



## 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

Rector: The Revd Sarah du Boulay

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## Sunday 24<sup>th</sup> March Palm Sunday

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Sarah du Boulay
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Palm Sunday Service	Led by Elder Sheila Brechin
Friston	10.00am	Palm Sunday Service	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Nichola Winter

### The Week Ahead for Holy Week

Monday	6.30pm	Compline	Friston
Tuesday	6.30pm	Compline	Knodishall
Wednesday	10.00am	Holy Communion	Aldeburgh
	6.30pm	Compline	Aldeburgh
Maundy Thursday	6.30pm	Benefice Holy Communion	Aldringham
Good Friday	9.30am	Walk of Witness	Knodishall
	9.45am	Walk of Witness	Aldeburgh
	2.00pm	Hour Before the Cross	Aldeburgh
	2.00pm	Hour Before the Cross	Aldringham
	2.00pm	Hour Before the Cross	Friston

**Do see Easter dates for full schedule on Page 12**

## **A message from our Rector, Revd Sarah du Boulay**

Dear friends,

And so we come to Holy Week 2024. The time when Lent draws to a close and we remember the Passion of Jesus. It's a slightly strange week, beginning with his triumphal entry into Jerusalem and ending, of course with his crucifixion and death. Traditionally we remember both these events in our Gospel readings during Palm Sunday services. Somebody said to me last week that they always struggle with tears when hearing these readings. 'Me too', I replied, 'and I think that's absolutely the correct response to these events'.

During Holy Week we come together more as a church than at any other time in the year. It is a time to remember, to pray, to comfort one another, and to remember the enormous sacrifice that God made for each and every one of us. I hope that this week is a good one for all of you, and I look forward to worshipping with you at some point, before we meet next Sunday to celebrate the Resurrection together.

Until then, with every blessing,

Sarah

### **Collect**

Almighty and everlasting God,  
who in your tender love towards the human race  
sent your Son our Saviour Jesus Christ  
to take upon him our flesh  
and to suffer death upon the cross:  
grant that we may follow the example of his patience and humility,  
and also be made partakers of his resurrection;  
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.

## **Liturgy of The Palms as per Order of Service**

When he had come near Bethphage and Bethany, at the place called the Mount of Olives, he sent two of the disciples, saying, “Go into the village ahead of you, and as you enter it you will find tied there a colt that has never been ridden. Untie it and bring it here.

If anyone asks you, ‘Why are you untying it?’ just say this, ‘The Lord needs it.’” So those who were sent departed and found it as he had told them.

As they were untying the colt, its owners asked them, “Why are you untying the colt?” They said, “The Lord needs it.” Then they brought it to Jesus; and after throwing their cloaks on the colt, they set Jesus on it.

As he rode along, people kept spreading their cloaks on the road. As he was now approaching the path down from the Mount of Olives, the whole multitude of the disciples began to praise God joyfully with a loud voice for all the deeds of power that they had seen, saying,

“Blessed is the king  
who comes in the name of the Lord!  
Peace in heaven,  
and glory in the highest heaven!”

Some of the Pharisees in the crowd said to him, “Teacher, order your disciples to stop.” He answered, “I tell you, if these were silent, the stones would shout out.”

## **The Passion Reading as per Order of Service**

Then the assembly rose as a body and brought Jesus before Pilate. They began to accuse him, saying, “We found this man perverting our nation, forbidding us to pay taxes to the emperor, and saying that he himself is the Messiah, a king.” Then Pilate asked him, “Are you the king of the Jews?” He answered, “You say so.” Then Pilate said to the chief priests and the crowds, “I find no basis for an accusation against this man.” But they were insistent and said, “He stirs up the people by teaching throughout all Judea, from Galilee where he began even to this place.”

When Pilate heard this, he asked whether the man was a Galilean. And when he learned that he was under Herod’s jurisdiction, he sent him off to Herod, who was himself in Jerusalem at that time. When Herod saw Jesus, he was very glad, for he had been wanting to see him for a long time, because he had heard about him and was hoping to see him perform some sign. He questioned him at some length, but Jesus gave him no answer.

