



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

Tel: 01728 582213

The Revd Nichola Winter

Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown

Email: revd@mary-brown.co.uk

Tel: 01728 467454

The Revd Johanna Mabey

Email: rev.johannamabey@gmail.com

Sunday 17th March Fifth Sunday of Lent

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	10.00am	Holy Communion	The Very Revd Christopher Lewis
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

Please note that there is no Café Church at the Fairfield Centre this month.

A message from our Curate, Revd Mary Brown

Dear friends,

We are at the end of the 4th week of Lent, as usual the year seems to be flying by with Easter just around the corner. Preparations are well underway for our services during Holy Week, for Easter church decorations, and for everything else that goes into marking this season. Thank you to every person who contributes in any way towards the running of our churches, however big or small the task seems to you, it is all so important and so valued.

Our Lent Groups are going well, we have been slowly reading the account of the Passion from the Gospel of Mark, using the practice of Dwelling in the Word. Each week we notice things we haven't seen before and the story is becoming fresh and new to us once again.

In keeping with the theme of time passing quickly, I have been with you now for nine months, and my ordination as priest will be here before we know it. I am being ordained in St Edmundsbury Cathedral in the afternoon of Saturday 29th June. Anyone who would like to come along to the service would be very welcome. Plans are afoot for some system of shared transport, so please have a think about whether you would like to come, and mark it in your diary. We'll be in touch soon with more details. Having been priested I will then preside at Holy Communion for the first time during our Benefice Service on Sunday 30th June which is being hosted by Friston, again, it would be lovely to have as many of you there as possible.

May this coming week be one of drawing closer to God as we look towards Jesus and his sacrifice of love for us.

Mary

Collect

Most merciful God, who by the death and resurrection of your Son Jesus Christ delivered and saved the world: grant that by faith in him who suffered on the cross we may triumph in the power of his victory; 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

Jeremiah 31.31-34

The days are surely coming, says the Lord, when I will make a new covenant with the house of Israel and the house of Judah. It will not be like the covenant that I made with their ancestors when I took them by the hand to bring them out of the land of Egypt—a covenant that they broke, though I was their husband, says the Lord. But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people. No longer shall they teach one another, or say to each other, ‘Know the Lord’, for they shall all know me, from the least of them to the greatest, says the Lord; for I will forgive their iniquity, and remember their sin no more.

Second Reading

Hebrews 5.5-10

So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, ‘You are my Son, today I have begotten you’; as he says also in another place, ‘You are a priest for ever, according to the order of Melchizedek.’ In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

Gospel Reading

John 12.20-33

Now among those who went up to worship at the festival were some Greeks. They came to Philip, who was from Bethsaida in Galilee, and said to him, ‘Sir, we wish to see Jesus.’ Philip went and told Andrew; then Andrew and Philip went and told Jesus. Jesus answered them, ‘The hour has come for the Son of Man to be glorified. Very truly, I tell you, unless a grain of wheat falls into the earth and dies, it remains just a single grain; but if it dies, it bears much fruit. Those who love their life lose it, and those who hate their life in this world will keep it for eternal life.

Whoever serves me must follow me, and where I am, there will my servant be also. Whoever serves me, the Father will honour. ‘Now my soul is troubled. And what should I say – “Father, save me from this hour”? No, it is for this reason that I have come to this hour. Father, glorify your

name.' Then a voice came from heaven, 'I have glorified it, and I will glorify it again.' The crowd standing there heard it and said that it was thunder. Others said, 'An angel has spoken to him.' Jesus answered, 'This voice has come for your sake, not for mine. Now is the judgement of this world; now the ruler of this world will be driven out. And I, when I am lifted up from the earth, will draw all people to myself.' He said this to indicate the kind of death he was to die.

Sermon by The Revd Mary Brown Fourth Sunday of Lent – Mothering Sunday at Knodishall 10th March

Today is Mothering Sunday, this was originally a day to return to your 'mother church' the church where you were baptised. Later Mothering Sunday became the day that domestic servants were given to go home and visit both their mother churches and their own mothers. Now it has become synonymous with the American concept of 'Mother's Day', a day to celebrate and honour our mothers.

