



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 30th April Fourth Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Friston 10.00am Benefice Holy Communion

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

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

Dear Friends,

What gorgeous weather we are having – chilly but sunny and glorious. My garden has sprung into life, and I am getting great pleasure from discovering for the first time which plants flower and grow at different times of the year.

I do hope that God's creation is bringing you all as much joy as it brings me (and Ralph and Mabel!).

With prayers,

Sarah

Collect

Almighty God,
whose Son Jesus Christ is the resurrection and the life:
raise us, who trust in him,
from the death of sin to the life of righteousness,
that we may seek those things which are above,
where he reigns with you
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Acts 2.42-end

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers. Awe came upon everyone, because many wonders and signs were being done by the apostles. All who believed were together and had all things in common; they would sell their possessions and goods and distribute the proceeds to all, as any had need. Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

Second Reading

I Peter 2.19-end

For it is to your credit if, being aware of God, you endure pain while suffering unjustly. If you endure when you are beaten for doing wrong, where is the credit in that? But if you endure when you do right and suffer for it, you have God's approval. For to this you have been called, because Christ also suffered for you, leaving you an example, so that you should follow in his steps. 'He committed no sin, and no deceit was found in his mouth.' When he was abused, he did not return abuse; when he suffered, he did not threaten; but he entrusted himself to the one who judges justly. He himself bore our sins in his body on the cross, so that, free from sins, we might live for righteousness; by his wounds you have been healed. For you were going astray like sheep, but now you have returned to the shepherd and guardian of your souls.

Gospel Reading

John 10.1-10

‘Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. The one who enters by the gate is the shepherd of the sheep. The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. ⁵They will not follow a stranger, but they will run from him because they do not know the voice of strangers.’ Jesus used this figure of speech with them, but they did not understand what he was saying to them. So again Jesus said to them, ‘Very truly, I tell you, I am the gate for the sheep. All who came before me are thieves and bandits; but the sheep did not listen to them. I am the gate. Whoever enters by me will be saved, and will come in and go out and find pasture. The thief comes only to steal and kill and destroy. I came that they may have life, and have it abundantly.

Post Communion

Merciful Father,
you gave your Son Jesus Christ to be the good shepherd,
and in his love for us to lay down his life and rise again:
keep us always under his protection,
and give us grace to follow in his steps;
through Jesus Christ our Lord.

Sermon by Revd. Sarah du Boulay on the Third Sunday of Easter 23rd April at Knodishall

1617-1618

National Gallery of Ireland

Regarded as the greatest Spanish artist of his time, Velázquez began his career in his native Seville and later became the leading artist at the court of King Philip IV in Madrid. This painting is widely considered to be Velázquez’s earliest known work.

Please click link to view image

<https://www.nationalgallery.ie/art-and-artists/highlights-collection/kitchen-maid-supper-emmaus-diego-velazquez-1599-1660>

Velazquez was baptised a few weeks after his birth, and was raised in modest circumstances, the son of tradespeople. His talent for art was soon recognised and he was apprenticed to Antonio Pacheco, who was an artist considered to be entirely dull, but accurate!

Velazquez's earliest paintings are 'bodegones', or kitchen scenes with a prominent still life, which is obvious in this painting.

The National Gallery of Ireland continues... The artist painted Christ appearing to his disciples at Emmaus in the left background. In the foreground he depicted a Moorish servant working in the kitchen. The inversion of the religious and the worldly subjects was inspired by Flemish painters, including Pieter Aertse.

However, what is interesting is that there is some ambiguity about whether the scene in the background is real; is a painting on the wall; or is a representation of the maid's thoughts. The more you look at it, the more it could be any of these things.

There are no records showing who the maid in the painting was, but Velazquez was painting at a time when Catholic theologians largely agreed that slavery was a Bad Thing. However, there was also an argument going around that slavery of Africans would lead to conversion, and therefore the religious 'saving' of many. The woman shown could have been enslaved herself, formerly enslaved, or descended from enslaved people. Whatever his reasons, Velazquez was making a statement.

