



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 Johanna Mabey

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Sunday 14th May Sixth Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
Aldringham	11.00am	Service of the Word
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

A Message from Revd Nichola Winter

Dear Friends,

Travelling around the benefice earlier this week I was struck by the dramatic contrasts in weather over a relatively small area. Bright cheerful sunlight along one lane; turn a corner and a heap of cumulus nimbus piled threateningly in the sky in front of me. A brilliant flash of lightening (startling even in daylight) and almost simultaneous claps of thunder followed. Our 'spiritual weather' can do similar things and that may be what we are experiencing at the moment. After the drama and spectacle of the Coronation perhaps we feel a little subdued. But we are in Easter people and we approach Ascensiontide, another key period in the church's year. As our Saviour returns to his heavenly Father, we may feel we are

left in a kind of limbo. But we have been given a promise. Pentecost is just around the corner and that will bring a great gift. Come and see as we shortly celebrate the Church's birthday - all manner of things shall be well, no matter what the weather...

Every blessing, Nicky

Collect

God our redeemer,
you have delivered us from the power of darkness
and brought us into the kingdom of your Son:
grant, that as by his death he has recalled us to life,
so by his continual presence in us he may raise us to eternal joy;
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

Genesis 8.20-9.17

Then Noah built an altar to the Lord, and took of every clean animal and of every clean bird, and offered burnt-offerings on the altar. And when the Lord smelt the pleasing odour, the Lord said in his heart, 'I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done. As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease.' God blessed Noah and his sons, and said to them, 'Be fruitful and multiply, and fill the earth. The fear and dread of you shall rest on every animal of the earth, and on every bird of the air, on everything that creeps on the ground, and on all the fish of the sea; into your hand they are delivered. Every moving thing that lives shall be food for you; and just as I gave you the green plants, I give you everything. Only, you shall not eat flesh with its life, that is, its blood. For your own lifeblood I will surely require a reckoning: from every animal I will require it and from human beings, each one for the blood of another, I will require a reckoning for human life. Whoever sheds the blood of a human, by a human shall that person's blood be shed; for in his own image God made humankind. And you, be fruitful and multiply, abound on the earth and multiply in it.' Then God said to Noah and to his sons with him, 'As for me, I am

establishing my covenant with you and your descendants after you, and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.’ God said, ‘This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. When I bring clouds over the earth and the bow is seen in the clouds, I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’ God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’

Second Reading

Acts 17.22-31

Then Paul stood in front of the Areopagus and said, ‘Athenians, I see how extremely religious you are in every way. For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, “To an unknown god.” What therefore you worship as unknown, this I proclaim to you. The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. For “In him we live and move and have our being”; as even some of your own poets have said, “For we too are his offspring.”

Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.’

Gospel Reading

John 14.15-21

‘If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. ‘I will not leave you orphaned; I am coming to you. In a little while the world will no longer see me, but you will see me; because I live, you also will live. On that day you will know that I am in my Father, and you in me, and I in you. They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.’

Sermon by The Very Revd Christopher Lewis, Sixth Sunday of Easter, 7th May, at Friston

A meditation for Coronation week-end on a Christian theme, namely that we call Jesus....Christ the King. Why is that? The prophet Jeremiah... (Jeremiah 23;5); he looks ahead with a message from God that we shall find a king. In St Paul's letter to the Colossians (Colossians 1;13) the promise is that we may live in the 'kingdom of his beloved Son'. And then in John's Gospel, Jesus speaks of his kingdom to Pilate (John 18;36). It is all somewhat mysterious, because we must be looking for a particular kind of king. What kind?

There was once an interview with the ballerina Anna Pavlova (as in 'pavlova'!) after she had danced a spontaneous dance. The interviewer asked what the dance meant. The reply was along the lines of 'You idiot; if I could explain what the dance meant, I need not have done it.' So we have to look at what Jesus actually did and did not do in order to have a better understanding. Jesus' actions and significance are not to be reduced to the immediate and mundane. We need to meet him, together with a new world of interpretation.

What is Jesus really like? Well, sort-of like a king. It is perhaps parallel to when we describe God as father ...to people who may have had unsatisfactory fathers. So also here...there is some uneasiness. 'King' is helpful, to a degree. And we would have to ask what sort of king anyway: a constitutional monarch, a Scandinavian cycling king, a monarchy reinstated after chaos, as in Spain?

How do we get nearer to the heart of it? So here are three short points concerning God the monarch, Christ the King.

First, Jesus is like a king because he reigns. We are not singing Isaac Watts' hymn today, but it is helpful: 'Jesus shall reign where'er the sun does his successive journeys run; his kingdom stretch from shore to shore, till moons shall wax and wane no more'.

Reigning means being there all the time. Hence those stories about kings being asked what they do all day. 'I reign' – or better the gossipy story about our late Queen, ...with the Queen Mother wondering whether the Queen should have another drink at lunch time: 'My dear...Do you think that is wise, as you have to reign all afternoon?' No doubt monarchs have to do things, but the most important thing about them is that they are there. So Christ is everywhere, spreading love and opposing suffering. God is supreme and he loves us, longing for us to return his love and spread it. Because he is there, he cuts human follies down to size and then points us in the right direction.

As we have seen, Prime Ministers are but clouds, blown along by the wind. Whereas God (Father, Son and Holy Spirit), in spite of the efforts of Richard Dawkins (well, actually maybe he helps) is there and constant, not blown off course.

