



## 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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Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

## Sunday 16<sup>th</sup> April Second Sunday of Easter

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Holy Communion
Friston	10.00am	Service of the Word
Knodishall	9.30am	Morning Praise

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

Dear Friends,

Happy Easter! I do hope that you all had a wonderful and blessed Lent, Holy Week and Easter weekend, and are enjoying your time after Easter.

It was simply super to see so many people in church over the period (including lent courses, prayer groups, extra services, lent lunches etc). I'm not usually one for numbers, but it looks as though for the bigger services we are back to pre-Covid numbers, which is wonderful for us, for our Church and for spreading the Gospel message.

I want to say a huge 'Thank You' to everybody who was involved in the effort – from flower teams, to wardens, sidespeople, musicians, ministers,

administrators, prayers, attendees, catering teams, cleaners and everybody else who put in time and effort to make this Easter special, and to truly honour God - our Creator and our Redeemer. Thank you all.

With prayers,

Sarah

### **Collect**

Almighty Father,  
you have given your only Son to die for our sins  
and to rise again for our justification:  
grant us so to put away the leaven of malice and wickedness  
that we may always serve you  
in pureness of living and truth;  
through the merits of your Son Jesus Christ 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 2.14a, 22-32**

But Peter, standing with the eleven, raised his voice and addressed them: 'Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. 'You that are Israelites, listen to what I have to say: Jesus of Nazareth, a man attested to you by God with deeds of power, wonders, and signs that God did through him among you, as you yourselves know this man, handed over to you according to the definite plan and foreknowledge of God, you crucified and killed by the hands of those outside the law. But God raised him up, having freed him from death, because it was impossible for him to be held in its power. For David says concerning him, "I saw the Lord always before me, for he is at my right hand so that I will not be shaken; therefore my heart was glad, and my tongue rejoiced; moreover, my flesh will live in hope. For you will not abandon my soul to Hades, or let your Holy One experience corruption. You have made known to me the ways of life; you will make me full of gladness with your presence.'" 'Fellow Israelites, I may say to you confidently of our ancestor David that he both died and was buried, and his tomb is with us to this day. Since he was a prophet, he knew that God had sworn with an oath to him that he would put one of his

descendants on his throne. Foreseeing this, David spoke of the resurrection of the Messiah, saying, “He was not abandoned to Hades, nor did his flesh experience corruption.” This Jesus God raised up, and of that all of us are witnesses.

## **Second Reading**

### **I Peter 1.3-9**

Blessed be the God and Father of our Lord Jesus Christ! By his great mercy he has given us a new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that is imperishable, undefiled, and unfading, kept in heaven for you, who are being protected by the power of God through faith for a salvation ready to be revealed in the last time. In this you rejoice, even if now for a little while you have had to suffer various trials, so that the genuineness of your faith—being more precious than gold that, though perishable, is tested by fire—may be found to result in praise and glory and honour when Jesus Christ is revealed. Although you have not seen him, you love him; and even though you do not see him now, you believe in him and rejoice with an indescribable and glorious joy, for you are receiving the outcome of your faith, the salvation of your souls.

## **Gospel Reading**

### **John 20.19-end**

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, ‘Peace be with you.’ After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, ‘Peace be with you. 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.’ But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, ‘We have seen the Lord.’ But he said to them, ‘Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.’ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, ‘Peace be with you.’ Then he said to Thomas, ‘Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.’ Thomas answered him, ‘My Lord and my God!’ Jesus said to him, ‘Have you believed because

you have seen me? Blessed are those who have not seen and yet have come to believe.' Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

### **Post Communion**

Lord God our Father,  
through our Saviour Jesus Christ  
you have assured your children of eternal life  
and in baptism have made us one with him:  
deliver us from the death of sin  
and raise us to new life in your love,  
in the fellowship of the Holy Spirit,  
by the grace of our Lord Jesus Christ.

### **Sermon by The Very Revd. Christopher Lewis on Easter Day at Aldringham**

Happy Easter! In a way that greeting doesn't fit easily with our national temperament. For we seem to like gloom. Apparently when something good happens to us, we tell two or three people, but when something bad happens to us – house flooded, almost run over by a bus – we broadcast it. When Dean Inge, Dean of St Paul's, received a letter which read (you don't have to laugh!): 'I am praying for your death. I have been very successful in two other instances', he told the world with glee. Strange letters/ rotten experiences...time to tell our friends. I realize that today's first reading from Jeremiah tells of Israel surviving the sword and finding grace in the wilderness. But we are better summed up by Noel Coward's famous song 'There are bad times just around the corner' ('The shrieks and wails in the Yorkshire dales have even depressed the sheep'); it contains the immortal line 'Hurrah Hurrah Hurrah, misery's here to stay'.

If that is our temperament, what does Easter say to us? Perhaps we should be more optimistic - a positive mental attitude even - 'always look on the bright side of life'; is that what the Easter message is?

