



## 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  
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Tel: 01728 467454

The Revd Johanna Mabey  
Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## Sunday 8<sup>th</sup> March Third Sunday of Lent

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Mary Brown
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,

It is lovely to be back with you after my month away on placement in London. I learnt a lot and had a really encouraging time. I'm sure I'll end up sharing different parts of my experience with each of you as we talk over the coming weeks. One thing I have taken away with me is their core values of 'HOPE' – Honouring, Openness, Proximity and Empowerment, which I will continue to reflect on in the coming months.

I wrote the sermon below on Sunday morning in response to the news of US and Israeli strikes in Iran. Since I wrote it the situation has continued to develop, and I am sure that by the time you read this on Saturday much will have changed. I hope that the theological principles within it are a comfort to each of you, whatever global situation we find ourselves in by Saturday.

With love and prayers,  
Mary

## **Collect**

Almighty God,  
whose most dear Son went not up to joy but first he suffered pain,  
and entered not into glory before he was crucified:  
mercifully grant that we, walking in the way of the cross,  
may find it none other than the way of life and peace;  
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**

### **Exodus 17.1-7**

From the wilderness of Sin the whole congregation of the Israelites journeyed by stages, as the Lord commanded. They camped at Rephidim, but there was no water for the people to drink. The people quarrelled with Moses, and said, 'Give us water to drink.' Moses said to them, 'Why do you quarrel with me? Why do you test the Lord?' But the people thirsted there for water; and the people complained against Moses and said, 'Why did you bring us out of Egypt, to kill us and our children and livestock with thirst?' So Moses cried out to the Lord, 'What shall I do with this people? They are almost ready to stone me.' The Lord said to Moses, 'Go on ahead of the people, and take some of the elders of Israel with you; take in your hand the staff with which you struck the Nile, and go. I will be standing there in front of you on the rock at Horeb. Strike the rock, and water will come out of it, so that the people may drink.' Moses did so, in the sight of the elders of Israel. He called the place Massah and Meribah, because the Israelites quarrelled and tested the Lord, saying, 'Is the Lord among us or not?'

## **Second Reading**

### **Romans 5.1-11**

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But

God proves his love for us in that while we still were sinners Christ died for us. Much more surely then, now that we have been justified by his blood, will we be saved through him from the wrath of God. For if while we were enemies, we were reconciled to God through the death of his Son, much more surely, having been reconciled, will we be saved by his life. But more than that, we even boast in God through our Lord Jesus Christ, through whom we have now received reconciliation.

## **Gospel Reading**

### **John 4.5-42**

So he came to a Samaritan city called Sychar, near the plot of ground that Jacob had given to his son Joseph. Jacob's well was there, and Jesus, tired out by his journey, was sitting by the well. It was about noon. A Samaritan woman came to draw water, and Jesus said to her, 'Give me a drink'. (His disciples had gone to the city to buy food.) The Samaritan woman said to him, 'How is it that you, a Jew, ask a drink of me, a woman of Samaria?' (Jews do not share things in common with Samaritans.) Jesus answered her, 'If you knew the gift of God, and who it is that is saying to you, "Give me a drink", you would have asked him, and he would have given you living water.' The woman said to him, 'Sir, you have no bucket, and the well is deep. Where do you get that living water? Are you greater than our ancestor Jacob, who gave us the well, and with his sons and his flocks drank from it?' Jesus said to her, 'Everyone who drinks of this water will be thirsty again, but those who drink of the water that I will give them will never be thirsty. The water that I will give will become in them a spring of water gushing up to eternal life.' The woman said to him, 'Sir, give me this water, so that I may never be thirsty or have to keep coming here to draw water.' Jesus said to her, 'Go, call your husband, and come back.' The woman answered him, 'I have no husband.' Jesus said to her, 'You are right in saying, "I have no husband"; for you have had five husbands, and the one you have now is not your husband. What you have said is true!' The woman said to him, 'Sir, I see that you are a prophet. Our ancestors worshipped on this mountain, but you say that the place where people must worship is in Jerusalem.' Jesus said to her, 'Woman, believe me, the hour is coming when you will worship the Father neither on this mountain nor in Jerusalem. You worship what you do not know; we worship what we know, for salvation is from the Jews. But the hour is coming, and is now here, when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. God is spirit, and those who worship him must worship in spirit and truth.' The woman said to him, 'I know that Messiah is coming' (who is called Christ). 'When he comes, he will proclaim all things to us.' Jesus said to her, 'I am he, the one who is speaking to you.' Just then his disciples came. They were astonished

