



## **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  
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Tel: 01728 582213

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

## **Sunday 11<sup>th</sup> May Fourth Sunday of Easter**

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

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter In The Church Hall
	11.00am	Family Service	
Aldringham	11.00am	Holy Communion	Very Revd Christopher Lewis
		<i>Remembering VE Day</i>	
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

### **A message from our Rector, Revd Sarah du Boulay**

Dear friends,

It has been lovely to hear all the stories of what people have noticed and been thankful for this week – do keep sharing as it is such a lift to hear for us all.

I write this introduction on the day the Cardinals go into Conclave (by the time you read it, we may even have a new Pope). What a huge responsibility for those who are voting – to discern the will of God and to act on it. Here in our Diocese, interviews were held last week for our new Diocesan Bishop. We should hear soon the results and whether we will be starting the process again, or appointing. Again, the people involved carry the weight of responsibility on behalf of all of us.

So much of our lives as Christians should be spent listening to God and looking out for Him in our lives and our world, that this practice should be second nature to us. It strikes me that as with any relationship, the more time we spend with Him, the easier that discernment becomes. And it really is as simple as that. Proactive, intentional time with God. And the rest will follow.

In the meantime, do join me in praying for those who are helping to elect our new Christian leaders -whether locally or internationally, that God's will is done and the right person at the right time is appointed.

With prayers

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	225 people in church on Sunday as we welcomed Squadron 1379 RAF Air Cadets into church to celebrate their Freedom of the Town of Aldeburgh.
Aldringham	The beautiful church yard and our merry BOBs who look after it so well.
Friston	A positive and efficient APCM, together with a new member of our PCC!
Knodishall	People who work hard for the occasional offices we hold at church to serve our local community.

### **Collect**

Almighty God,  
whose Son Jesus Christ is the resurrection and the life:  
raise us, who trust in him,  
from the death of sin to the life of righteousness,  
that we may seek those things which are above,  
where he reigns with you  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Genesis 7.1-5, 11-18; 8.6-18; 9.8-13**

Then the Lord said to Noah, 'Go into the ark, you and all your household, for I have seen that you alone are righteous before me in this generation. Take with you seven pairs of all clean animals, the male and its mate; and a pair of the animals that are not clean, the male and its mate; and seven pairs of the birds of the air also, male and female, to keep their kind alive on the face of all the earth. For in seven days I will send rain on the earth for forty days and forty nights; and every living thing that I have made I will blot out from the face of the ground.' And Noah did all that the Lord had commanded him. In the six-hundredth year of Noah's life, in the second month, on the seventeenth day of the month, on that day all the fountains of the great deep burst forth, and the windows of the heavens were opened. The rain fell on the earth for forty days and forty nights. On the very same day Noah with his sons, Shem and Ham and Japheth, and Noah's wife and the three wives of his sons, entered the ark, they and every wild animal of every kind, and all domestic animals of every kind, and every creeping thing that creeps on the earth, and every bird of every kind-every bird, every winged creature. They went into the ark with Noah, two and two of all flesh in which there was the breath of life. And those that entered, male and female of all flesh, went in as God had commanded him; and the Lord shut him in. The flood continued for forty days on the earth; and the waters increased, and bore up the ark, and it rose high above the earth. The waters swelled and increased greatly on the earth; and the ark floated on the face of the waters. At the end of forty days Noah opened the window of the ark that he had made and sent out the raven; and it went to and fro until the waters were dried up from the earth. Then he sent out the dove from him, to see if the waters had subsided from the face of the ground; but the dove found no place to set its foot, and it returned to him to the ark, for the waters were still on the face of the whole earth. So he put out his hand and took it and brought it into the ark with him. He waited another seven days, and again he sent out the dove from the ark; and the dove came back to him in the evening, and there in its beak was a freshly plucked olive leaf; so Noah knew that the waters had subsided from the earth. Then he waited another seven days, and sent out the dove; and it did not return to him any more. In the six hundred and first year, in the first month, on the first day of the month, the waters were dried up from the earth; and Noah removed the covering of the ark, and looked, and saw that the face of the ground was drying. In the second month, on the twenty-seventh day of the month, the earth was dry. Then God said to Noah, 'Go out of the ark, you and your wife, and your sons and your sons' wives with you. Bring out with you every living thing that is with you of all flesh-birds and animals and every creeping

thing that creeps on the earth-so that they may abound on the earth, and be fruitful and multiply on the earth.' So Noah went out with his sons and his wife and his sons' wives. Then God said to Noah and to his sons with him, 'As for me, I am establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth.

