



## **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 11<sup>th</sup> February Sunday next before Lent**

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

Aldeburgh	10.30am	Holy Communion
Aldringham	11.00am	Service of The Word
	3.00pm	Benefice Licensing Service
Friston	10.00am	Service of The Word
Knodishall	9.30am	Holy Communion

### **A message from Revd Sarah du Boulay**

Dear Friends,

Reading this newsletter every week brings me so much joy. We are very busy as a benefice, and are busy being missional in all of our communities – celebrating the love of God and spreading that love and joy. It's what we are called to do. And Claire does a wonderful job of advertising it all.

Please do read through carefully, and mark anything you or somebody you know might be interested in, and if people don't receive this newsletter, you might like to encourage them to do so. We have lots of ideas for future activities, events and services, but if there is something you would like to see us doing, please do get in contact.

In the meantime, I hope to see you at one of the events and services taking place soon.

With prayers,

Sarah

**Revd Sarah's Benefice Licensing Service**

**Sunday 11<sup>th</sup> February, 3pm- St, Andrew's, Aldringham**

Archdeacon Rich will be leading this service to license Revd Sarah as our Rector of The Alde Sandlings Benefice. The service will be held at Aldringham church at 3pm on Sunday 11<sup>th</sup> February.

We are hoping for a big crowd to support Sarah, and there will be a marquee outside in the churchyard. Everybody is most welcome. There will also be an opportunity to meet the Archdeacon and to enjoy some convivial après-licensing refreshments in the church and in the marquee. It will be wonderful to have a packed church for this significant event.

So, see you there!

**Ash Wednesday Benefice Service**

14<sup>th</sup> February at 6pm at Knodishall Parish Church

ALL WELCOME

**Collect**

Almighty Father,  
whose Son was revealed in majesty  
before he suffered death upon the cross:  
give us grace to perceive his glory,  
that we may be strengthened to suffer with him  
and be changed into his likeness, from glory to glory;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **2 Kings 2.1-12**

Now when the Lord was about to take Elijah up to heaven by a whirlwind, Elijah and Elisha were on their way from Gilgal. Elijah said to Elisha, 'Stay here; for the Lord has sent me as far as Bethel.' But Elisha said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they went down to Bethel. The company of prophets who were in Bethel came out to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he said, 'Yes, I know; keep silent.' Elijah said to him, 'Elisha, stay here; for the Lord has sent me to Jericho.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So they came to Jericho. The company of prophets who were at Jericho drew near to Elisha, and said to him, 'Do you know that today the Lord will take your master away from you?' And he answered, 'Yes, I know; be silent.' Then Elijah said to him, 'Stay here; for the Lord has sent me to the Jordan.' But he said, 'As the Lord lives, and as you yourself live, I will not leave you.' So the two of them went on. Fifty men of the company of prophets also went, and stood at some distance from them, as they both were standing by the Jordan. Then Elijah took his mantle and rolled it up and struck the water; the water was parted to the one side and to the other, until the two of them crossed on dry ground. When they had crossed, Elijah said to Elisha, 'Tell me what I may do for you, before I am taken from you.' Elisha said, 'Please let me inherit a double share of your spirit.' He responded, 'You have asked a hard thing; yet, if you see me as I am being taken from you, it will be granted you; if not, it will not.' As they continued walking and talking, a chariot of fire and horses of fire separated the two of them, and Elijah ascended in a whirlwind into heaven. Elisha kept watching and crying out, 'Father, father! The chariots of Israel and its horsemen!' But when he could no longer see him, he grasped his own clothes and tore them in two pieces.

## **Second Reading**

### **2 Corinthians 4.3-6**

And even if our gospel is veiled, it is veiled to those who are perishing. In their case the god of this world has blinded the minds of the unbelievers, to keep them from seeing the light of the gospel of the glory of Christ, who is the image of God. For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ.

## **Gospel Reading**

### **Mark 9.2-9**

Six days later, Jesus took with him Peter and James and John, and led them up a high mountain apart, by themselves. And he was transfigured before them, and his clothes became dazzling white, such as no one on earth could bleach them. And there appeared to them Elijah with Moses, who were talking with Jesus. Then Peter said to Jesus, 'Rabbi, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah.' He did not know what to say, for they were terrified. Then a cloud overshadowed them, and from the cloud there came a voice, 'This is my Son, the Beloved; listen to him!' Suddenly when they looked around, they saw no one with them anymore, but only Jesus. As they were coming down the mountain, he ordered them to tell no one about what they had seen, until after the Son of Man had risen from the dead.

