



## 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 8<sup>th</sup> February Second Sunday before Lent**

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	11.00am	Holy Communion	Revd Celia Cook
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Very Revd Christopher Lewis
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

Dear friends,

This weekend we celebrate ATC Sunday – that's Air Training Corps Sunday, and 2026 is the 85<sup>th</sup> anniversary of its formation. Most of you will know that I have been Chaplain to 1379 Squadron, Leiston for the past year. We have over 40 wonderful young people who are committed, caring, and practice excellence in all aspects of their service. This year we are welcoming members of Leiston, Lowestoft, Great Yarmouth and Beccles Squadrons to Aldringham church to join us in our usual 11am communion service, but with a special aeronautic flavour.

It is such a privilege to spend time with these young people (and the staff and volunteers who run the squadron), and I look forward to our continued relationship with them, throughout the benefice.

With my prayers as always, for our community here and for the wider world,

Sarah

## Collect

Almighty God,  
you have created the heavens and the earth  
and made us in your own image:  
teach us to discern your hand in all your works  
and your likeness in all your children;  
through Jesus Christ your Son our Lord,  
who with you and the Holy Spirit reigns supreme  
over all things, now and for ever.

## First Reading

### Genesis 1.1-2.3

In the beginning when God created the heavens and the earth, the earth was a formless void and darkness covered the face of the deep, while a wind from God swept over the face of the waters. Then God said, 'Let there be light'; and there was light. And God saw that the light was good; and God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day. And God said, 'Let there be a dome in the midst of the waters, and let it separate the waters from the waters.' So God made the dome and separated the waters that were under the dome from the waters that were above the dome. And it was so. God called the dome Sky. And there was evening and there was morning, the second day. And God said, 'Let the waters under the sky be gathered together into one place, and let the dry land appear.' And it was so. God called the dry land Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, 'Let the earth put forth vegetation: plants yielding seed, and fruit trees of every kind on earth that bear fruit with the seed in it.' And it was so. The earth brought forth vegetation: plants yielding seed of every kind, and trees of every kind bearing fruit with the seed in it. And God saw that it was good. And there was evening and there was morning, the third day. And God said, 'Let there be lights in the dome of the sky to separate the day from the night; and let them be for signs and for seasons and for days and years, and let them be lights in the dome of the sky to give light upon the earth.' And it was so. God made the two great lights-the greater light to rule the day and the lesser light to rule the night-and the stars. God set them in the dome of the sky to give light upon the earth, to rule over the day and over the night, and to separate the light from the darkness. And God saw that it was good. And there was evening and there was morning, the fourth day. And God said, 'Let the waters bring forth swarms of living creatures, and let birds fly above the earth across the dome of the sky.' So God created

the great sea monsters and every living creature that moves, of every kind, with which the waters swarm, and every winged bird of every kind. And God saw that it was good. God blessed them, saying, 'Be fruitful and multiply and fill the waters in the seas, and let birds multiply on the earth.' And there was evening and there was morning, the fifth day. And God said, 'Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.' And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good. Then God said, 'Let us make humankind in our image, according to our likeness; and let them have dominion over the fish of the sea, and over the birds of the air, and over the cattle, and over all the wild animals of the earth, and over every creeping thing that creeps upon the earth.' So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, 'Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.' God said, 'See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.' And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day. Thus the heavens and the earth were finished, and all their multitude. And on the seventh day God finished the work that he had done, and he rested on the seventh day from all the work that he had done. So God blessed the seventh day and hallowed it, because on it God rested from all the work that he had done in creation.

## **Second Reading**

### **Romans 8.18-25**

I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. For the creation waits with eager longing for the revealing of the children of God; for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. We know that the whole creation has been groaning in labour pains until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the

redemption of our bodies. For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? But if we hope for what we do not see, we wait for it with patience.

