



## **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

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## **Sunday 28<sup>th</sup> March Palm Sunday**

### **Message from The Rector**

And so we arrive at Holy Week. A reminder of the services in our benefice:

### **Palm Sunday (March 28<sup>th</sup>)**

Zoom Morning Prayer from Friston - 9.45am

Holy Communion service online from 10.00am. You'll need a Palm Cross for this service and if you don't have one there is a special Palm Cross in the attachment with this pew-sheet that you can cut out!

Palm Sunday Service in Aldringham (with donkeys!) 11.00am

### **Monday March 29<sup>th</sup> - 7.00pm**

Meditative service based on Haydn's Seven Last Words of Our Saviour on the Cross.

Music played by a local string quartet, meditations written by Timothy Radcliffe.

The (Roman Catholic) Church of Our Lady & St Peter, Aldeburgh  
Numbers in church are restricted – (free) tickets available here:  
<https://www.eventbrite.co.uk/e/seven-last-words-of-christ-tickets-145545938821>

The service will be live-streamed here:

[https://www.youtube.com/channel/UC-GsEOvS0mI9a\\_jvjwgLRDw/videos](https://www.youtube.com/channel/UC-GsEOvS0mI9a_jvjwgLRDw/videos)

### **Tuesday March 30<sup>th</sup> - 6.00pm**

Zoom meditative service for Holy Week from Friston

### **Wednesday March 31<sup>st</sup>**

From 10.00am Holy Communion service according to the Book of Common Prayer on the Alde Sandlings YouTube channel

6.00pm Zoom Compline for Holy Week from Friston  
(The links to all of the Friston services are elsewhere in this pew-sheet)

6.30pm Zoom Pilgrims Together worship

### **Thursday April 1<sup>st</sup> (Maundy Thursday) - 7.00pm**

Online service of Holy Communion on the benefice YouTube channel

### **Friday April 2<sup>nd</sup> - (Good Friday)**

10.00am Zoom Good Friday Service from Friston

Midday – 3pm Aldeburgh church open – quiet service for the Last Three Hours

### **Sunday April 4<sup>th</sup> - (Easter Day)**

6.30am Dawn Service in Aldeburgh churchyard

9.30am Holy Communion service in Knodishall church

9.45am Holy Communion service in Friston church

10.30am Holy Communion service in Aldeburgh church

11.00am Holy Communion service in Aldringham church

All are welcome at all of our services, 'live' and online. It may not be the Easter we all hoped for (it seems congregations will still not be able to sing indoors) but it is still Easter.

And from Easter Day onwards regular Sunday services resume in all of our churches, fortnightly in Knodishall, weekly elsewhere – and as soon as we are able to sing together, we will!

On the day before Easter Day (Saturday April 3rd) at 2pm Chris Theobald from 'The Parrot' will be hosting another Zoom cooking session. First there were 'Jammy Dodgers', then there were pancakes and now Chris has come up with a wonderful Easter recipe - 'Mini-Egg Brownie'. All the details, including the ingredients list, are further down the pew-sheet. I've been lucky enough to see a picture of what the brownie should look like and I can't wait to taste it! Huge thanks to Chris for giving us his time and ingenuity.

At Easter we celebrate life renewed and we are surrounded by signs of it. I hope and pray that, as our church buildings reopen and we begin physically to be together for worship once again, the Easter spirit of hope, of renewal and of joy might permeate our thinking and our plans for the future. The best of the old and the new, thoughtfully and prayerfully combined, has the potential to re-energise our church life and help us to draw others to God in Christ Jesus. And I don't know about you, but I find that a very exciting prospect!

May you have a wonderfully reflective Holy Week followed by a joyous Eastertide.

With love, as ever

Mark

### **Collect**

Almighty and everlasting God,  
who in your tender love towards the human race sent your  
Son our Saviour Jesus Christ to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
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**

### **Isaiah 50.4-9a**

The Lord God has given me the tongue of a teacher,  
that I may know how to sustain the weary with a word.

Morning by morning he wakens—wakens my ear  
to listen as those who are taught. The Lord God has opened my ear,  
and I was not rebellious, I did not turn backwards.

I gave my back to those who struck me, and my cheeks to those who  
pulled out the beard; I did not hide my face from insult and spitting.

The Lord God helps me; therefore I have not been disgraced;  
therefore I have set my face like flint, and I know that I shall not be put to  
shame; he who vindicates me is near. Who will contend with me?

Let us stand up together. Who are my adversaries?

Let them confront me. It is the Lord God who helps me; who will declare  
me guilty? All of them will wear out like a garment; the moth will eat them  
up.

