



## **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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The Revd Johanna Mabey  
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## **Sunday 3<sup>rd</sup> March Third Sunday of Lent**

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

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
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,

I have just been writing my annual reviews for each parish in readiness for our APCMs in a few months time. Without wanting to spoil the punchline, the phrase which has kept cropping up is 'Generous Hospitality'. Generous Hospitality is a thoroughly Biblical concept, and feels very important to us as a benefice at this stage in our mission and ministry. It's something which I think we are good at, but like everything, there is still room for improvement. If we take this concept as our challenge for the rest of this year, I wonder where it will lead us?

A final reminder to anybody who might like to be confirmed on 26<sup>th</sup> May this year to contact me asap so that we can arrange to meet in advance to prepare. I'm very excited that we will be hosting the whole deanery for this celebration. We keep praying that the Revival will start here, and this can only be a good sign!

With prayers,

Sarah

  
**Lifeboats**  
**RNLI**  
**200**  
1824-2024

**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!!**

  
Alde Sandlings Benefice

## Collect

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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 20.1-17**

Then God spoke all these words: I am the Lord your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me. You shall not make for yourself an idol, whether in the form of anything that is in heaven above, or that is on the earth beneath, or that is in the water under the earth. You shall not bow down to them or worship them; for I the Lord your God am a jealous God, punishing children for the iniquity of parents, to the third and the fourth generation of those who reject me, but showing steadfast love to the thousandth generation of those who love me and keep my commandments. You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name. Remember the sabbath day, and keep it holy. For six days you shall labour and do all your work. But the seventh day is a sabbath to the Lord your God; you shall not do any work-you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns. For in six days the Lord made heaven and earth, the sea, and all that is in them, but rested the seventh day; therefore the Lord blessed the sabbath day and consecrated it. Honour your father and your mother, so that your days may be long in the land that the Lord your God is giving you. You shall not murder. You shall not commit adultery. You shall not steal. You shall not bear false witness against your neighbour. You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour.

## **Second Reading**

### **1 Corinthians 1.18-25**

For the message about the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. For it is written, 'I will destroy the wisdom of the wise, and the discernment of the discerning I will thwart.' Where is the one who is wise? Where is the scribe? Where is the debater of this age? Has not God made foolish the wisdom of the world? For since, in the wisdom of God, the world did not know God through wisdom, God decided, through the foolishness of our proclamation, to save those who believe. For Jews demand signs and Greeks desire wisdom, but we proclaim Christ crucified, a stumbling-block to Jews and foolishness to Gentiles, but to those who are the called, both Jews and Greeks, Christ the power of God and the wisdom of God. For God's foolishness is wiser than human wisdom, and God's weakness is stronger than human strength.

## **Gospel Reading**

### **John 2.13-22**

The Passover of the Jews was near, and Jesus went up to Jerusalem. In the temple he found people selling cattle, sheep, and doves, and the money-changers seated at their tables. Making a whip of cords, he drove all of them out of the temple, both the sheep and the cattle. He also poured out the coins of the money-changers and overturned their tables. He told those who were selling the doves, 'Take these things out of here! Stop making my Father's house a market-place!' His disciples remembered that it was written, 'Zeal for your house will consume me.' The Jews then said to him, 'What sign can you show us for doing this?' Jesus answered them, 'Destroy this temple, and in three days I will raise it up.' The Jews then said, 'This temple has been under construction for forty-six years, and will you raise it up in three days?' But he was speaking of the temple of his body. After he was raised from the dead, his disciples remembered that he had said this; and they believed the scripture and the word that Jesus had spoken.

### **Sermon by The Very Revd Christopher Lewis Second Sunday of Lent at Knodishall 25<sup>th</sup> February**

The news. Actually, it may not be much worse than usual, but it does appear worse, as disasters are news. It also seems bad, because we have a longing that somehow things should be better. Deep inside us, there may be a vision of a better world where mercy and happiness rule. Someone could come along and sort it all out – the longing for great leaders or for fairy godmothers.

The same kind of expectations are often expressed elsewhere - whether it's a new neighbour or a better prime minister. Would it not be wonderful if... and then of course they are not quite what you had hoped for.

The same longing and the same disappointments were true at the time of Jesus. Times may have been different (just as bad; probably worse), but people were much the same. This Sunday's Gospel is from St Mark, and you could say that the whole of St Mark's Gospel is about the longing for someone to come and sort everything out, along with the consequence of discovering that Jesus was not going to do so - or at least not in the hoped-for way.

Roughly the first half of the Mark's Gospel is about Jesus as a powerful figure who did wonderful things. Here were signs of the Kingdom of God, for he brought healing to the sick, bread to the people and clear teaching for all. But the puzzle was to know who on earth he was. It is as if the question asked in the first half of the Gospel was: 'who could do all these things?' And the answer: 'maybe he's the Messiah'. Then in the centre of the Gospel comes a kind of pivot point. Part of it is just before today's Gospel passage, when Jesus asks his disciples 'Who do people say that I am?' They say maybe he is John the Baptist or perhaps one of the prophets. Peter then has one of his better moments and says: 'You are the Messiah' - that is, the one who brings salvation.

