



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 16th March Second Sunday of Lent

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 Church Hall
Aldringham	11.00am	Service of the Word	Led by Elders
Friston	9.30am	Morning Prayer	Revd Nichola Winter
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

Apologies to those who have already heard this, but when preaching on the theme of temptation last Sunday, I used the following story as an illustration:

One night an Arab had settled in for the night and had just fallen asleep when his camel stuck his head in his tent and explained that it was awful cold and asked permission to just stick his legs inside the tent to keep them warm. Granting him permission the Arab went back to sleep. A little while later the camel woke him up a second time and asked permission to stick his head in. Again, permission was granted. This continued on throughout the night until finally the Arab woke up to find the entire camel in the tent with him. When he told the camel that there just was not enough room in

the tent for the both of them the camel suggested that the Arab might want to leave!

That is exactly what temptations do. They slip into our lives a little at a time and one day we wake up and alarmed we find that there just is not enough room for both them and Jesus in our lives. To which the Devil suggests that Jesus might then want to leave....

Temptation happens often, affects us all, and is fundamentally boring – it is what is offered by Jesus that is both exciting and life-giving. This funny yet cautionary tale, acts as a reminder this Lent to keep our focus on Jesus and the events of Easter.

I'll be praying for us all and our own individual 'camels',

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 – For our team of bell ringers who ring so beautifully and not just on a Sunday morning – they truly are part of our whole community and are very much appreciated.

Aldringham – A super first Lent lunch, hosted by Thorpeness Country Club. We met to pray, eat, share friendship and soup, and to raise funds for our twin diocese of Kagera. All welcome to the next one!

Friston – For the beauty of the church yard at the moment as spring is coming – a mixture of God's creation and the tender care of our church yard team make it a truly special place to be and much enjoyed by the whole village.

Knodishall – For welcoming visitors and new worshippers, as well as friends from across the benefice to our services on Ash Wednesday and the first Sunday of Lent.

Collect

Almighty God, you show to those who are in error the light of your truth, that they may return to the way of righteousness:

grant to all those who are admitted into the fellowship of Christ's religion, that they may reject those things that are contrary to their profession, and follow all such things as are agreeable to the same;

through our Lord Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Genesis 15.1-12, 17-18

After these things the word of the Lord came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' But the word of the Lord came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness. Then he said to him, 'I am the Lord who brought you from Ur of the Chaldeans, to give you this land to possess.' But he said, 'O Lord God, how am I to know that I shall possess it?' He said to him, 'Bring me a heifer three years old, a female goat three years old, a ram three years old, a turtle-dove, and a young pigeon.' He brought him all these and cut them in two, laying each half over against the other; but he did not cut the birds in two. And when birds of prey came down on the carcasses, Abram drove them away. As the sun was going down, a deep sleep fell upon Abram, and a deep and terrifying darkness descended upon him. When the sun had gone down and it was dark, a smoking fire-pot and a flaming torch passed between these pieces. On that day the Lord made a covenant with Abram, saying, 'To your descendants I give this land, from the river of Egypt to the great river, the river Euphrates.'

Second Reading

Philippians 3.17-4.1

Brothers and sisters, join in imitating me, and observe those who live according to the example you have in us. For many live as enemies of the cross of Christ; I have often told you of them, and now I tell you even with tears. Their end is destruction; their god is the belly; and their glory is in their shame; their minds are set on earthly things. But our citizenship is in heaven, and it is from there that we are expecting a Saviour, the Lord Jesus Christ. He will transform the body of our humiliation so that it may be conformed to the body of his glory, by the power that also enables him to make all things subject to himself. Therefore, my brothers and sisters, whom I love and long for, my joy and crown, stand firm in the Lord in this way, my beloved.

Gospel Reading

Luke 13.31-end

At that very hour some Pharisees came and said to him, 'Get away from here, for Herod wants to kill you.' He said to them, 'Go and tell that fox for me, "Listen, I am casting out demons and performing cures today and tomorrow, and on the third day I finish my work. Yet today, tomorrow, and the next day I must be on my way, because it is impossible for a prophet to be killed away from Jerusalem." Jerusalem, Jerusalem, the city that kills the prophets and stones those who are sent to it! How often have I desired to gather your children together as a hen gathers her brood under her wings, and you were not willing! See, your house is left to you. And I tell you, you will not see me until the time comes when you say, "Blessed is the one who comes in the name of the Lord."

