



## 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 19<sup>th</sup> January Second Sunday of Epiphany

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	11.00am	Holy Communion	Revd Mary Brown
	11.00am	Family Service	In the Church Hall
Aldringham	11.00am	Service of the Word	Led by Elder Sheila Brechin
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

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

Dear friends,

I'm sitting working in the vicarage whilst the diocesan electrician is bustling around checking the safety of the house, and rewiring sockets and switches where necessary. You all probably know better than me how old this house is (and if you ask me in person, I'll tell you why the electrics needed checking!), but it has struck me anew how often we live with things because they are 'the norm', or what we are used to, or just as they have always been, without ever asking whether this means they are safe, fit for purpose, or even good for us.

As a Church, I think we are good at having these difficult conversations, and this is where the PCC is so important – we have that group of people who not only take responsibility but also hold ourselves accountable for our faith our mission and our actions. However, as individuals, I do wonder how often we let things slide. So my promise to myself is to check my own ‘internal wiring’, and make sure that I am living my life as positively, as intentionally and as well as I possibly can – spiritually, mentally and physically. And to change my own ‘light switches’ where necessary!

With prayers as always,

Sarah

### **The Alde Sandlings Saturday Gratitude**

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

- Aldeburgh** Our phenomenal church hall team, who look after the building, the bookings, the cleaning, the organisation and who enable the hall to run for the benefit of the church and our wider local community.
- Aldringham** A full and joyous service on Sunday with our much loved brother, The Very Rev’d Christopher Lewis.
- Friston** Our continued prayer walks on a Monday morning, where we pray for our village and the people who live work and play in it, and have some important conversations with people we meet along the way.
- Knodishall** Our wonderful PCC who work tirelessly for the good of the church, both building and people, and within our village community.
- Pilgrims** Give thanks for our first Create gathering last Sunday afternoon. For all the beautiful offerings and reflections throughout our time together and Rev Mary’s blessing of the Thorpeness Pavilion using the Epiphany tradition of chalking. A true joy and blessing to be together with each other and God.

## **Collect**

Almighty God, in Christ you make all things new:  
transform the poverty of our nature by the riches of your grace,  
and in the renewal of our lives  
make known your heavenly glory;  
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**

### **Isaiah 62.1-5**

For Zion's sake I will not keep silent, and for Jerusalem's sake I will not rest, until her vindication shines out like the dawn, and her salvation like a burning torch. The nations shall see your vindication, and all the kings your glory; and you shall be called by a new name that the mouth of the Lord will give. You shall be a crown of beauty in the hand of the Lord, and a royal diadem in the hand of your God. You shall no more be termed Forsaken, and your land shall no more be termed Desolate; but you shall be called My Delight Is in Her, and your land Married; for the Lord delights in you, and your land shall be married. For as a young man marries a young woman, so shall your builder marry you, and as the bridegroom rejoices over the bride, so shall your God rejoice over you.

## **Second Reading**

### **I Corinthians 12.1-11**

Now concerning spiritual gifts, brothers and sisters, I do not want you to be uninformed. You know that when you were pagans, you were enticed and led astray to idols that could not speak. Therefore I want you to understand that no one speaking by the Spirit of God ever says 'Let Jesus be cursed!' and no one can say 'Jesus is Lord' except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

## **Gospel Reading**

### **John 2.1-11**

On the third day there was a wedding in Cana of Galilee, and the mother of Jesus was there. Jesus and his disciples had also been invited to the wedding. When the wine gave out, the mother of Jesus said to him, 'They have no wine.' And Jesus said to her, 'Woman, what concern is that to you and to me? My hour has not yet come.' His mother said to the servants, 'Do whatever he tells you.' Now standing there were six stone water-jars for the Jewish rites of purification, each holding twenty or thirty gallons. Jesus said to them, 'Fill the jars with water.' And they filled them up to the brim. He said to them, 'Now draw some out, and take it to the chief steward.' So they took it. When the steward tasted the water that had become wine, and did not know where it came from (though the servants who had drawn the water knew), the steward called the bridegroom and said to him, 'Everyone serves the good wine first, and then the inferior wine after the guests have become drunk. But you have kept the good wine until now.' Jesus did this, the first of his signs, in Cana of Galilee, and revealed his glory; and his disciples believed in him.

