



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

Priest in charge: 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 2nd April Palm Sunday

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service for Palm Sunday
Aldringham	11.00am	Palm Sunday Service of the Word
Friston	10.00am	Palm Sunday Holy Communion

A Message from our Priest in Charge – Revd Sarah du Boulay

Dear Friends,

I have been blessed in this last week to go into Aldeburgh and Coldfair Green Primary Schools (both within our benefice) to observe lessons, take assemblies and to give each child who attends school an Easter Egg as a gift from the Church. These eggs not only are made of delicious chocolate, but also have a booklet inside which tells the story of Easter, so that each child (having heard the story in assembly), then has the chance to go home and re-read it or share it with somebody else.

I know the schools and the children were thrilled at this gift, so a huge thanks to all 4 PCCs who agreed to fund the gifts. It's a great example of

the simple outreach at which we are so good. To Pray, to Love and to Teach (praying with the children, teaching the story of Jesus and showing Christian

love through the giving of a small gift). If you hear me talking about PLT in the future – you will know exactly to what I am referring!

With every blessing,

Sarah

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.

The Passion of our Lord Jesus Christ according to Luke:

Then the assembly rose as a body and brought Jesus before Pilate. They began to accuse him, saying, “We found this man perverting our nation, forbidding us to pay taxes to the emperor, and saying that he himself is the Messiah, a king.” Then Pilate asked him, “Are you the king of the Jews?” He answered, “You say so.” Then Pilate said to the chief priests and the crowds, “I find no basis for an accusation against this man.” But they were insistent and said, “He stirs up the people by teaching throughout all Judea, from Galilee where he began even to this place.”

When Pilate heard this, he asked whether the man was a Galilean. And when he learned that he was under Herod’s jurisdiction, he sent him off to Herod, who was himself in Jerusalem at that time. When Herod saw Jesus, he was very glad, for he had been wanting to see him for a long time, because he had heard about him and was hoping to see him perform some

sign. He questioned him at some length, but Jesus gave him no answer.

The chief priests and the scribes stood by, vehemently accusing him. Even Herod with his soldiers treated him with contempt and mocked him; then he put an elegant robe on him, and sent him back to Pilate. That same day Herod and Pilate became friends with each other; before this they had been enemies.

Pilate then called together the chief priests, the leaders, and the people, and said to them, “You brought me this man as one who was perverting the people; and here I have examined him in your presence and have not found this man guilty of any of your charges against him. Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. I will therefore have him flogged and release him.”

Then they all shouted out together, “Away with this fellow! Release Barabbas for us!” (This was a man who had been put in prison for an insurrection that had taken place in the city, and for murder.) Pilate, wanting to release Jesus, addressed them again; but they kept shouting, “Crucify, crucify him!” A third time he said to them, “Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him.” But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished.

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, “He saved others; let him save himself if he is the Messiah^[g] of God, his chosen one!” The soldiers also mocked him, coming up and offering him sour wine, and saying, “If you are the King of the Jews, save yourself!” There was also an inscription over him, “This is the King of the Jews.”

One of the criminals who were hanged there kept deriding him and saying, “Are you not the Messiah? Save yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” He replied, “Truly I tell you, today you will be with me in Paradise.”

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun’s light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, “Father, into your hands I commend my spirit.” Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, “Certainly this man was innocent.”

And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

The Palm Gospel

When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, “Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here.

If anyone asks you, ‘Why are you untying it?’ just say this, ‘The Lord needs it.’” So those who were sent departed and found it as he had told them.

As they were untying the colt, its owners asked them, “Why are you untying the colt?” They said, “The Lord needs it.” Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it.

As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying,

“Blessed is the king who comes in the name of the Lord!
Peace in heaven, and glory in the highest heaven!”

Some of the Pharisees in the crowd said to him, “Teacher, order your disciples to stop.” He answered, “I tell you, if these were silent, the stones would shout out.”

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.

Sermon by Revd Nichola Winter from the Service at Aldeburgh on the 26th March

On a family holiday to Cornwall when I was a child, we stopped for a picnic near an archaeological site with a burial mound. Never having seen one before I was curious; my father explained that it was an ancient site, dating back thousands of years. Not much would be left now, except perhaps, a few dusty bones. The seaside buckets and spades were in the boot of the car; when my parents were having a rest before recommencing the long drive, I snuck a spade out of the boot and went and did some digging in the surrounding area - not the mound itself, I hasten to add... Of course, the ground was hard; weeds and stones impeded progress and the boredom of childhood set in. (I don't think I was ever destined to be an archaeologist.) But - I found a bone! Excitedly I went to show my parents, convinced that I had made an important discovery. My mother took one look - and congratulated me on uncovering a chicken bone! Probably the legacy of some earlier, careless picnickers. I can't tell you how disappointed I felt. The anticipation of discovering something really significant completely shattered!

Bones make more of an impact in the passage from Ezekiel. Here we have a valley full of bones. A dry and dusty place - the last place for abundant life and growth. And yet, God says, 'I will put my spirit within you, and you shall live.' God's spirit, God's life - some promise indeed.

