



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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The Revd Nichola Winter
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The Revd Johanna Mabey
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Sunday 21st April Fourth Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
	4.00pm	Prayer Meeting	Fairfield Centre
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	10.00am	Holy Communion	Very Revd Christopher Lewis
Knodishall	9.30am	Service of the Word	Led by Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

We always talk about prayer being the bedrock of who we are and what we do. This Sunday at 4pm, we are holding a prayer meeting at the Fairfield Centre, instead of our usual worship to pray about the future of our ecumenical services there. All are welcome as together we prayerfully discern what the future of joint Christian worship in Aldeburgh looks like. It's going to be very exciting, so please do come along (or pray for us at home if you are unable to join us in person).

We are so fortunate to have good relationships with many other churches in our benefice, and the Christian community is strong. Church of England, Baptists, Catholics, Methodists and those of no denomination all meet together to worship God throughout the year. And what a blessing that is. We'd love to expand our network even further!

With prayers,

Sarah

Collect

Almighty God,
whose Son Jesus Christ is the resurrection and the life:
raise us, who trust in him,
from the death of sin to the life of righteousness,
that we may seek those things which are above,
where he reigns with you
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 8.6-18

At the end of forty days Noah opened the window of the ark that he had made and sent out the raven; and it went to and fro until the waters were dried up from the earth. Then he sent out the dove from him, to see if the waters had subsided from the face of the ground; but the dove found no place to set its foot, and it returned to him to the ark, for the waters were still on the face of the whole earth. So he put out his hand and took it and brought it into the ark with him. He waited another seven days, and again he sent out the dove from the ark; and the dove came back to him in the evening, and there in its beak was a freshly plucked olive leaf; so Noah knew that the waters had subsided from the earth. Then he waited another seven days, and sent out the dove; and it did not return to him any more. In the six hundred and first year, in the first month, on the first day of the month, the waters were dried up from the earth; and Noah removed the covering of the ark, and looked, and saw that the face of the ground was drying. In the second month, on the twenty-seventh day of the month, the earth was dry. Then God said to Noah, 'Go out of the ark, you and your wife, and your sons and your sons' wives with you. Bring out with you every living thing that is with you of all flesh-birds and animals and every creeping thing that creeps on the earth-so that they may abound on the earth, and be fruitful and multiply on the earth.' So Noah went out with his sons and his wife and his sons' wives.

Second Reading

Acts 4.5-12

The next day their rulers, elders, and scribes assembled in Jerusalem, with Annas the high priest, Caiaphas, John, and Alexander, and all who were of the high-priestly family. When they had made the prisoners stand in their midst, they inquired, 'By what power or by what name did you do this?' Then Peter, filled with the Holy Spirit, said to them, 'Rulers of the people and elders, if we are questioned today because of a good deed done to someone who was sick and are asked how this man has been healed, let it be known to all of you, and to all the people of Israel, that this man is standing before you in good health by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead. This Jesus is "the stone that was rejected by you, the builders; it has become the cornerstone." There is salvation in no one else, for there is no other name under heaven given among mortals by which we must be saved.'

Gospel Reading

John 10.11-18

'I am the good shepherd. The good shepherd lays down his life for the sheep. The hired hand, who is not the shepherd and does not own the sheep, sees the wolf coming and leaves the sheep and runs away-and the wolf snatches them and scatters them. The hired hand runs away because a hired hand does not care for the sheep. I am the good shepherd. I know my own and my own know me, just as the Father knows me and I know the Father. And I lay down my life for the sheep. I have other sheep that do not belong to this fold. I must bring them also, and they will listen to my voice. So there will be one flock, one shepherd. For this reason the Father loves me, because I lay down my life in order to take it up again. No one takes it from me, but I lay it down of my own accord. I have power to lay it down, and I have power to take it up again. I have received this command from my Father.'

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness or reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know.

Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email

admin@aldeburghparishchurch.org.uk and we will do our utmost to arrange a visit.

Sermon by Revd Mary Brown – Third Sunday of Easter, 14th April at Knodishall

Jesus is in the habit of sharing his peace with us. Have you noticed? When we are most afraid, uncertain, tossed about by the storms of life, there is Jesus, full of peace, unflustered, sharing that peace with us his people.

Here in our reading from Luke we have the disciples, gathered together, scared and confused, feeling absolutely that they are being tossed about by the storms of life. A few of them have encountered the risen Lord Jesus, but they are still not sure what this means, and still not sure if they believe.

If we hop back for a moment to the previous section of the chapter - where Luke tells the story of the two disciples who met Jesus on the road to Emmaus - we hear them say to Jesus, who they don't yet recognise, and who has asked them why they are sad: "But we had hoped that he was the one to redeem Israel"!

We had hoped - this isn't hope deferred, or delayed - this is hope given up. These two disciples express with this phrase how the disciples were probably all feeling - 'we had hoped. Now we have no hope.' Even though the disciples that had met him on the Emmaus Road were there sharing their story - those who had not met him still doubted.

And into the midst of this despair comes Jesus - risen and glorified - in all his flesh and bone realness - suddenly standing among them and saying "Peace be with you."

Jesus then goes on to show the disciples that they do not need to be in despair, they don't need to let go of the hope they had had. He really is alive.

To prove this to them and dispel their doubt he asks them to look at his hands and feet, to touch him 'for a ghost does not have flesh and bones as you see that I have' They still aren't sure. Resurrection like this is not something they have come across before - to us it might not be a surprise because Jesus' resurrection has normalised it for us. We need to use our imaginations to step into the shoes of the disciples and put ourselves in that room... Imagine the impact of seeing this beloved teacher and leader, the one you believed was the Messiah, who you thought was dead, standing before you. Of being invited to touch him to prove that he was not a ghost - and then, because they still weren't sure, of watching as he ate a bit of grilled fish. Surely ghosts can't eat?

