



## **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

Rector: The Revd Sarah du Boulay  
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## **Sunday 18<sup>th</sup> February First Sunday of Lent**

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

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Café Church	4.00pm	Fairfield Centre Prayers
Aldringham	11.00am	Holy Communion
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

### **A message from our Rector, Revd Sarah du Boulay**

Dear Friends,

What a wonderful time we had on Sunday as we came together to celebrate the lifting of the suspension on our benefice. Aldringham church looked absolutely beautiful, and the service, music, hospitality and marquee were all superb. I was so pleased that all parishes turned out in strength, and we had some really special time together, worshipping and then chatting after the service.

It was a privilege to welcome Archdeacon Rich to our benefice for the first time in an official capacity. This is the beginning in a new chapter of our life together and how exciting it is. As I said during the service on Sunday, I am proud to be the Rector of the Best Benefice in the Diocese!

A quick reminder that our Lent groups start next Monday, so if you haven't had a chance to sign up yet, please do so and we'll know to expect you – if you need a lift, please just ask, and we can help to arrange it.

With prayers,

Sarah





## Collect

Almighty God,  
whose Son Jesus Christ fasted forty days in the wilderness,  
and was tempted as we are, yet without sin:  
give us grace to discipline ourselves in obedience to your Spirit;  
and, as you know our weakness,  
so may we know your power to save;  
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**

### **Genesis 9.8-17**

Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.' God said to Noah, 'This is the sign of the covenant that I have established between me and all flesh that is on the earth.'

## **Second Reading**

### **1 Peter 3.18-end**

For Christ also suffered for sins once for all, the righteous for the unrighteous, in order to bring you to God. He was put to death in the flesh, but made alive in the spirit, in which also he went and made a proclamation to the spirits in prison, who in former times did not obey, when God waited patiently in the days of Noah, during the building of the ark, in which a few, that is, eight people, were saved through water. And baptism, which this prefigured, now saves you-not as a removal of dirt from the body, but as an appeal to God for a good conscience, through the resurrection of Jesus Christ, who has gone into heaven and is at the right hand of God, with angels, authorities, and powers made subject to him.

## **Gospel Reading**

### **Mark 1.9-15**

In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And just as he was coming up out of the water, he saw the heavens torn apart and the Spirit descending like a dove on him. And a voice came from heaven, 'You are my Son, the Beloved; with you I am well pleased.' And the Spirit immediately drove him out into the

wilderness. He was in the wilderness for forty days, tempted by Satan; and he was with the wild beasts; and the angels waited on him. Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.'

**Sermon by Revd Celia Cook**  
**Sunday next before Lent at Aldeburgh 11<sup>th</sup> February**

There's nothing like a mountain top experience to be inspired and exhilarated. When we lived in Colorado we spent a lot of time in the Rockies. Whether skiing in winter or hiking and sailing in summer, we were always refreshed and restored by the mountain air, beautiful views and the extraordinary flora and fauna, often with majestic elk and moose grazing just feet away from the trails.

Of course, you don't need to be a mile or more above sea level to benefit from a climb. For those of you who know North Norfolk, even Beeston Bump – a very odd hilly mound only 63 metres high on the coastal path next to Sheringham, has spectacular views of the surrounding countryside and sea.

Being high up elevates not just our bodies but our spirits too, and even though we know God isn't 'up there' and we're 'down here' it's difficult not to feel closer to him as a result.

As we rise above the clamour of our daily existence and breathe in the fresh spacious air, there's a sense of restoration, which then prepares us to descend and return again to the daily round.

Mountains were holy places for the Israelites.

It was on a mountain that Moses was given the 10 commandments. The covenant was sealed there. Pilgrims ascended to Jerusalem the Temple mount, to offer worship and praise to God.

The mountain was a place of the new covenant for Jesus too with the transfiguration and the mount of crucifixion.

Whether it was the Galilean hills or Gethsemane, if Jesus wanted to pray, to feel close to his Father, the best place was a high place.

In the gospel reading today, we find the disciples both exhilarated and terrified by their mountain experience. Peter, James and John perhaps thought they were being taken somewhere quiet and unchallenging: away from the crowds. But they were soon gripped with fear when a low-hanging cloud overwhelmed them.



As Jesus' face and clothes become a dazzling white, they see him talking with 2 of the greatest prophets, Moses and Elijah. And when Peter impulsively suggests they set up camp together, God suddenly intervenes, telling them all to look to Jesus, His beloved Son and listen to him.

As we find ourselves on the eve of the Lenten season this week, we have the gentle liturgical reminder to take time out to ascend and find our own mountaintop, where we can listen more attentively to God's voice. Our lives will always benefit from a spiritual injection of fresh mountain air; a little more time to pray, to meditate, to read; to allow God in to transform us, so we can look forward with hope in the knowledge that Jesus is our way, our truth and our life.