### **Alde Sandlings NEW Service Times from January 5<sup>th</sup>**

We have new service times for Aldeburgh and Friston Churches.

Aldeburgh will be 11.00am EVERY Sunday from the 5<sup>th</sup> January

Friston will be 9.30am EVERY Sunday from the 5<sup>th</sup> January

Aldringham and Knodishall services remain at the same times

## **ALPHA COURSES AT ALDRINGHAM**

11 weeks starting on 4th February - 6-8pm, starting with a light supper.

No matter if you are a regular worshipper or are just curious and want

to explore your Journey with God, you are

**ALL WELCOME**

To sign up and for more details and the location,  
please contact Rev'd Mary [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)



## **Sermon by Revd Nichola Winter at Aldeburgh, 12<sup>th</sup> January**

‘Do not fear, for I have redeemed you; I have called you by name; you are mine.’

These words from Isaiah were included in a Christmas letter from a friend with whom I was ordained. She reminded me that they had formed the basis for meditation during our ordination retreat - and indeed they have long held a special place in my heart. Isaiah calls us to remember that our Lord is always with us, even when things seem very dark. And, indeed, the world can seem to be a very bleak place at the moment.

But, as Christians, we are called to cherish and hold fast to the hope and promise contained in the birth of a small vulnerable baby at Christmas. The message from those cards decorated with joyful greetings about ‘Emmanuel’ - ‘God with us’ - needs to be grasped and held on to with all our strength. It is a message that is with us for all time. The readings today bring out confirmation of this - and also the fact that when we are baptised we, too, receive the Holy Spirit - and that isn’t just at that moment of baptism but becomes something we can hold on to for all time.

Since my ordination over twenty years ago I have had the delight of carrying out a number of baptisms. Usually the person being baptised has been a small baby, and just holding that tiny vulnerable human being, pouring the baptismal water over and welcoming him or her into the family of God has been very moving. There is a sense of hope and wonder as a new life begins its Christian journey. Our Christmas celebrations over the last few weeks have been about the delight of welcoming a new baby – and most amazing of all, recognising in that baby the presence of God. Emmanuel. God with us. The eternal creator who made heaven and earth comes to be with us, not as a mighty king with hordes of armed troops demonstrating strength and power; but as a small baby, tiny, vulnerable and born in an outhouse a long way from home.

And vulnerability is perhaps one of the issues that has been taxing our minds as we see all the dreadful things going on in our world at the moment. The awe-ful power of the natural world; the frightening results when the forces of nature are unleashed. The tragic consequences of man-made conflict. Such is the power of modern technology that we receive immediate pictures and images of what is going on. Frighteningly so. We are vulnerable to the laws of nature of a living planet; a planet that is part of a cosmos in which dark matter and black holes exist that have not yet been fully explained or understood by the greatest scientific minds. And

we are vulnerable to the consequences of the atrocities that human beings can inflict on each other.

But Christmas comes as the annual reminder that we are not abandoned. A child enters the world – small, weak and vulnerable. That child grows, comes to maturity and at his baptism – the first we learn of the adult Jesus – the Spirit of God descends upon him and words are heard: ‘This is my Son, the beloved, with whom I am well-pleased.’

Now, we might perhaps think that it is at Pentecost that we focus on the coming of the Holy Spirit - and that is true but the Holy Spirit is at work continually in the life of each one of us. Most of us here will have been baptised at some point but we sometimes forget just what a key point in our lives that is. We are given a name, we are signed with the cross and the Holy Spirit is invoked when we pray, ‘May God, who has received you by baptism into his Church, pour upon you the riches of his grace, that within the company of Christ’s pilgrim people you may daily be renewed by his anointing Spirit and come to the inheritance of the saints in glory.’ You may daily be renewed by his anointing Spirit...

