



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 31st March Easter Day



HE IS RISEN

Services in The Alde Sandlings Benefice this Sunday

6am Benefice Sunrise Service at Thorpeness Beach

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Very Revd Christopher Lewis
Friston	10.00am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Sheila Hart

A message from our Rector, Revd Sarah du Boulay

Dear friends,

I have just returned home from our benefice Maundy Thursday communion service, held this year at Aldringham. During the service, the choir sang the beautiful version of John 3:16 – Stainer's 'God So Loved the World'. It struck me that the lyrics to this piece say all that I could ever want to, so here they are, in full:

God so loved the world that He gave His only begotten Son,
That whosoever believeth in Him should not perish,
But have everlasting life.
For God sent not His Son into the world to condemn the world,
But that the world through Him might be saved.

Wishing you all a joyous and blessed Easter,

With prayers as always,

Sarah

Collect

Lord of all life and power, who through the mighty resurrection of your Son overcame the old order of sin and death to make all things new in him:
grant that we, being dead to sin and alive to you in Jesus Christ, may reign with him in glory; to whom with you and the Holy Spirit be praise and honour, glory and might, now and in all eternity.

First Reading

Isaiah 25.6-9

On this mountain the Lord of hosts will make for all peoples a feast of rich food, a feast of well-matured wines, of rich food filled with marrow, of well-matured wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death for ever. Then the Lord God will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the Lord has spoken. It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the Lord for whom we have waited; let us be glad and rejoice in his salvation.

Second Reading

Acts 10.34-43

Then Peter began to speak to them: 'I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him. You know the message he sent to the people of Israel, preaching peace by Jesus Christ—he is Lord of all. That message spread throughout Judea, beginning in Galilee after the baptism that John announced: how God anointed Jesus of Nazareth with the Holy Spirit and with power; how he went about doing good and healing all who were

oppressed by the devil, for God was with him. We are witnesses to all that he did both in Judea and in Jerusalem. They put him to death by hanging him on a tree; but God raised him on the third day and allowed him to appear, not to all the people but to us who were chosen by God as witnesses, and who ate and drank with him after he rose from the dead. He commanded us to preach to the people and to testify that he is the one ordained by God as judge of the living and the dead. All the prophets testify about him that everyone who believes in him receives forgiveness of sins through his name.'

Gospel Reading

John 20.1-18

Early on the first day of the week, while it was still dark, Mary Magdalene came to the tomb and saw that the stone had been removed from the tomb. So she ran and went to Simon Peter and the other disciple, the one whom Jesus loved, and said to them, 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Then Peter and the other disciple set out and went towards the tomb. The two were running together, but the other disciple outran Peter and reached the tomb first. He bent down to look in and saw the linen wrappings lying there, but he did not go in. Then Simon Peter came, following him, and went into the tomb. He saw the linen wrappings lying there, and the cloth that had been on Jesus' head, not lying with the linen wrappings but rolled up in a place by itself. Then the other disciple, who reached the tomb first, also went in, and he saw and believed; for as yet they did not understand the scripture, that he must rise from the dead. Then the disciples returned to their homes. But Mary stood weeping outside the tomb. As she wept, she bent over to look into the tomb; and she saw two angels in white, sitting where the body of Jesus had been lying, one at the head and the other at the feet. They said to her, 'Woman, why are you weeping?' She said to them, 'They have taken away my Lord, and I do not know where they have laid him.' When she had said this, she turned round and saw Jesus standing there, but she did not know that it was Jesus. Jesus said to her, 'Woman, why are you weeping? For whom are you looking?' Supposing him to be the gardener, she said to him, 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' Jesus said to her, 'Mary!' She turned and said to him in Hebrew, 'Rabbouni!' (which means Teacher). Jesus said to her, 'Do not hold on to me, because I have not yet ascended to the Father. But go to my brothers and say to them, "I am ascending to my Father and your Father, to my God and your God." ' Mary Magdalene went and announced to the disciples, 'I have seen the Lord'; and she told them that he had said these things to her.

