



## 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 25<sup>th</sup> May Sixth Sunday of Easter

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter In the Church Hall Revd Sarah du Boulay & Revd Mark Booth
	11.00am	Family Service	
	6.00pm	United Service	
Aldringham	11.00am	Family Service	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

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

Dear friends,

It has been really interesting to receive your feedback on my introduction last week. I'm glad that so many of you appreciated it.

How we communicate and live together as the body of Christ is of paramount importance to us as God's Church here on earth, and I'm always particularly pleased when we come together as a benefice. It was lovely to see so many from other parishes at Friston Goes Green on Saturday last week, and a great time was had by all.

With this in mind, I am pleased to say that Aldeburgh will be hosting a united service of Aldeburgh-based churches tomorrow (Sunday 25<sup>th</sup> May) at 6pm, when we will be hosting our friends from local Baptist, Roman Catholic and Methodist churches, together with Church of England representatives. Everybody from across the benefice (and beyond) is very welcome, and it will be a great celebration of what brings us together – to worship our Lord God.

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	Our bell ringers, who have been working extra hard recently with all their practices, peal attempts and ringing for VE Day and other local events – you do us proud!
Aldringham	Our third benefice APCM this year, followed by bubbly, cake and a glorious evensong in celebration.
Friston	Friston Goes Green, which this year raised a whopping £976.00 for St Elizabeth's Hospice – and the money is still coming in. Well done everyone that made this event happen. Totally amazing!
Knodishall	A really good talk by our Elder, Ros, starting a series about the Trinity. Find this talk later on in this newsletter...

### **†Aldeburgh United Churches Service†**

**Sunday 25<sup>th</sup> May at 6pm**

**ALL WELCOME**

### **ASCENSION DAY DEANERY SERVICE**

**Thursday 29<sup>th</sup> May at 10am – Aldeburgh Parish Church**

**ALL WELCOME**

## **Collect**

God our redeemer,  
you have delivered us from the power of darkness  
and brought us into the kingdom of your Son:  
grant, that as by his death he has recalled us to life,  
so by his continual presence in us he may raise us to eternal joy;  
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**

### **Acts 16.9-15**

During the night Paul had a vision: there stood a man of Macedonia pleading with him and saying, 'Come over to Macedonia and help us.' When he had seen the vision, we immediately tried to cross over to Macedonia, being convinced that God had called us to proclaim the good news to them. We set sail from Troas and took a straight course to Samothrace, the following day to Neapolis, and from there to Philippi, which is a leading city of the district of Macedonia and a Roman colony. We remained in this city for some days. On the sabbath day we went outside the gate by the river, where we supposed there was a place of prayer; and we sat down and spoke to the women who had gathered there. A certain woman named Lydia, a worshipper of God, was listening to us; she was from the city of Thyatira and a dealer in purple cloth. The Lord opened her heart to listen eagerly to what was said by Paul. When she and her household were baptized, she urged us, saying, 'If you have judged me to be faithful to the Lord, come and stay at my home.' And she prevailed upon us.

## **Second Reading**

### **Revelation 21.10, 22-22.5**

And in the spirit he carried me away to a great, high mountain and showed me the holy city Jerusalem coming down out of heaven from God. I saw no temple in the city, for its temple is the Lord God the Almighty and the Lamb. And the city has no need of sun or moon to shine on it, for the glory of God is its light, and its lamp is the Lamb. The nations will walk by

its light, and the kings of the earth will bring their glory into it. Its gates will never be shut by day-and there will be no night there. People will bring into it the glory and the honour of the nations. But nothing unclean will enter it, nor anyone who practises abomination or falsehood, but only those who are written in the Lamb's book of life. Then the angel showed me the river of the water of life, bright as crystal, flowing from the throne of God and of the Lamb through the middle of the street of the city. On either side of the river is the tree of life with its twelve kinds of fruit, producing its fruit each month; and the leaves of the tree are for the healing of the nations. Nothing accursed will be found there any more. But the throne of God and of the Lamb will be in it, and his servants will worship him; they will see his face, and his name will be on their foreheads. And there will be no more night; they need no light of lamp or sun, for the Lord God will be their light, and they will reign for ever and ever.

## **Gospel Reading**

### **John 14.23-29**

Jesus answered him, 'Those who love me will keep my word, and my Father will love them, and we will come to them and make our home with them. Whoever does not love me does not keep my words; and the word that you hear is not mine, but is from the Father who sent me. 'I have said these things to you while I am still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. You heard me say to you, "I am going away, and I am coming to you." If you loved me, you would rejoice that I am going to the Father, because the Father is greater than I. And now I have told you this before it occurs, so that when it does occur, you may believe.

## **Thought for the Day** **at Knodishall, 18<sup>th</sup> May - by Elder Ros Macallister**

### The Trinity

Rev. Sarah suggested that I think about The Trinity for this week's reflection. She has read these words and has approved and agreed to my sharing them with you today.

Names matter.

I wonder what your name is.

That may sound odd as I have known many of you for a long time, so I should know what your names are.

It's not that simple though. Many of us here today are known by more than one name. Our Christian name, a nick name, or a name using our title.

When it comes down to it, it seems that some families are much more likely to use "family names" than others. My mother's family is a prime example of this.

