



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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Sunday 9th April
Easter Sunday

EASTER BLESSINGS TO YOU ALL

Services in The Alde Sandlings Benefice this Sunday

6.00am Benefice Sunrise Service at Thorpeness Beach
followed by Breakfast at The Thorpeness Golf Club

Aldeburgh	8.00am	Holy Communion
	10.30am	Holy Communion
Aldringham	11.00am	Holy Communion
Friston	10.00am	Holy Communion
Knodishall	9.30am	Holy Communion

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

Dear Friends,

PLT. Pray. Love. Teach. As I write this, I have just returned home from the Maundy Thursday Chrism service at the cathedral, where hundreds of priests from across the diocese gather every year to pray, celebrate communion together, listen to a sermon, reaffirm our ordination vows and then eat lunch together. It is a very special service, and one which encourages us all and re-energises us ready for the Triduum (Maundy Thursday to Easter Sunday).

We prayed together. We were loved by the cathedral (lunch was excellent), and we were taught (Bishop Martin gave a super sermon about love, keeping our gaze firmly on Jesus, and learning from both Jesus' humanity and his divinity). PLT in action.

PLT is a great foundation upon which we can grow as a benefice. Jesus is the cornerstone, from which we pray, we love and we teach. It is important to feed ourselves as well as feeding others, and my prayer is that everybody here finds that sustenance and care over the next few days.

Wishing you all a blessed Easter.

With prayers,

Sarah

Collect

Lord of all life and power,
who through the mighty resurrection of your Son
overcame the old order of sin and death
to make all things new in him:
grant that we, being dead to sin
and alive to you in Jesus Christ,
may reign with him in glory;
to whom with you and the Holy Spirit
be praise and honour, glory and might,
now and in all eternity.

First Reading

Jeremiah 31.1-6

At that time, says the Lord, I will be the God of all the families of Israel, and they shall be my people.

Thus says the Lord: The people who survived the sword found grace in the wilderness; when Israel sought for rest, the Lord appeared to him from far away. I have loved you with an everlasting love; therefore I have continued my faithfulness to you. Again I will build you, and you shall be built, O virgin Israel! Again you shall take your tambourines, and go forth in the dance of the merrymakers.

Again you shall plant vineyards on the mountains of Samaria; the planters shall plant, and shall enjoy the fruit. For there shall be a day when sentinels will call in the hill country of Ephraim: 'Come, let us go up to Zion, to the Lord our God.'

Second Reading

Acts 10.34-43

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

Gospel Reading

John 20.1-18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there,⁷ and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes. But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, 'Woman, why are you weeping? For whom are you looking?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher). Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God." ' Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

Post Communion

God of Life, who for our redemption gave your only-begotten Son to the death of the cross, and by his glorious resurrection have delivered us from the power of our enemy:
grant us so to die daily to sin,
that we may evermore live with him in the joy of his risen life; through Jesus Christ our Lord.

Bishop Martin sows hundreds of tree seeds

More than 400 trees grown from seed by Suffolk's Bishop Martin Seeley will help serve as a memorial to the late Queen Elizabeth. The hornbeam trees will be planted in nearly all of the parishes of the St Edmundsbury and Ipswich Diocese.

Bishop Martin had planned the planting as part of the Queen's Green Canopy initiative to celebrate her late Majesty's Platinum Jubilee – as a fitting response to the climate crisis. But now the trees will also serve as a memorial to the country's longest-serving monarch.

The Queen planted the first tree in the grounds of Windsor Castle in March 2021 with the then Prince of Wales and now more than one million trees have begun growing as a lasting tribute to her 70-years' service on the throne.

Bishop Martin said: *"I wanted to do something that would be a lasting celebration of Her Majesty's reign, which now also, sadly, becomes a memorial. I am hugely grateful to the network of Suffolk Tree Nurses who have guided me in the art and science of growing trees from seed"*.

We, at The Alde Sandlings Benefice, have already had a visit from Bishop Martin with trees to plant in our churchyards.







THE
CORONATION
KING CHARLES
III
2023

THE ALDE SANDLINGS INVITE YOU TO JOIN IN THE CELEBRATIONS

ALDEBURGH PARISH CHURCH

FRIDAY 5TH MAY 12.30PM – 1.30PM - BELL RINGING QUARTER PEAL ATTEMPT

SUNDAY 7TH MAY - 8AM HOLY COMMUNION

10.30AM CORONATION FAMILY SERVICE – FOLLOWED BY REFRESHMENTS

**MONDAY 8TH MAY – 12 to 2PM – THE BIG HELP OUT - SOUP & PUDDING LUNCH
IN ALDEBURGH CHURCH HALL - £5 pp**

ALDRINGHAM PARISH CHURCH

**SUNDAY 7TH 11.00AM – CORONATION HOLY COMMUNION
5.30PM - CORONATION EVENSONG**

FRISTON PARISH CHURCH

**SATURDAY 6TH MAY – LIVE STREAMING OF THE CORONATION IN THE VILLAGE HALL
SUNDAY 7TH MAY – 10.00AM – CORONATION HOLY COMMUNION**

KNODISHALL PARISH CHURCH

SUNDAY 7TH MAY – 9.30AM – CORONATION HOLY COMMUNION



Events may be updated

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

SOUP & PUDDING LUNCH



**ALDEBURGH CHURCH HALL
MONDAY 8TH MAY
FROM 12 TO 2PM**

£5 PER PERSON

**ALL PROCEEDS GOING TO ALDEBURGH
CHARITIES, TO MARK HIS MAJESTY THE
KING'S CORONATION**



**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**

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

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/>

Bishop Martin's Easter Message

Click on the link to read.

<https://www.cofesuffolk.org/bishop-martins-easter-message-1551.php>

† 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

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

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.

**Next Sunday – 16th April
Second Sunday of Easter**

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



Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer:

Mrs Fran Smith – admin@aldeburghparishchurch.org.uk