



## 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](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## Sunday 26<sup>th</sup> March Fifth 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

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

Dear Friends,

Do you remember those 90s bracelets that the cool kids used to wear, which said W.W.J.D? W.W.J. D stood for 'What would Jesus do' and they were a way to encourage young Christians to make good decisions. When deciding upon a course of action, to take a moment to pray and to ask themselves, whether this was a decision that Jesus would have made?

I always had a problem with these bracelets. Not only do we not know what Jesus would have done, he also lived 2000 years ago in very different times. I found the bracelets patronising and felt that I could never live up to the 'Jesus expectation' suggested by them. I always had a problem with these bracelets until I found their counterpart. Their counterpart simply said F.R.O.G.

W.W.J.D? He would F.R.O.G. Jesus would Fully Rely On God. Now that is a mantra I can get on board with.

My prayer for us all is that this Lent, we learn to more fully F.R.O.G. and continue to do so afterwards.

With every blessing,

Sarah



**HOLY  
COMMUNION**

KING'S COLLEGE SCHOOL, WIMBLEDON  
CHAMBER CHOIR

Director: **Daniel Phillips**  
Organist: **George de Voil**

KING'S COLLEGE SCHOOL  
WIMBLEDON

Sunday **26<sup>th</sup>** March 23  
10:30  
St Peter and St Paul's Church  
Aldeburgh

## **Collect**

Most merciful God,  
who by the death and resurrection of your Son Jesus Christ  
delivered and saved the world:  
grant that by faith in him who suffered on the cross  
we may triumph in the power of his victory;  
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**

### **Ezekiel 37.1-14**

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all round them; there were very many lying in the valley, and they were very dry. He said to me, 'Mortal, can these bones live?' I answered, 'O Lord God, you know.' Then he said to me, 'Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord.' So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, 'Prophecy to the breath, prophecy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live.' I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude. Then he said to me, 'Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely." Therefore prophecy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord.'

## **Second Reading**

### **Romans 8.6-11**

To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

## **Gospel Reading**

### **John 11.1-45**

Now a certain man was ill, Lazarus of Bethany, the village of Mary and her sister Martha. Mary was the one who anointed the Lord with perfume and wiped his feet with her hair; her brother Lazarus was ill. So the sisters sent a message to Jesus, 'Lord, he whom you love is ill.'<sup>4</sup> But when Jesus heard it, he said, 'This illness does not lead to death; rather it is for God's glory, so that the Son of God may be glorified through it.' Accordingly, though Jesus loved Martha and her sister and Lazarus, after having heard that Lazarus was ill, he stayed two days longer in the place where he was. Then after this he said to the disciples, 'Let us go to Judea again.' The disciples said to him, 'Rabbi, the Jews were just now trying to stone you, and are you going there again?' Jesus answered, 'Are there not twelve hours of daylight? Those who walk during the day do not stumble, because they see the light of this world. But those who walk at night stumble, because the light is not in them.' After saying this, he told them, 'Our friend Lazarus has fallen asleep, but I am going there to awaken him.' The disciples said to him, 'Lord, if he has fallen asleep, he will be all right.' Jesus, however, had been speaking about his death, but they thought that he was referring merely to sleep. Then Jesus told them plainly, 'Lazarus is dead. For your sake I am glad I was not there, so that you may believe. But let us go to him.' Thomas, who was called the Twin, said to his fellow-disciples, 'Let us also go, that we may die with him.' When Jesus arrived, he found that Lazarus had already been in the tomb for four days. Now Bethany was near Jerusalem, some two miles away, and many of the Jews had come to Martha and Mary to console them about their brother. When Martha heard that Jesus was coming, she went and met him, while Mary stayed at home. Martha said to Jesus, 'Lord, if you had been here,

my brother would not have died. But even now I know that God will give you whatever you ask of him.' Jesus said to her, 'Your brother will rise again.' Martha said to him, 'I know that he will rise again in the resurrection on the last day.' Jesus said to her, 'I am the resurrection and the life. Those who believe in me, even though they die, will live, and everyone who lives and believes in me will never die. Do you believe this?' She said to him, 'Yes, Lord, I believe that you are the Messiah, the Son of God, the one coming into the world.' When she had said this, she went back and called her sister Mary, and told her privately, 'The Teacher is here and is calling for you.' And when she heard it, she got up quickly and went to him. Now Jesus had not yet come to the village, but was still at the place where Martha had met him. The Jews who were with her in the house, consoling her, saw Mary get up quickly and go out. They followed her because they thought that she was going to the tomb to weep there. When Mary came where Jesus was and saw him, she knelt at his feet and said to him, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus began to weep. So the Jews said, 'See how he loved him!' But some of them said, 'Could not he who opened the eyes of the blind man have kept this man from dying?' Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, already there is a stench because he has been dead for four days.' Jesus said to her, 'Did I not tell you that if you believed, you would see the glory of God?' So they took away the stone. And Jesus looked upwards and said, 'Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.' When he had said this, he cried with a loud voice, 'Lazarus, come out!' The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.' Many of the Jews therefore, who had come with Mary and had seen what Jesus did, believed in him.

### **Post Communion**

Lord Jesus Christ, you have taught us  
that what we do for the least of our brothers and sisters  
we do also for you: give us the will to be the servant of others  
as you were the servant of all, and gave up your life and died for us,  
but are alive and reign, now and for ever.

