



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 14th April Third Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Very Revd Christopher Lewis
Aldringham	11.00am	Service of the Word	Led by Elder David Gordon
Friston	10.00am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from our Rector, Revd Sarah du Boulay

Dear friends,

Happy Easter! I am reminded, as always, that we are an Easter People, and Easter is not just for one day in the year – we live in the continual knowledge of the resurrection and all that means to humankind yesterday, today and for ever. Alleluia!

The eagle-eyed amongst you will have spotted before Easter, a photograph in The Church Times of Bishop Martin climbing out of the RNLI boat at Aldeburgh during our celebration service in March. The photo was used as a Caption Competition, and people from across the whole country sent in entries.

<https://www.churchtimes.co.uk/articles/2024/28-march/regulars/caption-competition/have-a-go-at-the-church-times-caption-competition-and-read-the-latest-winner-and-top-entries>

It brings me great joy to see people hearing our name, and learning that we are active, joyful, worshipful and community-minded churches. Let's continue to spread the word throughout our communities, our county and even further afield. God is good!

With prayers,

Sarah

Collect

Almighty Father, who in your great mercy gladdened the disciples with the sight of the risen Lord:
give us such knowledge of his presence with us,
that we may be strengthened and sustained by his risen life
and serve you continually in righteousness and truth;
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

Zephaniah 3.14-end

Sing aloud, O daughter Zion; shout, O Israel! Rejoice and exult with all your heart, O daughter Jerusalem! The Lord has taken away the judgements against you, he has turned away your enemies. The king of Israel, the Lord, is in your midst; you shall fear disaster no more. On that day it shall be said to Jerusalem: Do not fear, O Zion; do not let your hands grow weak. The Lord, your God, is in your midst, a warrior who gives victory; he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing as on a day of festival. I will remove disaster from you, so that you will not bear reproach for it. I will deal with all your oppressors at that time. And I will save the lame and gather the outcast, and I will change their shame into praise and renown in all the earth. At that time I will bring you home, at the time when I gather you; for I will make you renowned and praised among all the peoples of the earth, when I restore your fortunes before your eyes, says the Lord.

Second Reading

Acts 3.12-19

When Peter saw it, he addressed the people, 'You Israelites, why do you wonder at this, or why do you stare at us, as though by our own power or piety we had made him walk? The God of Abraham, the God of Isaac, and the God of Jacob, the God of our ancestors has glorified his servant Jesus, whom you handed over and rejected in the presence of Pilate, though he had decided to release him. But you rejected the Holy and Righteous One and asked to have a murderer given to you, and you killed the Author of life, whom God raised from the dead. To this we are witnesses. And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you. 'And now, friends, I know that you acted in ignorance, as did also your rulers. In this way God fulfilled what he had foretold through all the prophets, that his Messiah would suffer. Repent therefore, and turn to God so that your sins may be wiped out.

Gospel Reading

Luke 24.36b-48

While they were talking about this, Jesus himself stood among them and said to them, 'Peace be with you.' They were startled and terrified, and thought that they were seeing a ghost. He said to them, 'Why are you frightened, and why do doubts arise in your hearts? Look at my hands and my feet; see that it is I myself. Touch me and see; for a ghost does not have flesh and bones as you see that I have.' And when he had said this, he showed them his hands and his feet. While in their joy they were disbelieving and still wondering, he said to them, 'Have you anything here to eat?' They gave him a piece of broiled fish, and he took it and ate in their presence. Then he said to them, 'These are my words that I spoke to you while I was still with you-that everything written about me in the law of Moses, the prophets, and the psalms must be fulfilled.' Then he opened their minds to understand the scriptures, and he said to them, 'Thus it is written, that the Messiah is to suffer and to rise from the dead on the third day, and that repentance and forgiveness of sins is to be proclaimed in his name to all nations, beginning from Jerusalem. You are witnesses of these things.

Sermon by The Very Revd Christopher Lewis – Second Sunday of Easter, 7th April at Friston

The Annunciation to Mary: when the angel Gabriel was sent by God to Mary who was told that she will bear a son whom she will name Jesus. We would normally be celebrating the Annunciation on 25th March, but that date fell in Holy Week this year, so the celebration was postponed to the Sunday after Easter.

Here, in St Luke's Gospel, is the person of Mary responding to God's call, hesitant at first but then speaking in straightforward terms: 'Here am I, the servant of the Lord; let it be according to your word.' The angel may have spoken to others, but here is Mary's clear response. And so to that long history of words and of art, trying to express the importance and the beauty of this occasion and its consequences.

Paintings of the annunciation depict, as do the words, the calm dedication of Mary. And this may help us understand God's work with his people, namely in choosing us for particular tasks, allowing us the opportunity to say 'no', but if we accept, giving us the strength to follow the task through. That is what should be called vocation, except that many seem to have reduced the idea of vocation to clergy...and that is mighty stupid, as vocations in fact crop up for all of us all the time: Whom to care for lovingly, whom to challenge, what causes to lend weight to, how to speak of one's Christian faith.

Mary's life must have been complex and hard, as is shown by her mentions in the scriptures: the mother and the growing child. That gives artists an opportunity which they have taken up in their hundreds; hence the ignorant question of the student who asked 'Why is the child in the pictures always a boy?'. The student was calmly told the answer. For Mary, there is then the life as the mother of a child who grows up, who learns, who gathers followers and who is seen increasingly as a threat by the religious and the political authorities who are the ones who eventually set out to kill him. Mary at the foot of the Cross. Then Mary as a prominent part of the development of the Christian faith. Pictures again, but also words of faith through the ages, especially in the Roman Catholic and Orthodox wings of the Church who frequently say: 'Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death'.

