



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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The Revd Nichola Winter
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The Revd Johanna Mabey
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Sunday 4th May Third Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Sarah du Boulay
	11.00am	Family Holy Communion with The RAF Air Cadets	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Very Revd Christopher Lewis
Knodishall	9.30am	Morning Prayer	Revd Mary Brown

A message from our Rector, Revd Sarah du Boulay

Dear friends,

Happy Easter! We are an Easter people, and Alleluia is our song! (Easter season lasts for a while yet, so this is still an entirely appropriate greeting – get used to it!). It's wonderful to be back from a week's rest and to see how God has been working in the benefice over the past few days. What a joy and a privilege it is.

I don't know how many of you are aware of the 'Examen' practice, which is an ancient monastic practice of reviewing the day just before bed, and looking for God throughout. Some clergy friends and I have taken up a group version of this. Each night, we text each other with the following:

Alleluia is my song, and today I am thankful for: (Followed by 10 points of joy from that day in which we see God at work).

It can be so easy to get bogged down by the seemingly mundane and difficult, that our aim is to make sure we keep that attitude of gratitude and the joy we feel on Easter Sunday throughout the year. It's only been a few days, but it is already making my heart sing – celebrating God in my life and in others.

I urge you all to try it – either on your own, or with a small group of others (accountability can be really helpful). Do tell me how it goes!

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	Even more baptisms having been booked in!
Aldringham	Another joyous family service held last Sunday.
Friston	The wonderful Maggie, who has stepped up as Lay-Chair to lead the APCM on Sunday.
Knodishall	The lives of two very popular residents of the village – for who they were, and what they meant to all of us. We feel very privileged that the church is involved in both their funeral services.

Collect

Almighty Father, who in your great mercy gladdened the disciples with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by his risen life
and serve you continually in righteousness and truth;
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

Zephaniah 3.14-end

Sing aloud, O daughter Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter Jerusalem! The Lord has taken away the judgements against you, he has turned away your enemies. The king of Israel, the Lord, is in your midst; you shall fear disaster no more.

On that day it shall be said to Jerusalem: Do not fear, O Zion; do not let your hands grow weak. The Lord, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing as on a day of festival. I will remove disaster from you, so that you will not bear reproach for it. I will deal with all your oppressors at that time. And I will save the lame and gather the outcast, and I will change their shame into praise and renown in all the earth. At that time I will bring you home, at the time when I gather you; for I will make you renowned and praised among all the peoples of the earth, when I restore your fortunes before your eyes, says the Lord.

Second Reading

Acts 9.1-6 7-20

Meanwhile Saul, still breathing threats and murder against the disciples of the Lord, went to the high priest and asked him for letters to the synagogues at Damascus, so that if he found any who belonged to the Way, men or women, he might bring them bound to Jerusalem. Now as he was going along and approaching Damascus, suddenly a light from heaven flashed around him. He fell to the ground and heard a voice saying to him, 'Saul, Saul, why do you persecute me?' He asked, 'Who are you, Lord?' The reply came, 'I am Jesus, whom you are persecuting. But get up and enter the city, and you will be told what you are to do.' The men who were travelling with him stood speechless because they heard the voice but saw no one. Saul got up from the ground, and though his eyes were open, he could see nothing; so they led him by the hand and brought him into Damascus. For three days he was without sight, and neither ate nor drank. Now there was a disciple in Damascus named Ananias. The Lord said to him in a vision, 'Ananias.' He answered, 'Here I am, Lord.' The Lord said to him, 'Get up and go to the street called Straight, and at the house of Judas look for a man of Tarsus named Saul. At this moment he is praying, and he has seen in a vision a man named Ananias come in and lay his hands on him so that he might regain his sight.' But Ananias answered, 'Lord, I have heard from many about this man, how much evil he has done to your saints in Jerusalem; and here he has authority from the chief priests to bind all who invoke your name.' But the Lord said to him, 'Go, for he is an instrument whom I have chosen to bring my name before

Gentiles and kings and before the people of Israel; I myself will show him how much he must suffer for the sake of my name.’ So Ananias went and entered the house. He laid his hands on Saul and said, ‘Brother Saul, the Lord Jesus, who appeared to you on your way here, has sent me so that you may regain your sight and be filled with the Holy Spirit.’ And immediately something like scales fell from his eyes, and his sight was restored. Then he got up and was baptized, and after taking some food, he regained his strength. For several days he was with the disciples in Damascus, and immediately he began to proclaim Jesus in the synagogues, saying, ‘He is the Son of God.’

