



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
Email: revd.sarah@btinternet.com
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 7th May Fifth Sunday of Easter



Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
Aldringham	11.00am	Holy Communion
	5.30pm	Choral Evensong
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

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

Dear Friends,

A lot is happening in the life of the Church at the moment; The Coronation weekend, Our APCMs, looking forward to Ascension Day and Pentecost, planning ahead for summer... the list goes on. The thing I am constantly reassured about is that however busy we are, and whatever we are doing, God is right there in the middle of it all, alongside us all of the way.

With this in mind, at our Benefice Service last week (big thank you to Friston for hosting so beautifully), I didn't preach a conventional sermon. Instead, I

told my testimony, or the story of my faith journey throughout my life. Where God has been and how He has called me. In the national church, we were celebrating Vocations Sunday, and I have said many times that I believe we all have a vocation, and that sometimes our vocation (or calling) changes over time. It is up to us to be alert, and to listen to God – through prayer, actions, and other people. I stressed that if anything I had said struck a chord with anybody, or if anybody feels God is calling them to something – it may be a licensed ministry, or to serve on a PCC or another team within their church – to tell someone. Tell me, tell a warden, tell an elder. Just talk to someone, and we would be delighted to explore it with you.

You will notice that unusually, there isn't a sermon included in this newsletter. Instead, I'd love to encourage everybody to share their story – their testimony – with at least one other person this week. Sharing the story and love of God is one of the most powerful things we can do. It can take some courage, but it is always worth it. Let me know how it goes!

With prayers,

Sarah

Collect

Almighty God,
who through your only-begotten Son Jesus Christ
have overcome death and opened to us the gate of everlasting life:
grant that, as by your grace going before us you put into our minds good
desires, so by your continual help
we may bring them to good effect;
through Jesus Christ our risen Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 8.1-19

But God remembered Noah and all the wild animals and all the domestic animals that were with him in the ark. And God made a wind blow over the earth, and the waters subsided; the fountains of the deep and the windows of the heavens were closed, the rain from the heavens was restrained, and the waters gradually receded from the earth. At the end of one hundred and fifty days the waters had abated; and in the seventh month, on the seventeenth day of the month, the ark came to rest on the mountains of Ararat. The waters continued to abate until the tenth month; in the tenth month, on the first day of the month, the tops of the mountains appeared. At the end of forty days Noah opened the window of the ark that he had made and sent out the raven; and it went to and fro until the waters were dried up from the earth. Then he sent out the dove from him, to see if the waters had subsided from the face of the ground; but the dove found no place to set its foot, and it returned to him to the ark, for the waters were still on the face of the whole earth. So he put out his hand and took it and brought it into the ark with him. He waited another seven days, and again he sent out the dove from the ark; and the dove came back to him in the evening, and there in its beak was a freshly plucked olive leaf; so Noah knew that the waters had subsided from the earth. Then he waited another seven days, and sent out the dove; and it did not return to him any more. In the six hundred and first year, in the first month, on the first day of the month, the waters were dried up from the earth; and Noah removed the covering of the ark, and looked, and saw that the face of the ground was drying. In the second month, on the twenty-seventh day of the month, the earth was dry. Then God said to Noah, 'Go out of the ark, you and your wife, and your sons and your sons' wives with you. Bring out with you every living thing that is with you of all flesh—birds and animals and every creeping thing that creeps on the earth—so that they may abound on the earth, and be fruitful and multiply on the earth.' So Noah went out with his sons and his wife and his sons' wives. And every animal, every creeping thing, and every bird, everything that moves on the earth, went out of the ark by families.

Second Reading

Acts 7.55-end

But filled with the Holy Spirit, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. 'Look,' he said, 'I see the heavens opened and the Son of Man standing at the right hand of God!' But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, 'Lord Jesus, receive my spirit.' Then he knelt down and cried out in a loud voice, 'Lord, do not hold this sin against them.' When he had said this, he died.

Gospel Reading

John 14.1-14

'Do not let your hearts be troubled. Believe in God, believe also in me. In my Father's house there are many dwelling-places. If it were not so, would I have told you that I go to prepare a place for you? And if I go and prepare a place for you, I will come again and will take you to myself, so that where I am, there you may be also. And you know the way to the place where I am going.' Thomas said to him, 'Lord, we do not know where you are going. How can we know the way?' Jesus said to him, 'I am the way, and the truth, and the life. No one comes to the Father except through me. If you know me, you will know my Father also. From now on you do know him and have seen him.' Philip said to him, 'Lord, show us the Father, and we will be satisfied.' Jesus said to him, 'Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it.

