



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 2nd March Sunday before Lent

Services in The Alde Sandlings Benefice this Sunday

| | | | |
|------------|---------|-----------------------|--------------------------|
| Aldeburgh | 8.00am | Holy Communion | Prebendary Derek Johnson |
| | 11.00am | Family Holy Communion | Revd Sarah du Boulay |
| Aldringham | 11.00am | Holy Communion | Revd Mary Brown |
| Friston | 9.30am | Holy Communion | Revd Sarah du Boulay |
| Knodishall | 9.30am | Morning Prayer | Revd Mary Brown |

A message from our Rector, Revd Sarah du Boulay

Dear friends,

I have admitted this to some of you I know, but it's time to come clean... When I first started my job here in Alde Sandlings, I set myself a secret challenge – to increase the number of baptisms we have as a benefice every year - and more than that, to double the number of baptisms every year!

I thought that it would be too much of a stretch, but I was also aware that in the church in general, numbers of baptisms hadn't recovered at all after the Covid pandemic, so it felt like a good thing to focus on. So I started to pray (secretly – shhhhh, don't tell anyone).

In 2022 we had one baptism.

In 2023 we had 2 baptisms.

In 2024 we had 5 baptisms.

In 2025, we have so far had 3 baptisms! Praise the Lord! How wonderful is this and what an incredible answer to prayer! We have another 2 baptisms booked and by the time you read this it will only be 1st March – we are on our way to smashing that target again this year.

A baptism is always such a joyful occasion in which we welcome a new member into Gods' church and celebrate with a whole family. Please join me in giving thanks for all our baptism families, and in praying for many, many more to come.

Alleluia!

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 - The baptism of Otilie last Sunday – her friends and family and for all at the church who worked hard to make it such a joyful occasion.

Aldringham - Our group of faithful Morning Prayer attendees – for their friendship, warmth and a wonderful hour each week spent praying and talking theology.

Friston - The setting up of a community choir for the people of Friston, run by our very own Adrian Nicholson – posters in the porch. All are welcome!

Knodishall - Such a good relationship with our local playgroup and all that will bring in the future.

Pilgrims - Pilgrims are giving thanks for the bonds of friendship reflected in our prayer and kind actions towards each other and the wider community.

**Benefice Ash Wednesday
Holy Communion Service**

St Lawrence, Knodishall Parish Church

March 5th at 6pm.

ALL MOST WELCOME



NEW ELECTORAL ROLL FOR 2025

LAST CALL for ALDEBURGH.

If you would like to remain or be included on the electoral roll for Aldeburgh Parish Church, please fill in your form and send to Claire or pop in the administrators pigeon hole no later than the **9th MARCH**

Collect

Almighty Father, whose Son was revealed in majesty
before he suffered death upon the cross:
give us grace to perceive his glory,
that we may be strengthened to suffer with him
and be changed into his likeness, from glory to glory;
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Exodus 34.29-end

Moses came down from Mount Sinai. As he came down from the mountain with the two tablets of the covenant in his hand, Moses did not know that the skin of his face shone because he had been talking with God. When Aaron and all the Israelites saw Moses, the skin of his face was shining, and they were afraid to come near him. But Moses called to them; and Aaron and all the leaders of the congregation returned to him, and Moses spoke with them. Afterwards all the Israelites came near, and he gave them in commandment all that the Lord had spoken with him on Mount Sinai. When Moses had finished speaking with them, he put a veil on his face; but whenever Moses went in before the Lord to speak with him, he would take the veil off, until he came out; and when he came out, and told the Israelites what he had been commanded, the Israelites would see the face of Moses, that the skin of his face was shining; and Moses would put the veil on his face again, until he went in to speak with him.