Sermon by Revd Nichola Winter

Palm Sunday - Knodishall 24th March

The booklet we are using this morning gives us two for the price of one. It's Palm Sunday and we'd expect to focus on the arrival of Jesus in Jerusalem. But the Gospel launches us straight onto Good Friday. I want us to pause today, though. Holy Week takes us on a journey of discovery and pain but we begin with palms.

As a child I always felt that Palm Sunday was an amazingly exciting day - lots of joy and jubilation; celebration, clapping and welcoming of Jesus into the life of the church, the town and our lives. Even if we didn't understand fully what he was about, this seemed like the beginning of a party. No solemnity, no sitting still and keeping quiet, no whispered prayers here. This, surely, was how life was supposed to be. And church could be part of it, too.

The journey through Holy Week, of course, soon takes a different direction. This week is a challenge to faith. It takes us on a roller coaster ride. It can be tempting to dismiss it, to brush it aside. OK, we know that Good Friday is approaching; that almost relentless focus on suffering, on death, on pain. But hey- we know that Easter Day is just around the corner. And then everything will be OK. It all comes out right in the end and we can carry on our lives as normal.

We live in a world and society where we know that there is pain and suffering in the world but we do our best to hide it, to focus on doing whatever we can to convince ourselves that we're having a good time. No-one is comfortable talking about death and pain; the gritty, grotty bits of life. Media focuses on how to be the best, how to do the most extraordinary things - how to have it all. We're all encouraged to have the hideously named 'bucket lists' - an array of things we'd most like to do or experience in life just so that we can tick them off and say we've done them. But do we ever fully appreciate and value just what we're doing? The experience is all. One more item ticked off. Move on to the next one.

Was that what the crowd who welcomed Jesus into Jerusalem were about? Living under an oppressive regime they probably welcomed the chance of a bit of excitement - and who could blame them? Here was the latest sensation - life would be OK now.

But it goes wrong; and today, too, we cannot bypass the cross. The path this week will lead us along hard ways. We need to face the reality of life before we can truly experience the promised joy. My childish optimism about Palm Sunday soon took a reality check; we continue learning the truth about Jesus; the questions he asks of us, and all that he stands for throughout the rest of our lives. As we walk the way of Holy Week, the poet Malcolm Guite asks us these questions:

What does it mean to welcome Jesus into the city of my heart?
Who or what really occupies that city?
Who is really in charge?

Again, what does it mean to welcome Jesus into the city of my heart? Who or what really occupies that city, and who is really in charge? Three questions to ponder this week.

Malcolm's sonnet for Palm Sunday goes like this:

Now to the gate of my Jerusalem,
The seething holy city of my heart,
The saviour comes. But will I welcome him?
Oh crowds of easy feelings make a start;
They raise their hands, get caught up in the singing,
And think the battle won. Too soon they'll find
The challenge, the reversal he is bringing
Changes their tune. I know what lies behind
The surface flourish that so quickly fades;
Self-interest, and fearful guardedness,
The hardness of the heart, its barricades,
And at the core, the dreadful emptiness
Of a perverted temple. Jesus come
Break my resistance and make me your home.

Post Communion

God of Life,
who for our redemption gave your only-begotten Son
to the death of the cross, and by his glorious resurrection
have delivered us from the power of our enemy:
grant us so to die daily to sin, that we may evermore live
with him in the joy of his risen life;
through Jesus Christ our Lord.

† 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.

The Alde Sandlings Benefice Lent Challenge

For those who took part in the Lent Challenge, please do hand over your collection to a church warden or sidesperson in the church you worship in. Many thanks!

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

ALDEBURGH

Will be held on Sunday 28th April at 12 Noon

FRISTON

Will be held on Sunday 5th May at 11.00am

ALDRINGHAM

Will be held on Tuesday 7th May at 3pm

KNODISHALL

Will be held on Sunday 12th 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/UCLecK8GovYoaYzlgyOEIKZg>

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 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 26th 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**

FIRST AID TRAINING SESSIONS

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

Tuesday 23rd April 1.30pm – 3.30pm

Friday 10th 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
or phone on 07870 946475

Next Sunday, 7th April
Second Sunday of Easter

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