I think not; mere optimism is a shallow thing and hard to keep up for long in the face of the evidence. So... no point in going to Afghanistan to tell them that God loves them and they should keep smiling; it wouldn't work.

Instead, the Christian faith has opted for another way, which I would label 'hope' and 'life' and 'love': terms which are rooted in Easter day; it is

to do with trust in God and our relationship in Christ, even at the worst of times. Look at the circumstances of the resurrection - the context: unjust trial, suffering, execution, then amazement and fear, followed by hope and new life. Christian hope differs from mere optimism, because its focus is faith and hope and life even in the middle of terrible circumstances. Christian hope knows that tragedy does not have the last word.

Here is poetry by the Welsh poet Gillian Clarke visiting a mental hospital.

*I am reading poetry to the insane.  
An old woman, interrupting, offers  
As many buckets of coal as I need.  
A beautiful chestnut-haired boy listens  
Entirely absorbed. A schizophrenic  
on a good day, they tell me later.  
In a cage of first March sun a woman  
sits not listening, not seeing, not feeling.  
In her neat clothes the woman is absent.  
A big mild man is tenderly led  
to his chair. He has never spoken.  
His labourer's hands on his knees,  
he rocks gently to the rhythms of  
the poems. I read to  
their presences, absences,  
to the big dumb labouring man as he rocks.*

*He is suddenly standing, silently,  
huge and mild, but I feel afraid. Like slow  
movement of spring water or the first bird  
of the year in the breaking darkness,  
the labourer's voice recites 'The Daffodils'.*

*The nurses are frozen, alert; the  
patients seem to listen. He is hoarse  
but word-perfect....*

*Forty years ago, in a Valleys  
school, the class recited poetry  
by rote.  
Since the dumbness of misery fell  
He has remembered there was a music  
of speech and that once he had something to say.*

Easter. Not what the papers call a miracle, which is the lucky escape: the person who missed the flight that crashed. More of a real Easter miracle: out of the strange and often sad state of the world, emerges life and hope, beauty and love. The hope is related to the deep human longing inspired by Jesus Christ: faith - even knowledge – that misery and war, fatalism and disease are not the ultimate. Instead, it says ‘this cannot be - the way things are meant to be’.

We were in Poland once during a holiday. A beautiful sunny Sunday and we went to a service, to mass, in a lovely country church, full of people: all was well with the world. That same day in the afternoon, we went to Auschwitz: the infamous railway lines, the arch. That leads me to reflect that maybe we should jumble Holy Week up a little, perhaps sometimes celebrate it in the wrong order. For then we might learn that each day contributes, as it were, to an understanding of reality: the last supper, the resurrection, then the crucifixion, the entry into Jerusalem. So it’s not just a sequence with a happy ending. Rather, it is God showing us what life is really about. Put another way, all the parts of Holy Week are eternal, for ever and for us; they do not get displaced by what comes next in the week. Each part has its part.

That Sunday in Poland, we went to the re-living of the last supper and then to perhaps the ultimate sign of what human sinfulness can do. ‘Human beings crucify Jesus every day’: that is the way it is sometimes put. And yet we can also know Easter every day as well. For the Easter hope is not clouds with silver linings or stories with happy endings. If it were that, it would not answer our prayers.

Of course, especially after that poem, Easter IS about daffodils, spring, sun and happiness: the new life which we may feel profoundly at times. I hope that many of us feel that today. Yet its reach is broader, wider and deeper. For we pray that the Kingdom of God will come, on earth as it is in heaven. That means that when people go to Israel, to the holy land, of course they celebrate Easter in Jerusalem or by the sea of Galilee: in holy sites. Yet the risen Lord is to be known, perhaps especially to be known, on the West Bank, in the Gaza strip, everywhere. New Easter Life, hope and love in the midst of suffering and confusion.

Whatever the circumstances? Yes – that is what the empty tomb says: whatever the circumstances. Maybe we have trouble in our society in grasping/ being grasped by Easter because we are not in a state where we can express great collective ideals of truth, beauty and freedom. If we think only of the individual, that maybe makes Easter hard to grasp.

Yet hope and life and love are there, always bubbling up defiantly. People say that death cannot be conquered, that wars will increase, that leopards don’t change their spots; people say that people can’t believe in anything. At the first Easter, Jesus’ followers found themselves with a

deep hope, born from the middle of despair .... and transformed into the conviction that God is indeed at work and urgently calling us to join him.

Easter hope is more akin to longing and trust and faith. It defies the evil which people do; they may appear to win, but no. That is God's promise. Hope and love are close relations to the basic human instinct which cries out against oppression and death, telling them that the last word does not belong to them. It follows the wonder and mystery of what those first followers experienced, and which Christians have known ever since: not the old life warmed up, but a new kind of life in Jesus and for his people. Where life was lost, there life has been regained. So ...Happy Easter!