## **Gospel Reading**

### **Matthew 6.25-end**

‘Therefore I tell you, do not worry about your life, what you will eat or what you will drink, or about your body, what you will wear. Is not life more than food, and the body more than clothing? Look at the birds of the air; they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they? And can any of you by worrying add a single hour to your span of life? And why do you worry about clothing? Consider the lilies of the field, how they grow; they neither toil nor spin, yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, will he not much more clothe you—you of little faith? Therefore do not worry, saying, “What will we eat?” or “What will we drink?” or “What will we wear?” For it is the Gentiles who strive for all these things; and indeed your heavenly Father knows that you need all these things. But strive first for the kingdom of God and his righteousness, and all these things will be given to you as well. ‘So do not worry about tomorrow, for tomorrow will bring worries of its own. Today’s trouble is enough for today.

### **† 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/UCLeCK8GovYozIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

**Sermon by Revd Sarah du Boulay,  
1<sup>st</sup> February – Fourth Sunday of Epiphany/Candlemas**

Simeon and Anna - Luke 2:22-40

What is resilience?

Well, according to the Cambridge Dictionary, resilience is either, a) the ability to be happy or successful after something difficult or bad has happened. Or b) the ability of a substance to return to its usual shape after being bent, stretched or pressed.

I think both are pertinent, and both apply to people as well as objects. To us.

I think resilience is an important part of the Bible readings we have heard today.

Our Old Testament reading is a call to readiness, to allow Christ through the Holy Spirit, to ‘refine’ areas of our lives which are not aligned with his holiness – to turn us away from a casual faith towards one which is purified, just and obedient. This ‘refining’ which we all go through in our lives can be and is used for God’s glory. Difficult and painful situations happen, but God is with us every step of the way, and if we keep our focus and trust in him – great things can happen.

And our reading from Hebrews reminds us that although our world is broken, and we may feel afraid, we don’t have to live afraid – Christ’s death and resurrection broke the chains of fear and empowered all believers to live with bold faith and great resilience, safe in God’s promise to us.

All very interesting, absolutely, but this isn’t what we would usually focus on at the feast of Candlemas? In the Gospel reading, this telling of the presentation of Christ in the temple, comes immediately after the stories of the nativity and the birth of Christ, and this is important for us as it frames the story.

Mary, we know, had to be resilient. She was very young, pregnant, and gave birth out of wedlock in less than ideal circumstances. She and her young family had to flee their home lest her baby be murdered by a jealous and cruel king. She raised this child, teaching him, feeding him, keeping him safe. She watched as he started his ministry. She saw him arrested, beaten, and killed. She knew exactly who her child was. And still she persisted. Mary was incredibly resilient. She had great faith and hope in God. We

believe that Mary knew Jesus had been resurrected after the event (we know she lived as a disciple with Peter, James, John and others, and was present at Pentecost). But this is after he died. Can you imagine the resilience she needed to embody?

In this telling of the story, Simeon is also a model of resilience. When we meet him in this passage in Luke, he is an old man. He too has lived his life faithfully, and holding on to the promises of the Old Testament. He is ready to die, but he knows – he has been promised – that he will meet the Messiah, the Christ child, before he does so. ‘Now Lord, let your servant depart in peace, for your word has been fulfilled.’ As he cradled the baby Jesus, he blessed both him and his family, and foretold the story of heartache which awaited them all. ‘This child is destined for the falling and the rising of many in Israel, and to be a sign that will be opposed so that the inner thoughts of many will be revealed – and a sword will pierce your own soul too.’ An impossible message for any parent to hear, but balanced with his message of hope – he names Jesus as God’s plan for salvation; a light for revelation and for glory. Simeon meeting Jesus was not a time to be fearful of the dangers of the future. It was not a time to be sad that Simeon’s life was ending. It was a time for rejoicing and praising God. A time for hope.

And what of Anna? Well, Anna too has been referred to as a ‘holder of hope’. She too is an old woman – widowed after only 7 years and then having lived to 84. Anna had clearly known loss and grief and hardship in her life. And yet we are told she never left the temple, but ‘worshipped there with fasting and with prayer day and night.’ She, like Simeon, instantly recognised Jesus, and began to speak about him – identifying him as the ‘redemption of Jerusalem.’ She kept her focus on God all of her life. She prayed constantly and openly, and one assumes, hopefully. Anna was resilient.