The chief priests and the scribes stood by, vehemently accusing him. Even Herod with his soldiers treated him with contempt and mocked him; then he put an elegant robe on him, and sent him back to Pilate. That same day Herod and Pilate became friends with each other; before this they had been enemies.

Pilate then called together the chief priests, the leaders, and the people, and said to them, “You brought me this man as one who was perverting the people; and here I have examined him in your presence and have not found this man guilty of any of your charges against him. Neither has Herod, for he sent him back to us. Indeed, he has done nothing to deserve death. I will therefore have him flogged and release him.”

Then they all shouted out together, “Away with this fellow! Release Barabbas for us!” (This was a man who had been put in prison for an insurrection that had taken place in the city, and for murder.) Pilate, wanting to release Jesus, addressed them again; but they kept shouting, “Crucify, crucify him!” A third time he said to them, “Why, what evil has he done? I have found in him no ground for the sentence of death; I will therefore have him flogged and then release him.” But they kept urgently demanding with loud shouts that he should be crucified; and their voices prevailed. So Pilate gave his verdict that their demand should be granted. He released the man they asked for, the one who had been put in prison for insurrection and murder, and he handed Jesus over as they wished.

As they led him away, they seized a man, Simon of Cyrene, who was coming from the country, and they laid the cross on him, and made him carry it behind Jesus. A great number of the people followed him, and among them were women who were beating their breasts and wailing for him. But Jesus turned to them and said, “Daughters of Jerusalem, do not weep for me, but weep for yourselves and for your children. For the days are surely coming when they will say, ‘Blessed are the barren, and the wombs that never bore, and the breasts that never nursed.’ Then they will begin to say to the mountains, ‘Fall on us’; and to the hills, ‘Cover us.’ For if they do this when the wood is green, what will happen when it is dry?”

Two others also, who were criminals, were led away to be put to death with him. When they came to the place that is called The Skull, they crucified Jesus there with the criminals, one on his right and one on his left. Then Jesus said, “Father, forgive them; for they do not know what they are doing.” And they cast lots to divide his clothing. And the people stood by, watching; but the leaders scoffed at him, saying, “He saved

others; let him save himself if he is the Messiah of God, his chosen one!" The soldiers also mocked him, coming up and offering him sour wine, and saying, "If you are the King of the Jews, save yourself!" There was also an inscription over him, "This is the King of the Jews."

One of the criminals who were hanged there kept deriding him and saying, "Are you not the Messiah? Save yourself and us!" But the other rebuked him, saying, "Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong." Then he said, "Jesus, remember me when you come into your kingdom." He replied, "Truly I tell you, today you will be with me in Paradise."

It was now about noon, and darkness came over the whole land until three in the afternoon, while the sun's light failed; and the curtain of the temple was torn in two. Then Jesus, crying with a loud voice, said, "Father, into your hands I commend my spirit." Having said this, he breathed his last. When the centurion saw what had taken place, he praised God and said, "Certainly this man was innocent."

And when all the crowds who had gathered there for this spectacle saw what had taken place, they returned home, beating their breasts. But all his acquaintances, including the women who had followed him from Galilee, stood at a distance, watching these things.

### **Palm Sunday Collections**

This Sunday being Palm Sunday, all benefice PCC members of the Alde Sandlings have agreed collections on the 24<sup>th</sup> will be given to the Bishop's Lent Appeal 2024.

Please do give what you can. You can read more here.

<https://www.cofesuffolk.org/exploring-faith/our-bishops/bishops-lent-appeal/>

**Next Sunday, 31<sup>st</sup> March  
Easter Day**

## Sermon by The Very Revd Christopher Lewis Fifth Sunday of Lent – Friston 17<sup>th</sup> March

St Patrick's day and we can praise the Irish for having a wonderful country, full of stories, Seamus Heaney poems, jokes, kindness, and beauty. As a family, we used to take ourselves there for holidays; the children loved it. The close-knit families, the lovely landscape and the people know how to live. Of course people tell jokes about the Irish, the main source being themselves; you ask for directions to which comes the answer 'I wouldn't start from here'. I heard a better one than that: the question to a local ...in a village with two pubs. The visitor asks which is the best pub to go to. Answer: 'Ah, if you go to the one, you'd wish you'd gone to the other'.