## **Second Reading**

### **Philippians 2.5-11**

Let the same mind be in you that was in Christ Jesus,  
who, though he was in the form of God, did not regard equality with God  
as something to be exploited, but emptied himself, taking the form of a  
slave, being born in human likeness. And being found in human form,  
he humbled himself and became obedient to the point of death—  
even death on a cross. Therefore God also highly exalted him  
and gave him the name that is above every name, so that at the name of  
Jesus every knee should bend, in heaven and on earth and under the earth,  
and every tongue should confess that Jesus Christ is Lord, to the glory of  
God the Father.

## **Gospel Reading**

### **Mark 11.1-11**

When they were approaching Jerusalem, at Bethphage and Bethany, near the Mount of Olives, he sent two of his disciples and said to them, 'Go into the village ahead of you, and immediately as you enter it, you will find tied there a colt that has never been ridden; untie it and bring it. If anyone says to you, "Why are you doing this?" just say this, "The Lord needs it and will send it back here immediately."' They went away and found a colt tied near a door, outside in the street. As they were untying it, some of the bystanders said to them, 'What are you doing, untying the colt?' They told them what Jesus had said; and they allowed them to take it. Then they brought the colt to Jesus and threw their cloaks on it; and he sat on it. Many people spread their cloaks on the road, and others spread leafy branches that they had cut in the fields. Then those who went ahead and those who followed were shouting, 'Hosanna! Blessed is the one who comes in the name of the Lord! Blessed is the coming kingdom of our ancestor David! Hosanna in the highest heaven!' Then he entered Jerusalem and went into the temple; and when he had looked around at everything, as it was already late, he went out to Bethany with the twelve.

### **Sermon for 28<sup>th</sup> March – Palm Sunday by, The Revd Nichola Winter**

As a child I always felt that Palm Sunday was an amazingly exciting day - lots of joy and jubilation; celebration, clapping and welcoming of Jesus into the life of the church, the town and our lives. Even if we didn't understand fully what he was about, this seemed like the beginning of a party. No solemnity, no sitting still and keeping quiet, no whispered prayers here. No social distancing. This, surely, was how life was supposed to be. And church could be part of it, too.

The journey through Holy Week, of course, soon takes a different direction. This week is a challenge to faith. It takes us on a roller coaster ride. It can be tempting to dismiss it, to brush it aside. OK, we know that Good Friday is approaching; that almost relentless focus on suffering, on death, on pain. But hey- we know that Easter Day is just around the corner. And then everything will be OK. Like the fairy tales we were told as children it all comes out right in the end and we can carry on our lives as normal...

We live in a world and society where we know that there is pain and suffering in the world, but we choose often to dwell on it as little as possible; to focus on doing whatever we can to convince ourselves that we're having a good time. For the last year in particular we've been living with restrictions and limitations on our lives, our freedom of movement, our ability to meet friends and family. No-one is comfortable talking about death and pain; many of us will have seen at first hand the pain in ourselves and others caused by Covid. We've had our fill of the gritty, grotty bits of life. We want a break... Social media, TV and newspaper adverts would have us reset our aims and goals - recreate those dubiously-named 'bucket lists' that hold all our dreams and hopes. Places to go, amazing activities to experience, ways to re-invent ourselves. The solemnity of Lent and the challenges of Holy Week are just two more serious pieces of the extraordinary year we have been through. How we long to get out of lockdown, back into a world of fun - to really party again and 'have it all.'

Was that what the crowd who welcomed Jesus into Jerusalem about? Living under an oppressive regime they probably welcomed the chance of a bit of excitement - and who could blame them? Here was the latest sensation - life would be OK now.

But it goes wrong; and today, too, much as we might wish to, we cannot bypass the cross. The path this week will lead us along hard ways. We need to face the reality of life before we can truly experience the promised joy. My childish optimism about Palm Sunday soon took a reality check; we continue learning the truth about Jesus; the questions he asks of us, and all that he stands for throughout the rest of our lives. As we walk the way of Holy Week, the poet Malcolm Guite asks us these questions:

What does it mean to welcome Jesus into the city of my heart?

Who or what really occupies that city, and who is really in charge?

Here is his sonnet for Palm Sunday:

Now to the gate of my Jerusalem,  
The seething holy city of my heart,  
The Saviour comes. But will I welcome him?  
Oh crowds of easy feelings make a start;  
They raise their hands, get caught up in the singing,

And think the battle won. Too soon they'll find  
The challenge, the reversal he is bringing  
Changes their tune. I know what lies behind  
The surface flourish that so quickly fades;  
Self-interest, and fearful guardedness,  
The hardness of the heart, its barricades,  
And at the core, the dreadful emptiness  
Of a perverted temple. Jesus, come  
Break my resistance and make me your home.