He was also making a statement by placing the woman at the forefront of the scene, and not the story from the Bible of the miraculous happening which we have just heard in our Gospel reading. Caravaggio painted perhaps better known versions of the same story, each focusing on the moment the men around the table first recognised Jesus for who he is. And it is on this theme that we usually focus when discussing the story.

In the passage of scripture, we see two people on Easter Day, walking to Emmaus. They are shocked. Tired, horrified and grieving. They are joined by a stranger who listens to their story and their emotions. He offered sound advice, but they did not understand it. They offered him hospitality, and during this hospitality, he did something so familiar, and so God-focused and prayerful, that their eyes were opened, and they recognised Jesus in front of them.

I often say that hindsight is a truly wonderful thing, but I wonder how many of us here today have NOT had a similar experience to the people on the road to Emmaus?

How many of us here today have only seen the presence of God with hindsight. Have been travelling alongside Jesus, but only recognised him at a specific point?

And how many of us have had the feeling, that like the maid, we have been quietly going about our everyday lives whilst something spectacular was happening elsewhere? How many of us feel as though we may have missed out?

Where is Jesus in your life? Where has Jesus been in your life? Where might you have missed Jesus? There is a spiritual discipline called the examen, which is done all around the world by monks and nuns, and others of us

who find it helpful. The examen is done at the end of each day, where you take some time to think over what has happened, and to find God in the midst of it. This is a time of prayer and reflection.

I'd like to encourage you to take the picture away with you today, and use it for your own examen. On the back is a poem by an English/American poet called Denise Levertov, who lived during the twentieth century and was inspired by the painting. You may find it useful to guide your reflections and prayers.

Let me know how you get on.

Next Sunday – 7th May
Fifth Sunday of Easter
His Majesty the King's Coronation Weekend

† RIP MARY TARRY †

A thanksgiving service for the life of the late Mary Tarry, formerly of Aldeburgh, will take place at 3pm on Wednesday, 24th May 2023 at St Margaret's Church, Bury St Edmunds. All friends welcome.



THE CHURCH OF
ST MARY THE VIRGIN, FRISTON

INVITES YOU TO

A CELEBRATION OF CORONATIONS
TUESDAY 2ND 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

marieszpak2051@gmail.com



Coronation Weekend Concert

St Peter and St Paul's Church,
Aldeburgh

FITZWILLIAM STRING QUARTET



Friday 5th May 7pm

PURCELL

MOZART

TCHAIKOVSKY

Fantasia in four parts No. 7

Quartet in A major K464

Quartet No. 3 in E flat minor

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

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





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**

SUNDAY 14TH MAY – FROM 2PM – PEAL ATTEMPT FOR THE CORONATION

ALDRINGHAM PARISH CHURCH

SUNDAY 7TH MAY 11.00AM – CORONATION HOLY COMMUNION

5.30PM - CORONATION EVENSONG

FRISTON PARISH CHURCH

TUESDAY 2ND MAY 7PM – A CELEBRATION OF CORONATIONS

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



Alde Sandlings Benefice

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

Meet The People - Our Unsung Heroes

Our Messy Church

With only a notion of what Messy Church was all about, other than it involved children and families, I pondered, did the title Messy Church literally mean taking part in activities, allowing children to get messy, knowing full well most children love to do so without being reprimanded, or maybe the word Messy, was an abbreviation for something else? Was it something pertinent to the Alde Sandling Benefice or was it a wider concept involving other churches?

To find out more, I set out to speak with Fran Smith who heads up the Messy Church sessions held here at St Peter & St Paul's Church, Aldeburgh. Fran is one of our unfaltering, kind, and endearing volunteers who also heads up the 'safer church' promotion of the Safeguarding team within our Benefice, is a Lay Elder, involved with the Youth Club and I could go on, but I know Fran may be a little embarrassed if I shout her name from the roof tops here at Aldeburgh. Fran was quick to point out that the idea behind getting involved with Messy Church came from our Revd. Jo Mabey who suggested several years ago, that maybe, this was something the Alde Sandlings Benefice may like to participate in. Within the Alde Sandlings Benefice of Aldeburgh, Aldringham, Friston and Knodishall there was a reasonably good following of families with children attending church until we went into the Coronavirus lockdown in March 2020.

