



## 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 9<sup>th</sup> February Fourth Sunday before Lent



### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
	11.00am	Family Service	In The Church Hall
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

### A message from, Revd Mary Brown

Dear Friends,

Epiphany is over and we now enter 'ordinary time' for four and a half weeks before Lent begins. You will notice that the Communion Tables are dressed in green again. Ordinary time might not sound worthy of mention, but it is an important part of the church calendar. During ordinary time we focus on what it means to follow Jesus every moment of every day, without any special celebration or festival. What might it look like to wake up on an ordinary Tuesday in February and choose to spend that day following Jesus in all our every day decisions, actions and words?

The liturgical colour of ordinary time is green - the colour of spring, the colour of abundance and blessing, the colour of the pastures in which the Lord who is our shepherd makes us to lie down. My prayer for us all is that during these next few weeks of ordinary time we would draw closer to our Lord Jesus Christ who walks with us through every ordinary day, bringing the joyful spring of his presence into the greyness of the most mundane of days.

With love and prayers,

Mary

### **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** - for the Church Guild, including the cleaning and flower teams, who met this week and who work hard to maintain our building in good order.

**Aldringham** - for a great start to the Alpha course and for all those who came.

**Friston** - for another baptism coming up at Easter!

**Knodishall** - for those who are working hard to make progress on the Mission Hall.

**Pilgrims** - are grateful for gentle conversations, delicious breakfasts and time spent walking together at our Parrot breakfast and local ramble last Saturday.

### **Collect**

O God, you know us to be set  
in the midst of so many and great dangers,  
that by reason of the frailty of our nature  
we cannot always stand upright:  
grant to us such strength and protection  
as may support us in all dangers  
and carry us through all temptations;  
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 6.1-8 9-end**

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: 'Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.' The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: 'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!' Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: 'Now that this has touched your lips, your guilt has departed and your sin is blotted out.' Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' And I said, 'Here am I; send me!' And he said, 'Go and say to this people: "Keep listening, but do not comprehend; keep looking, but do not understand." Make the mind of this people dull, and stop their ears, and shut their eyes, so that they may not look with their eyes, and listen with their ears, and comprehend with their minds, and turn and be healed.' Then I said, 'How long, O Lord?' And he said: 'Until cities lie waste without inhabitant, and houses without people, and the land is utterly desolate; until the Lord sends everyone far away, and vast is the emptiness in the midst of the land. Even if a tenth part remains in it, it will be burned again, like a terebinth or an oak whose stump remains standing when it is felled.' The holy seed is its stump.

## **Second Reading**

### **I Corinthians 15.1-11**

Now I should remind you, brothers and sisters, of the good news that I proclaimed to you, which you in turn received, in which also you stand, through which also you are being saved, if you hold firmly to the message that I proclaimed to you-unless you have come to believe in vain. For I handed on to you as of first importance what I in turn had received: that Christ died for our sins in accordance with the scriptures, and that he was buried, and that he was raised on the third day in accordance with the

scriptures, and that he appeared to Cephas, then to the twelve. Then he appeared to more than five hundred brothers and sisters at one time, most of whom are still alive, though some have died. Then he appeared to James, then to all the apostles. Last of all, as to someone untimely born, he appeared also to me. For I am the least of the apostles, unfit to be called an apostle, because I persecuted the church of God. But by the grace of God I am what I am, and his grace towards me has not been in vain. On the contrary, I worked harder than any of them-though it was not I, but the grace of God that is with me. Whether then it was I or they, so we proclaim and so you have come to believe.

## **Gospel Reading**

### **Luke 5.1-11**

Once while Jesus was standing beside the lake of Gennesaret, and the crowd was pressing in on him to hear the word of God, he saw two boats there at the shore of the lake; the fishermen had gone out of them and were washing their nets. He got into one of the boats, the one belonging to Simon, and asked him to put out a little way from the shore. Then he sat down and taught the crowds from the boat. When he had finished speaking, he said to Simon, 'Put out into the deep water and let down your nets for a catch.' Simon answered, 'Master, we have worked all night long but have caught nothing. Yet if you say so, I will let down the nets.' When they had done this, they caught so many fish that their nets were beginning to break. So they signalled to their partners in the other boat to come and help them. And they came and filled both boats, so that they began to sink. But when Simon Peter saw it, he fell down at Jesus' knees, saying, 'Go away from me, Lord, for I am a sinful man!' For he and all who were with him were amazed at the catch of fish that they had taken; and so also were James and John, sons of Zebedee, who were partners with Simon. Then Jesus said to Simon, 'Do not be afraid; from now on you will be catching people.' When they had brought their boats to shore, they left everything and followed him.