## **Sermon by Revd Sarah du Boulay from the Service at Friston on the 19<sup>th</sup> March – Mothering Sunday**

What is a mother? I think we can all agree that a mother is a woman who gives birth to a child. A mother is also a woman who brings up a child with care and affection. A mother is also a woman who has the responsibility of physical and emotional care for specific children. A mother is disciplinarian, protector, and friend. A mother is care-giver and unconditional love giver. A mother is also the nun in charge of a convent. A mother can be a female priest. In modern parlance, a mother is something that is an extreme or ultimate example of its kind (The mother of all roofing projects, for example).

And looking to the Bible, the origins of our word ‘mother’, in both Hebrew and Greek are pretty simple, but both ancient languages add something else to their meaning. In Hebrew, it adds ‘parting, point of departure, division’. In Greek, we find ‘source of something’. If we look at that more closely, we can see that birth is a kind of departure – when a child is born, the mother is the source, and a parting occurs.

In short, a mother is one who gives life.

We see so many examples of mothers and mothering in the Bible, starting with creation itself, when God creates humankind – God gives life to us. Throughout the Old Testament, God is often referred to as ‘mother’. From Deuteronomy:

“You ignored the Rock who gave you birth; you forgot the God who gave birth to you.”

From Isaiah:

“As a mother comforts her child, so will I comfort you; and you will be comforted over Jerusalem.”

And:

“Can a mother forget the baby at her breast and have no compassion on the child she has born? Though she may forget I will not forget you!”

Jesus continues this reference, when he says:

“Jerusalem, Jerusalem, you who kill the prophets and stone those sent to you, how often have I longed to gather your children together, as a hen gathers her chicks under her wings, and you were not willing?”

A mother is one who gives, and encourages, life.

In our Old Testament reading today, we hear of not one, not two, but three women who could all claim the title of 'mother' to Moses. Firstly, his birth mother – the one who actually gave birth to him, and then later, was his wet nurse. Secondly, the Pharaoh's daughter, who found the baby and decided to bring him up as her own son. Thirdly, his sister – only a child at the time, who followed the basket, kept watch over the child, and arranged for his future well-being. None of these roles were easy. All came a potential risk to the life of each woman. But all prioritised the baby in their choices.

A mother is one who gives, encourages, and protects, life.

Our New Testament reading speaks of God the parent who comforts, who is compassionate, who shares our lives with us. Who gives us hope. Who journeys alongside us, loving us unconditionally.. You see, God created us – he knew us before we were born. He 'does' life with us. And He wants us to live in eternity with him once this earthly life is over. And the reason for all of this? You know the answer – its love.

A mother is one who gives, encourages, and protects, life. Who loves unconditionally.

Finally, our Gospel reading is a short few verses, which reminds us once again that a mother does not have to be a blood relation. A mother, or mother figure, or person who mothers, can be, and often is, chosen. Almost at the point of his own death, Jesus commended his birth mother into the care of somebody else whom he loved. He ensured she would be looked after in her grief. Cared for in old age. Loved. You might say that in his last moments, Jesus chose to mother his mother. He encouraged, protected, and loved unconditionally the woman who he counted as mother.

And this is hugely important. My own mother is one of my very favourite people in the whole world. I have been so fortunate that the woman who gave birth to me has also raised me, taught me, cared for me, forgiven me, shown me unconditional love – and continues to do so today. But I know that this isn't everyone's experience. And Jesus knew this too. In reinforcing the importance of all relationships – not just those with a shared ancestry – he celebrated and validated the fact that anybody can be a mother. Taking our lead from God himself, anybody can fulfil the role, the relationship, of mother. Traditionally it's a woman, but if Jesus can mother – so can anyone. We are, after all, the body of Christ – all of us, together.

A mother is one who gives, encourages, and protects, life. Who loves unconditionally. Who can be anybody. Who doesn't have to fulfil all of these definitions, but will have at least one of them.

I think we need to expand our traditional, inherited, understanding of certain terms. But that might be a conversation for another time! Today, we celebrate first and foremost, the women in our lives who mother, whatever form that may take, and whatever our relationship with them may be.

So I invite you to take a moment to reflect on those whom you count as mother, or mothering. And to give thanks for them.

*Loving God,*

*Thank you for mothers and for their children  
and for all the joy of family life.*

*Be with those who are grieving because they have no mother;*

*Be close to those who are struggling because they have no children;*

*Be near to those who are sad because they are far apart from those they love.*

*Let your love be present in every home,*

*And help your church to have eyes to see and ears to hear the needs  
of all who come.*

*We ask this in the name of Jesus Christ our Lord.*

*Amen.*

**Next Sunday – 2<sup>nd</sup> April  
Palm Sunday**

**Easter Lilies at Aldeburgh**

Only about two weeks to Easter! If you would like to sponsor a Lily stem in memory of a loved one, please contact Dru or Karen with your name and contact details and the name of the person/persons you wish to remember. There will be one pedestal by the Pulpit and another in the Trinity Chapel with a printed list of all the commemorated names on display. Each stem costs £3.50. It is best to give your donation directly to either Dru or Karen.



## **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 Tuesday 9<sup>th</sup> May at 4pm**

### **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

## † 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.**

### **The Alde Sandlings Newsletter**

Some of you didn't receive the newsletter last week due to your email provider classing the emails as spam. This does happen from time to time, and normally the following week all is well again. If you do not receive the newsletter (unless previously advised, due to holiday etc) check your spam/junk folders, email Claire, and she will resend, or you can find the newsletter online on the Alde Sandlings Website -

<https://www.aldeburghparishchurch.org.uk/news/>

*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](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.

### **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](mailto:admin@aldeburghparishchurch.org.uk)