that he was speaking with a woman, but no one said, ‘What do you want?’ or, ‘Why are you speaking with her?’ Then the woman left her water-jar and went back to the city. She said to the people, ‘Come and see a man who told me everything I have ever done! He cannot be the Messiah, can he?’ They left the city and were on their way to him. Meanwhile the disciples were urging him, ‘Rabbi, eat something.’ But he said to them, ‘I have food to eat that you do not know about.’ So the disciples said to one another, ‘Surely no one has brought him something to eat?’ Jesus said to them, ‘My food is to do the will of him who sent me and to complete his work. Do you not say, “Four months more, then comes the harvest”? But I tell you, look around you, and see how the fields are ripe for harvesting. The reaper is already receiving wages and is gathering fruit for eternal life, so that sower and reaper may rejoice together. For here the saying holds true, “One sows and another reaps.” I sent you to reap that for which you did not labour. Others have laboured, and you have entered into their labour.’ Many Samaritans from that city believed in him because of the woman’s testimony, ‘He told me everything I have ever done.’ So when the Samaritans came to him, they asked him to stay with them; and he stayed there for two days. And many more believed because of his word. They said to the woman, ‘It is no longer because of what you said that we believe, for we have heard for ourselves, and we know that this is truly the Saviour of the world.’

### † 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>

## **Sermon by Revd Mary Brown, 1<sup>st</sup> March – Second Sunday of Lent**

Last night I got home from the wedding of a friend and checked the news. What I found shocked me, whilst I had been at a wedding, ceilidh dancing and chatting with friends, the US and Israel had been dropping bombs on Iran.

This morning I woke up feeling overwhelmed, near to despair. I couldn't fathom how to speak well about these unfolding events this morning, but I also didn't want to come here, preach the sermon I had already prepared, and ignore what was happening.

When we feel hopeless, whether in the face of a global news story or in the face of personal circumstances, it is good to turn to our sisters and brothers in Christ. Often when we feel lost in the valley of deep darkness, they are still able to see the light of Christ and help us find it again. So this morning I reached out to some clergy colleagues, and to my family, to ask if they had wisdom and hope to speak into this situation. And as a perfect example of the way that God has designed the church, the body of Christ, to work together and support one another, they did – I will share in a moment the hope that they each offered me.

I wrote this sermon in reaction to the news of these latest air strikes. But I am not going to talk about the wrongs or rights of the actions of those involved. I think a more salient question for us is 'how are we to respond to these events as followers of Christ?'

I'm going to share four ways that we can respond, and then link these to our gospel reading today.

The first comes from Psalm 146. Verses 3-5 say this: 'Do not put your trust in princes, in mortals, in whom there is no help. When their breath departs, they return to the earth; on that day their plans perish. Happy are those whose help is in the God of Jacob, whose hope is in the Lord their God.'

These verses remind us that our only shield and protector is God, our only saviour is the Lord Jesus Christ. Whilst politicians of all stripes will tell us that their policies, their plans, their actions are our salvation, we who know Christ know that this is not true. Political leaders, however righteous, however well intentioned, cannot offer us true salvation, cannot bring healing and restoration to the brokenness of the world. We are not to put our trust in princes, we are to look for our help and our hope in Christ alone. This is our first response.

The second and third come from Matthew 24 and Mark 13, parallel accounts in two gospels of one of Jesus' moments of teaching. Jesus is explaining to the disciples the times that are to come after his death, resurrection and ascension. And he says this 'there will be wars and rumours of wars - see that you are not alarmed... anyone who endures to the end will be saved. And this good news of the kingdom will be proclaimed throughout the world.'

In the face of wars and rumours of wars we can despair and lose hope, as I was on the verge of doing this morning... Or we can allow the desperation that violence and suffering make us feel to rekindle in us our longing to see Jesus return.

We can also respond with a renewed determination to share the good news of the Lord Jesus Christ and the Kingdom of God as widely as possible. We who know Christ have a unique, precious and unfailing hope to offer a world in peril, fear and despair.

Our fourth response comes from 1 Timothy 2:1-4: 'First of all, then, I urge that supplications, prayers, intercessions, and thanksgivings should be made for everyone, for kings and all who are in high positions, so that we may lead a quiet and peaceable life in all godliness and dignity. This is right and is acceptable in the sight of God our Saviour, who desires everyone to be saved and to come to the knowledge of the truth.'

Paul urges Timothy to pray for everyone, to pray for political leaders, to pray for peace. He reminds Timothy that God desires everyone to be saved.

We are reminded by these verses that we who follow Christ are not to desire the death of our enemies, but to pray for their hearts to be changed as they encounter Christ. If we really believe that God answers prayer we will pray bold prayers, prayers that seem impossible, remembering that our God does the impossible (Ephesians 3:20). We will pray for those who pursue war to seek peace instead. We will pray for the protection of the vulnerable, the preservation of life. We will pray for those who have governed with oppression to be moved with God's love towards their own people. Our first and our last response must always be prayer.

So four responses in the face of another war, in the face of potential despair:

- We respond by remembering that our hope and salvation is in Christ alone,
- We respond with a rekindled longing for Christ's return,
- We respond with renewed vigour in sharing the good news of Christ,
- We respond with fervent prayer.

We'll now turn briefly to our gospel reading. In it we met Nicodemus, who came to Jesus in the dead of night because his position on the Jewish ruling council made openly coming to Jesus a risky and dangerous thing. During their long discussion about salvation, Jesus tells Nicodemus that access to the Kingdom of God is found in Jesus himself. Our passage ended with two famous verses: 'For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.'