## **Sermon by Revd Mary Brown at Aldringham and Knodishall, 2<sup>nd</sup> February**

Over the last few years Candlemas has become one of my favourite moments in the church calendar. I love that it is a chance to celebrate in the middle of what I think are the hardest two months of winter. I love that it focuses on Christ being our light. I love that it gives me a good reason to keep my tree up for 40 days after Christmas. And I love that it is an excuse to eat buckwheat pancakes, or Galettes Breton, (a traditional Candlemas food) because they are delicious!

Traditionally, the Candlemas service would have taken place in the dark, and it would have begun with a procession. Everyone in the village would take the lit candles from their Christmas trees and carry them to the church. It must have been a beautiful sight, I love the idea of the darkness of winter being interrupted, by a stream of light as the whole village poured out of their homes holding their candles.

In the temple Simeon told Mary and Joseph that Jesus is this **light that interrupts the darkness.**

This is a theme we are already familiar with. In Advent and over Christmas we heard this from Isaiah: 'The people walking in darkness have seen a great light; on those living in the land of deep darkness a light has dawned.' And this from John 'The light shines in the darkness, and the darkness has not overcome it.'

I've recently watched the second season of the program 'Rings of Power' a Tolkien adaptation that tells some of the stories prior to the Hobbit. I've been struck by how Tolkien focused on the theme of light overcoming darkness throughout his works. Again and again a force of evil is pushed back by light, often physical light. At one point in the adaptation one character says to another 'after all it is not strength that defeats darkness, but light.'

So here, in the depths of winter, let's think about the ways in which Jesus' light dispels the darkness.

We'll start with Malachi, who tells us that 'the Lord who we seek will suddenly come to his temple'. He tells us that when the Lord appears he will bring **the light of refining fire** - making those who have turned away from him righteous again. He tells us that when he appears the Lord will bring the **light of justice**, ending the oppression of the poor, of

widows, of orphans, and of immigrants. The Lord's just light will defeat the darkness of witchcraft, adultery, and falsehood. Jesus comes in his light to burn up the dross of our sin and our rebellion against him, so that instead, in him, we can shine like burnished gold. As he says in Matthew 5 - in Christ **we** are the light of the world!

Then in our reading from Luke we heard about Jesus' arrival in the temple as prophesied by Malachi some 500 years earlier. Simeon and Anna had waited for so long, and suddenly the one they had been waiting for arrived.

When Simeon, drawn by the Holy Spirit to the temple, saw Jesus he declared that his eyes had seen God's salvation. Simeon looked at Jesus with the insight given to him by the Holy Spirit and saw Jesus' light. He declared that Jesus was a **light to give light to the gentiles**, to bring them out of darkness into the salvation of God's people, and that Jesus was glory for the people of Israel. Here was a radical message - that the Messiah, who had come to save Israel, **God's consolation** for whom Simeon had been waiting, was also bringing salvation to the whole of human kind. It is because of this radical light of Christ - **the light that lets us see Jesus for who he is** - that most of us are able to be here in the Body of Christ today.

And lastly, we met Anna, a woman of deep dedication to God, who never left the temple, but fasted and prayed day and night. Just like Simeon Anna was able to see the light shining out from Jesus, she knew that he was the light everyone had been waiting for for hundreds of years, and she told everyone she could.

In assembly last week I taught the children about Candlemas, and about Jesus being the light of the world. I took a few props with me, and I've decided to bring them again today.

- We've heard that Jesus is **the light of refining fire** - I've got some matches, and I'm going to light the Easter candle to represent this.
- And **the light of justice** - that reveals and ends the things which are done in darkness - I've brought along my model of Southwold Lighthouse - because in his justice Jesus keeps us off the rocks, like a lighthouse.
- We have heard that in Christ we are made to shine with his light - **he is the light that makes us see** - so I've brought along a rear bike light, a type of light that lets us be seen by others.