More seriously, they have much to teach us on how to live. In contrast, I came across a study of a suburb (it was on the other side of the Atlantic, but it might have been anywhere): a supremely peaceful suburb of the kind to which many people aspire: nice houses, garages, no crime, everything tidy. What a place; how on earth do they do it?

Well, the considered view of the careful study was that the people did it by avoiding each other; they had no knowledge of neighbours, for they were indifferent; there was no shared experience and they did not seek it. Little of that great mark of community, which is good chat, even gossip. In that bit of the USA which was studied, the solitary life even prevailed in the family, for the various members went their separate ways in their private spaces, fixing their own food in the microwave. All in all, the people said that they did not want their neighbours interfering in their affairs. So...very peaceful, because very selfish, lonely. There was someone who actually walked to the shops; she was ridiculed and called 'the walker'.

Well, you may think that a commentary on a dreary suburb is not particularly relevant for us here in church. But the way we live often reflects our religion while our religion reflects the way we live. And the religious equivalent of that suburban life is private faith and no more: me doing my own private thing with God, indeed with 'my' God, my Jesus, my Spirit, me ...saved. Some contemporary writing on spiritual life amounts to little more than that. While as a contrast, all sorts of observations show that generosity and kindness increase with social relationships - as does religious activity - and, of course... a bit of disagreement too. There is that strange piece of African song which captures the paradox: "He who kills me, who will it be but my kinsman? He who helps me, who will it be but my kinsman?". That, an insight from the least privatized of societies.

I remember a saying of Jim Wallis, the American theologian and writer: that Christianity should always be personal but never private.

Always personal, never private: that's good. So my text is from today's Jeremiah reading (31;33): 'But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.' That verse has three significant things about it, at least. First, the initiative is firmly with God: he starts it all off and the covenant, the agreement, flows from him. Then secondly, the covenant goes to the hearts of the people: it is deeply personal, enabling them to respond to God's initiative. And then thirdly, the verse is rounded off, not by some assurance by God to a person, but rather by a collective promise: 'I will be their God and they shall be my people'. All those three points are crucial to the lives of those who turn to Christ; God's initiative/ then the response – not only of our lips but also of our hearts... and then...the essential collective nature of it all, not person but people. Learn from the Irish.

Always personal, never private. And that resonates well with the fact that we are in Lent when we reflect on the nature of the faith and of our faith as well. The single greatest breakthrough of the very early church was the recognition that the faith is for all; it might have gone another way, but the fact that it did not was inspired. Jesus collected apostles around him and then collected others beyond them. I reckon that Christians have believed that from their beginnings, although of course in human activity things never work out perfectly. The Church of England certainly left out many people and was not always brilliant at the heartfelt response – maybe the same is still true. Many churches have the tendency to turn inwards and William Temple's saying is a wonderful piece for reflection. He said 'The Church is the only organization that exists primarily for the sake of those who are not its members'. How about that?

So it is crucial that we gather here on a Sunday and share in the communion service. Perhaps we should sometimes meet up with others. I still have on my shelves three booklets dating from a time when there was much talk of Anglicans and Methodists getting together; certainly each would have learned from the other. I happen to be married to a Catholic, so I learn with and about them, especially now they have a very interesting Pope. Very rarely do we not learn.

One lesson of Jesus' prayer for unity, however, is that we must not stay where we are, for that is going nowhere. And so we meet to thank God for his invitation to us and for the love which flows from him. Then respond together from the heart. Then also: know that we cannot keep the covenant to ourselves, for it is potentially for all and it forces us out (or should do) to do things with each other and with the world around us.

So back to the text: 'But this is the covenant that I will make with the house of Israel after those days, says the Lord: I will put my law within them, and I will write it on their hearts; and I will be their God, and they shall be my people.' Always personal, never private. Amen

## **Post Communion**

Lord Jesus Christ,  
you humbled yourself in taking the form of a servant,  
and in obedience died on the cross for our salvation:  
give us the mind to follow you  
and to proclaim you as Lord and King,  
to the glory of God the Father.