The Alde Sandlings Benefice Service Fourth Sunday of Easter 30th April at Friston

Every fifth Sunday of the month The Alde Sandlings worship together on a rotation basis. Last Sunday it was St Mary's Parish Church of Friston turn. The Friston team were delighted to welcome so many of you to this service. The service of Holy Communion was led by Revd Sarah du Boulay, and some very special angel visitors, who are currently on tour throughout the Alde Sandlings Benefice.

These angels are on loan from our cathedral. The diocese of St Edmundsbury and Ipswich has close ties with churches across the world, but especially with the Diocese of Kagera in West Tanzania. Kagera is a beautiful and inaccessible region in the northwest part of Tanzania in one of the poorest areas of the country. The church here is growing rapidly since the formation of Kagera Diocese in 1985.

The beautiful angels were made by members of the Kagera community. Ernestina leads a group of women in craft work to help them make a little money to support their children. There are three of the larger Kagera angels crafted in 2021: one was made by Letisia, a widow with two children, one was made by Betirida, a single mother of twins who started school last year and the third was made by someone in Bury St Edmunds who worked with Ernestina in Kagera a few years ago.

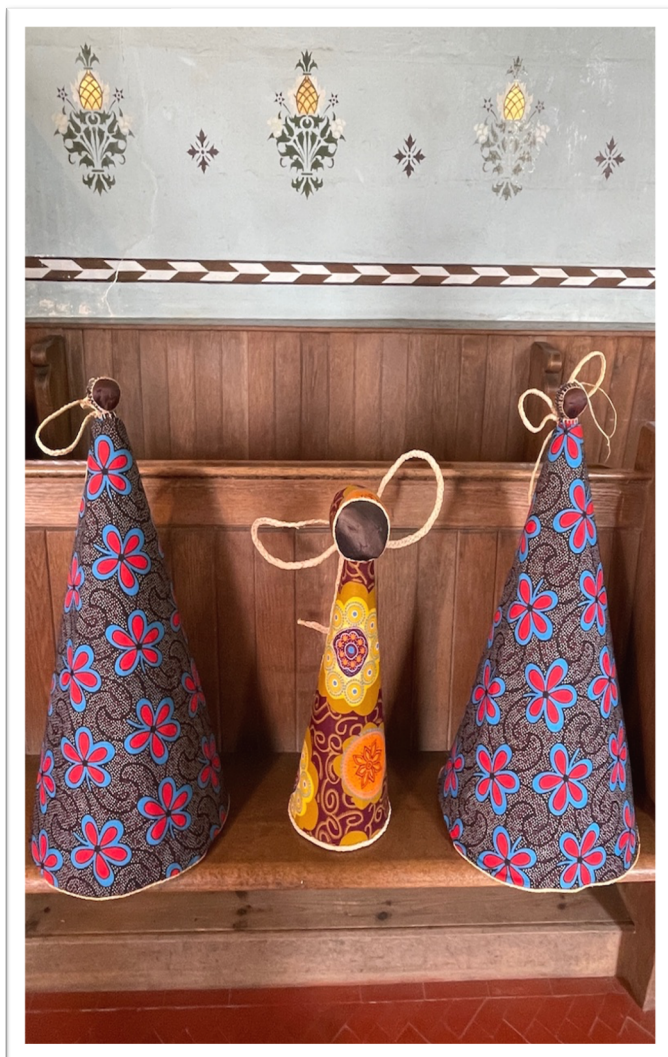
The word angel means 'messenger'. In the Bible, angels bring all sorts of messages. Probably the best known angels are the ones linked to the Christmas story. An angel tells Mary that she is to have a baby and angels tell the shepherds that the baby has been born. Many of our favourite Christmas carols mention angels, such as 'Hark the Herald Angel sings',

The early Christian church believed that there are 3 types of angel: Seraphim, Cherubim and angels. Two archangels are named in the Bible:

Michael and Gabriel. Over the centuries artistic images of angels have usually included wings with dazzling white clothing. Later 'cherubs' – small, winged childlike figures – became popular on statues and in art.

Angels are a symbol of love, and are often thought of as protectors and guides.

Here are a few photos from the service.



If you want to explore angels further, don't forget Revd Nichola Winter has written a book, that can be found on Amazon by clicking this link [***From hell to heaven, helped by angels***](#)

Post Communion

Eternal God,
whose Son Jesus Christ is the way,
the truth, and the life: grant us to walk
in his way, to rejoice in his truth,
and to share his risen life;
who is alive and reigns,
now and for ever.

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

**Next Sunday – 14th May
Sixth Sunday of Easter**

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

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

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

† 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**. 14th, 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 to receive a copy, be added to our mailing list, or for the Zoom links.

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.

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