Second Reading

2 Corinthians 3.12-4.2

Since, then, we have such a hope, we act with great boldness, not like Moses, who put a veil over his face to keep the people of Israel from gazing at the end of the glory that was being set aside. But their minds were hardened. Indeed, to this very day, when they hear the reading of the old covenant, that same veil is still there, since only in Christ is it set aside. Indeed, to this very day whenever Moses is read, a veil lies over their minds; but when one turns to the Lord, the veil is removed. Now the Lord is the Spirit, and where the Spirit of the Lord is, there is freedom. And all of us, with unveiled faces, seeing the glory of the Lord as though reflected in a mirror, are being transformed into the same image from one degree of glory to another; for this comes from the Lord, the Spirit. Therefore, since it is by God's mercy that we are engaged in this ministry, we do not lose heart. We have renounced the shameful things that one hides; we refuse to practise cunning or to falsify God's word; but by the open statement of the truth we commend ourselves to the conscience of everyone in the sight of God.

Gospel Reading

Luke 9.28-36

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'-not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

Sermon by Revd Sarah du Boulay at Aldeburgh, 23rd February - Holy Communion Service with Baptism

Who here has been in a boat? Was it in the sea? Was it on a lake?
Some questions for you all:

- 1) What is the front of the boat called? Bow
- 2) What is the right side of the boat called? Starboard
- 3) What is it called when a boat is sailing into the wind but not actually moving? Luffing.
- 4) What is the most important piece of equipment to wear on a boat?
Lifejacket

Now, I don't know how big the boat was that you were in, but the boats Jesus' disciples used were small fishing boats. The people weren't all in the same boat because there simply wasn't room for them all! They were not intended for traversing the middle of the lake, which was 14 miles long by 8 miles wide.

- Biggest Lake in Uk – Loch Neagh in NI. Most water? Loch Ness. Longest Lake is Windermere. That's 1.5 times the size of Windermere! And the length of Windermere is like running from this church to the sea, dipping your toes in the water and running back again 40 times! It's pretty big!

Although conditions were often difficult on this lake, many of the disciples were experienced fishermen and expert sailors. So one might expect that they would handle things on their own. The fact that they turned to Jesus for help likely meant that they were at the end of their means—they had tried everything they knew to combat the storm and had failed. At the point of pure desperation, they woke Jesus with screams of terror.

- I have to say that my favourite part of this story is that Jesus was asleep – through all the storms, through the shouting and panic and flurry of activity – he slept. That's truly impressive!

When Jesus awoke, he immediately demonstrated that he was in control. There was no hint of worry or concern in his words. He simply said, "Quiet!" He then said, "Be still," a term that literally means "muzzle yourself and continue to be silent."

Can you imagine the disciples' amazement when the raging waves instantly became calm? Even today, with our advanced technology, we don't have any control over the weather and can't always forecast it very accurately. In Jesus' day, controlling the weather was known as something only God can do. In the instant the storm ceased, the disciples began to realize more fully who Jesus was. He had demonstrated his power in healing people, but never before had he done anything of this magnitude.

The disciples came to learn that no matter how bad a situation seemed, the first thing they needed to do was turn to Jesus. Jesus was always 'in their boat' – both literally and metaphorically. Jesus was always there for them, and even when things suddenly got really bad, he was still there and still in control. And we too can always run to Jesus for safety.

This is the God we are saying thank you to today – the God we are praising for the gift of Ottilie. The God into whose family we are officially welcoming Ottilie. The God who we will continue to pray to do Ottilie's safety and wellbeing, and to whom she can always turn because he will never abandon her and will always be with her, guiding her, protecting her, supporting her and offering her life in all its fullness.

And as wonderful as that is – he doesn't just do that of Ottilie – he does it for every single one of us as well. Alleluia!

Post Communion

Holy God, we see your glory in the face of Jesus Christ:
may we who are partakers at his table
reflect his life in word and deed,
that all the world may know his power to change and save.
This we ask through Jesus Christ our Lord.

† RIP Trixie Keable †

The funeral and thanksgiving service for Trixie Keable will be on
Monday 3rd March at 11am.

All invited to attend at St Peter & St Paul's Aldeburgh.

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

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 – 6th April

Aldringham – 18th May

Friston – 4th May

Knodishall – 11th May

Alde Sandlings NEW Service Times from January 5th

We have new service times for Aldeburgh and Friston Churches.

