



### **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

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)

Curate: The Revd Mary Brown

Email: [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)

Tel: 01728 467454

The Revd Johanna Mabey

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

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

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

Aldeburgh	10.30am	Holy Communion
Aldringham	11.00am	Service of the Word
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

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

Dear friends,

What a wonderful time we had last weekend with the RNLI and Bishop Martin. It was glorious to celebrate with our community and be alongside our brave and faithful crew and volunteers who mean so much to this community. This is what we are so good at as churches – being part of our local context, having a visible presence and supporting our communities in their lives. All under the banner of God's Love – well done all, and a huge thank you to Rev'd Mary, Claire, Fraser, and those at the Lifeboat Station who made this service happen. Bishop Martin had a wonderful afternoon, and we have made local and national press as a result – have a look at these pictures below.

I'm really looking forward to the rest of Lent – all four churches have so many special events and services coming up. Do look at our Easter card or

websites for more details.

With prayers,

Sarah







## **Collect**

God of compassion,  
whose Son Jesus Christ, the child of Mary,  
shared the life of a home in Nazareth,  
and on the cross drew the whole human family to himself:  
strengthen us in our daily living that in joy and in sorrow  
we may know the power of your presence to bind together and to heal;  
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 2.1-10**

Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds

and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

## **Second Reading**

### **2 Corinthians 1.3-7**

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

## **Gospel Reading**

### **Luke 2.33-35**

And the child's father and mother were amazed at what was being said about him. Then Simeon blessed them and said to his mother Mary, 'This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed-and a sword will pierce your own soul too.'

## **Sermon by The Revd Nichola Winter Third Sunday of Lent at Aldringham 3<sup>rd</sup> March**

I have an admission to make. I'm not a big fan of housework but despite my dislike of mops, buckets and dusters, even I find that at this time of year my thoughts turn to spring cleaning - cleansing and making ready for better weather.

In the gospel today we hear the story often referred to as 'the cleansing of the temple.' Why is Jesus so angry about what he finds going on? We're told that Jesus doesn't just tell the moneychangers and people selling animals to get out – he makes a whip of cords and drives them out; then he pours out the bags of coins and throws over the tables. We can picture the scene – an angry young man causing a great deal of disruption. And indeed, this scene has been painted many times by artists throughout the ages.

Needless to say Jesus' action shocks the Jews – they demand to know by what right he takes it upon himself to cause such an upset. Just who does he think he is? And Jesus gives them an ambiguous reply – 'destroy this temple and in three days I will raise it up.' Not for the only time he speaks in riddles and confounds the Jews – they think he is referring to the temple of brick and stones, but no, Jesus is referring to himself – the temple of his body. A reference to his death and then resurrection on the third day...

The cleansing of the temple. A casting out of all that is wicked and corrupt. The temple authorities have decreed that certain animals have to be bought in order to be sacrificed, money has to be offered in the form of temple coinage – it can be changed on the premises, no doubt at some extortionate rate of exchange. Corrupt practices have been allowed to take hold; they distort the nature of the true worship of God. Jesus sees that the temple, a place used for the worship of the Father – his Father - has become a sink of iniquity, and his anger boils over and he determines to be rid of all that hinders true worship, true prayer and true being with God.

A cleansing. A spring-cleaning – and perhaps that is what we all need at this time of the year - a driving out of all the accumulated debris, dust and rubbish that prevents us from enjoying a loving relationship with our Father in heaven. During this season of Lent, as we contemplate the spring cleaning at home, we also have an opportunity to examine our own

relationship with God, our spiritual life. It may be a time to re-examine and throw out the things that have been preventing us from enjoying the close relationship that God longs for us to have with him. A kind of spiritual spring clean.

Jesus calls each one of us to carry out that spiritual spring clean so that we can develop our right relationship with God. And in that process of overhauling our lives we may be tempted to adopt a kind of 'back to basics approach' – what are the rules we try to obey? Jesus sums it up neatly: 'You shall love the Lord your God with all your heart, and with all your soul, and with all your mind. This is the greatest and first commandment. And a second is like it: 'You shall love your neighbour as yourself. On these two commandments hang all the law and the prophets.'

So in Lent we have the opportunity to think about what these laws mean in our lives. If we are thorough in our spring cleaning we can throw out the rubbish, open our hearts and minds to the love of God and invite the fresh air, the Holy Spirit, to fill our lives. Amen.

### **Post Communion**

Loving God,  
as a mother feeds her children at the breast  
you feed us in this sacrament with the food and drink of eternal life:  
help us who have tasted your goodness  
to grow in grace within the household of faith;  
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

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

## † Easter Lilies at Aldeburgh †

Only about three weeks to Easter! If you would like to sponsor a Lily stem in memory of a loved one, please see Karen with the name of the person/persons you wish to remember. There is also a sign up form in the west porch. Each stem costs £3.50. It is best to give your donation directly to Karen or do contact [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>

## 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.**

**£££ 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**



### † **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 link.

### **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.

### **Saturday 6th April 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)**

# **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).**



## 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)

**Next Sunday, 17<sup>th</sup> March  
Fifth 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 quiz  
evening? Please contact  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) or hand  
to a sidesperson at the church you worship in.**