Jesus' conversation with Nicodemus reminds us of God's never-failing love for the world. Reminds us of what Jesus gave so that we could live. Reminds us that Jesus came not to condemn, but to save.

We meet Nicodemus twice more in the gospel of John, once in chapter 7 when he speaks in defence of Jesus before the Jewish council, and once in chapter 19, when he helps to bury Jesus' body, anointing his body and wrapping him in burial clothes. Nicodemus was transformed by his encounter with Jesus that night. He went from hiding away in the dark to publicly defending Jesus and caring for his body in death.

In the face of any despair we are feeling today, either because of global news stories, or personal circumstances. Will we do what Nicodemus did and turn to Christ, finding in him our hope and salvation?

As Peter said to Jesus (John 6:68) 'Lord, to whom can we go? You have the words of eternal life.'

### **Post Communion**

Merciful Lord, grant your people grace to withstand the temptations of the world,  
the flesh and the devil,  
and with pure hearts and minds to follow you, the only God;  
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.
- Riverside Centre Alpha Course – Starting 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.
- 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 15<sup>th</sup> 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
- Easter Service Schedule – See further - below in this newsletter.

### **† 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.**

### **† Easter Lilies at Aldeburgh †**

Only about four weeks to Easter! If you would like to sponsor a Lily stem in memory of a loved one, please see Karen with the name of the person/persons you wish to remember. There is also a sign up form in the west porch. Each stem costs £3.50. It is best to give your donation directly to Karen or do contact [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com)

**Next Week – Sunday 15<sup>th</sup> March  
Fourth Sunday of Lent/Mothering Sunday**

**St Andrew's, Aldringham, Lent Lunches  
at The Country Club, Thorpeness  
on the following Wednesdays in Lent**

March 11<sup>th</sup>, 18<sup>th</sup> & 25<sup>th</sup> - 12.30pm - 2pm

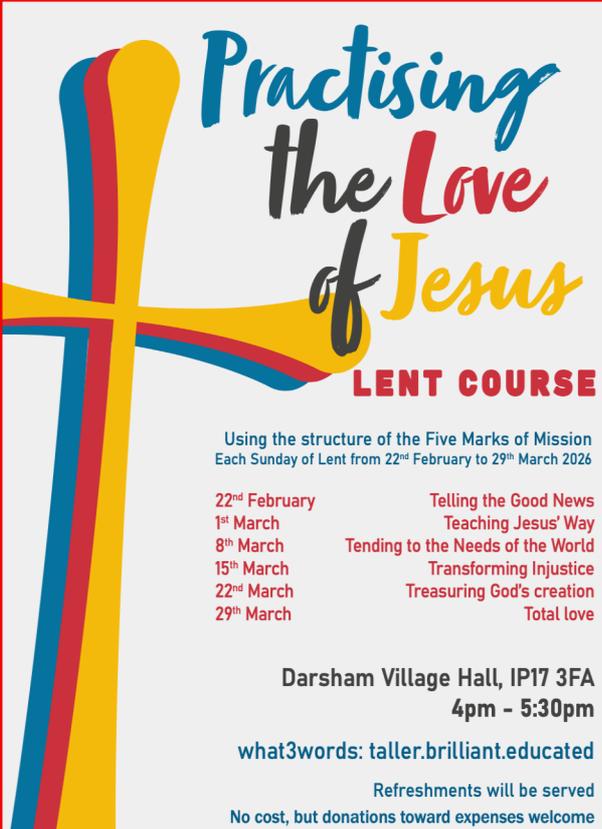
Soup and bread with tea/coffee/cold drink.

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 (Aldringham) or contact

Dorothy Walker [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com)

**DONATIONS TO BE GIVEN TO THE KAGERA DIOCESE,  
TANZANIA.**



**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

**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 ALDEBURGH PARISH CHURCH  
SATURDAY 21<sup>st</sup> 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  
[aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com)

**Coffee Mornings at the Fairfield Centre in March**

Every Monday 10.30am – 11.30am throughout March

All welcome to pop in for a chat and a nice hot drink. Plenty to see and do.

Every Tuesday throughout March - 10.30am – 11.30am

SEND (Special Educational needs & Disabilities) Coffee Mornings.

Whether you are diagnosed or waiting to be diagnosed – come along and chat to other about their experiences.

Supported by East Suffolk Council

# 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  
12 noon – PRAYER STATIONS  
1pm – MUSICAL REFLECTION  
2pm – HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

11.00am – HOLY COMMUNION



### FRISTON PARISH CHURCH

#### **GOOD FRIDAY**

2pm – HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

9.30am – HOLY COMMUNION



### ALDRINGHAM PARISH CHURCH

#### **MAUNDY THURSDAY**

6.30pm – HOLY COMMUNION

#### **EASTER SUNDAY**

11.00am – HOLY COMMUNION



### KNODISHALL PARISH CHURCH

#### **GOOD FRIDAY**

9.30am – JOINT SERVICE AT THE  
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](http://www.aldeburghparishchurch.org.uk).**