## **Second Reading**

### **Acts 9.36-end**

Now in Joppa there was a disciple whose name was Tabitha, which in Greek is Dorcas. She was devoted to good works and acts of charity. At that time she became ill and died. When they had washed her, they laid her in a room upstairs. Since Lydda was near Joppa, the disciples, who heard that Peter was there, sent two men to him with the request, 'Please come to us without delay.' So Peter got up and went with them; and when he arrived, they took him to the room upstairs. All the widows stood beside him, weeping and showing tunics and other clothing that Dorcas had made while she was with them. Peter put all of them outside, and then he knelt down and prayed. He turned to the body and said, 'Tabitha, get up.' Then she opened her eyes, and seeing Peter, she sat up. He gave her his hand and helped her up. Then calling the saints and widows, he showed her to be alive. This became known throughout Joppa, and many believed in the Lord. Meanwhile he stayed in Joppa for some time with a certain Simon, a tanner.

## **Gospel Reading**

### **John 10.22-30**

At that time the festival of the Dedication took place in Jerusalem. It was winter, and Jesus was walking in the temple, in the portico of Solomon. So the Jews gathered around him and said to him, 'How long will you keep us in suspense? If you are the Messiah, tell us plainly.' Jesus answered, 'I have told you, and you do not believe. The works that I do in my Father's name testify to me; but you do not believe, because you do not belong to my sheep. My sheep hear my voice. I know them, and they follow me. I give them eternal life, and they will never perish. No one will snatch them out of my hand. What my Father has given me is greater than all else, and no one can snatch it out of the Father's hand. The Father and I are one.'

## **Sermon by The Very Revd Christopher Lewis at Friston 4<sup>th</sup> May**

In among the preparations for Easter and the keeping of Lent, we have today the conversion of St Paul, set as a reading from the Acts of the Apostles.

Having found a bush, I'll beat around it! Here's a story I'd like to tell: of something which actually happened - not in a church near you, but in a church like yours during their Sunday eucharist. There was a Gospel procession, for the Gospel reading and then once it had been read, for the sermon to be preached. The reading was from St Luke's Gospel and contained that passage 'love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other...' (Chapter 6;27). But they only got part way through those words (Love your enemies; do good to those who hate you..) because the priest was struck dumb. Silence. Then a voice from the back of the church: 'Don't worry, Father; I find it impossible to live by also'. Strange, but no sermon that day. A few people discussed the Gospel after having received the sacramental bread and wine...and went home.

Reflect. One reflection is that the Gospel reading sometimes just flows over us; maybe we should be struck dumb more often: by the mystery of word and sacrament, and by all this truth coming to us: perhaps a privilege but also perhaps too much to take. Wow! Or as an American friend of our daughter irreverently used to say 'Holy Cow!'. Better than that ...is to be struck dumb.

The challenges of the bible and of the Christian faith are there: startling and at times frightening. No good watering them down. I remember being told at school about how difficult it is for a rich man to enter the Kingdom of Heaven: as hard as a camel going through the eye of a needle ...and then being told... that the 'eye of the needle' referred to a gate in Jerusalem and camels could get through it fine, so long as they hadn't eaten too much. A lot of nonsense. Anyway, don't listen to the excuses; the Gospel stands there for us to puzzle over and for us maybe to be shocked...but also to be helped.

But there is no doubt that the Gospel calls us to conversion: to be turned around by God and then open to Him...at least a little like St Paul.

Paul, however, had already been carefully trained in the Jewish faith. Then he had been struck dumb, and turned from being the old Saul to being the new Paul, living by the Gospel, which means having Jesus as a model of love and following in his footsteps. Paul to some extent, no doubt, the same person: writing long sentences, poetic, still a sinner, but longing for forgiveness and dedicated to serving God.

Some people have fantasies about change: house, job, everything – starting a new brilliant life, having shut up shop and opened up elsewhere, impressing everyone and having amazing friends who are ...admirers. A fantasy for some, but others try to do it and some may succeed.

It is a crucial truth about Jesus... that he did not come to haul people right out of the world, but rather that we should be transformed where we are: the disciples, Paul and us as well. Lots of continuities yet turned around, responding to Jesus Christ.

What happened to that priest who read the Gospel? He had experienced the wonder of it all: it is a thing most wonderful, almost too wonderful to be – perhaps to him impossible: 'love your enemies'. Something only possible by responding to Jesus: to have faith, be turned around, love enemies, turn the other cheek. And yet, through the grace of God, what is impossible becomes possible. We will never be obedient to the Gospel completely, but will be blessed by living alongside it obediently. Like living by a mountain or by a beautiful picture: things which draw us out of ourselves in a more startling way than any number of sermons.

