know of the hymn "O love that will not let me go..." It was written by George Matheson. He was born in 1842 and for many years was the minister of Innellan Church in Argyllshire. He was blind from the age of 21 and wrote a number of books...one of them was a small gem called A Portrait of Christ in John's gospel in which he makes the point that St John, writing at the end of his life is always trying to effect in our minds, as we read, three distinct transitions....

1. From flesh to spirit - and we see it working out so clearly in the conversations that Jesus had first with Nicodemus (John Chapter 3) who was grappling with what he thought Jesus was asking him to do entering his mother's womb again...when actually Jesus was teaching him, and us, the essential nature of being born from above by receiving the Holy Spirit,

but today too in his conversation with the woman at the well. She thinks that he is asking her to give him some water from the well but as the conversation develops it is obvious that he is talking about the Spirit. If only you knew the gift of God and who it is that that asks you for a drink, you would have asked him, and he would have given you living water. From the flesh, to the Spirit.

2. Local to universal - This is key to our understanding of the uniqueness of the Bible. Of course at one level Jesus spoke to a Samaritan woman while he was on his way from Judea up to Galilee....wonderful! For us though that isn't the end of the matter, and St John is so keen that we should understand that yes, Jesus was leading her on to thirst after all that He came to offer, but that we should see that He is now leading each of us to see that he is making the same offer to us. We see the same principle in John 6, the feeding of the 5000..the only miracle that is recorded in all four gospels and the only miracle chosen by Thomas Cranmer to be read twice in the Book of Common Prayer liturgical year (next Sunday the 4<sup>th</sup> in Lent Mothering Sunday and then again on the Sunday before Advent at the end of the church's year) did Jesus really miraculously feed 5000 men with 5 small loaves and 2 small fish?...YES of course but the real lesson for us is that He is willing and able to feed all people throughout the ages at all times...NOW...through and with His Holy Spirit.

So as we read we find our hearts what John Wesley described as "strangely warmed" by the promise held out to us as we realize that the promise is for us and for all who...ASK....and dare to believe.

1. from flesh to spirit 2. from the local to universal and .... 3. from the future to the present.

It is St John who records Jesus as saying "Now is the judgement" ...we don't have to wait until we find ourselves standing before the judgement seat of God...God brings that forward and offers us Life, forgiveness, freedom, NOW as we seek his mercy, ask for and receive His spirit...which Jesus so often described as the water of life.

G.A. Studdart Kennedy, known affectionately as Woodbine Willy from his habit of offering a cigarette to those seeking counsel... Chaplain to the forces in the first World War used to teach biblical truths to bewildered soldiers trying to make sense of the appalling slaughter going on all around them...in rhyme...what he taught them about judgement was this...

"There ain't no throne and there ain't no books; it 'im you've got to see. Its 'im, just 'im as is the judge of blokes like you and me. And boys I'd rather frizzle up in the flames of a burning 'ell, than stand and look into 'is face and hear 'is voice say," well?"

One of the wonderful things about Jesus's encounter with the Woman at the well is the affection, compassion and warm encouragement that he

gives to this woman ...before she becomes a follower, he doesn't say to her "you should be ashamed of yourself" (she obviously had quite a history which he knew all about) it is interesting isn't it that the world thinks that a person begins the Christian experience by repenting and then turns to follow the right way. With Jesus it is the reverse. We begin by following the right way, turning to Jesus, and then as we begin to see how compassionate, understanding, kind and loving He is, we repent of being so long on the wrong one. As we come to him, He brings the future forward, we receive His love and forgiveness and by filling us with His Spirit, He enables us to live eternal life now, in the present and on into the future. Jesus always begins...not with the past but with the future. I don't know where that leaves you but I would like to encourage each of us today, why don't we share the experience that the woman at the well had, and ask Jesus Christ to come into our hearts and fill us once again with his spirit either again... or even for the first time...living water, welling up to eternal life...perhaps even now as you come up for Communion or as we sit, in a moment of silence. AMEN

