



## 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 15<sup>th</sup> February**  
**Sunday next before Lent**

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

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	11.00am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Service of the Word	Revd Martin Percival
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,

Aldringham was at their very best last week as we welcomed over 45 air cadets plus officers, friends and family to join our 11am service in church – see photos below. Word was sent out earlier in the week to feed the hungry teenagers, and people responded generously and creatively. Who didn't admire and enjoy the cupcakes, each decorated with a different aircraft? Of the pastries, snacks and drinks provided by congregation members. All ATC related people were thrilled and commented time and time again about how welcome they were made to feel and how good the hospitality was. So from me – a huge 'thank you' to all involved.

We have another chance as a benefice to show our Christian hospitality on 22<sup>nd</sup> February at the first Lent Group session being held for our deanery. This will be at Darsham Village Hall, and like last year, the whole deanery

will be getting together to learn, pray and prepare for Easter together. We will meet every Sunday afternoon from 4 – 5.30pm. We will be leading and hosting this first session, so please, if you would like to come (or need a lift), let me know, and if you are able to help with catering for this one session (even if you can't be there in person), please do make contact with me. Last year was a real blessing on all of us who attended, and this year promises to be even better!

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

Sarah



## **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 24.12-end**

The Lord said to Moses, 'Come up to me on the mountain, and wait there; and I will give you the tablets of stone, with the law and the commandment, which I have written for their instruction.' So Moses set out with his assistant Joshua, and Moses went up into the mountain of God. To the elders he had said, 'Wait here for us, until we come to you again; for Aaron and Hur are with you; whoever has a dispute may go to them.' Then Moses went up on the mountain, and the cloud covered the mountain. The glory of the Lord settled on Mount Sinai, and the cloud covered it for six days; on the seventh day he called to Moses out of the cloud. Now the appearance of the glory of the Lord was like a devouring fire on the top of the mountain in the sight of the people of Israel. Moses entered the cloud, and went up on the mountain. Moses was on the mountain for forty days and forty nights.

## **Second Reading**

### **2 Peter 1.16-end**

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, 'This is my Son, my Beloved, with whom I am well pleased.' We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts. First of all you must understand this, that no prophecy of scripture is a matter of one's own interpretation, because no prophecy ever came by human will, but men and women moved by the Holy Spirit spoke from God.

## **Gospel Reading**

### **Matthew 17.1-9**

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was transfigured before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, ‘Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.’ While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, ‘This is my Son, the Beloved; with him I am well pleased; listen to him!’ When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, ‘Get up and do not be afraid.’ And when they looked up, they saw no one except Jesus himself alone. As they were coming down the mountain, Jesus ordered them, ‘Tell no one about the vision until after the Son of Man has been raised from the dead.’

### **† 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/UCLeCK8GovYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

**Sermon by Revd Celia Cook,  
8<sup>th</sup> February – Second Sunday before Lent**

In the magnificent Creation story, we heard today, the Trinitarian master builder is hard at work. God has free reign with a blank canvas and a blank cheque. There are no time restrictions, and he has limitless materials at his disposal. So with this degree of freedom, how does the story tell us he goes about this unique and amazing task?

Firstly it is done carefully and thoughtfully. Each part of creation, the light, sky, sea, land, vegetation, stars, animals and humans are introduced gradually and purposefully, allowing for assimilation and consolidation before moving onto each new creative enterprise. God is measured in his approach.

Secondly it is done collaboratively. Whilst on the surface, God appears to be acting alone, we read that a wind sweeps over the face of the waters. This Hebrew word ‘Ruah’, means Spirit. The Holy Spirit is there at the outset, intertwining the spiritual and physical planes.

God refers to other partners in his creation, saying ‘Let us make humankind in our image according to our likeness’. It makes sense of that impenetrable opening to John’s gospel – ‘In the beginning was the Word and the Word was with God and the Word was God’. Jesus completes the Trinitarian team as they seek to form a universe, which reflects their relational love. And this collaboration is not restricted to the creators: humans are given the responsibility of overseeing God’s work. He gives them dominion - stewardship of the earth in an on-going relationship with their creator.

Thirdly it is done generously. With no limit to God’s materials, he ensures his gift of life is extravagant in the scope of the universe, in its detail and variety. Vast expanses of space, land, sea and sky provide the backdrop for the most intricate creativity. ‘Plants of every kind, swarms of living creatures, cattle and creeping things and animals of the earth of every kind’ are in abundance for us to enjoy and share.