Because of this changing tradition, we have a lot of ground to cover today. We'll start by thinking about mothers, then we'll think about what mothering and family means in the Kingdom of God, and we'll end by thinking about how God himself mothers us.

It can of course be good to celebrate our mothers: many of us are glad of a day to say thank you to the woman who dedicated years of her time and energy to caring for us and bringing us up, or as mothers to be celebrated by our children.

But for others of us this day holds sadness, maybe because our mother is no longer with us, or because our relationship with our mother was complicated, or because of our own journey with motherhood.

Seeing Mothering Sunday as a day to celebrate our mother churches makes this a more inclusive festival.

If we think of mothering as a verb meaning: 'to look after someone with care and affection; to treat someone kindly and protectively' it becomes a much broader concept. Mothering doesn't just need to refer to female parents, or women who bring up children.

This breadth of definition for motherhood aligns with the understanding of family that Jesus gave to the Church.

Jesus' redefinition of family can be seen throughout the gospels where he shows us that in him, the whole body of Christ - all believers - are family. In one gospel account Jesus' family comes to fetch him home, and instead of going with them, he responds that those who follow him are his family. Jesus asks his disciples to put him before their families. And he tells them that any of them who leave, or lose their mothers because of following him, will receive 100 times as much as what they have lost.

This theology of family is what we heard played out in our gospel reading today. As Jesus hung on the cross he saw the disciple whom he loved standing next to his mother, and he said to Mary 'Woman, here is your son' and to John 'here is your mother'. Even in death, Jesus ensured that his new wide definition of family, and of motherhood, would continue amongst his disciples. He showed Mary that though she was losing a Son, in the Kingdom of God she had many sons. And he showed John that though Mary wasn't his earthly mother, because of the Kingdom of God he had a son's responsibility towards her, and in her would gain a mother.

I don't have any children of my own, but God has blessed me with many children who I get to help mother. I have 7 Godchildren, and 8 nephews and nieces, all of whom I have had the privilege of 'mothering' in some way.

And I also get to be 'mothered' within the Body of Christ by those who are not my mother. I'll tell you a little story to illustrate this - last Monday, during Lent Group, my cats brought in a wild rabbit and set it loose in my kitchen. It immediately shot under the cabinets, and I could not get it out. Dorothy and Ros who were there for Lent Group both 'mothered' me in that moment, helping me as much as they could, and then staying with me until more help arrived.

In Christ we are offered a new enormous family, replete with mothers and daughters, fathers and sons, sisters and brothers. Jesus asks us to see each other as one extended family - bound together by God's love.

Because Jesus inaugurated a new sort of family in the Church. However complicated, or tinged with grief, our relationships with our own mothers, or with motherhood might be, we can use today to give thanks for those whom God has given to us as mothers, and for those whom God has given to us to mother.

And if today holds only joy for us, we can still take the time to notice and rejoice in the wider family Christ has given us.

Our reading from 2 Corinthians points us towards another aspect of this broadening of motherhood.

We are all used to calling God Father, but I wonder how many of us have noticed the number of mothering metaphors God uses about himself in scripture?

- Three different Psalms refer to God taking us under his wing like a mother bird.
- Jesus picks up this thread in the gospels, saying to Jerusalem: 'how often I have longed to gather your children together, as a hen gathers her chicks under her wings'
- In Deuteronomy and Hosea God speaks of his protection of his children, using the image of an eagle hovering over her nest, and a mother bear defending her cubs.
- Isaiah has three mothering metaphors for God, with God saying:
 - he will cry out like a woman in childbirth,
 - he will comfort Jerusalem as a mother comforts her child
 - and "Can a mother forget the baby at her breast and have no compassion on the child she has borne? Though she may forget, I will not forget you!"
- Finally, the Hebrew verb *rahum*, which is translated into English as compassion, or compassionate love, and is found throughout the Old Testament in reference to God's love for humanity, has as its root meaning the idea of the visceral, instinctive love that a woman has for a child she has borne.