I wonder what that might look like for you?

We may relish a mile high climb in the Rockies: or we may just have the energy for 63m walk up Beeston Bump. Whatever it is that will feed our souls, there is always something that will shape and hone us so we are better able to flourish: a place to re-set the compass on our life's journey.

Maybe it's finding a spiritual book or podcast to follow and reflect upon in the coming 6 weeks. I always heartily recommend Evelyn Underhill's classic book on Lent but there are many others old and new. We can share ideas over coffee today after the service.

If music helps you find a prayerful place, St Martin's in the Fields has much profound musical liturgy available on its website and St Martin's Voices provide the music for the Church of England's daily prayer app. This is a wonderful way to feel connected to fellow pilgrims across the Anglican communion, with morning and evening prayer throughout the liturgical year.

Lark Rise Retreats in Felixstowe is a new venture set up by 2 priests in our diocese. It offers guided opportunities to walk, talk and pray.

Closer to home, Sarah our vicar and Mary our curate are both offering prayerful meditative groups each week through Lent.

If leaving home is a struggle for you, why not simply agree to pray with a friend weekly. One of the most spiritually enriching experiences I have had in my life was joining a prayer partnership scheme in my home church. About 20 of us signed up and committed to meet fortnightly in pairs to pray for ourselves and for others. Lifelong friendships were forged and faith strengthened and renewed.

Whatever you feel led to do, be encouraged that our God is a loving God who accompanies us faithfully as we tread whether tentatively or bravely along life's uncertain paths. We have no guarantee of an easy future. But we do know that if we take time to listen, Jesus will be our guardian and our guide on the way ahead.

### **Post Communion**

Lord God,  
you have renewed us with the living bread from heaven;  
by it you nourish our faith,  
increase our hope, and strengthen our love:  
teach us always to hunger for him who is the true and living bread,  
and enable us to live by every word that proceeds from out of your mouth; 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

### **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/>

### **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>

### **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**

### **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.

### † **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 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.

### **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)

## 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.

### COMMUNITEA CHINWAG Aldeburgh

2024

Wednesday 6th March  
Wednesday 3rd April  
Wednesday 1st May  
Wednesday 5th June  
Wednesday 3rd July  
Wednesday 7th August  
Wednesday 4th September  
Wednesday 2nd October  
Wednesday 6th November  
Wednesday 4th December



#### What is a 'Chinwag'?

A 'Chinwag' is a social group for the over 60's. We offer free refreshments, entertainment and activities, plenty of chat and an opportunity for anyone to come along, regardless of their interests, challenges, mental health, physical difficulties and caring status.

Funded by:



Suffolk  
County Council



EASTSUFFOLK  
COUNCIL

FREE  
Event

Time: 10am - 12pm

Venue:

The Fairfield Centre,  
Fairfield Road, Aldeburgh  
IP15 5JS

☎ 01449 707030



[info@communitiestogether-ea.org](mailto:info@communitiestogether-ea.org)

[www.communitiestogether-eastanglia.org](http://www.communitiestogether-eastanglia.org)

Registered Charity: 1004198



## SERVICE TO CELEBRATE 200<sup>th</sup> ANNIVERSARY OF THE RNLI

**ALDEBURGH LIFEBOAT STATION  
SUNDAY 3<sup>RD</sup> MARCH 2.30pm**

Aldeburgh Parish Church are organising a special service  
to mark 200 years of the RNLI.

The service will be led by The Rt Revd Martin Seeley,  
Bishop of St Edmundsbury and Ipswich.

The service will take place at the Aldeburgh  
Lifeboat Station (Crag Path) at 2.30pm, Sunday 3rd March.

**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 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, 25<sup>th</sup> February  
Second Sunday of Lent**



# ALDE SANDLINGS BENEFICE QUIZ NIGHT

**Aldeburgh Church Hall  
Saturday 23rd March 7pm**



**We welcome you all to join us for a  
light-hearted general knowledge fun quiz  
evening, to raise funds for**

**The Alde Sandlings Benefice  
Churches – Aldeburgh,  
Aldringham, Friston and  
Knodishall**



**£7.50 entry inc a  
ploughman's supper!  
Just bring a bottle.**

**There will be a raffle, and of  
course lots of laughter.**

**YOU ARE ALL VERY WELCOME  
Tell your friends & family!**

**If you would like to join us, please let us  
know for catering purposes. Email:  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) or  
sign up in the church you worship at.**

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**Can you donate some prizes for the raffle for the  
quiz evening? Please contact  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) or hand to a  
sidesperson at the church you worship in.**