Aldeburgh will be 11.00am EVERY Sunday from the 5th January

Friston will be 9.30am EVERY Sunday from the 5th 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 from 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



† 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 – From 4th February. See notice.
- Ash Wednesday Benefice Service on 5th March at 6pm at Knodishall Parish Church
- Deanery Sunday Lent Course at Darsham Village Hall from 9th March – 13th April 4pm-5.30pm. See notice below.
- Mothering Sunday Services throughout the Benefice on the 30th March.
- Nadia and Friends Concert – Monday 17th March at Aldeburgh Parish Church at 12 Noon.
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 6th April
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th 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.

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 to receive a copy, be added to our mailing list or for the Zoom links.

Pilgrims @ Thorpeness

Sunday 9th March 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 22nd March 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.

All are welcome to any of the Pilgrims events

FUN QUIZ

Friday 7th March 2025 at Knodishall Village Hall

The first "Fun Quiz" quiz to be held this year raising funds for St Lawrence Church, Knodishall. If you would like to come along on for an evening of fun, laughter, good food, good company, spot prizes - and of course to also answer a few questions - then please phone Pat on 01728 832653 to book your table. Maximum of 6 per team, £8.00 per person, jacket potato supper provided but bring your own drinks. Quiz starts promptly at 7pm. Come and join us for a fun night.

World Day of Prayer

You are warmly invited to join the churches of Aldeburgh on Friday 7th March 2025, to celebrate the World Day of



Prayer. This year we are praying for the Cook Islands in the South Pacific. The theme of the service is 'You are wonderfully made', based on Psalm 139.

Every year the WDP service is held in churches around the world, together praying for God's blessing on the country selected for that year, and giving us an insight into the way of life and the needs of the women in that country. For 24 hours, as the earth turns on its axis throughout the World Day of Prayer, voices will rise from churches from East to West, following one another in worship and prayer.

The Service in Aldeburgh will be held in the Fairfield Centre, at 11.30am, and will be followed by a free soup & bread lunch. ALL WELCOME!

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness 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 and we will do our utmost to arrange a visit.

BISHOPS' LENT APPEAL 2025

Inspired by his latest trip to Tanzania last year Bishop Martin saw the importance of our continuing relationship with Kagera, all that it offers and how important it is for us all to strengthen the link. Bishop Graeme has therefore agreed that the 2025 Lent Appeal will be for Kagera. Taken from the hymn 'Great is thy faithfulness' the theme of the appeal this year is: 'Bright Hope for Tomorrow'

“Our aim through the appeal is to support farming initiatives and good practice in agriculture, training of evangelists and clergy at Kagera Christian Theological College (KCTC), and resourcing of pastors in their parishes. We will also continue our support for healthcare in the region through the Diocesan hospital.”

**If you would like to donate, here are ways you can:
[Ways to donate for the Bishops' Lent appeal 2025](#)**

PANCAKES AT THE PUB on SHROVE TUESDAY

4th MARCH

AT THE DOLPHIN INN, FROM 3.30 – 5.30.

David and his wonderful team invite you to come and eat pancakes with them and to get ready for Lent by having a lot of fun, probably a little mess with our youngsters, and simply being together.

Come and join in the pancake making (ALL ages from littlest to oldies) and various other activities for the children.

£3 for two pancakes with a choice of fillings

PROCEEDS TO GO TO ST ANDREWS CHURCH ALDRINGHAM



**Next Sunday – 9th March,
First Sunday of Lent**

DEANERY LENT COURSE

We are pleased to inform you of the Lent Course on offer this year. If you would be interested in attending, then please let Claire know at admin@aldeburghparishchurch.org.uk and we can then arrange transport to Darsham Village Hall. ALL WELCOME.



**CHRISTIAN
ETHICS** *or*
How to do the right thing

LENT COURSE
Each Sunday of Lent
9 March to 13 April

Led by Revd Tim Rogers, with guest speakers:
Major General (Retd) John Sutherland, David Burgess,
Jill Stuchfield, Revd Nic Stuchfield, Prof. Lara Coleman.

Discussing: principles of Christian ethical
thinking, going to war, medical ethics,
justice, money & human rights.

Darsham Village Hall, IP17 3FA
4pm - 5:30pm

Refreshments will be served
No cost, but donations toward the expenses welcome

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 29th 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**

**Lunchtime Classical
Concert Series
Aldeburgh Parish Church**

**Monday 17th 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