



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 28th May Pentecost

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Pentecost Service
	6.00pm	Evening Prayer
Aldringham	11.00am	Pentecost Service
Friston	10.00am	Pentecost Service
Knodishall	9.30am	Pentecost Service

A Message from Revd Sarah du Boulay

Dear Friends,

Many of you will be aware that I have recently been on 'light duties' because of health issues. I'd just like to say a huge 'Thank You' to everybody for their ongoing support and prayers (and vegetables!), and for keeping the show on the road. I am getting better every day, and hope to back to full time shortly.

In other news, our new curate Mary will be moving to Friston in a month's time, and will be ordained at the Cathedral on 1st July. We are really looking forward to welcoming her onto the team, and I know that the whole benefice will make her incredibly welcome. Please continue to hold Mary in your prayers as she finishes theological college and prepares to move. Exciting times indeed!

With prayers,

Sarah

Collect

God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Acts 2.1-21

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, 'Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power.' All were amazed and perplexed, saying to one another, 'What does this mean?' But others sneered and said, 'They are filled with new wine.' 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. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: "In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. And I will show

portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. The sun shall be turned to darkness and the moon to blood, before the coming of the Lord's great and glorious day. Then everyone who calls on the name of the Lord shall be saved."

Second Reading

I Corinthians 12.3b-13

Therefore I want you to understand that no one speaking by the Spirit of God ever says 'Let Jesus be cursed!' and no one can say 'Jesus is Lord' except by the Holy Spirit. Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but it is the same God who activates all of them in everyone. To each is given the manifestation of the Spirit for the common good. To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, to another faith by the same Spirit, to another gifts of healing by the one Spirit, to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses. For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

Gospel Reading

John 20.19-23

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.'

Sermon by The Revd Nichola Winter, Sixth Sunday of Easter, 14th May, at Aldeburgh

The Sixth Sunday after Easter is also known as Rogation Sunday - from the Latin, rogare, meaning 'to ask'. Traditionally, Rogation days are the three week days before Ascension - the prayer book gospel includes Jesus' words, 'Whatsoever ye shall ask for in my name, he will give it to you' - words associated with the heavenly ascension of the risen Christ, which we shall celebrate on Thursday. Jesus knows that he is going to be leaving his friends again - but he has been preparing them for his departure. His time on earth is over. It's up to his disciples to spread the word about him, the promises he gives and the new life he invites each one of us to live.

But let's not get ahead of ourselves. Rogation focuses our minds on prayer and prayer is work. We partake of it in our morning and evening prayer, whether on our own or with others. It has been aided beautifully in the month prior to the Coronation by the thought- provoking booklet of daily prayers for King Charles. Prayer enables us to uphold ourselves and our lives to God, and to bring God into the world to touch, heal and bless the many ghastly situations we see around us.

The Christian observance of Rogation stemmed from the Graeco-Roman religion where an annual procession invoked divine favour to protect crops against mildew. Later on, small boys would be beaten at the boundaries of the parish to remind them not to stray into different territory. Of course, this simply wouldn't be permitted today. And, indeed, as multi- parish benefices become the norm we are more focussed on breaking down boundaries rather than reinforcing them. But the practice

of prayer remains central to this season and today Rogation includes prayer for all areas of work - agricultural, industrial, commercial; for accountable stewardship; prayer for local communities - rural and urban...

The promise of God through Jesus is that we shall never be left 'comfortless'. Jesus tells us to pray in faith. Although he is returning to his heavenly Father, he promises to be with us always. 'In a little while the world will no longer see me - but you will see me.' and 'On that day you will know that I am in my Father, and you in me, and I in you.' We have entered into an unbreakable relationship with God - God will keep his promises; we can trust that. Here is no 'unknown God' with a shrine that

so amazed Paul. Our God is maker of heaven and earth; he calls us to search for him and although we may have to grope at times, he is not far from us. In him we live and move and have our being.

The reading from John contains beautiful words which, over time, become familiar (too familiar?) to us. The words repay meditation. Jesus makes a significant promise. The Spirit of truth will be with us - but we can only fully appreciate this if we have entered into a deep relationship with God. The church year leads us towards Pentecost and Trinity, when we think about the three-fold nature of God - God the Creator, God the Redeemer and God the Sustainer. The three together present God to us in his entirety as far as humankind is concerned; take away one person and the Trinity, like a three-legged stool, collapses. The world cannot receive the Spirit of truth if it has not first seen the Father and the Son. 'You know him,' Jesus tells his followers - and us - 'because he abides with you, and he will be in you.' We shall be empowered so that, whatever we ask in God's name, we shall receive in the way that is best for us.

So we can trust God's promise. At this time of Rogation, we pray for the life of our Church. We face challenges but we do not face them alone. There are many who are using their gifts and skills to ensure we are part of a living, dynamic, responsive and loving community. Please hold them in your prayers.

God our Father, you never cease the work you have begun and prosper with your blessing all human labour: make us wise and faithful stewards of your gifts that we may serve the common good, maintain the fabric of our world and seek that justice where all may share the good things you pour upon us; 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.

Post Communion

Faithful God, who fulfilled the promises of Easter
by sending us your Holy Spirit
and opening to every race and nation
the way of life eternal: open our lips by your Spirit,
that every tongue may tell of your glory;
through Jesus Christ our Lord.

Canon Arthur Phelps 70-year Ordination Anniversary

Our dear friend Arthur will be marking this incredible milestone on Sunday 4th June. We invite you to join us after the 8am Holy Communion Service for a light breakfast to celebrate with Arthur.

Archdeacon's Visitation Service

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

ALL VERY WELCOME

Friston goes Green

Despite the cold windy weather on Saturday 13th May, the Friston team managed to raise a wonderful total of **£1200** in aid of **St Elizabeth's hospice**. Marie would like to thank all who donated items: plants, cakes, preserves, honey and bric a brac, and to those who came along and purchased items with the proceeds going to such a good cause.

Friston Open Gardens

**Sunday 18th June
11.30am - 5.30pm**

**Tickets £5 admit
to all gardens
(last sold 4.15pm)**

**Please park on
Village Green**

**Village Hall open
for light lunches
and refreshments**

In aid of Church Funds

† 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 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.

Saturday 17th June 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.

Pilgrims @ Thorpeness Outdoor Summer Celtic Worship Gatherings coming soon!

Sundays throughout July and August starting Sunday 2nd July, 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

Next Sunday, 4th June - Trinity Sunday