It is not unreasonable to know that the Gospel appears to be unachievable. Yet with the Holy Spirit and in the footsteps of Jesus, we know that the impossible moves nearer. When families come unstuck, can we help? Yes, we can. When a lot of refugees and asylum seekers arrive from abroad, can we show love for them? Yes, it is possible. Can we make a difference? Does God love even us? The answer is always yes, through the love and example of God, Father, Son and Holy Spirit.

It is hard to know what people take away from sermons. A little. But I ask you at least to go off with that picture of the priest in the middle of things, struck dumb by the Gospel.

## **Post Communion**

Merciful Father, you gave your Son Jesus Christ to be the good shepherd, and in his love for us to lay down his life and rise again:  
keep us always under his protection,  
and give us grace to follow in his steps;  
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/UCLeK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

## **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.

## **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](mailto:admin@aldeburghparishchurch.org.uk) by

**Midday on the Thursday** beforehand. Thank you.

## **† 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.

**£££ 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/>

**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](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

**Evensong Services**

We are pleased to inform you that the Evensong services are returning to Aldeburgh and Aldringham. Aldeburgh's will be the first Sunday of the month starting in June at 6pm and Aldringham's will be every 3<sup>rd</sup> Sunday starting the 18<sup>th</sup> May at 5pm.



### **The Alde Sandlings, Dates for your Diary**

- Benefice Bible Study – First Sunday of the month, 3-4.30pm.  
This will be hosted by Revd Mary at The Rectory, Friston
- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Friston Goes Green – Plant and Cake Sale. May 17<sup>th</sup> 10-4pm on the Village Green
- APCM's in the Alde Sandlings Benefice
  - Aldeburgh – 25<sup>th</sup> May
  - Aldringham – 18<sup>th</sup> May
  - Knodishall – 11<sup>th</sup> May
- Aldeburgh – Monday 19<sup>th</sup> May at 12 noon – Nadia Lasserson Concert
- Deanery Ascension Day Service at Aldeburgh – Thursday 29<sup>th</sup> May at 10.00am
- Aldeburgh – Sunday 15<sup>th</sup> June - 10.30am Festival Service
- Friston Open Gardens – Sunday 15<sup>th</sup> June from 11.30am. Wander around gardens in the village, visit the specially decorated church and enjoy refreshments in the Village Hall. Proceeds to St Mary the Virgin Church.
- Friston Classics on The Green – Thursday 10<sup>th</sup> July TBC - A dazzling display of classic cars. Teas and cakes available in the Village Hall, BBQ and Bar on the Green. Proceeds to St Mary the Virgin Church.

### **Aldringham Churchyard Picnic Time**

Can we be brave enough to say that the warmer weather has now arrived?

Every fourth Sunday of the month after Aldringham's I Am family service we invite you to bring along a picnic and a chair.

This will give everyone the perfect opportunity to get together for some fellowship conversation. Weather permitting!

## † 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](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list or for the Zoom links.

### **CANCELLED Sunday 11th May 4pm@ Ogilvie Pavilion** **Pilgrims Create**

~~New Pilgrims face to face gathering. A time to share and explore. A time to be with each other and God.~~

### **Saturday 17th May 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.

**All are welcome to any of the Pilgrims events**

## **Lunchtime Classical Concert Series Aldeburgh Parish Church**

**Monday 19<sup>th</sup> May  
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into May 2025, with the return of:

**The Lighthouse Trio**  
Masumi Ogura (Clarinet)  
Janet Coles (Cello)  
Nadia Lasserson (Piano)

The well-known Lighthouse Trio makes a welcome return to Aldeburgh and will perform works by Beethoven with other short Romantic works.

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

# FRISTON GOES GREEN

SATURDAY 17<sup>th</sup> MAY – 10.00am – 4.00pm

Please do join us at our annual event  
on Friston Village Green

IN AID OF ST ELIZABETH'S HOSPICE

- ❖ SELECTION OF PLANTS
- ❖ VEGETABLES & HERBS (grown by locals)
- ❖ HOMEMADE CAKES & SCONES
- ❖ AND MUCH MORE

ALL PROCEEDS GO TO  
ST ELIZABETH'S HOSPICE

Contact:  
marieszpak2051@gmail.com  
for more information



**Next Sunday – 18th May,  
Fifth Sunday of Easter**

## WHEELHOUSE

Faith, Fellowship & Creative Hands at  
Aldeburgh Parish Church



at Aldeburgh Church Hall

**Held every second Tuesday of the month  
from 12-3pm – Starting 11<sup>th</sup> 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.**

## 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!

This will be held fortnightly on Wednesdays 6.00pm – 7.30pm

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](mailto:fristonvillage@gmail.com)

**We look forward to seeing you!**