



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

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

Aldeburgh	10.30am	Holy Communion with Baptism
	6.00pm	Evening Prayer
Aldringham	11.00am	Morning Prayer
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

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

Dear friends,

How is everyone's Lent going? I am finding my resolutions (giving up chocolate and bread) really helpful this year. I'm finding not eating bread especially hard, and it is a great reminder to me to keep praying and to remember what Lent actually is and what it leads us to. I know lots of other people have either given up something, or taken something up, and I'd be very interested to know whether you are finding it useful this year?

On 3<sup>rd</sup> March this year, we are holding a service to celebrate 200 years of the RNLI. The service will be held at 2.30pm at the lifeboat station in

Aldeburgh, and we will be welcoming Bishop Martin to lead it. Our lifeboat is such a part of our community life – do come along to support them and to give thanks for all their service. It's going to be a wonderful afternoon.

With prayers,

Sarah

### **Collect**

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness: grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same; through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

### **First Reading**

#### **Genesis 17.1-7, 15-16**

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, 'I am God Almighty; walk before me, and be blameless. And I will make my covenant between me and you, and will make you exceedingly numerous.' Then Abram fell on his face; and God said to him, 'As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. I will establish my covenant between me and you, and your offspring after you throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. God said to Abraham, 'As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her.'

### **Second Reading**

#### **Romans 4.13-end**

For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. If it is the adherents of the law who are to be the heirs, faith is null, and the promise is void. For the law brings wrath; but

where there is no law, neither is there violation. For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, as it is written, 'I have made you the father of many nations')-in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, being fully convinced that God was able to do what he had promised. Therefore, his faith 'was reckoned to him as righteousness.' Now the words, 'it was reckoned to him', were written not for his sake alone, but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, who was handed over to death for our trespasses and was raised for our justification.

## **Gospel Reading**

### **Mark 8.31-end**

Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

**Sermon by Revd Sarah du Boulay**  
**First Sunday of Lent at Aldringham 18<sup>th</sup> February**

When we talk about the story of Noah and the flood, it is easy to slip into a very comfortable state. We know the story. We teach it to children. We play with toys which represent the characters and the story. And there may be two interpretations with which we are equally comfortable.

One, is a story about God's love. We may remember that God loves animals and loves people and sent the rainbow to remind us of this. It is rather comforting and is the interpretation we often see in Children's Bibles.

The second interpretation is rather darker. In a fit of rage, God destroys everything that he has made because he is so angered by human rebellion. Definitely not for children. The comedian Eddie Izzard once described it as the 'Etch-a-Sketch ending of the world'. Do you remember Etch-a-Sketches? The old children's toy where you drew a picture then shook it and the picture disappeared ready to be redrawn...

Of course, there is some truth in both of these, but neither tells us any way near the whole story. A more full story is that throughout history, humankind has made decisions which distances us from the God who created us. Bad decisions. Sinful decisions. Selfish, violent, unloving decisions. Decisions which create and reflect disharmony within the world. Throughout the Bible, we are shown time and time again the myriad of different ways in which God has called us back to him – arms wide open. The story of the Great Flood is perhaps one of the most dramatic of these.

The story of human sinfulness begins in Genesis 3. Disharmony intensifies in chapter 4 (including the murder of a brother), then, in chapter 5, we are reminded of the lineage from Adam to Noah – the downward spiral of humankind through the generations. But it is in chapter 6 that God's harmonious world is broken. So broken, that we read that 'God was sorry that he had made humankind on earth and it grieved him to his heart' (verse 6), just before our reading began today.

What is amazing, is God's reaction to this destruction and sin. His response is not anger or revenge. It is sorrow and grief. The flood is not sent out of a need for revenge or wanton destruction. It is sent as a means of re-creation. The Etch-a-Sketch ending of the world is not realised. He does not destroy everything and walk away. He washes the earth clean, and begins to re-create. We can see this through some direct parallels with the original creation story:

- That which God pronounced good in chapter 1, he now pronounces evil.
- The separation of the waters in chapter 1 is first undone and then redone.
- God's command to 'be fruitful and multiply' is repeated 3 times after the flood.
- That human beings are created in the image of God is repeated.

It is important to remember that this is not a new beginning – it is a continuation. A new opportunity for us to live as God intended. Yet another chance for us.

Once again, God enters into a covenant with humankind without requiring anything in return. The flood has not suddenly, magically made everything better. The flood has not eradicated all sin from the world. God knows this. And yet he enters into this covenant anyway. The earth, all of creation is washed clean and given another chance.

This theme is echoed in our other readings today by the mention of baptism. Baptism is the celebration of our being washed clean from sin and welcomed by God. It is something so pure and so important that even Jesus – the only perfect human to have ever lived – chose to be baptised. A symbol of God's unending, all-purveying, all-encompassing love. He will seek and seek us and offer us time and time again that chance to be with him, in harmony and in holistic being, as we were created to be.

The story of the flood is a story of redemption, which echoes throughout the Bible, and is what we are looking towards during Lent. The story of Jesus dying once for all upon the cross, for the salvation of the world.

When I worked as a youth worker, my vicar used to say that living with God was like crossing the road as a child, in the company of an adult. The adult would hold the child's hand to keep it safe, and no matter how hard the child tried, they would not be able to squirm their way out of the adult's grip. And so it is with God. Our Creator and our Redeemer. Who always receives us with open arms. Who loves us without transaction. Whose grace is enough. Is more than enough. Who washes us clean from sin, clean from blemish and promises to continue to love us. God will never give up on us. That's the message that I take from the story of Noah and the Flood.

## Post Communion

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord.



***You are invited to join with the combined Churches in Aldeburgh for***

**The World Day of Prayer 2024  
Friday 1<sup>st</sup> March 2024 11am  
at The Fairfield Centre, Aldeburgh**

With a lunch of soup and roll lunch – No charge.

The World Day of Prayer Service takes place on the first Friday in March each year. On that day people all around the world will be praying for one country. The country this year is Palestine, and the theme is “Bearing with one another in love”. We will be joining with people across 146 countries and islands to pray with and for the people of Palestine.

**Sunday 10<sup>th</sup> March World Prayer Day for Children**

at The Fairfield Centre 9.30am – 11.30am

This is not just for children, adults and families will be welcome to join in the fun. Free breakfast – bacon rolls, croissants, fruit, coffee etc.

Craft activities, story, games and singing.

**EVERYONE WELCOME**

## **† 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

\*\* Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

### **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!

### **Aldringham Lent Lunches**

**26<sup>th</sup> February - 4<sup>th</sup>, 11<sup>th</sup>, and 18<sup>th</sup> March 12.30 – 1.30pm**

**These will be held in the vestry at Aldringham Church. Soup and bread and refreshments on offer. Donations will be given to the Bishop's Lent appeal for Kagera. Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) if you would like to attend or sign up on the booking form at Aldringham Church porch.**

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/UCLeckK8GovYoaYzlgyOEIKZg>

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 any of the Zoom links.

**Saturday 24th February Pilgrim Local History Story  
Telling Ceilidh on Zoom-** 7pm start opening Zoom from 6.45pm

## **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.

## **Saturday 16th 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.

## 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)

### 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)



## 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!!**



**Next Sunday, 3<sup>rd</sup> March  
Third 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.**