### **Post Communion**

Lord Jesus Christ, you humbled yourself in taking the form of a servant, and in obedience died on the cross for our salvation: give us the mind to follow you and to proclaim you as Lord and King, to the glory of God the Father.

### **A PRAYER FOR HOLY WEEK**

St. Francis, still searching for what his life's mission should be, is praying in the ruined church of San Damiano just outside Assisi. He has already put back up an ancient painted Crucifix which was lying in the ruins.

In his prayer the Crucifix speaks to him:

“FRANCIS, REBUILD MY CHURCH WHICH IS  
EVERYWHERE IN RUINS”.

Francis' response, no doubt through several versions, has come down to us in this “Prayer before the Cross”:

*All highest, glorious God,  
cast your light into the darkness of my heart.  
Give me right faith, firm hope, perfect charity,  
and profound humility,  
with wisdom and perception,  
O Lord, so that I may do truly what is your holy will.  
Amen.*

One for us in changing times?

## **NOTICES**

### **Book/TV/Film Review Club**

Have you found a great escape during this lockdown in books, a tv series, or a good film? Are you re-visiting the classics, or reading them for the first time? What box sets are you binge watching? Are you watching Bloodlands, Unforgotten, Marcella, The Crown?

Please do share your reviews/recommendations with us.

Just send your review to [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk).

**We would really love to hear your suggestions.**

### **🔊 Food Banks at the East of England Co-op 🔊**

Foodbanks provide a valuable service to those in need in our communities and have an even more vital role to play as we navigate our way through these unprecedented times. 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.

### **The Trussel Trust Organisation**

Food banks in our network have seen an increase in the number of food parcels given out over the last few months due to Coronavirus, so any donations are much appreciated. You can find out which items your local food bank is most in need of by entering your postcode here

- <https://www.trusseltrust.org/give-food/> By clicking on the food bank's name, you can also find out where to drop off your donations.

You should also check the food banks website or social media pages for any changes to opening hours or operations as a result of the Coronavirus before dropping off donations -

If you would prefer to make a financial donation, then please visit the food bank's website (under 'Give help') or you can donate to the Trussell Trust centrally by contacting our Supporter Care team on 01722 580 178 or emailing [supportercare@trusseltrust.org](mailto:supportercare@trusseltrust.org)

### **Tuesday Coffee Morning with Mark & Friends**

Our regular Zoom coffee morning will be from 10.30am – 11.30am every Tuesday. All are very welcome. Grab your favourite morning beverage and let's have a good ole chat – just like we used to.

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) for the links.

† **Pilgrims Together on Wednesdays** †

The Pilgrims worship together every Wednesday.

You are all more than welcome to join them via 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. The worship is about 30 minutes long. We have a different worship sheet each week which goes out on a Monday ahead of the Wednesday.

People are more than welcome to

email [pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com)

to receive a copy or be added to our mailing list.

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) for the links.

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**Pilgrims Zoom Easter Cake Bake  
led by Chris at the Parrot – Saturday 3<sup>rd</sup> April from 2pm.**

***To make your Mini Egg Brownie, you will need***

*170gr dark chocolate, broken up small*

*170gr butter*

*250gr caster sugar*

*2 eggs*

*1 tsp vanilla essence*

*190gr plain flour*

*30gr cocoa powder*

*1 tsp salt*

*160gr mini (2 small packets)*

*2 creme eggs*

You will also need an 8 inch (or thereabouts) square cake tin, a few different bowls - cereal bowls are fine. Electric whisk, wooden spoon/spatula, greaseproof paper/parchment.

*We will then break for an hour to allow our cakes to cook and cool... then Zoom together again to share a cuppa and sample our Easter Indulgences together!*

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) for the links.

† **Friston Sunday Services on Zoom** †

Friston will be holding a live Zoom service for all those who wish to join on Sunday starting at 9.45am.

It will be a Common Worship Morning Prayer. **All are welcome!**

The meetings start from 9.40am every Sunday morning

To join the Zoom Meeting, please use this link.

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) for the links.

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**Holy week with Friston on Zoom – Times**

Meditation & Reflection Service - Tuesday 30<sup>th</sup> at 6pm

Wednesday 31<sup>st</sup> Holy Week, Night Prayer at 6pm

Good Friday at 10am

**Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) for the links.**

**All are welcome**

**Weekly Benefice Newsletter**

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week. Whether it be a story to tell, or tips or recipes or a notice to be added to spread the word.

**Please send Claire your content by Thursday at 4pm if you wish for it to be included in the Saturday newsletter.**

**The Week Ahead  
Next Sunday 4<sup>th</sup> April  
Easter Day**