I expect that the disciples thought at the time that it would all be wonderful from there on - as we often do when a new leader appears. Jesus was the answer; he would waive the wand and all would be well. The sick healed, the people fed, probably... the Romans out.

But there is another half of the Gospel of Mark still to come and it's very different. Few healings, rather little public ministry, much time spent with the disciples themselves. And all ushered in by that second and equally important exchange with Peter, who takes Jesus aside and says that surely Jesus must not suffer and die. Jesus replies with blistering severity: 'Get behind me, Satan! For you are setting your mind not on divine things but on human things'.

The second part of the Gospel of Mark could be described as a kind of commentary on those two great exchanges between Jesus and Peter. For the disciples and everyone else had longed for a spectacular saviour who would bring victory and success. It was the hardest of all the lessons.... for them to learn that salvation came by a different route: through identifying with the suffering of the world, through taking its sins and agonies on his shoulders, and thereby challenging all to do likewise. Then at Easter, showing that it is out of the very middle of suffering and death that new life is given.

Even after those years of tuition, the disciples still didn't get it. Look at Peter at the time of crucifixion. Look at those two on the road to Emmaus. It took the fact of the Cross, the risen Lord, the Holy Spirit, before eyes were opened.

I think that Christians have to be very conscious of those two halves of Mark's Gospel, those two conversations between Jesus and Peter. Especially for Lent, it is teaching that Mark puts across so clearly - more clearly than the other Gospels.

Perhaps I can give some examples. Starting with each of us as individuals. How do we follow in the way of Mark's Gospel? The values of the world in which we live, are almost all to do with preserving, securing and enriching our lives in the world. But following Christ is very different, for it rates other matters highly: risk in the service of God, insecurity, not feathering your nest. An interesting test (in Jesus' time as now) is how we rate success, in ourselves or in others. Jesus says: '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' (Mk 8;35). That comes in Mark just after Peter had told Jesus that he should not suffer. How do you rate success? Whom do you rate as a success? How does your rating compare with that of Jesus?

And where do we look for hope and new life in our own lives? Perhaps we suffer from loneliness or from anger. The message from Mark's Gospel is that there, in the darkest parts of our lives, is exactly where God works on new life. And the same is true of institutions of which the Church is one, but there are hundreds of others. Few, indeed hardly any, institutions would say that they follow Jesus. But there is a public expectation that they adhere to at least some of the values which he demonstrated in his life. So if they have squandered their pension funds or if they treat the people whom they employ without compassion, it is rightly held against them.

Then the wider world. I started by speaking of the news and the way in which we all sigh ...and hope for new leaders with quick solutions. But the lesson from Mark is that hope and glory is to be found by those prepared to share the despair ...and in the very middle of the most hopeless situations, to see hope and love. The cross then the tomb were the context for the resurrection. And if we wish to see where Jesus is most hopefully present today, perhaps we should look not at some startling success story where everyone is bouncing around and having a good time, but rather at quiet work which identifies with those in need, and seeks for signs of life in work with the homeless or with refugees.

The Lenten message from Mark's Gospel is that Jesus, in his person, was re-shaping the whole idea of what a Saviour is. Mark's short sharp Gospel makes this point very clearly. Here was the Messiah, yet his true significance could only be seen in his life, his death and his resurrection.

### **Post Communion**

Merciful Lord, grant your people grace to withstand the temptations of the world, the flesh and the devil,  
and with pure hearts and minds to follow you, the only God;  
through Jesus Christ our Lord.

## † Morning Prayer across the Benefice †

Rev'd 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 Rev'd Sarah and Rev'd Mary for more info.

## 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**



### † 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 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)**

## 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)**

## 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>

# **EASTER SERVICES IN THE ALDE SANDLINGS BENEFICE**

## **EASTER SUNDAY 6.00am – SUNRISE HOLY COMMUNION** **BENEFICE SERVICE AT THORPENESS BEACH**

### **ALDEBURGH PARISH CHURCH**

#### **GOOD FRIDAY**

9am – EASTER GARDEN MAKING  
9.45am – WALK OF WITNESS WITH  
UNITED CHURCHES  
2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

8am – HOLY COMMUNION  
10.30am – HOLY COMMUNION

### **FRISTON PARISH CHURCH**

#### **GOOD FRIDAY**

2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

10.00am – HOLY COMMUNION

### **ALDRINGHAM PARISH CHURCH**

#### **GOOD FRIDAY**

2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

11.00am – HOLY COMMUNION

### **KNODISHALL PARISH CHURCH**

#### **GOOD FRIDAY**

9.30am – JOINT SERVICE WITH  
KNODISHALL METHODIST CHURCH

#### **EASTER SUNDAY**

9.30am – HOLY COMMUNION

**WE WISH YOU ALL A VERY HAPPY AND BLESSED EASTER**

**Please do keep in touch by visiting our website for service times  
and much more at [www.aldeburghparishchurch.org.uk](http://www.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)**

**Next Sunday, 10<sup>th</sup> March  
Fourth Sunday of Lent/Mothering Sunday**

# 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 quiz  
evening? Please contact**  
**[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) or hand**  
**to a sidesperson at the church you worship in.**  
**\*\*\*DO LET US KNOW IF YOU WOULD LIKE**  
**TO ATTEND!**