### **Sermon by Revd Sarah du Boulay Second Sunday before Lent at Friston 4<sup>th</sup> February**

In the service, we used a method of reading scripture called 'Dwelling in the Word'. It is a method Bishop Mike uses before meetings to focus people on listening to the word of God, and is something we are doing in the benefice at the beginning of PCC meetings this year. I wanted to take this chance to share the practice with everybody.

How we Dwell in the Word:

- Read the passage at least twice
- Consider where it 'captures' you, speaks to you, and/or what question(s) it raises for you
- Spend some time in silence, praying over this passage and what God is saying to you through it.

A Prayer as we Dwell in the Word:

Loving God,  
Though our destination is not yet clear,  
May we trust in Your graceful promises;  
Though we are uncertain of ourselves,  
May we be rooted in Your loving regard;  
May we hear the things You are saying;  
Though we often neglect Your influence,  
May we be convicted of Your power to change,  
In Jesus Christ our Lord, Amen.

## **John 1:1-14**

1 In the beginning was the Word, and the Word was with God, and the Word was God. <sup>2</sup> He was in the beginning with God. <sup>3</sup> All things came into being through him, and without him not one thing came into being. What has come into being <sup>4</sup> in him was life, and the life was the light of all people. <sup>5</sup> The light shines in the darkness, and the darkness did not overcome it.

<sup>6</sup> There was a man sent from God, whose name was John. <sup>7</sup> He came as a witness to testify to the light, so that all might believe through him. <sup>8</sup> He himself was not the light, but he came to testify to the light. <sup>9</sup> The true light, which enlightens everyone, was coming into the world.

<sup>10</sup> He was in the world, and the world came into being through him; yet the world did not know him. <sup>11</sup> He came to what was his own, and his own people did not accept him. <sup>12</sup> But to all who received him, who believed in his name, he gave power to become children of God, <sup>13</sup> who were born, not of blood or of the will of the flesh or of the will of man, but of God.

<sup>14</sup> And the Word became flesh and lived among us, and we have seen his glory, the glory as of a father's only son, full of grace and truth.

## **Post Communion**

Holy God, we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to change and save.  
This we ask through Jesus Christ our Lord.

### **† 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 – Aldeburgh & Friston

Tuesday - Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh



**ST MARY'S FRISTON**

**OPEN MORNING**

**SATURDAY 10<sup>TH</sup> FEBRUARY**  
**10am – 12 Noon**

Friston Church invites you all to come and join us for  
our open morning.

Have a go at bell ringing

Play the organ

Explore the Churchyard

Meet the Vicar and the team

Refreshments available too!

We look forward to seeing you all there

For news and info on all our churches within the Alde Sandlings  
Benefice please visit [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk)

### **Issues Receiving the Benefice Weekly Newsletter**

Some of you have informed us that you haven't been receiving the weekly newsletter. This is only applying to BT and Gmail email users so far. This is frustrating, we know, but unfortunately there isn't a great deal we can do to rectify this issue from our end, as it is how your email providers spam filters class the email, ie spam or not spam. Please do check you spam/junk folders. You can also view the newsletter every week on the benefice website too if the actual email doesn't find its way into your mailbox.

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

## **The Alde Sandlings Benefice Lent Courses**

**Starting Monday 19<sup>th</sup> and Wednesday 21<sup>st</sup> February,**  
Rev'd Mary (and her cats) welcome you to Friston Rectory at 3pm  
**every Monday** in Lent

**or**

Rev'd Sarah (and her dogs) welcome you to Aldeburgh Vicarage at 7pm  
**every Wednesday** in Lent

Both groups will have the same content so just pick which one suits you to attend each week. We will be learning to Dwell in the Word (a particular spiritual way of reading scripture) and then finishing with either Evening Prayer or Compline. All materials will be provided each week, so just bring yourself. If you could give Claire an indication if you wish to attend either group, it would be appreciated (for refreshments etc). [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) All welcome!

You can receive daily Lent Reflections by email from the Church of England by clicking here:

<https://www.churchofengland.org/faith-calling/what-we-believe/lent-holy-week-and-easter/watch-and-pray-lent-reflections>

### **£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice**

Your donations REALLY mean so much to us. If you would like to donate this Christmas, please click on the link below.

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/>

### **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**

## † 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/UCLecK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

## † Fairfield Centre Prayers - Café Church †

Every third Sunday of the month at **4pm**.

Relaxed and informal with tea, toast, activities, chat and worship.