Her Christian name was Margaret. She was called Marg by her parents and by my dad. Matty by her sister and her family and Mags by her brother and his family.

Dad's family called her Margaret unless they called her Little Aunty Margaret.

In more formal times she was used to being Mrs. George. I think it came as a shock one day as she got older, when a young man in the bank called her Margaret. He also asked her age... it didn't go down well.

Miles called her Nanny. Of course, I called her Mum.

Many of these names were only used by one person. Miles is the only person who can call me Mum. My uncle John was only called Blogsy by one sister.

I have a friend from schooldays called Drof, the reasons for some names being forgotten, but the names are forever used.

Different names highlight the different relationships, and the love or sometimes respect, contained within them.

Wife, daughter, mother, aunt, grandparent, colleague, friend or customer. Sometimes practicalities come into it, I remember Miles when he was little writing a Christmas card to Mary and putting it through her door. He had known her at church as "Mary" since he was a baby. Now he was at school, he could have sent one through the school postbox, but he would have had to put "Miss Rolph", and he said he wasn't doing that!

So, we may appear differently to different people, depending on the situation we are in. They may only know a part of us. Using a particular name represents that.

We may be very different at work, for example compared to how we are at home.

How often, after a funeral, when people are gathered from all parts of someone's life do we hear people say, as they chat together "I never knew that about him".

When we join in fellowship and worship, when we are reading the Bible or discussing our faith, we read and use different names, God the Father, Jesus Christ, the Holy Spirit.

When we do this, we are referring to three identities IN ONE. Each is part of the whole who loves us. We can connect with all three at one time.

So rather than each name representing a part, all three names represent the one whole being.

We see and feel God's love for us from His loving, powerful, forgiving presence, as we use these names in worship or private prayer.

God the Father sending us his Son both human and divine.

Jesus Christ, dying for us on the cross, his death and resurrection enabling us to come closer to God through Him, as the sin that keeps us away from God, is overcome.

The Holy Spirit, whose power animates and enables, that we may serve and live as God commands.

When we love Him, we recognize that He is indivisible, Three in one. The Trinity.

The individual, sometimes comic names we use for each other in our families or at work, may emphasize the relationships we have.

But the most important relationship we have is with God, where we don't just have a connection with one name but experience all of Him at any one time.

God is there for everyone who seeks Him out and lives as He commands. Our relationship with God can underpin all the other relationships in our life.

He doesn't just see part of us, the professional at work or the grandparent in the family. He knows us completely. And he knows each of us by name, whichever name we are using.

God is in all our other relationships, the easy ones and the more difficult, we only have to open our eyes to see him in others around us.

The Three in one, being divine, may be difficult for us humans to comprehend. But we can pray and ask God to help us understand how the Trinity is active in our lives every day.

As for my mum being “Little Aunty Margaret” I must tell you that my aunt, who is still going strong, said only the other day, that she really liked it that I didn’t, like my cousins, call her “BIG Aunty Margaret”. (The BIG had obviously long been a sore point).

Of course, it was easy for me, the other Margaret being my mum, I was the one niece who didn’t have to!

Amen

### **Post Communion**

God our Father,

whose Son Jesus Christ gives the water of eternal life:

may we thirst for you, the spring of life and source of goodness,  
through him who is alive and reigns, now and for ever.

### **Next Sunday – 1st June, Seventh Sunday of Easter**

#### **† 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>

#### **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.

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

- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Evensong – Aldringham Every third Sunday at 5pm
- APCM's in the Alde Sandlings Benefice -Aldeburgh – 25<sup>th</sup> May
- Aldeburgh – Sunday 25<sup>th</sup> May at 6pm. United Church Service.
- Deanery Ascension Day Service at Aldeburgh – Thursday 29<sup>th</sup> May at 10.00am
- Evensong – Aldeburgh 1<sup>st</sup> June at 6pm
- Aldeburgh Parish Church 11<sup>th</sup> June 12.15pm – Book Launch and recital – see notice
- Aldeburgh – Sunday 15<sup>th</sup> June - 10.30am Festival Service
- Aldringham – Monday 16<sup>th</sup> June – 7.30pm Archdeacon's Visitation
- 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.
- Aldeburgh – Sunday 29<sup>th</sup> June 11am – Benefice Patronal Service
- Friston Classics on The Green – Thursday 10<sup>th</sup> July 2.30pm - 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.
- Aldeburgh Carnival Songs of Praise – Sunday 17<sup>th</sup> August 6pm

## **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 11am 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!**

## **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 of the month

### **† 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.

### **Saturday 7th June Community Breakfast 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along. Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

### **Saturday 21st June 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 to any of the Pilgrims events.**

## **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.

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!**



# A BOOK LAUNCH and ORGAN RECITAL

Hot Under The Collar  
A Life in the Church  
by  
Basil Jenkyns



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**11  
JUNE**

**WEDNESDAY**  
St Peter and St Paul Church  
Victoria Rd Aldeburgh  
IP15 5DY

**Launch 12.15 FREE ENTRY Recital 1pm**



**Organist  
Geoff Howells**

Including music by *Buxtehude, Pärt,  
Vaughan Williams, Hans Zimmer,  
Couperin, Camidge* and *J.S.Bach*