Gospel Reading

John 21.1-19

After these things Jesus showed himself again to the disciples by the Sea of Tiberias; and he showed himself in this way. Gathered there together were Simon Peter, Thomas called the Twin, Nathanael of Cana in Galilee, the sons of Zebedee, and two others of his disciples. Simon Peter said to them, ‘I am going fishing.’ They said to him, ‘We will go with you.’ They went out and got into the boat, but that night they caught nothing. Just after daybreak, Jesus stood on the beach; but the disciples did not know that it was Jesus. Jesus said to them, ‘Children, you have no fish, have you?’ They answered him, ‘No.’ He said to them, ‘Cast the net to the right side of the boat, and you will find some.’ So they cast it, and now they were not able to haul it in because there were so many fish. That disciple whom Jesus loved said to Peter, ‘It is the Lord!’ When Simon Peter heard that it was the Lord, he put on some clothes, for he was naked, and jumped into the lake. But the other disciples came in the boat, dragging the net full of fish, for they were not far from the land, only about a hundred yards off. When they had gone ashore, they saw a charcoal fire there, with fish on it, and bread. Jesus said to them, ‘Bring some of the fish that you have just caught.’ So Simon Peter went aboard and hauled the net ashore, full of large fish, a hundred and fifty-three of them; and though there were so many, the net was not torn. Jesus said to them, ‘Come and have breakfast.’ Now none of the disciples dared to ask him, ‘Who are you?’ because they knew it was the Lord. Jesus came and took the bread and gave it to them, and did the same with the fish. This was now the third time that Jesus appeared to the disciples after he was raised from the dead. When they had finished breakfast, Jesus said to Simon Peter, ‘Simon son of John, do you love me more than these?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Feed my lambs.’ A second time he said to him, ‘Simon son of John, do you love me?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Tend my sheep.’

He said to him the third time, 'Simon son of John, do you love me?' Peter felt hurt because he said to him the third time, 'Do you love me?' And he said to him, 'Lord, you know everything; you know that I love you.' Jesus said to him, 'Feed my sheep. Very truly, I tell you, when you were younger, you used to fasten your own belt and to go wherever you wished. But when you grow old, you will stretch out your hands, and someone else will fasten a belt around you and take you where you do not wish to go.' (He said this to indicate the kind of death by which he would glorify God.) After this he said to him, 'Follow me.'

Sermon by Revd Nichola Winter at Friston & Aldeburgh 27th April

I don't want to worry you, but... I've been thinking about Christmas....

...not in any attempt to outdo the commercial world by being the first to mention the C-word - but because certain signs around us made me reflect on how Easter brings a fruition of so much that we think about during the Christmas season. Those pretty little white flowers now so profuse in the ditches and hedgerows - (I don't know the Latin name but) we know them as 'Star of Bethlehem'. The Lenten roses that flower so soon after the last Christmas roses have faded. And the wonderful carol, 'Hark the herald angels sing' with its line, 'Light and life to all he brings, risen with healing in his wings' - surely a reference to the risen Christ, the new life he brings and the amazing hope that is held in all of that... And today, we hear in the words from Revelation another reference to one of the great Advent hymns: 'Look! He is coming with the clouds; every eye will see him, even those who pierced him; and on his account all the tribes of the earth will wail.'

Easter becomes a mirror of Christmas. The good news we sang of and celebrated in the darkness of winter reveals itself in the resurrection of our Saviour. That bleak mid winter vanishes in an explosion of new life and springtime rebirth. Alleluia, indeed.

But on this Low Sunday we are perhaps in danger of feeling a sense of anti-climax after the emotional lows and highs of Holy Week and Easter. The journey through Holy Week can be draining but it can also be cleansing. The promise of new life is there, but it is not a quick-fix. We have to work at it. And sometimes it is tempting to stay away from church on this Sunday – we're all simply too tired and 'churched out'.

After all, how does one follow the story of Easter? What can possibly be left to say after the momentous events of that glorious festival? Well, quite a lot really. Just as the crucifixion was not the end, neither is the resurrection an end, but a new beginning. And in this period between Easter and Pentecost we have a chance to join the disciples in coming to terms not only with the reality of the risen Christ but also the implications there are for us.

Jesus has already shown throughout his ministry that he is not one to stand about when there is work to be done. And now, as he rejoins his disciples, the time for wonder, amazement and celebration is fleeting. Almost immediately, Jesus give them a new commission. "As the Father has sent me, so I send you." When he had said this, he breathed on them and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.'

No hanging around. We sometimes forget that it is immediately after his resurrection that Jesus first draws down the Holy Spirit on his disciples. We look forward, here, to the dramatic events at Pentecost, when the Holy Spirit will come in tongues of fire and fill many more people, and the church of God will be born in earnest. But as well as looking forward, we also look back. Back to that moment on the cross, when in agony Jesus prays God to forgive. 'Father, forgive them, for they know not what they do.' As he dies, his thoughts are for the salvation of those who simply do not realise what they are doing.