God’s great love for us means he lavishes his gifts on us, which is why Jesus is at pains in our gospel reading to reassure people of his providence. We shouldn’t have to worry about our physical well being when such plentiful resources surround us.

We have God as a role model, whose wisdom in forming creation can guide us as we seek to be faithful co-creators, working thoughtfully, collaboratively and generously at home, at church, at work and in our communities. We have the responsibility to care for our physical world - in its beauty and brokenness. Leaving a legacy which preserves not destroys, which heals not harms.

I read an article recently about a remarkable man, who is doing just that. Chris Rokos is an exceptionally successful hedge fund manager who might have chosen like many, to squirrel his money away and go to a tax haven abroad. Instead he has bought a derelict Grade I listed stately home near Marlborough in Wiltshire and is in the process of spending over £175m restoring it to its former glory and ensuring its future for many centuries to come.

Tottenham House was built in the 1820's by Thomas Cundy with landscapes designed by Capability Brown. Rokos is honouring its legacy with a project which is, like the Creation story, done thoughtfully and carefully, collaboratively and generously. 5 years in and nothing is being rushed - the repair of the plaster in one room taking 2 years to complete. It now has its own water supply from underground bore holes and a solar farm on one of the fields will provide the majority of the energy needed. Rokos has engaged collaboratively with numerous experts in architecture and construction, including English Heritage. His generosity is notable too, not only in meeting the eye-watering costs of the sympathetic restoration of such an estate, but in providing a crucial place for generations of craftspeople to learn and hone their skills. Moreover the local economy in the nearby town of Pewsey is booming as the bakers and stores provide food for the hundreds of staff on site.

Regardless of our wealth, we are all God's stewards during our earthly lives. We are entrusted with people and places to care for - homes, gardens and communities with shared responsibilities. We have wisdom and skills to pass onto family, friends, work colleagues and neighbours. We are co-creators with God of all that we are given.

We also have a solemn responsibility for what is eternal - our spiritual legacy which we share and then leave for fellow pilgrims as members of his kingdom too.

As we lay Canon John Giles, our dear priest and friend to rest on Tuesday, we can reflect on his legacy and be encouraged. We can do as he suggested and 'add a few more bricks to the Kingdom'. John's life's work was carefully and thoughtfully done, through prayer and study, collaborative and inclusive - bringing together young and old, those of all faiths and none, and hugely generous in its scope in time and energy.

John always believed that our meagre talents could be transformed by the Trinitarian master builders - to create something far more wonderful and extraordinary as it did with his ministry setting up the university chaplaincy at the UEA or putting on the production of Noye's Fludde in his parish and later in Orford.

John believed in both life before and after death, passionate in his efforts to create as he put it a better world with justice for all. He reassured us too not to fear as the kingdom of God was already here.

As we heed Jesus' words not to worry - if we leave the past behind and entrust the future to his safe keeping - we can concentrate on living in the present. We truly have nothing to fear: we are not the master builder; neither are we hedge fund managers with millions at our disposal or the extraordinary priest John was.

We work with what we have however meagre; by the grace of God and in the power of His Spirit; and we don't let what we can't do, stop us doing what we can.

Perhaps the question we can ponder on this week is - What is in our gift today to help the world around us flourish?

God asks nothing more of us.

### **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.

## **£££ 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>

### **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**

## **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.
- World Prayer Day – Friday 6<sup>th</sup> March at 11am at the Fairfield Centre. See notice below for more information.
- Celebration Service for the volunteers of Aldeburgh Town Council – Aldeburgh – Saturday 14<sup>th</sup> March at 12 noon.
- Mothering Sunday Services throughout the Benefice - Sunday 15th March
- Easter Messy Church – Aldeburgh Parish Church – Saturday 21<sup>st</sup> March – 10-12 noon
- 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**

# 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	Telling the Good News
1 <sup>st</sup> March	Teaching Jesus' Way
8 <sup>th</sup> March	Tending to the Needs of the World
15 <sup>th</sup> March	Transforming Injustice
22 <sup>nd</sup> March	Treasuring God's creation
29 <sup>th</sup> March	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

**Next Week – Sunday 22<sup>nd</sup> February**  
**First Sunday of Lent**