Previously they used to hold activity mornings for the children on Saturday mornings at significant times of the year – Easter, Harvest and Christmas. Revd. Jo had also been the motivator behind our monthly Family service at St Peter & St. Paul's church which is now picking up again, whilst growing spiritually together.

Mark 10:13-16

He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. Truly I tell you, anyone who will not receive the kingdom of God like a little child will never enter it." And He took the children in His arms, placed His hands on them and blessed them.

The Foundation of Messy Church

Looking back, the traditional church realised some time ago that they had a challenge on their hands trying to grow their congregation, especially our next generation off churchgoers. So, the idea of a Messy Church was floated in 2004 by an Anglican church as a way of connecting with children.

It has now grown into an international concept, operating across a wide range of Christian traditions, and has proved to be an excellent idea in breaking down the barrier which had previously separated the church from the community. The belief that the church needed to communicate more effectively with their local population, works perfectly with non-churchgoers who have bought along their children and in a way, maybe our next disciples!

What happens at Messy Church?

The message about Messy Church is clear, its values being;

- Christ-centred
- For All Ages
- Creativity
- Hospitality
- Celebration

Firstly, I should point out, that there is no cost to attendees to take part in Messy Church, no pressure, no awkward follow up and a perfect opportunity to meet new friends where adults and children come together; a chance to find out more of God's stories and grow together as God's people.

Activities might be art, games or drama, the children can have fun and make as much mess as they wish whilst undertaking activities and exploring a bible theme through craft, these themes are dependant entirely of what time of the year we happen to be in. The Theme could be around Christmas, Easter, or Harvest. It aims to reach out to those families who may not get the opportunity to attend church on a regular basis.

With Easter time approaching, Messy Church just happened to be taking place on Saturday, 18th March at the Church Hall, Aldeburgh, so Fran invited me to join them so that I could see first-hand, what it was all about.

Arriving a little after 9.30am just as the volunteers were saying a group Prayer to start the day, tea and coffee was already on the go as the volunteers had been there for some time, setting up their trestle tables around the perimeter of the hall for the various craft activities to take place. The Puppeteers from St Augustine's church in Ipswich were busy setting up their show on the stage and I knew immediately that they would

be the highlight for the children. There was a screen set up with the initials **R.O.P** in bold lettering, which stands for Reach Out Puppets, they were going to entertain the children with an Easter message, pointing towards the Bible story.

As I watched the steady stream of families with children of all ages from toddlers and upwards arrive, it was plain to see that Messy Church is for everyone and all ages, but children must be accompanied by an adult. Registration and name badges were necessary for everyone and then it was onto the first table to start decorating and naming their own paper take home carrier bags, so that all the items they made during the morning, could be placed inside ready to take away with them. These very colourful individually decorated carrier bags were taken up to the stage by the children, where they were all lined up on display. They were amazing and very creative.



Some of the bright and creative carrier bags the children had decorated upon arrival, ready to pop the items they made during the morning, into the bag so that they could take home

There were various craft tables set up where the children could choose what they wanted to do. There was the Easter display board, cooking craft, Easter baskets, cockerel craft, stained glass windows, an Easter wreath and a prayer tree.

Deuteronomy 11: 18-19

“Fix these words of mine in your hearts and minds; tie them as symbols on your hands and bind them on your foreheads. Teach them to your children, talking about them when you sit at home and when you walk along the road, when you lie down and when you get up”.

Help was available from parents, guardians, or our resolute volunteers whose backgrounds range from our Youth Club, Brownies or from the Church. Refreshments and nibbles were available throughout the morning kindly prepared and served by Jules and Andy, and a breather for parents/guardians who could sit down for a while, whilst the children sat on brightly coloured snap together foam mats, fixated on The Reach Out

Puppets Easter Story puppet show, their faces a picture, they were all were totally focussed. The Revd. Ian Daniels from St. Augustine's church would interact with the children every so often as they cheered gladly to take part, so there was that element that they would learn as well as play. By the look on their faces, I think the puppeteers team seemed to enjoy this as much as the children.