Sermon by Revd Nichola Winter at Aldeburgh 9th March

Straight away, after his baptism, Luke tells us that Jesus goes out into the wilderness and we have the story of the temptation by the devil. Forty days survival in the wilds of the Holy Land would have been no mean feat. It is an inhospitable land - rock, sand and dust. Little shade and less shelter.

But the first two verses of the gospel reading emphasise that Jesus is full of the Holy Spirit, and during his wanderings in these uncongenial surroundings he is led by the Spirit. God does not let him wander alone.

Lent can be a time of wandering for each of us. We're invited to stand still - hard to do in this busy culture we find ourselves in - to take stock. We give something up for Lent, or we take something on. If we want to make it a good Lent we might look at doing something 'faith improving' - read one of the recommended Lenten books, or join a Lent group. Or we might join in with the Kagera Lent challenge. Or undertake to review our prayer life; attend morning prayer here in church each day, or undertake a private path of prayerful study.

Lent can be such an enriching time if we allow it. I want to quote from the RSCM magazine:

'Luke's gospel reminds us that Jesus does not go into the wilderness as a feat of self-loathing or asceticism, or even to prove himself, but because he is so full of the Holy Spirit - the sheer over-flowing presence of the Holy Spirit draws Jesus away to spend time where he can concentrate on that, free from other distractions. As we try to accompany Jesus, we must expect to be tempted to concentrate on ourselves rather than the Holy Spirit. Jesus offers us the tools to resist - he quotes scripture and he stays rooted in the Father.' (RSCM)

...and then Athanasius of Alexandria, 4th C Father of the Church:

'We can all please God. We must only choose well. Many go abroad to study, pursuing knowledge far from home, but the kingdom of God is always here and now, wherever you are, within you. Precisely because the kingdom is within, and God is our friend, our salvation only requires that we be willing.'

If we come to Lent with open hearts, open minds and willing souls this can be such a fulfilling time of exploration and discovery. We need to remember that God does not let any of us wander alone. It is sometimes hard to sense the power of the Spirit that, after our baptism, can never leave us, although we go astray. It might be easy for us to take it for

granted. And yet, it is always with us. Prayer, meditation, a walk on the beach - all ways of helping us tune into it, listen to it and respond to it. The Lenten disciplines - self-examination, penitence, self-denial, study, alms-giving and preparation for Easter may seem to be daunting. It's quite a list; how can we fulfil all its demands? Probably only with difficulty and a high degree of self-discipline. In the 21st century it becomes harder to find space just to be still, to be quiet with God. And if we do find a gap - how tempting to fill it with the next task - the next e-mail that must be sent; the next response to a mobile-phone message or text. Of course, it's not only today that people find silence less than comfortable or even threatening. Some years ago a popular TV series featured a man of the church who we might have expected to know the value of silence but could never stop talking. We later learned that as a child he feared the silences at home because it was in those silences that he learned just how much his parents hated each other. For some, silence is a painful experience. But if we can learn to value silence and allow it occasionally to settle in our lives - how rich it can be, and how fertile a ground for prayer and 'being' with God.

Jesus would often need that space to be with his heavenly father and he would withdraw to a quiet place to pray. When his testing time in the wilderness is over, he returns to Galilee and Luke tells us that he is 'filled with the power of the Spirit.' Only after allowing the Spirit to work in him can he embark on his ministry of teaching and healing.

I wonder if, as part of our Lenten discipline, we can try to make more time for silence that is spirit-filled, God-centred, and enriching; perhaps, say, to explore and learn a new prayer or poem by heart so that it can become something we recite to ourselves as a strength when times get tough. You will have your own thoughts; you might even like to write your own prayer and commit it to memory, or choose verses from a particular hymn or psalm. I leave the thought with you...

But remember - we are each filled with the Holy Spirit, something that is affirmed at our baptism and then throughout our lives if we are alive to the signs. Pierre Teilhard de Chardin, the French philosopher and Jesuit priest, wrote the following:

Above all, trust in the slow work of God.

We are quite naturally impatient in everything to reach the end without delay.

We should like to skip the intermediate stages.

We are impatient of being on the way to something unknown, something new.

And yet it is the law of all progress that it is made by passing through some stages of instability - and that it may take a very long time.

And so I think it is with you; your ideas mature gradually - let them grow, let them shape themselves, without undue haste.

Don't try to force them on, as though you could be today what time (that is to say, grace and circumstances acting on your own good will) will make of you tomorrow.

Only God could say what this new spirit gradually forming within you will be.

Give Our Lord the benefit of believing that his hand is leading you, and accept the anxiety of feeling yourself in suspense and incomplete.

...Trust in the slow work of God.

