



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 15th March Fourth Sunday of Lent- Mothering Sunday

Services in The Alde Sandlings Benefice this Sunday

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

Tomorrow is of course Mothering Sunday – the day when people traditionally would ‘go home’ to their Mother Church. It occurs to me that Lent itself is also a form of ‘coming home’. It’s about remembering who we are and what we are about. It’s about taking off the unnecessary and the distracting and getting back to basics.

There’s nothing wrong with ‘stuff’, as long as we hold it lightly. We are called to remember what is truly important. To be in the world but not of it. This week in particular, I am challenging myself to see what is truly on my heart and what God is calling me to do with that. To make sure that I am, in body, mind and soul, Home.

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

Sarah

Collect

God of compassion, whose Son Jesus Christ, the child of Mary, shared the life of a home in Nazareth, and on the cross drew the whole human family to himself: strengthen us in our daily living that in joy and in sorrow we may know the power of your presence to bind together and to heal; 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

1 Samuel 1.20-end

In due time Hannah conceived and bore a son. She named him Samuel, for she said, 'I have asked him of the Lord.' The man Elkanah and all his household went up to offer to the Lord the yearly sacrifice, and to pay his vow. But Hannah did not go up, for she said to her husband, 'As soon as the child is weaned, I will bring him, that he may appear in the presence of the Lord, and remain there for ever; I will offer him as a nazirite for all time.' Her husband Elkanah said to her, 'Do what seems best to you, wait until you have weaned him; only-may the Lord establish his word.' So the woman remained and nursed her son, until she weaned him. When she had weaned him, she took him up with her, along with a three-year-old bull, an ephah of flour, and a skin of wine. She brought him to the house of the Lord at Shiloh; and the child was young. Then they slaughtered the bull, and they brought the child to Eli. And she said, 'Oh, my lord! As you live, my lord, I am the woman who was standing here in your presence, praying to the Lord. For this child I prayed; and the Lord has granted me the petition that I made to him. Therefore I have lent him to the Lord; as long as he lives, he is given to the Lord.' She left him there for the Lord.

Second Reading

2 Corinthians 1.3-7

Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and the God of all consolation, who consoles us in all our affliction, so that we may be able to console those who are in any affliction with the consolation with which we ourselves are consoled by God. For just as the sufferings of Christ are abundant for us, so also our consolation is abundant through Christ. If we are being afflicted, it is for your consolation and salvation; if we are being consoled, it is for your consolation, which you experience when you patiently endure the same sufferings that we are also suffering. Our hope for you is unshaken; for we know that as you share in our sufferings, so also you share in our consolation.

Gospel Reading

John 19.25-27

And that is what the soldiers did. Meanwhile, standing near the cross of Jesus were his mother, and his mother's sister, Mary the wife of Clopas, and Mary Magdalene. When Jesus saw his mother and the disciple whom he loved standing beside her, he said to his mother, 'Woman, here is your son.' Then he said to the disciple, 'Here is your mother.' And from that hour the disciple took her into his own home.

† 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 Sarah du Boulay, 8th March – Third Sunday of Lent

I love love love this Gospel story. It is subversive on so many levels and would have been deeply shocking. We should never forget just how shocking it is.

In this story, Jesus challenges us all in our tendencies to assess and judge other people. If we are honest with ourselves, this is something we all do very naturally – they say that you make a initial judgement on somebody in the first half a second of meeting them. We decide whether to include or exclude others. Here, he makes the challenge on racial, gender, age, religious and sexual grounds, and more than that, he invites us all to join him in breaking down these boundaries instead of reinforcing them.

We meet the Samaritan woman. I wonder how quickly we judge the woman in the story? Especially when we learn how many husbands she had had. It is tempting to imagine her like some kind of Elizabeth Taylor style glamourpuss who keeps men on a string and changes husbands on a whim. But we need to remember that back in this time, women had little or no social standing whatsoever. It was much easier then for men to divorce women than it is today with less representation for the women, and it is likely that the ending of her marriages would not have been her decision. It is actually more likely that the Samaritan woman was a victim in her own lifestory.

And actually, maybe because of her lifestory, she has had to change her behaviours and her daily routine. When others were out at the well in the cool of the day first thing in the morning and last thing at night, this woman was at home. Instead, she braved the heat of the day, coming for water when she knew that there would be fewer people around. This is somebody who was shunned by society and her own people, and who felt she needed to hide to protect herself.