**Next Sunday – 26<sup>th</sup> March  
Fifth Sunday of Lent**

**NOTICE OF THE ALDE SANDLINGS  
ANNUAL GENERAL MEETINGS**

**ALDEBURGH**

**Will be held on Sunday 23<sup>rd</sup> April at 12 Noon**

**ALDRINGHAM**

**Will be held on Sunday 7<sup>th</sup> May at 12 Noon**

**KNODISHALL**

**Will be held on Sunday 14<sup>th</sup> May at 9.30am**

**FRISTON**

**Will be held on Sunday 21<sup>st</sup> May at 11.00am**

**The agenda set for all AGMs is by the Church of England,  
and is as follows:**

The Parish of Aldeburgh Annual Vestry Meeting will be held in The Church of St Peter and St Paul on the 23<sup>rd</sup> day of April, 2023 at 12:00 in the Church Hall. This meeting will be immediately followed by the Annual Parochial Church Meeting and a Special Meeting of the Parochial Church Council

The Annual Vestry Meeting may be attended by all persons whose names are entered on the church electoral roll of the parish and all residents in the parish whose names are entered on a register of local government electors by reason of such residence. The purpose of this meeting is for:

- The presentation of the Electoral Roll
- The election of Churchwardens and Deputy Churchwardens

The Annual Parochial Church Meeting may be attended by all persons whose names are entered on the church electoral roll of the parish and all priests who are members of the parish ministry team. The purpose of this meeting is for:

- The election of Parochial Church Council representatives
- The election of Deanery Synod representatives
- The appointment of the Independent Examiner or Auditor.
- The consideration of:
  - a. A Report on changes in the roll since the annual parochial church meeting;
  - b. An Annual Report of the proceedings of the parochial church council and the activities of the parish generally;
  - c. The Financial Statements of the Council for the year ending on the 31st December immediately preceding the meeting audited or independently examined;
  - d. A Report on the fabric, goods and ornaments of the church;
  - e. A Report on the proceedings of the Deanery Synod
  - f. and other matters of parochial or general Church interest.

The Special Meeting of the Parochial Church Council may be attended by the members of the Parochial Church Council. The purpose of this meeting is for:

- The co-option of officers to the PCC
- The election of Vice-Chairman, Secretary, and Treasurer
- The appointment of the Electoral Roll Officer, Standing Committee and Sides people
- Confirmation of the periods of office of new PCC members

## **Aldeburgh - Sunday 26<sup>th</sup> 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](mailto:admin@aldeburghparishchurch.org.uk)

**YOU ARE ALL MOST 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>

## **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](mailto: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**



## **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/>

### **† 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 1st April, 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.

### **† Benefice Service for Maundy Thursday †**

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

**You are all very welcome.**

# HOLY COMMUNION

KING'S COLLEGE SCHOOL, WIMBLEDON  
CHAMBER CHOIR

Director: Daniel Phillips  
Organist: George de Voil



Sunday **26<sup>th</sup>** March 23

10:30

St Peter and St Paul's Church  
Aldeburgh



*Black & White Productions*

## Thomas Wolsey *The Rise and Fall*

*written by Suzanne Hawkes*

**ST PETER & ST PAUL,  
ALDEBURGH - 15th April**

**Cardinal Wolsey's  
triumph and tragedy  
through the eyes  
of those who knew him best  
with live music, humour  
and pathos**



**PERFORMANCE 7.30pm**

**Tickets £14/£12**

**BOX OFFICE: 01394 279613**

**online: [www.ticketsource.co.uk  
/black-white-productions](http://www.ticketsource.co.uk/black-white-productions)**

To celebrate the 550<sup>th</sup> anniversary of Wolsey's birth, Black & White Productions are reviving their play about the life and times of this great man.

Thomas Wolsey – born in Ipswich from humble beginnings - rose to become Henry VIII's right hand man and as Chancellor, the most powerful force in England. But swept up in the storm of Reformation, and the jealousies of rich men and vengeful women, his career followed a dramatic course to a bitter end.

This play looks at his life through the eyes of George Cavendish of Glemsford, his servant and biographer during his glorious rise and his subsequent battle to survive the turbulence of King Henry's determination to turn the world upside down in his pursuit of love and an heir.

It also features his relationships with Thomas Cromwell, The Boleyn women and his mistress Jane Larke.

Performed in the atmospheric surround of churches, some of which have connections to the Wolsey story, and featuring live music, this is an event not to be missed.