Our God reigns. If we are tempted to domesticate him, make him into a pet who runs errands and finds parking places for us, then we should be brought up short and forced onto our knees, because he is not a household God; he is a King. If we try to manipulate him and use him for our own selfish ends, then tough, because God is constant and above such pettiness. Just as our 'King Charles the 3rd' prevents politicians from being president, so God prevents us from carrying through some of our silly ambitions. He loves us and his love should challenge us and keep us humble.

Point one: Christ the King reigns. We know that he is here and cares deeply. We see that in his life, his 'dance'.

Then second point: Jesus is like a monarch because he is a sign of unity. A Queen or King is no monarch if she or he is not monarch for all. I am not sure how we describe our society: multi-cultural or melting pot – but whatever the description, there is no doubt that the king is a sign that the nation is meant to be one. In an age of fractious individualism, he stands for the collective, for building community and for unity. Christ is king for all, and that is the basis of all Christian ethics: all are God's children and he cares for all: terrorists, journalists, clergy, your neighbour.

God reigns. God unites. And then point three: he is like a monarch because he holds before us a vision of the way that the kingdom should be. The Church may be/should be a helpful arrangement, but the present and future hope is the Kingdom of God, a kingdom longed for throughout

the bible and beyond: a place of peace and justice, of love and truth, where swords become plough-shares. When the country has had what the book '1066 and all that' calls bad kings, it has suffered from confusion about the ideal before us. It has sometimes struck me as odd that on Maundy Thursday when the King or Queen distributes Maundy money, he or she does not also actually wash the feet of his or her people as Jesus did. I expect that the advice-giving courtiers think it would be beneath his or her dignity. Anyway, the point remains that Jesus Christ can be referred to as a king because he sets before us a vision of what true life is like in a kingdom. I have a cartoon of Ascension Day, with Jesus vanishing as it were on high, with the disciples down below saying 'Don't go Jesus; we want more specifics on how to run the Church.' Well, he didn't leave those specifics. Instead what he brought was a longing for the Kingdom of God, a kingdom where all follow his way.

Three points. We refer to Christ as King: as he was on earth and is at the right hand of God the Father 1: He reigns. 2: He is a sign of unity. 3: He leads us to a new kind of life.

Having learned those things from Christ the King, we can hope them for Charles and wish him well. First: that he is there: above politics. Secondly: that he is a sign of unity, not of division. Thirdly: that his leadership may gently point to a better life: his love of harmony, his relation to nature, his sympathy for those who suffer. So I think we can happily pray for King Charles.

Post Communion

God our Father,
whose Son Jesus Christ gives the water of eternal life:
may we thirst for you, the spring of life and source of goodness,
through him who is alive and reigns, now and for ever.

The New Archdeacon, Revd Canon Rich Henderson's Licensing Service

You are warmly invited to come to the Cathedral on Sunday 14th May at 3.30pm, to mark the start of the ministry of Rich Henderson as our new Archdeacon of Suffolk. There will be a cup of tea/coffee afterwards and a chance to chat together.

The Coronation Celebrations at The Alde Sandlings Benefice

Last weekend, all the teams of our churches all got together to organise, decorate, and prepare their services for a rather special weekend to celebrate the Coronation of His Majesty the King.

We would like to say a huge thank you to all clergy, elders, treasurers, the flower teams and all of our volunteers that made the weekend a great success. A thank you to Sandra Saint and team that also organised THE BIG HELP OUT soup and pudding lunch.
The churches all looked amazing. Here are a few photos.









There will be a peal attempt **"Ring for the King"** at Aldeburgh this Sunday (14th) from 2pm.

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

Date for your diary - Archdeacon's Visitation Service

Will be held at Friston Parish Church, 7th June at 7.30pm, followed by refreshments at the village hall.

More details to follow.

Next Sunday – 21st May

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

Readings for 21st May – Seventh Sunday of Easter

Collect

O God the King of glory,
you have exalted your only Son Jesus Christ
with great triumph to your kingdom in heaven:
we beseech you, leave us not comfortless,
but send your Holy Spirit to strengthen us
and exalt us to the place where our Saviour Christ is gone before,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Ezekiel 36.24-28

I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

Second Reading

Acts 1.6-14

So when they had come together, they asked him, 'Lord, is this the time when you will restore the kingdom to Israel?' He replied, 'It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.' When he had said this, as they were watching, he was

lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.' Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a sabbath day's journey away. When they had entered the city, they went to the room upstairs where they were staying, Peter, and John, and James, and Andrew, Philip and Thomas, Bartholomew and Matthew, James son of Alphaeus, and Simon the Zealot, and Judas son of James. All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers.

Gospel Reading

John 17.1-11

After Jesus had spoken these words, he looked up to heaven and said, 'Father, the hour has come; glorify your Son so that the Son may glorify you, since you have given him authority over all people, to give eternal life to all whom you have given him. And this is eternal life, that they may know you, the only true God, and Jesus Christ whom you have sent. I glorified you on earth by finishing the work that you gave me to do. So now, Father, glorify me in your own presence with the glory that I had in your presence before the world existed. 'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your name that you have given me, so that they may be one, as we are one.

Post Communion

Eternal God, giver of love and power,
your Son Jesus Christ has sent us into all the world
to preach the gospel of his kingdom:
confirm us in this mission,
and help us to live the good news we proclaim;
through Jesus Christ our Lord.

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

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

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>

£££ 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 May 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.

Saturday 3rd June Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.). To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

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