



## 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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Tel: 01728 582213

The Revd Nichola Winter

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

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

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	10.30am	Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Morning Prayer
Knodishall	9.30am	Holy Communion

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

Dear Friends,

It's been another busy week in the benefice as we all look towards our APCMs, to be held over the month of May. Our teams have been busy putting together the annual reports, arranging agendas, and making sure our new teams are in place and ready to go.

I'd really like as many people as possible to come to the meetings – if you are on the electoral roll, you are more than welcome. And if you're not on the electoral roll, there is still time to join! We all love God, our churches and our communities, and this is our chance as a wider group to learn more about the goings on and how we can help in the future, as well as voting on some issues.

It's also a really nice chance to meet together with friends old and new. And I promise there will be cake!

With prayers,

Sarah

### **Collect**

Almighty Father,  
who in your great mercy gladdened the disciples  
with the sight of the risen Lord:  
give us such knowledge of his presence with us,  
that we may be strengthened and sustained by his risen life  
and serve you continually in righteousness and truth;  
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 2.14a, 36-41**

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. Therefore let the entire house of Israel know with certainty that God has made him both Lord and Messiah, this Jesus whom you crucified.' Now when they heard this, they were cut to the heart and said to Peter and to the other apostles, 'Brothers, what should we do?' Peter said to them, 'Repent, and be baptized every one of you in the name of Jesus Christ so that your sins may be forgiven; and you will receive the gift of the Holy Spirit. For the promise is for you, for your children, and for all who are far away, everyone whom the Lord our God calls to him.' And he testified with many other arguments and exhorted them, saying, 'Save yourselves from this corrupt generation.' So those who welcomed his message were baptized, and that day about three thousand persons were added.

## **Second Reading**

### **I Peter 1.17-23**

If you invoke as Father the one who judges all people impartially according to their deeds, live in reverent fear during the time of your exile. You know that you were ransomed from the futile ways inherited from your ancestors, not with perishable things like silver or gold, but with the precious blood of Christ, like that of a lamb without defect or blemish. He was destined before the foundation of the world, but was revealed at the end of the ages for your sake. Through him you have come to trust in God, who raised him from the dead and gave him glory, so that your faith and hope are set on God. Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart. You have been born anew, not of perishable but of imperishable seed, through the living and enduring word of God.

## **Gospel Reading**

### **Luke 24.13-35**

Now on that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem, and talking with each other about all these things that had happened. While they were talking and discussing, Jesus himself came near and went with them, but their eyes were kept from recognizing him. And he said to them, 'What are you discussing with each other while you walk along?' They stood still, looking sad. Then one of them, whose name was Cleopas, answered him, 'Are you the only stranger in Jerusalem who does not know the things that have taken place there in these days?' He asked them, 'What things?' They replied, 'The things about Jesus of Nazareth, who was a prophet mighty in deed and word before God and all the people, and how our chief priests and leaders handed him over to be condemned to death and crucified him. But we had hoped that he was the one to redeem Israel. Yes, and besides all this, it is now the third day since these things took place. Moreover, some women of our group astounded us. They were at the tomb early this morning, and when they did not find his body there, they came back and told us that they had indeed seen a vision of angels who said that he was alive. Some of those who were with us went to the tomb and found it just as the women had said; but they did not see him.' Then he said to them, 'Oh, how foolish you are, and how slow of heart to believe all that the prophets have declared! Was it not necessary that the Messiah should suffer these things and then enter into his glory?' Then beginning with Moses and all the prophets, he interpreted to them the things about himself in all the

scriptures. As they came near the village to which they were going, he walked ahead as if he were going on. But they urged him strongly, saying, 'Stay with us, because it is almost evening and the day is now nearly over.' So he went in to stay with them. When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognized him; and he vanished from their sight. They said to each other, 'Were not our hearts burning within us while he was talking to us on the road, while he was opening the scriptures to us?' That same hour they got up and returned to Jerusalem; and they found the eleven and their companions gathered together. They were saying, 'The Lord has risen indeed, and he has appeared to Simon!' Then they told what had happened on the road, and how he had been made known to them in the breaking of the bread.

### **Post Communion**

Living God,  
your Son made himself known to his disciples  
in the breaking of bread:  
open the eyes of our faith,  
that we may see him in all his redeeming work;  
who is alive and reigns, now and for ever.

### **Sermon by Revd. Nichola Winter on Second Sunday of Easter 16<sup>th</sup> April at Friston**

Low Sunday has always seemed rather a sorry name for the second Sunday of Easter. It has somewhat cynically been said that the name reflects the low turnout in the congregation following the packed churches of last Sunday...and it was indeed a joy to welcome so many to the Easter celebration.

But Easter doesn't finish when the chocolate eggs have been eaten and the Easter flowers are starting to droop. One wise Christian has written, 'we are an Easter people' and indeed, without the hope brought about by the resurrection things would look very bleak.

Easter is traditionally a time for baptism. I recall an Easter morning on Dunwich beach in the late 80's when Bishop Eric carried out a baptism in the sea. Baptism means a dying to sin, a washing clean, a re-birth and a reclothing in the new life that Jesus promises. Holy Week includes

meditations on the seven words from the cross and one of them features the repentant thief who cries out to Jesus, 'remember me when you come into your kingdom.'