Forgiveness is going to be key in the ministry of every one of us. Just as Jesus forgives on the cross, now he tells his disciples that they, too, must forgive. After what has happened they must have been burning with anger at what Judas had done, at what the authorities had done, at the way the crowds had turned away from adulation to rage and condemnation. And Jesus tells them to forgive. 'If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.'

There is a poem called 'The Ballad of the Judas Tree' in which the writer, Ruth Etchells, imagines Jesus performing an extraordinary act of forgiveness....

*In Hell there grew a Judas tree
Where Judas hanged and died
Because he could not bear to see
His master crucified.*

*Our Lord descended into Hell
And found his Judas there,*

*Forever hanging from the tree
Grown from his own despair.*

*So Jesus cut his Judas down
And took him in his arm:
'It was for this I came,' he said
'And not to do you harm.*

*My Father gave me twelve good men
And all of them I've kept
Though one betrayed and one denied,
Some fled and others slept.*

*In three days time I shall return
To make the others glad
But first I had to come to Hell
And share the death you had.*

*My tree will grow in place of yours
Its roots strike here as well.
There is no final victory
Without this soul from Hell.'*

*So when we all condemn him
As of every traitor worst
Remember that of all his men
Our Lord forgave him first*

When first I heard this poem read I found the point of it hard to accept and imagine. But that is so often the case when we hear stories that involve hard-to-grasp cases of forgiveness by others. (The writer went on to become Principal of one of our splendid theological colleges.) Forgiveness can be one of the hardest things to do. If we retain the sin of others it certainly is retained. Not only does it hang over the perpetrator, it hangs over us, too, as we harbour feelings of resentment and hurt. The sin can fester and grow into something that damages and prevents full God-given life. If we can forgive the sin of others, it will be wiped out. The perpetrator will be forgiven and we, too, will no longer be gnawed away with malice, irritation and anger. Forgiveness can be a healing process. In the greater picture of life, many of these grievances, injustices and hurts can pale into insignificance when set against a major life event. It sometimes takes a real drama- an illness, a bereavement, a tragedy - to make us realise that much of life needs to be learnt from but not dwelt on.

The disciples have seen the risen Lord. Thomas has not. He finds blind faith hard to accept, as can we, too. Only after seeing for himself can Thomas proclaim, 'My Lord and my God!' He has that privilege. We do not – yet. But we can be blessed if we believe without needing to see the wounds, to touch the scars – we will see in a different way. At this time in the church's calendar I often think of words set by Gerald Finzi in his piece 'Lo, the full final sacrifice':

When Glory's sun faith's shades shall chase, and for thy veil give me thy Face.

Those shades in our faith - those dark moments - are brought to the light of the risen Christ. As Christ dies on the cross the veil in the temple is rent from top to bottom - now there is no hiding of God's love. 'Glory's sun' chases away the darkness of doubt and we, too, are reborn to light, hope and life. May we, like Thomas, proclaim, 'My Lord and my God'.

Post Communion

Living God, your Son made himself known to his disciples in the breaking of bread: open the eyes of our faith, that we may see him in all his redeeming work; who is alive and reigns, now and for ever.

† 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/UCLecK8GovYoaYzlgyOEIKZg>

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.

QUIZ NIGHT at THE FAIRFIELD CENTRE

Friday 9th May 6.30pm for 7pm

£7.50 per person inc supper.

Bring your own drinks.

Teams of up to 6 people.

To book a table, please email Linda at info@thefairfieldcentre.co.uk

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 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>

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
- May 4th – 11.00am Aldeburgh Parish Church – Family Service with the Royal Air Force Air Cadets (Leiston Squadron) and the Royal British Legion.
- Friston Goes Green – Plant and Cake Sale. May 17th 10-4pm on the Village Green
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 25th May
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May
- Aldeburgh – Monday 19th May at 12 noon – Nadia Lasserson Concert
- Deanery Ascension Day Service at Aldeburgh – Thursday 29th May at 10.00am
- Aldeburgh – Sunday 15th June - 10.30am Festival Service
- Friston Open Gardens – Sunday 15th 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 10th 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.

† 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 and we will do our utmost to arrange a visit.

† 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 to receive a copy, be added to our mailing list or for the Zoom links.

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

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 3rd Sunday starting the 18th May at 5pm.

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!

FRISTON GOES GREEN

SATURDAY 17th 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



**Lunchtime Classical
Concert Series
Aldeburgh Parish Church**

**Monday 19th 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

**Next Sunday – 11th May,
Fourth 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 11th 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

We look forward to seeing you!