**All ages very welcome**

## Aldeburgh Choir

Do you like to sing? Come and join our church choir.

Our services are every Sunday at 10.30am. We also hold special extra services at Christmas and other events in the church calendar. The choir plays an essential role to our worship. So, the more the merrier, even if you are just visiting us. Want to give it a go?

Contact: [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) For more information.

## 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>



### † **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 10th February - Pilgrim Quiz**

7pm start opening Zoom from 6.45pm. Email [pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com) for the Zoom link

### **Saturday 17th February 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.

### **Saturday 2nd March Community Breakfast and Local Ramble starting 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7 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.

### **Barclays Bank Closure**

As many of you may have heard, the Leiston Branch of Barclays is due to close in May 2024. If this is something which you feel strongly about (as it maybe your preferred method of banking, rather than on- line) our MP Therese Coffey, is leading a petition to keep the branch open.

You can access the petition here:

<https://www.theresecoffey.co.uk/campaigns/petition-keep-open-leiston-branch-barclays-bank>

## Confirmation Service

### **Would you like to come forward for Confirmation?**

We are planning for this service to happen on the 26<sup>th</sup> May.

Confirmation is a special church service in which a person confirms the promises that were made when they were baptised. If you were baptised at a christening when you were a child, your parents and godparents made these promises on your behalf. As a young person or adult, you may be ready to affirm these promises for yourself and commit your life to following Jesus Christ. At a confirmation service, you make these promises for yourself. Your friends and family as well as the local Christian community will be there to promise to support and pray for you. There will be some confirmation meetings giving you the opportunity to discuss your lifetime journey of faith coming up in the benefice. **If you think this would be something that you wish to explore further, please speak to a member of clergy or contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)**

### **Sponsored Tree Planting in the Aldeburgh Churchyard**

We will be planting nine trees in the Aldeburgh Closed Churchyard. These will be a mixture of English Oak, Hornbeam and Wild Cherry given to us by Bishop Martin and the Suffolk Tree Warden Network. Sponsoring one of these trees involves caring for the young tree by making sure it is regularly watered and ensuring the area around the base of the tree is kept clear until the tree is established. We will be preparing the areas for tree planting starting at 11:00am on 12 March 2024, and we will be planting the trees starting at 11:00am on 20 March 2024. If you would like to help with preparing the areas, planting trees or sponsor one of these trees in memory of someone special or as a special celebration then please get in touch with Ken Smith as soon as possible by person in church or do contact

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

**We are limited with the number of trees, so it will be on a first come first served basis.**

## Welcome Committee at Aldeburgh Church

As we all know the winter months can be very difficult with moral and general wellbeing. Sometimes you just need to get out of the house, but where can I go?

We are offering a hot drink and a warm welcome every Saturday between 10-12 noon, from 13<sup>th</sup> January to 30<sup>th</sup> March. Whether you live on your

own or are just missing better weather catch ups and a good natter with old friends and meeting new ones, do come along. People with young children are also more than welcome to come and enjoy time playing, reading, and drawing in the children's corner. Your church doors are open and welcome you to spend some time with company and a cuppa.



Can you help? We are asking for volunteers to meet and greet every Saturday from 13<sup>th</sup> January until 30<sup>th</sup> March from 10am – 12 Noon for 2hr slots. Please do sign the rota on the notice board in the church if you would like to be part of this, or contact Claire

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

## Knodishall Church Fund Raising Quiz

Fun Quiz at **Knodishall Village Hall** on the **1<sup>st</sup> March, starting promptly at 7pm.**

Supper provided but do bring your own drinks. £7 per person, max 6 per team. Meet up and enjoy a fun evening with friends, raffle, spot prizes, laughs - oh, and a few questions to answer!

All money raised goes to St Lawrence, Knodishall Church.

**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 16<sup>th</sup> 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](mailto:admin@aldeburghparishchurch.org.uk)

**Next Sunday, 18<sup>th</sup> February  
First Sunday of Lent**

**Trip to Bury St Edmunds Cathedral**

Aldringham Church are organising a visit to the Cathedral at Bury St Edmunds on Mothering Sunday, March 10<sup>th</sup>. There will be a coach leaving Aldringham's car park at about 12.15pm and returning after Choral Evensong in the Cathedral.

There are some places left and friends from elsewhere in the Benefice would be most welcome to join us.

Please let David Copp ([davidcopp@hotmail.com](mailto:davidcopp@hotmail.com)) know if you would like to join the trip.