May your Lent be a blessed, enriching and Spirit-focussed time of journeying.

Post Communion

Almighty God, you see that we have no power of ourselves to help ourselves: keep us both outwardly in our bodies, and inwardly in our souls; that we may be defended from all adversities which may happen to the body, and from all evil thoughts which may assault and hurt the soul; through Jesus Christ our Lord.

† 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

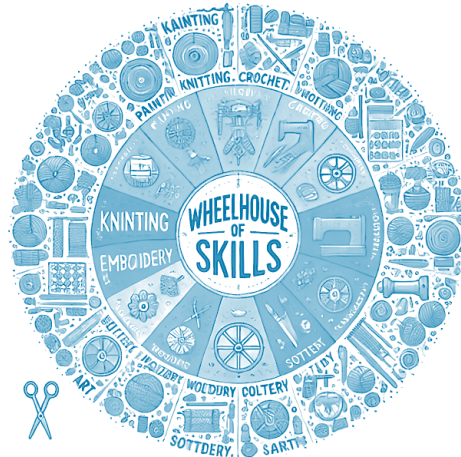
<https://www.youtube.com/channel/UCLecK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

WHEELHOUSE

Faith, Fellowship & Creative Hands at Aldeburgh Parish Church



at Aldeburgh Church Hall

Held every second Tuesday of the month
from 12-3pm – Starting 11th March

The Alde Sandlings Benefice **Welcome you all.**
A safe space to share your creativity and love for
crafting as we share in fellowship, faith, talking, and
hands-on creativity!

Build your Wheelhouse of Skills,

whether it be:

Art

Crochet

Knitting

Calligraphy and much more.....

"For we are God's handiwork, created in Christ Jesus to do good works."

Ephesians 2:10



Bring your lunch with you too.

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~~ – Deadline ~~9th March~~

Aldringham – 18th May – Deadline 27th April

Friston – 4th May – Deadline 13th April

Knodishall – 11th May – Deadline 20th April

Church Wardens

As you are aware, our Church Wardens are the backbone of our churches in many ways. As you are also aware, we currently only have 3 (wonderful) wardens over the 4 parishes, when we should have 8. If you would like to apply to be a church warden please contact Revd Sarah before the APCM in the church you worship in.

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



**£££ 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.

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.

The Alde Sandlings Benefice Newsletter

If you would like something added that is relevant to the Alde Sandlings Benefice, please send to Claire at admin@aldeburghparishchurch.org.uk by **Midday on the Thursday** beforehand. Thank you.

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.
- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Deanery Sunday Lent Course at Darsham Village Hall from 9th March – 13th April 4pm-5.30pm. See notice below.
- Nadia and Friends Concert – Monday 17th March at Aldeburgh Parish Church at 12 Noon.
- Lent Lunches at the Country Club Thorpeness – March 26th and April 2nd 12-2pm – see notice
- Mothering Sunday Services throughout the Benefice on the 30th March.
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 6th April
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May

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>

† 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.

† **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.

**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.

**Saturday 5th April Community Breakfast 9.30 @
The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along. Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

All are welcome to any of the Pilgrims events

**Lent Lunches at The Country Club, Thorpeness
on the following Wednesdays in Lent**

March 26th 12-2pm

April 2nd 12-2pm

Soup and bread with tea/coffee/cold drink.

A vegetarian option will be available.

To ensure that nobody goes hungry on the day, it would help if you sign the list in the church or contact Annie Norton 01728 830519 or Dorothy Walker to let the hosts know how many people to expect.

**DONATIONS TO BE GIVEN TO THE BISHOP'S LENT APPEAL
FOR KAGERA**

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'

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



**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

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
11.00am – HOLY COMMUNION



FRISTON PARISH CHURCH

GOOD FRIDAY

2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

9.30am – 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.**

LIVING HOPE



**Always wanted to sing?
Why not join Friston Community Choir!**

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

We are starting an all-inclusive choir, led by an experienced musician and choir leader, singing popular songs to lift the soul! It will be a fun choir for people of all ages and abilities. There is no need for previous experience or the ability to read music. So don't be shy - come and give it a try!

To find out more please come and join us on:

Wednesday 19th March 6.00pm – 7.30pm

Wednesday 26th March 6.00pm - 7.30pm

(Then fortnightly)

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session (we are hoping to be able to reduce the charge if there is enough interest) There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones
email: fristonvillage@gmail.com

Or just join us on the day. We look forward to seeing you!

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

**Next Sunday – 23rd March,
Third Sunday of Lent**