Today we can reflect on why all this (which we call the annunciation: essential to the incarnation), happened at the time and in the manner that it did. I am pleased that the Iona Community, often interestingly eccentric,

produced a paper on what it called God's Great 'What If?' God the Father had been through many centuries as we know from the bible's Old Testament: dealing with leaders like Moses, teaching psalms, encouraging prophets, and giving warnings to the people so that they do not stray from the ways of God. Yet the impact was not always great and obedience to God was not always clear. And so the Iona Community paper, in its strange manner, imagines God the Father thinking 'What if?rather than being everywhere, what if I limit myself to a bodily form? What is more, what if I do it through a humble family and then live life through thirty fairly ordinary years? Then, rather than choosing clever companions, what if I have a random sample of various odd people around me? What if I heal the sick, preach the word, and teach my companions about the way, the truth, the life? And what if all my attempts to save the world by my life and example have limited effects; then rather than returning to heaven, I accept the capital punishment which earth reserves for those whose integrity and compassion are too much to bear? And what if, when I'm dead, I don't just lie down, but continue my ministry in a Trinitarian form: Father, Son and Holy Spirit?

That is the Iona paper with its heading "God's great 'What If'": rather shocking and amazing. Yet, when we meditate on it a few times, we might get the point, for we need an explanation of 'Why then?' and 'Why like that?'. Jesus' mother, his life, his death, his resurrection; how does it all fit together?

At the centre of it all is the God the Father and God the Son, joined of course with the Holy Spirit, the go-between and enabler. Yet, as Christians have always realized, there is also Mary. Mary's life is not easy to track. Of course, the baby's birth in Bethlehem with the visits of the wise men and the shepherds. As recorded in Matthew's Gospel, then the escape to Egypt for maybe three years, in order to avoid Herod: a time about which the Coptic church in North Africa is very proud. The presentation of the child Jesus in the temple in Jerusalem when he was blessed by the old man Simeon, who declared Jesus to be the Messiah and foresaw sorrow for Mary. Then Jesus at the age of twelve, discovered by Mary and Joseph in the temple, sitting among the rabbi teachers and discussing with them. Mary rebuked Jesus for not telling his parents where he was going, to which the response was "Did you not know that I must be in my Father's house?"

Jesus' later ministry seems to have been fairly independent of his mother, although John's Gospel tells of the wedding in Cana of Galilee where, at Mary's prompting, Jesus solved a problem with wine, performing a miracle. He respected his mother's faith as he did all who heard the word of God and kept it (Lk 11;27-28). Mary's last appearance in the

Gospels is at the foot of the Cross: Jesus' mother standing near to her son who was dying, crucified as an enemy of the state (Jn 19;25-27) During those last moments, Jesus committed his mother to the Beloved Disciple who took her to his home. That is the last mention of Mary in the bible, except for the time when she and his brothers, together with the apostles participate in a prayer meeting following Jesus' resurrection and ascension (Acts 1;14)

So we give thanks for a remarkable woman and mother, held in awe by the Church down the centuries because of her role central to the incarnation of Jesus. The annunciation and the person of Mary show what a response to God the Father could be and we can but give thanks for her.

Post Communion

Living God, your Son made himself known to his disciples in the breaking of bread: open the eyes of our faith, that we may see him in all his redeeming work; who is alive and reigns, now and for ever.

† 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.

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

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

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

ALDEBURGH

~~Will be held on Sunday 28th April at 12 Noon~~

NOW

Wednesday 22nd May at 6.30pm in The Church Hall

Would you like to join the Aldeburgh Team?

Nominations for churchwardens, deputy churchwardens, deanery synod representatives, and to join the PCC are open on 9th May. All nominations need to be to Revd

Sarah by 14th May. Please do email

admin@aldeburghparishchurch.org.uk if you have any questions.

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. 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 to receive a copy, be added to our mailing list or for the Zoom link.

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.

Saturday 4th May 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. To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

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, 21st April
Fourth Sunday of Easter

FROM UKRAINE WITH LOVE

CONCERT

Saturday 11th May, 18:30
St Peter and St Paul's Church,
Aldeburgh

In aid of bringing home those killed both Ukrainian & Russian
and the Military Hospital in Odessa



Tatiana Belousova (mezzo-soprano) and **Natalia Stepanova** (soprano) will perform arias from popular operas as well as traditional and contemporary Ukrainian songs, together with Natalia's 6-year old son, Andre.

They will be accompanied by **Birgitta Kenyon** on piano who will also play well-known piano solos.

Tickets available on the door: £12.50 adults, £8 Under 14's. Please scan or visit:

<https://www.ticketsource.co.uk/voicesquad/t-avdepal>



**Lunchtime Classical
Concert Series
Aldeburgh Parish Church
Thursday 23rd May 2024
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue in 2024, with the return of the Lighthouse Trio.

Masumi Ogura (Clarinet)
Janet Coles (Cello)
Nadia Lasserson (Piano)

In a programme of hitherto neglected Romantic works by Robert Kahn, Paul Juon and Friedrich Wilhelm Voigt

**Looking forward to welcoming you all.
Admission is free- with a retiring collection for
Save the Children**

ALL VERY WELCOME



Save the Children
100 YEARS

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

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