**† RIP Mary Tarry †**

Many Aldeburgh folk will remember Mary Tarry, for many years a faithful member of the Aldeburgh congregation. Her family announced her death on Monday, 10th April, at the age of 107. Funeral details to follow but will most probably take the form of cremation and thanksgiving service in Bury St Edmunds, where she spent the last years of her life.

**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church  
Friday 21<sup>st</sup> 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 21<sup>st</sup> 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 7<sup>th</sup> May  
*(which will form part of our  
King's Coronation Celebrations)*

YOU ARE ALL MOST  
WELCOME



## **NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS**

**\*\*ALDEBURGH – POSTPONED – WILL NOW BE ON  
TUESDAY 23<sup>RD</sup> MAY AT 6.30PM AT THE CHURCH HALL\*\***

### **ALDRINGHAM**

**Will be held on Tuesday 9<sup>th</sup> May at 4pm**

### **KNODISHALL**

**Will be held on Sunday 14<sup>th</sup> May at 10.30am**

### **FRISTON**

**Will be held on Sunday 21<sup>st</sup> 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



THE  
CORONATION  
KING CHARLES  
III  
2023

**THE ALDE SANDLINGS INVITE YOU TO JOIN IN THE CELEBRATIONS**

**ALDEBURGH PARISH CHURCH**

**FRIDAY 5<sup>TH</sup> MAY 12.30PM – 1.30PM - BELL RINGING QUARTER PEAL ATTEMPT**

**SUNDAY 7<sup>TH</sup> MAY - 8AM HOLY COMMUNION**

**10.30AM CORONATION FAMILY SERVICE – FOLLOWED BY REFRESHMENTS**

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

**ALDRINGHAM PARISH CHURCH**

**SUNDAY 7<sup>TH</sup> MAY 11.00AM – CORONATION HOLY COMMUNION  
5.30PM - CORONATION EVENSONG**

**FRISTON PARISH CHURCH**

**TUESDAY 2<sup>ND</sup> MAY 7PM – A CELEBRATION OF CORONATIONS  
SATURDAY 6<sup>TH</sup> MAY – LIVE STREAMING OF THE CORONATION IN THE VILLAGE HALL  
SUNDAY 7<sup>TH</sup> MAY 10.00AM – CORONATION HOLY COMMUNION**

**KNODISHALL PARISH CHURCH**

**SUNDAY 7<sup>TH</sup> MAY – 9.30AM – CORONATION HOLY COMMUNION**



Events may be updated – See church noticeboards and newsletter for more info



THE CHURCH OF  
ST MARY THE VIRGIN, FRISTON

INVITES YOU TO

A CELEBRATION OF CORONATIONS  
TUESDAY 2<sup>ND</sup> MAY AT 7PM

AN EVENING OF WORDS AND MUSIC  
REFLECTING CORONATIONS PAST AND PRESENT

DEvised AND PRESENTED BY  
CANON DEREK JOHNSON

SUPPORTED BY FELLOW MEMBERS OF THE  
FRISTON PLAYERS  
CAROLYN RIDGEON AND SHEILA GRIFFITHS

AND LOCAL GROUPS

5 IN A BAR (a cappella)

THE STRUMMING BIRDS (ukuleles)

Free admission and parking on the Friston Village Green but  
Donations please in aid of Church Funds

Contacts:

[simonive@aol.com](mailto:simonive@aol.com)

[marieszpak2051@gmail.com](mailto:marieszpak2051@gmail.com)



## FRISTON GOES GREEN

SATURDAY 13<sup>th</sup> MAY – 10.00am – 4.00pm.

PLEASE 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
- ❖ HOMEMADE JAM & MARMALADE
- ❖ TOP QUALITY REUSABLE & NEW ITEMS

PARKING IS AVAILABLE ON THE VILLAGE GREEN

REMEMBER ALL PROCEEDS GO TO  
ST ELIZABETH'S HOSPICE



Contact:

[marieszpak2051@gmail.com](mailto:marieszpak2051@gmail.com)

for more information

## Coronation Weekend Concert

St Peter and St Paul's Church,  
Aldeburgh

### FITZWILLIAM STRING QUARTET



Friday 5th May 7pm

PURCELL

Fantasia in four parts No. 7

MOZART

Quartet in A major K464

TCHAIKOVSKY

Quartet No. 3 in E flat minor

Tickets at the door (cash only) £15 Under 21s £5

## **Benefice Service at Friston 30<sup>th</sup> April**

We look forward to welcoming you all and your congregations when Friston hosts its first Benefice service in years, on Sunday 30<sup>th</sup> 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/>

## **† 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>

## **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>

## **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

## **† 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](mailto:pilgrimstogether473@gmail.com) to receive a copy, 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.

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.

**Next Sunday – 23<sup>rd</sup> April  
Third Sunday of Easter**

### **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](mailto:admin@aldeburghparishchurch.org.uk)