I wonder whether Mary remembered Simeon and Anna. I wonder if she remembered what they had said. How they had lived their lives. Their hope. I wonder if that memory may have given her comfort some 30 odd years later during dark times in her own life.

It seems to me as though resilience and hope are closely linked. And I wonder whether to find these, we need to ask ourselves two questions. The first is what makes your heart sing? The second is who makes your heart sing? The answers to both these questions remind us of love and hope and joy.

I wonder what situations we all need to be resilient about at the moment? Whether it's a family problem. Money issues. Somebody doing something we don't like. Self-doubt. Illness. World issues. From the wars in the Ukraine and Gaza, to something quite small, which is annoying but by no means a matter of life or death. Resilience.

I suggest to you that the key to resilience; the key to the ability to be happy or successful during and after something difficult or bad has happened. Or the ability of a substance to return to its usual shape after being bent, stretched or pressed. The key to resilience, is hope. And that hope is found exclusively in God. That our calling is to keep our focus on God. On the knowledge of his love for us, and the actions of Jesus Christ, our saviour and our redeemer. And on his call to us – his call on our own lives and his promise to be with us every step of the way.

If we keep God at the centre of our very being, if we continue in our calling to love God and love other people, we can't go far wrong.

## **Post Communion**

God our creator, by your gift  
the tree of life was set at the heart of the earthly paradise,  
and the bread of life at the heart of your Church:  
may we who have been nourished at your table on earth  
be transformed by the glory of the Saviour's cross  
and enjoy the delights of eternity;  
through Jesus Christ our Lord.

### **£££ 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/>

## † 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 [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com) 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>

## The Alde Sandlings, Dates for your Diary

- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday.  
Aldringham – Every Thursday – Friston – Every Monday  
Knodishall – Every Tuesday.
- Benefice Ash Wednesday Service – 18<sup>th</sup> February at 6pm at Knodishall
- Riverside Centre Alpha Course – 18<sup>th</sup> February 6.30-9pm. See Poster below
- Deanery Lent Courses – Starting 22<sup>nd</sup> February at Darsham Village Hall 4pm – See poster below. Please email Claire [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com) if you are planning to go and can offer a car share.
- World Prayer Day – Friday 6<sup>th</sup> March at 11am at the Fairfield Centre. See notice below for more information.
- Mothering Sunday Services throughout the Benefice - Sunday 15th March
- Palm Sunday Services throughout the Benefice – Sunday 29<sup>th</sup> March

† Pilgrims Together †  
**Pilgrims Online Wednesdays**  
Wednesday Gathering to Worship, Reflect and Pray  
6.30pm (open from 6.10)  
**All are welcome to any of the Pilgrims events.**



### **World Day of Prayer**

Please join the United Churches of Aldeburgh on Friday 6th March, 11.00am at the Fairfield Centre, to celebrate the World Day of Prayer. This year we will be praying for Nigeria. The country where you are most likely to lose your life for your faith, if you are Christian. There will be a morning service at 11.00am followed by free lunch of soup and bread.

**ALL WELCOME**

### **Always wanted to sing?**

### **Why not join Friston Community Choir!**

Held fortnightly on Wednesdays 6.00pm – 7.30pm  
Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: [fristonvillage@gmail.com](mailto:fristonvillage@gmail.com) **ALL WELCOME**