Fast forward to John's gospel. Here again, it seems to be a hopeless situation. Lazarus has been dead for four days; not much hope of recovery, let alone life. But we dismiss the presence of God at our peril. Jesus calls out, 'Lazarus, come out!' To the amazement and shock of all, Lazarus does just that. Still bound in his grave clothes he emerges from the tomb, alive and well. God's spirit, God's life.

As we enter Passiontide, that solemn season which marks the journey to Jerusalem and the events of Calvary, inevitably we have to think about death. It isn't cool - we'd probably rather be thinking about more upbeat things. And yet death is something we all face, sooner or later. God breathes new life into Ezekiel's bones; Paul tells us to focus on the Spirit that raised Christ and gives new life to us; Jesus brings Lazarus back to life from the dead.

Was that really a wise thing to do, one wonders? Lazarus will have to face the process of death all over again at some point. Or is this action of

Jesus there to serve a purpose; to demonstrate that in Christ all things are possible; death becomes the gateway to new life? We don't know exactly what happens as we go through the door of death. Neither does a child in the womb, waiting to be born. Safe in its warm and nurturing environment the process of birth involves a painful journey for mother and child - but when the child eventually emerges into this world, at last (in most cases) he sees his loving mother face to face and is held tenderly in her warm and gentle arms.

The writer Ann Lewin asks - do we view death as a terminus or a junction? She reminds us that death is necessary for new life and she says:

'...we seem to have difficulty in accepting that death is a natural part of life. We have moved a long way from awareness of the natural rhythms of nature. Every year the seasons remind us of new life growing to maturity and then moving towards death. Observation of the life of trees and plants teaches us that in order for life to continue, it has to progress from one stage to the next. A flower has to die before seed can be set. The seeds have to fall from the plant, apparently dead, before the next cycle of life can begin.'

Death as junction rather than terminus - and it is faith that helps us recognise the difference. We're not talking certainties here; we're talking faith. Anne Lewin again:

'Faith is an attitude of trust in the God who is always faithful. We learn that trust through many experiences of letting go in order that new life may grow. There are many deaths and resurrections on the way to fullness of life.'

We cannot bypass the cross. But, as we approach Holy Week, let us face it with courage and trust. The God who called Lazarus back to life; who walks with each one of us every day of our lives - will be with us as we, too, face that final door. Our faith is that he will call us to eternal life in him. We may end with dry bones, but new life is not far behind. The alternative Collect for today is this:

Gracious Father, you gave up your Son out of love for the world: lead us to ponder the mysteries of his passion, that we may know eternal peace through the shedding of our Saviour's blood, Jesus Christ our Lord.

**Next Sunday – 9th April
Easter Day**

Last Sunday's Service at Aldeburgh – What a Service!

Revd Nichola Winter led the Holy Communion last Sunday, and as you all know we were joined by the King's College Choir from Wimbledon. The feedback from this service has been incredibly positive. Thank you so much to all the Aldeburgh team that made this happen and welcomed our visitors so beautifully. The refreshments laid on after the service were greatly appreciated by everyone present. Thank you also to all those who contributed with plates of food.

Daniel Phillips, the choir director, sent this email, in which he said:

'We absolutely loved our visit to Aldeburgh and you, and your congregation were so welcoming. We were delighted to be part of the service and the lunch spread was amazing and enjoyed by us all. The weather cleared so we enjoyed a brisk walk along the beach before heading to Southwold.'

† Easter Lilies at Aldeburgh †

Only about two weeks to Easter! If you would like to sponsor a Lily stem in memory of a loved one, please contact Dru or Karen with your name and contact details and the name of the person/persons you wish to remember. There will be one pedestal by the Pulpit and another in the Trinity Chapel with a printed list of all the commemorated names on display. Each stem costs £3.50. It is best to give your donation directly to either Dru or Karen.

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

ALDEBURGH

Will be held on Sunday 23rd April at 12 Noon

Anyone wishing to have an item added to the APCM Agenda under Any Other Business should give notice in writing to Revd Sarah by 10.00am on 19th April 2023

ALDRINGHAM

Will be held on Tuesday 9th May at 4pm

KNODISHALL

Will be held on Sunday 14th May at 9.30am

FRISTON

Will be held on Sunday 21st May at 11.00am

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.

As such, in Aldeburgh and Aldringham we are rethinking how we appoint and look after our Warden team. This year at our APCMs, I am proposing we adopt a new, 3 year rolling Warden scheme, which will go as follows:

Year 1: Deputy Warden (a year to learn the job and be trained by the more senior wardens. A non-official role).

Year 2: Church Warden (the year with most responsibility for the running of the church building, but assisted by the rest of the team).

Year 3: Senior Warden (there for advice, support and to train the deputy warden).

After 3 years, the warden steps down.

This scheme means that a larger team reduces time needed, pressure and stress from any one warden. It also means people get the training and support they need, and (also importantly), means that this is not an open-ended job. It is only a commitment for 3 years.