Phew! It was soon time to walk across the car park carefully to start an Easter Egg hunt within the church. Having been in the church earlier taking Morning Prayer, I had seen the ladies hiding loads of small Easter eggs around the church in readiness for the eager search by the children. Big thank you to Karen, Caroline, Sue and Pippa for your savvy hiding places. As the children and adults arrived inside the church, they were asked to respect the church and requested to share some of their Easter eggs if some of them found more than the smaller children had managed to find. Not sure if that went down so well, but they did show consideration for the younger children, and everyone came away happy with their bounty. The congregation on Sunday morning will have probably found small easter eggs still hidden in the pews, under cushions and along the shelf ledge where the children had missed the previous day.

Back across to the church hall for another session by the Reach Out Puppets with the Easter message, plus time to finish off any crafts. More refreshments available and then the Revd. Mark Booth gathered the children together to talk about the morning and ask them what they had been doing and what they had discovered. Some had discovered that the church was an exciting place to be as they had found Easter eggs over there. Well, I guess that is a start, but it also makes space for families to encounter Christ. The experience of worshiping together as a family, walking alongside each other on their journey is truly special. Children & adults need to feel loved, valued, accepted, and respected. That's what people felt around Jesus.

Matthew 21:15-16

But when the chief priests and the teachers of the law saw the wonderful things he did and the children shouting in the temple area, “Hosanna to the Son of David,” they were indignant. “Do you hear what these children are saying?” they asked him. “Yes,” replied Jesus, “have you never read, ‘From the lips of children and infants you have ordained praise?’”

Messy Church celebration

My conclusion was, I realised that we can do church anywhere – it doesn’t have to be in a church building, it’s the people, not the building, that makes the church. Also, without the skills and imagination of these **Unsung Heroes** at work, none of this would happen, so ‘thank you’ to our kind, compassionate and dedicated volunteers who give their time freely. I know the wonderful volunteers don’t seek, praise or thanks for what they do, they tell me they have as much fun and satisfaction by talking part. But nonetheless, an enormous ‘THANK YOU’ goes to;

Fran and her team, the two Sue’s on the door and registration, the creative teams Sue & Paula, Jan, Amy & Jemma, Elizabeth, Valerie, Liz & Carole, Caroline & Sandra and Jules & Andy for the continuous supply of refreshments. The Revd. Ian Daniels and his team from St Augustine’s Church, Ipswich & the Reach Out Puppets, and Revd Mark Booth from St Peter & St Paul’s Church, Aldeburgh

Holy Spirit of God, whose energy and gifts equip us to share the good news of Jesus, strengthen local Messy Church teams as they plan their services, granting them ideas for activities, inspiration for celebrations and grace for the welcome and the refreshments so that children and adults might be drawn into a community of faith, hope and love, centred on Christ.

As the church stretches out to the community, if anyone would like to join the team of volunteers, there are various areas where you could make such a difference. You don’t need to be a churchgoer; your enthusiasm is all that is asked. To find out more, please contact admin@aldeburghparishchurch.org.uk

FRISTON GOES GREEN

SATURDAY 13th 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

for more information

Lent Lunches at Aldringham Parish Church – Update

We were delighted to receive this email from Chris and Anji Dawkins.
Well done the Aldringham Team!!

Dear All,

A big THANKYOU for your wonderful support of the Bishops' Lent appeal. We understand that this was raised by Lent lunches. Please thank all involved for all the time and effort which goes into such events. You can rest assured that the money is well spent in Kagera.

Again, thank you all so much for your great commitment over many years and for your latest gift.

Best wishes, Chris and Anji Dawkins,

Kagera Link Coordinators, Diocese of St Edmundsbury and Ipswich email: kagera@cofesuffolk.org

† 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>

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

****ALDEBURGH – POSTPONED – WILL NOW BE ON
TUESDAY 23RD MAY AT 6.30PM AT THE CHURCH HALL****

ALDRINGHAM

Will be held on Tuesday 9th May at 4pm

KNODISHALL

Will be held on Sunday 14th May at 10.30am

FRISTON

Will be held on Sunday 21st May at 11.00am

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>

£££ 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 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.