If these ideas are new to you, you might think I am innovating theology, or introducing novel concepts. But as a further illustration, and to show you that this idea has a long standing history in the Church, I will read you the beginning of a prayer by Anselm which has formed part of our daily liturgy this week. The prayer was written in 1109. It begins:

'Jesus, like a mother you gather your people to you;
you are gentle with us as a mother with her children.'

In 2 Corinthians Paul tells us that God is the 'God of all consolation' and that our 'consolation is abundant through Christ'. Here we see Paul building on this scriptural practice of using mothering metaphors to describe how God relates to us.

However Paul does not only describe God relating to us with mercy and consolation, he tells us that because we have been consoled by God in Christ, we are able to console others through God in Christ. Paul takes us back to our previous idea of the Body of Christ as an extended family, pointing out how we can love each other well because God has loved us well.

So if celebrating mothers is hard for you, remember that though we call God Father, he is better at mothering us than any human mother ever could be.

And if Mothering Sunday is a day of joy for you, may this reminder of God's mothering love make that joy deeper and stronger.

Today as we celebrate our mothers, let's also celebrate our mother churches, those fellow believers who in some way are mothers to us, and the mothering love of God, displayed most of all in Jesus' self-giving sacrifice on the cross.

Post Communion

Lord Jesus Christ, you have taught us
that what we do for the least of our brothers and sisters
we do also for you: give us the will to be the servant of others
as you were the servant of all, and gave up your life and died for us,
but are alive and reign, now and for ever.

† 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.

Trip to Bury St Edmunds Cathedral by David Copp – Church Warden – Aldringham

After our 11am Service on Mothering Sunday, some of us were getting ready to get on a coach for a trip to the Cathedral at Bury St Edmunds. There was just time for a cup of coffee with all our friends before we boarded the coach.

We were met at the entrance to the Cathedral by Valerie who was our guide around the various areas within the Cathedral. Interspersed with some lovely music (which sounds so good in those surroundings) we learned about King Edmund and the early days of the church at Bury all leading up to the recent completion of the tower and the east end. We then descended to the Treasury to admire and wonder at the collection of church plate before taking our places in the choir stalls for Choral Evensong. I am sure that Mary Morgan and Suzanne will be able to describe that better than me, but it was magnificent!

And there was tea and cake afterwards! What more could you want? A splendid day out.



† Easter Lilies at Aldeburgh †

Only about two 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

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

ALDEBURGH

Will be held on Sunday 28th April at 12 Noon

FRISTON

Will be held on Sunday 5th May at 11.00am

ALDRINGHAM

Will be held on Tuesday 7th May at 3pm

KNODISHALL

Will be held on Sunday 12th May at 10.30am

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>

Aldringham Lent Lunches

18th March 12.30 – 1.30pm

The last one 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 if you would like to attend or sign up on the booking form at Aldringham Church porch.

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

£££ 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/>

† 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 to receive a copy, be added to our mailing list.

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 26th 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**

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 13th January to 30th 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 13th January until 30th 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

FIRST AID TRAINING SESSIONS

Aldeburgh Parish Nurse Ali will be offering some First Aid training sessions at Aldeburgh Church Hall on:

Tuesday 23rd April 1.30pm – 3.30pm

Friday 10th May 1.30pm – 3.30pm

The subject to be covered will be Emergency First Aid
Looking at specifically the following:

- Difference between a cardiac arrest & heart attack
- What to do if someone's unconscious
- How to recognise & what to do if someone stops breathing
- How to give CPR
- How to use an AED (defibrillator)

This opportunity is available to all. If you would like to enrol, please contact Nurse Ali by email: nursealicherry@yahoo.co.uk
or phone on 07870 946475

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.**



ALDE SANDLINGS BENEFICE QUIZ NIGHT
Aldeburgh Church Hall
Saturday 23rd March 7pm

Thank you to all those who have already booked.

Last call - If you would like to join us all for a fundraising quiz evening for all the churches within the Alde Sandlings Benefice.

Please let us know by Wednesday 20th if you would like to attend.

If you wish to request a vegetarian option Ploughman's supper please do let us know by emailing admin@aldeburghparishchurch.org.uk

Next Sunday, 24th March
Palm Sunday

Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith – admin@aldeburghparishchurch.org.uk

Clipart.com images Source