If we choose to adopt this scheme, we need to do so at the respective APCMs. Please could I ask electoral role members of these 2 parishes to think and pray about this decision, and come to the meetings ready to vote. If you have any queries about it, then please contact me before the meeting and we can have a conversation.

If the scheme goes well in Aldringham and Aldeburgh, we may consider adopting it for the other 2 parishes in the benefice next year.

Thanks all,

Sarah

Benefice Service at Friston 30th April

We look forward to welcoming you all and your congregations when Friston hosts its first Benefice service in years, on Sunday 30th April at 10am. Our church car park is small, and we would like to give priority to those less able and mobile. There will be plenty of parking on the village green, signposted and a short walk from the church and village hall where there are toilets available. We wish to avoid congestion and inconvenience to residents in the Church Close. We hope everyone will come together for coffee in the village hall, opposite the church, after the service.

Simon Ive Friston PCC Treasurer/Secretary

† 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>

Aldeburgh Parish Nursing Service

Are you a carer, or do you know anyone who has dementia/ Alzheimer's or another long term age related condition such as Parkinsons disease? If so, would you like to meet with others going through the same thing, have fun, make friends, and get some useful information all with a hot drink and home made cakes?

Find out about **Monday Club**, run by Parish Nurse Ali Cherry at: **The Fairfield Centre**, Aldeburgh, **2nd Monday of every month**. March 14th, April (3rd Monday due to Easter) May 8th, June 12th. 10:30 - 12:00. An opportunity to relax & share memories together with music, quizzes, guest speakers and entertainers. **£3 per person**.

For more info contact: Ali Cherry, Parish Nurse on 07870 946475 or nursealicherry@yahoo.co.uk

£££ Ways to donate to our churches within the £££

Alde Sandlings Benefice

Your donations REALLY mean so much to us at this challenging time. 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/>

† 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 – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Daily at Aldeburgh, Monday to Saturday

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>

† Fairfield Centre Prayers †

The united churches hold prayers at the Fairfield Centre at Aldeburgh, every third Sunday of the month at 6pm. **All very 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.

All requests by 4pm on Thursday please

C of E Suffolk Diocese Newsletter

Our Diocese has a weekly newsletter that you can sign up for with all the latest news.

<https://www.cofesuffolk.org/contact-us/subscribe-to-our-newsletters/>

You can also find out about the Bishops Lent appeal for Kagera here.

<https://www.cofesuffolk.org/exploring-faith/our-bishops/bishops-lent-appeal/>

† 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 link.

Saturday 15th April Pilgrims will be supporting the Spring Fair @ The Outside Inn, Parrot Pub 11am-3pm

Pilgrims will be running a stall at the Spring Fair at the Parrot, raising money for the Rural Coffee Caravan Initiative.

Please do come and say hello! This will be the Good News Faith Cafe in action for April, please note we will not be meeting between 9.30-10.30 as we'll be setting up the stall ready for 11 am start.

† Benefice Service for Maundy Thursday †

Aldeburgh Parish Church will be hosting the Alde Sandlings Benefice service on the 6th April starting at 6.30pm.

You are all very welcome.

Black & White Productions
Thomas Wolsey
The Rise and Fall

written by Suzanne Hawkes

**ST PETER & ST PAUL,
ALDEBURGH - 15th April**

**Cardinal Wolsey's
triumph and tragedy
through the eyes
of those who knew him best**

**with live music, humour
and pathos**

PERFORMANCE 7.30pm

Tickets £14/£12

BOX OFFICE: 01394 279613

**online: www.ticketsource.co.uk
/black-white-productions**



To celebrate the 550th anniversary of Wolsey's birth, Black & White Productions are reviving their play about the life and times of this great man.

Thomas Wolsey – born in Ipswich from humble beginnings - rose to become Henry VIII's right hand man and as Chancellor, the most powerful force in England. But swept up in the storm of Reformation, and the jealousies of rich men and vengeful women, his career followed a dramatic course to a bitter end.

This play looks at his life through the eyes of George Cavendish of Glemsford, his servant and biographer during his glorious rise and his subsequent battle to survive the turbulence of King Henry's determination to turn the world upside down in his pursuit of love and an heir.

It also features his relationships with Thomas Cromwell, The Boleyn women and his mistress Jane Larke.

Performed in the atmospheric surround of churches, some of which have connections to the Wolsey story, and featuring live music, this is an event not to be missed.

**Lunchtime Classical
Concert Series
Aldeburgh Parish Church
Friday 21st April 2023
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into 2023.

The next one, given by local musicians will be held on Friday 21st April at 12 noon at Aldeburgh Parish Church.

Helen Stanley (Violin)
Nadia Lasserson (Piano)

Programme includes works by Mozart, Brahms, Massenet and Kreisler

**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

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

First Sunday of Every Month
at 5.30pm, from 7th May
*(which will form part of our
King's Coronation Celebrations)*

YOU ARE ALL MOST
WELCOME