**Explore life, *faith*  
& meaning**

*Try Alpha.*

**Alpha** begins with introductory video and meal

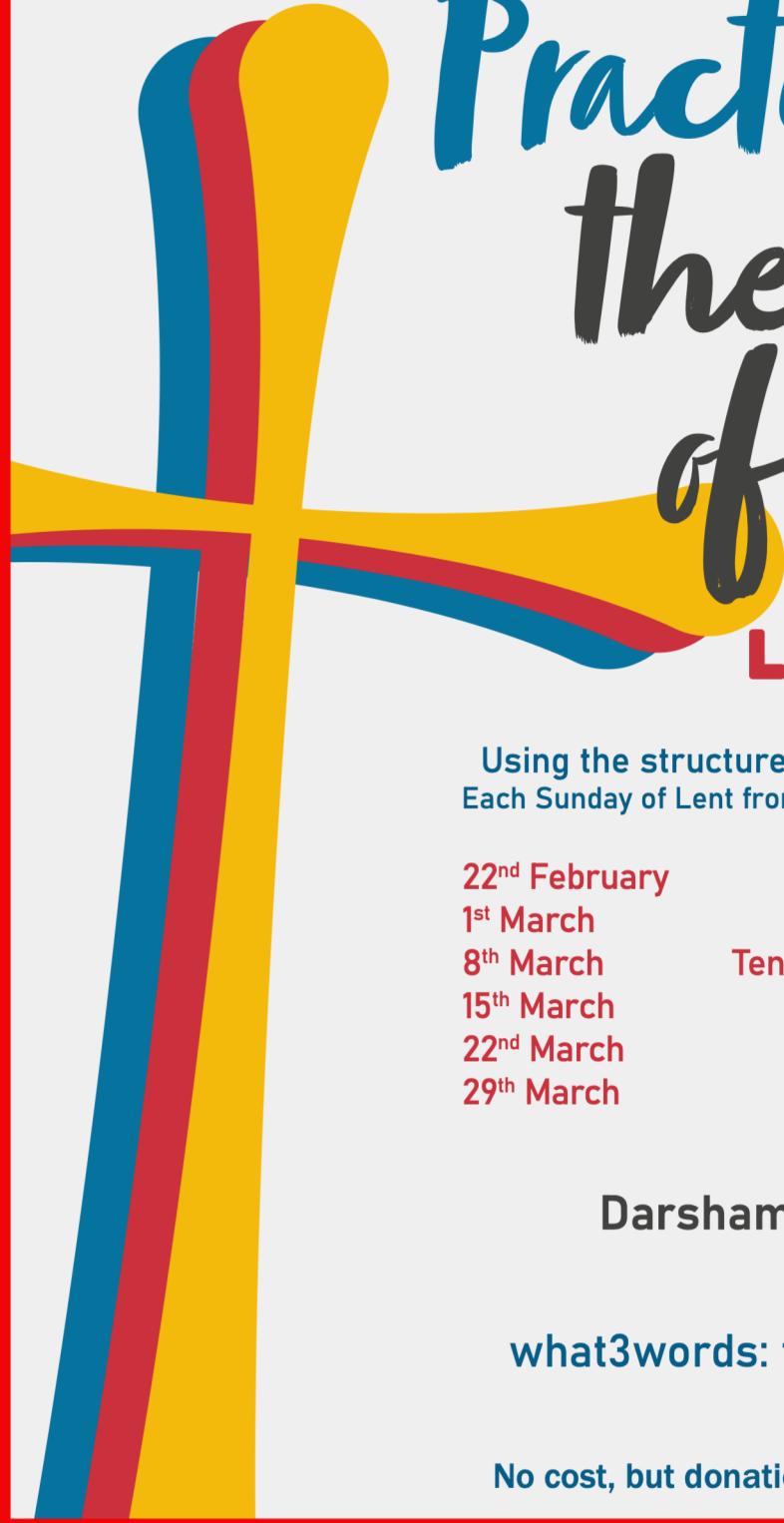
**18th February 2026 6.30 – 9.00pm**

Riverside Centre, Stratford St Andrew, IP17 1LL

For more info contact Revd Rob

[rob@alderiverchurch.org](mailto:rob@alderiverchurch.org)

**Alpha**



# Practising the Love of Jesus

## LENT COURSE

Using the structure of the Five Marks of Mission  
Each Sunday of Lent from 22<sup>nd</sup> February to 29<sup>th</sup> March 2026

22<sup>nd</sup> February  
1<sup>st</sup> March  
8<sup>th</sup> March  
15<sup>th</sup> March  
22<sup>nd</sup> March  
29<sup>th</sup> March

Telling the Good News  
Teaching Jesus' Way  
Tending to the Needs of the World  
Transforming Injustice  
Treasuring God's creation  
Total love

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

what3words: taller.brilliant.educated

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