- Jesus is God's Consolation for humanity - **the light that brings us comfort**- I've got my childhood nightlight with me - something used to comfort children in the dark.
- I'm going to add one more type of light, Jesus is **the light that searches us out**, and **helps us to see clearly in the darkness** of this world - he is like this torch.

Simeon and Anna were two people who chose what the theologian Eugene Peterson called 'a long obedience in the same direction'. They committed their lives to God, to worshipping him, and to waiting to see his salvation plan unfold. And because of this they got to meet Jesus, to see his bright light casting out the darkness.

Today, let's ask Jesus to show us his light. To let us see with spiritual eyes like Simeon and Anna did. Perhaps there is something in our lives where we know we have not been walking in justice, let's ask Jesus to keep us off those rocks and lead us into harbour. Perhaps there is something in our lives that is painful and hard and we need Christ's consolation, let's ask him to lift us out of the darkness of suffering into the comfort of his light. Or perhaps you are yet to see Jesus how Simeon and Anna did, yet to understand just who he is, and you would like to ask him to search you out, to find you in the darkness and bring you into his light - into the light of knowing him to be the Messiah, the Saviour, the Son of God.

### **Post Communion**

Go before us, Lord, in all we do  
with your most gracious favour,  
and guide us with your continual help,  
that in all our works begun, continued and ended in you,  
we may glorify your holy name, and finally by your mercy receive  
everlasting life; through Jesus Christ our Lord.

**Next Sunday – 16<sup>th</sup> February,  
Third Sunday before Lent**

## **NEW ELECTORAL ROLL**

The Electoral Roll is a list of names and addresses of every person who can vote in the annual parochial church meeting. It is revised annually but replaced in its entirety every six years. The current electoral-rolls (created in 2019) will be replaced with brand-new rolls this year (2025).

**EVERYONE** will need to fill out an application form (please email Claire if you would like an electronic copy sent to you) whether you are already on the current roll or wish to be added.

Hard copies can also be found in the church you worship in.

Aldeburgh – Please put in the administrator's pigeonhole or send by email.  
Aldringham, Friston and Knodishall please hand to an Elder or Church Warden, or you can scan or take a photograph of the form and send it to Claire at:

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

The forms need to be handed in at least 3 weeks before the Annual PCC meetings at the Church you worship in.  
APCM's in the Alde Sandlings Benefice:

**Aldeburgh – 6<sup>th</sup> April**

**Aldringham – 18<sup>th</sup> May**

**Friston – 4<sup>th</sup> May**

**Knodishall – 11<sup>th</sup> May**

### **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

**First Sunday of the month at Aldeburgh is the Family Holy Communion service served with coffee and biscuits.**

**Please Bring Your Own Cup - it's less waste, makes your drink truly yours and helps with the clearing up afterwards.**



## ALPHA AT ALDRINGHAM

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

Alpha is for anyone who has questions about the Christian faith, whatever your background or beliefs, 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)



### † 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.
- Ash Wednesday Benefice Service on 5<sup>th</sup> March at 6pm at Knodishall Parish Church
- Nadia and Friends Concert – Monday 17<sup>th</sup> March at Aldeburgh Parish Church at 12 Noon.
- APCM's in the Alde Sandlings Benefice
  - Aldeburgh – 6<sup>th</sup> April
  - Aldringham – 18<sup>th</sup> May
  - Friston – 4<sup>th</sup> May
  - Knodishall – 11<sup>th</sup> May

## Prayer Groups Continue

### 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 links.

### **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.

### **Saturday 1st March Community Breakfast & Local Walk 9.30 @ The Parrot date**

As before, a delicious breakfast bap and coffee/tea combo for £7.50 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.

All are welcome to any of the Pilgrims events.

**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church**

**Monday 17<sup>th</sup> March  
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into March 2025, with the return of:

Helen Stanley (Violin)  
Nadia Lasserson (Piano)  
*And local Composer*  
Alan Bullard (Piano)

In a programme of Bach, Mozart, Smetana and Bullard

**Looking forward to welcoming you all.  
Admission is free- with a retiring collection for  
Save the Children**

**ALL VERY WELCOME**



**Save the Children**  
**100 YEARS**