But this one day she meets a man. And this man changes her life. He asks her for water and he knows things about her that he had no reason to know. It must have been very scary for her when he engaged. Especially when he says things that from anybody else would have been a serious judgement. But my suggestion is that when Jesus asks her about her previous husbands, he isn't doing it to shame her further. He does it as a teaching method, a way to remind her that up until now, she has tried to slake her thirst in the

wrong way, by looking for the wrong kind of love. We all know what it is to be thirsty, and how wonderful it feels to have that immediate need quenched. But we know that this offer from Jesus goes so much deeper than physical thirst or even a perceived need. I remember when receiving some counselling, years ago, I said that I was afraid of something happening. The person talking to me asked me what I was really afraid of, and together, we worked out that my innate reaction was to something much deeper than the perceived fear, and actually, quite different. Once I realised what my real need was, I was able to address it, and the perceived threat also faded.

And here we see what is truly amazing about this woman – although she is literally and physically thirsty, she is also thirsty for God. She knows about the history and conflict between Samaritans and Jews. She knows about the promise of the coming Messiah. She knows how and where God may be worshipped. She clearly has an active and deep spiritual life. But I wonder how aware she was of her actual need rather than having become reactive to the situation in which she found herself and to her own life.

And actually, this is true of all of us. We all have conscious and sub-conscious needs. During this period of Lent, we are called to challenge our 'norm'. To drill down to beneath the everyday life we live in this world, and to really see ourselves as we are. How we judge others. How we are judged ourselves. If we were a character in this story, I wonder who we would see ourselves as? And why?

But like the Samaritan woman, we must come to terms with that most basic of our needs, and ensure that we have the tools and the wherewithal to slake our real thirst. Not our perceived thirst, or our imagined thirst. Our real thirst. The thirst that can only be satisfied by God, our Lord, our Creator and our Redeemer.

Like the Samaritan woman, this realisation can set us free. Free to live our lives and free to spread the Good News. My challenge to us all, is to continue to ask ourselves these questions. Why do we react to certain people in certain ways? What do we need? What do they truly need? What are we thirsty for? How can we slake our own thirst, and help others to find the source of the water for themselves?

It can be very easy to say these words, and answer them without much thought, but in this time of Lent, we are encouraged to really question. To really pray. To really respond. So, together, let's take inspiration from the Samaritan woman and be brave. Let's step out in vulnerability and humility and faith.

Post Communion

Loving God, as a mother feeds her children at the breast
you feed us in this sacrament with the food and drink of eternal life:
help us who have tasted your goodness
to grow in grace within the household of faith;
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 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 **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 18th February 6.30-9pm. See Poster below
- Deanery Lent Courses – Starting 22nd February at Darsham Village Hall 4pm – See poster below.
- Celebration Service for the volunteers of Aldeburgh Town Council – Aldeburgh – Saturday 14th March at 12 noon.
- Mothering Sunday Services throughout the Benefice - Sunday 15th March
- Easter Messy Church – Aldeburgh Parish Church – Saturday 21st March – 10-12 noon
- Palm Sunday Services throughout the Benefice – Sunday 29th March
- Easter Service Schedule – See further below in this newsletter.
- APCM's in The Alde Sandlings Benefice

Aldeburgh Parish Church – Sunday 19th April (after the 11am service)

Friston Parish Church – Sunday 3rd May (after the 9.30am service)

Knodishall Parish Church – Sunday 10th May (after the 9.30am service)

Aldringham Parish Church – Sunday 17th May (after the 11am service)

† 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 Pilgrim's 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

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

March 11th, 18th & 25th - 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

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 22nd February to 29th March 2026

22 nd February	Telling the Good News
1 st March	Teaching Jesus' Way
8 th March	Tending to the Needs of the World
15 th March	Transforming Injustice
22 nd March	Treasuring God's creation
29 th 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 21st 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

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

APCM'S IN THE ALDE SANDLINGS BENEFICE

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Aldringham Parish Church – Sunday 17th May (after the 11am service)

NEW ADMIN E-MAIL ADDRESS

From the 20th March 2026 the new email address for the Alde Sandlings Benefice Administrator will be:

aldesandlingsbenefice@outlook.com

**Next Week – Sunday 22nd March
Fifth Sunday of Lent**

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.