That is such a powerful gift. Once the Holy Spirit comes, it doesn’t leave. How the Holy Spirit is going to work in the life of each one of us only time will tell. But it is an overwhelming force and we ignore it at our peril. When John baptises Jesus he does so with water but he recognises that the baptism that Jesus brings will be supremely powerful - ‘He will baptise you with the Holy Spirit and with fire.’ As Jesus is baptised we’re told that the Holy Spirit descends in the form of a dove and those standing by hear the words, “You are my Son, the Beloved; with you I am well pleased.” We can almost hear the angels who sang at the birth of Jesus shouting with joy and rejoicing again in heaven as his new ministry begins, as he is filled with the Holy Spirit and now, as he moves towards the fulfilment of his Father’s will.

We, too, have a purpose to achieve. I have said before that we are all called to be holy - and, to quote the Rt Revd David Hope, ‘being holy has nothing to do with being pious. It has much more to do with becoming or being the person God created and wants us to be.’ The Holy Spirit works in our lives as it must and as is appropriate for each of us. We need to tune our hearts and minds to hear the message it brings - and to respond. Those words from Isaiah again: ‘Do not fear, for I have redeemed you. I have called you by name; you are mine.’

Our new year resolution might well be to use daily the wonderful prayer that invokes the Holy Spirit:

Come, Holy Ghost, our souls inspire, and lighten with celestial fire; thou the anointing Spirit art, who dost thy sevenfold gifts impart:  
Thy blessed unction from above is comfort, life, and fire of love; enable with perpetual light the dullness of our blinded sight:  
Anoint and cheer our soiled face with the abundance of thy grace: keep far our foes, give peace at home; where thou art guide no ill can come.  
Teach us to know the Father, Son, and thee, of both, to be but One; that through the ages all along this may be our endless song,  
Praise to thy eternal merit, Father, Son, and Holy Spirit. Amen.

### **Post Communion**

God of glory,  
you nourish us with your Word  
who is the bread of life:  
fill us with your Holy Spirit  
that through us the light of your glory  
may shine in all the world.  
We ask this in the name of Jesus Christ our Lord.

### **Next Sunday - 26<sup>th</sup> January, Third Sunday of Epiphany**

#### **† 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/UCLecK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

**£££ 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, 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/>

**† 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.

**The Alde Sandlings, Dates for your Diary**

- Prayer Warriors' Group – Every last Tuesday of the month, 6-7pm in Aldeburgh Church – All welcome
- Benefice Bible Studies Group – First Sunday of the month, 3-4.30pm, at The Rectory, Friston
- Alpha at Aldringham – Starting from 4<sup>th</sup> February. See notice.
- PCC Meetings within the Benefice:
  - Aldeburgh – January 22<sup>nd</sup> at 3pm
  - Aldringham – January 21<sup>st</sup> at 3pm
  - Friston – January 20<sup>th</sup> at 4pmKnodishall happened earlier on this month.  
Please pray for our PCC meetings and our PCC members.



**UNITED CHURCHES IN  
ALDEBURGH**

**A SERVICE FOR THE  
WEEK OF PRAYER FOR  
CHRISTIAN UNITY 2025**

**SUNDAY 19<sup>th</sup> JANUARY**

**at 6pm**

**AT OUR LADY AND ST PETER CATHOLIC  
CHURCH, THE TERRACE, ALDEBURGH**

*The theme for 2025, prepared by the community of Bose, an  
ecumenical monastery of brother and sisters in northern Italy, is*

*“Do you believe this?”*

***ALL ARE WELCOME***

**Prayer Groups**

**Benefice monthly Bible Studies Group.**

Every first Sunday of the month from 3-4.30pm.

This will be hosted by Revd Mary at the Friston Rectory.

**Prayer Warriors Group**

Every last Tuesday of the month from 6-7pm in Aldeburgh Church.

You are all most welcome. If you would like to join either, please  
contact Revd Mary to be added to the list.

## † Home Visits †

Not everyone can get to church as they were once able to, due to an illness or reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know. Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

## 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>

## † 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 1st February Community Breakfast 9.30 @ The Parrot date**

A delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot, chance to catch up with each other and community news, a 'Christmasy' feel! All are welcome. Catching up about local reflective ramble possibilities too.

## **Pilgrims @ Thorpeness Sunday 9th February 4pm @ Ogilvie Pavilion - Pilgrims Create**

New Pilgrims face to face gathering. A time to share and explore. A time to be with each other and God.

## **Saturday 15th February Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts. All are welcome.