### **† 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 – Aldeburgh & \*\*Friston

Tuesday – \*\*Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh

\*\* Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

### **† Easter Lilies at Aldeburgh †**

#### **Last chance to sponsor a Lily – This Sunday!!**

If you would like to sponsor a Lily stem in memory of a loved one, please see Karen with the name of the person/persons you wish to remember. There is also a sign up form in the west porch. Each stem costs £3.50. It is best to give your donation directly to Karen or do contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

### **Coffee Morning at Aldeburgh Church**

Today (the 23<sup>rd</sup>) will be the last of the coffee mornings in this batch. Next week the flower team will be preparing the church for Easter Day.



## **NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS**

### **ALDEBURGH**

**Will be held on Sunday 28<sup>th</sup> April at 12 Noon**

### **FRISTON**

**Will be held on Sunday 5<sup>th</sup> May at 11.00am**

### **ALDRINGHAM**

**Will be held on Tuesday 7<sup>th</sup> May at 3pm**

### **KNODISHALL**

**Will be held on Sunday 12<sup>th</sup> May at 10.30am**

### **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>

### **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**

### **£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice**

Your donations REALLY mean so much to us. If you would like to donate this Christmas, please click on the link below.

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/>

## † 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>

## † Fairfield Centre Prayers - Café Church †

Every third Sunday of the month at **4pm**.

Relaxed and informal with tea, toast, activities, chat and worship.

**All ages very welcome**

## † 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 April Community Breakfast and Local Ramble starting 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7 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 20th April 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.

## Confirmation Service

### Would you like to come forward for Confirmation?

We are planning for this service to happen on the 26<sup>th</sup> May. Confirmation is a special church service in which a person confirms the promises that were made when they were baptised. If you were baptised at a christening when you were a child, your parents and godparents made these promises on your behalf. As a young person or adult, you may be ready to affirm these promises for yourself and commit your life to following Jesus Christ. At a confirmation service, you make these promises for yourself. Your friends and family as well as the local Christian community will be there to promise to support and pray for you. There will be some confirmation meetings giving you the opportunity to discuss your lifetime journey of faith coming up in the benefice. **If you think this would be something that you wish to explore further, please speak to a member of clergy or contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)**

## FIRST AID TRAINING SESSIONS

Aldeburgh Parish Nurse Ali will be offering some First Aid training sessions at Aldeburgh Church Hall on:

Tuesday 23<sup>rd</sup> April 1.30pm – 3.30pm

Friday 10<sup>th</sup> May 1.30pm – 3.30pm



The subject to be covered will be Emergency First Aid  
Looking at specifically the following:

- Difference between a cardiac arrest & heart attack
- What to do if someone's unconscious
- How to recognise & what to do if someone stops breathing
- How to give CPR
- How to use an AED (defibrillator)

This opportunity is available to all. If you would like to enrol, please contact Nurse Ali by email: [nursealicherry@yahoo.co.uk](mailto:nursealicherry@yahoo.co.uk)  
or phone on 07870 946475

# **EASTER SERVICES IN THE ALDE SANDLINGS BENEFICE**

## **EASTER SUNDAY 6.00am – SUNRISE HOLY COMMUNION BENEFICE SERVICE AT THORPENESS BEACH**

### **ALDEBURGH PARISH CHURCH**

#### **GOOD FRIDAY**

9am – EASTER GARDEN MAKING  
9.45am – WALK OF WITNESS WITH  
UNITED CHURCHES  
2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

8am – HOLY COMMUNION  
10.30am – HOLY COMMUNION

### **FRISTON PARISH CHURCH**

#### **GOOD FRIDAY**

2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

10.00am – HOLY COMMUNION

### **ALDRINGHAM PARISH CHURCH**

#### **GOOD FRIDAY**

2pm – THE HOUR BEFORE THE CROSS

#### **EASTER SUNDAY**

11.00am – HOLY COMMUNION

### **KNODISHALL PARISH CHURCH**

#### **GOOD FRIDAY**

9.30am – JOINT SERVICE WITH  
KNODISHALL METHODIST CHURCH

#### **EASTER SUNDAY**

9.30am – HOLY COMMUNION

**WE WISH YOU ALL A VERY HAPPY AND BLESSED EASTER**

**Please do keep in touch by visiting our website for service times  
and much more at [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk).**