Remember me.

We ask Jesus to remember us – to take our life and re-order it, re-shape it, re-create it. Jesus' promise to the one who repents is almost astonishing – 'truly I tell you, today you will be with me in paradise.' There can be no greater promise than this. One of the books I often read during Lent is 'Cross shattered Christ' by the American theologian Stanley Hauerwas, and in it he writes:

'To be with Jesus, to be claimed by Jesus to be his friend, is paradise, for Jesus is the kingdom of God, the kingdom of the crucified. We need to know no more than this. To be in paradise is to be 'with Jesus' – to be pulled into God's life by the love made visible on the cross. Our salvation is no more or no less than being made part of God's body, God's enfleshed memory, so that the world may know that we are redeemed from our fevered and desperate desire to insure we will not be forgotten.'

Re-membered, made whole by Jesus' death. What did this mean for Thomas – the disciple who claims our full sympathy and feeling? How often have we demanded signs and proofs before we will believe?

We need to thank God for Thomas. How often he put into words the doubts, the questions we all want to ask. He always seeks clarification; he wants the t's crossed and the i's dotted. Think back to the lovely passage in John's gospel where Jesus tells his disciples that they know the place where Jesus is going – and good old Thomas bursts out 'Lord, we do not know where you are going. How can we know the way?' And Jesus says to him, 'I am the way...' Thomas demands that it be spelt out so there can be no confusion. Jesus is the way.

But now, as Thomas meets up with the disciples again after the harrowing events of Easter they tell him an astonishing thing – they've seen the Lord. And don't forget, this is a week later. Thomas doesn't know what has happened. Where has he been all this time? What has he been thinking? In hiding out of fear? Scared that he will be the next to be taken prisoner – to stand trial? That 'not knowing' must have been agony. No mobile phone to keep in touch – no texting or e-mails of encouragement. He's on his own. He finally decides to catch up with his old companions – and they come out with this extraordinary news. We do not need to be amazed at

Thomas reaction. We do need to be grateful. His doubt, his questioning brings the answers – and the reassurance - that we seek. Not for nothing is Low Sunday also sometimes called ‘Thomas' Easter’.

I sometimes think of the joy that Jesus must have felt – his love and concern for his friends must initially have been marred by Thomas' absence. But now his team is almost back in place. (I say almost, because, of course, they are short of one...) But Jesus knows that this is the team he is going to send out. His work on earth is almost over but for them the work is just beginning. We hear in the book of Acts how 'with great power the apostles gave their testimony to the resurrection of the Lord Jesus, and great grace was upon them all.'

And that work is now ours, too. We are called to give our testimony, to witness to the risen Christ, to be re-membered by our baptism so that we may be re- membered by Jesus in paradise.

May our Easter continue to be blessed and joyful and may we take that blessing and joy to others in our encounters this week. We are an Easter people!

## 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

**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**

**SUNDAY 14<sup>TH</sup> MAY – FROM 2PM – PEAL ATTEMPT FOR THE CORONATION**

**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**



**Alde Sandlings Benefice**

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

## 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



## **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 6th May, Community Coronation Breakfast starting 9.30 @ The Parrot**

To celebrate the day of King Charles III coronation we will gather for our monthly breakfast at the Parrot, 9.30 as usual. To allow those who wish to watch the coronation, Pilgrims have decided not to ramble this month but will do so again in June! As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot.

### **Saturday 20th March Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

**Next Sunday – 30<sup>th</sup> April  
Fourth Sunday of Easter  
Benefice Service at Friston 10am**

# LOCAL ELECTION HUSTINGS

## Aldeburgh and Leiston Wards

Friday, 28<sup>th</sup> April, 6.30 - 8pm (doors open 6pm)  
Aldeburgh Parish Church, Victoria Road, Aldeburgh, IP15 5DU

Ahead of East Suffolk District Council's elections on 4th May 2023

**SEAS (Suffolk Energy Action Solutions)**

**Stop Sizewell C &**

**SASES (Substation Action, Save East Suffolk)**

invite you to take part in a Hustings at which the candidates for the three Council seats in this Ward will answer your energy questions, including:

- Scottish Power Renewables East Anglia One North and East Anglia Two Windfarms onshore works
- National Grid and National Grid Ventures' SeaLink, Eurolink and Nautilus Interconnectors
- Sizewell C, felling in Kenton Hills & advance works before a Final Investment Decision.
- The cumulative effect of the many energy projects facing this area and how the candidates will represent Aldeburgh and Leiston Wards at this time.

Do come and find out if the candidates you vote for will represent your views on the onslaught of energy projects that could bring the end of Suffolk Coastal as we know it.

**Format:** Candidates will each make a 2 minute pitch followed by a 50-minute Q&A session on the above issues. **Please email your questions in advance** to: [info@suffolkenergyactionsolutions.co.uk](mailto:info@suffolkenergyactionsolutions.co.uk) or [info@stopsizewellc.org](mailto:info@stopsizewellc.org), or bring them at 6pm on the night.

We look forward to seeing you



SUFFOLKENERGYACTIONSOLUTIONS.CO.UK



STOPSIZEWELLC.ORG



SASES.ORG.UK