So he's given them the proof - he's invited them to touch him - he's eaten in front of them.

And then he gives them the explanation - Luke says 'he opened their minds to understand the scriptures' showing them three things written there:

- 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

This is the second time the risen Jesus had unpacked the scriptures for his confused and fearful disciples. We don't know if he used our reading from Zephaniah to do this, but if he did, it would have fitted the situation perfectly - let's see why:

This passage of Zephaniah contains another message from the Lord of peace in the midst of fear. The previous two and a half chapters of this book of prophecy make hard reading, they detail Israel's sins against God, and the sins of the surrounding nations, and the just punishment that is coming their way because of their wilful disobedience.

And then suddenly, this most beautiful command:

"Sing aloud, O daughter Zion;
shout, O Israel!

Rejoice and exult with all your heart,
O daughter Jerusalem!"

Why - what is the cause of their singing, their joyful shouts, their rejoicing?
That God has taken away this judgement that has just been proclaimed against them.

That instead he has come into their midst and taken away all judgement, all enemies and all fears.

Here in Zephaniah we have God's promise that he will do what we then see him doing in Luke.

When Jesus walked into that room full of terrified disciples, what he did, what he said, and how he acted caused them to be quieted by his love - just like Zephaniah 3.17 says God will do for his people.

What else do we have in Zephaniah?:

Zephaniah speaks of the Lord being in the midst of his people - and we see in Luke Jesus standing in the midst of his disciples.

Because the Lord is in their midsts Zephaniah says 'you shall fear disaster no more'. Likewise, the disciples, who had been terrified and despairing because of the disaster of Jesus' death no longer needed to fear - Jesus was resurrected and back in their midst.

Where the disciples were afraid of their enemies, those who had conspired for Jesus' death and might seek to act against his disciples as well - Zephaniah tells them that the Lord 'has turned away your enemies' and that God is 'a warrior who gives victory'. In Jesus' resurrection the disciples saw the proof of this. That though the one they believed to be the Messiah had not defeated Rome, the enemy they expected him to defeat - he had defeated an even greater enemy - death! In doing so their Lord had 'taken away the judgements against' them and dealt with their oppressors.

They had already seen Jesus 'save the lame and gather the outcast' and now their shame - the shame of having been wrong about Jesus, of having watched their lord be publicly executed - was, as Zephaniah had prophesied, turned 'into praise and renown in all the earth'. I mean we are telling their story over 2000 years later - that seems like renown to me!

I could go on, this prophecy from Zephaniah is beautiful, and hopeful, and joyful, and the reason I have a cat called Zephaniah - to remind me that all of these wonderful things prophesied by Zephaniah, have come true in Christ.

All of this is as true for us, 2000 years later, as it was for those Zephaniah prophesied to, and as it was for the disciples gathered in that room, meeting the resurrected Jesus.

I haven't spoken yet about the best bit: 'he will rejoice over you with gladness, he will renew you in his love; he will exult over you with loud singing.'

We are this loved by God. The cross proves that. John 3.16 tells us that 'God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life.'

God's love came first - Jesus went to the cross because he loved us - not to make God love us. His death, his resurrection, his fulfilment of this prophesy from Zephaniah, and all other prophecies, is proof of his great love for us, which is beyond our imagining.

Do we know this? Do we believe that God loves us this much? Do we believe that God delights in us? Do we believe that God rejoices over us with singing?

I think that this is one of the hardest things to really truly deep in my heart and my mind believe - I find it much easier to believe in miracles, healings, multiplication of food, the resurrection of Jesus, than I do in this depth of God's love for me.

And I know that I am not alone in that. Sadly, I've seen friends walk away from God because they just couldn't believe that they were loved like this.

In preparing for today I listened to a sermon on this passage and the preacher was talking about this issue, the fact that we often think much worse of ourselves than God thinks of us. He said this "where do I get the audacity to think that my verdict on myself is more accurate than God's?"

Today we are still in the Easter season, Easter is traditionally 50 days of feasting and celebration. Sadly these days not many of us practice this, but maybe this Easter season we can commit to practicing a different kind of feast? A feast that looks like practicing believing that God loves us, believing that he rejoices over us, believing that he exults over us with loud singing! Let's feast this Easter season on the song that God sings over us - believing that Jesus died for us because he loves us immeasurably more than we could ever imagine.

And perhaps then we will be able to obey the command at the beginning of this prophecy - to sing, shout, rejoice, and exult in response to God's singing his love over us.

Post Communion

Merciful Father,
you gave your Son Jesus Christ to be the good shepherd,
and in his love for us to lay down his life and rise again:
keep us always under his protection,
and give us grace to follow in his steps;
through Jesus Christ our Lord.

† Morning Prayer across the Benefice †

Rev'd 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 Rev'd Sarah and Rev'd 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 Rev'd

Sarah by 14th May. Please do email

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

**Fund Raising Quiz Night for
The Fairfield Centre**
Friday 31st May at 7pm at the
Fairfield Centre.



£7.50 per person, inc Supper. Bring your own drinks.
Teams of up to 6 people. To book at table, please contact Linda
on 07885 453145 or email info@thefairfieldcentre.co.uk
Please inform of any dietary requirements when booking.

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 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.

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, 28th April
Fifth Sunday of Easter**

FRISTON GOES GREEN

SATURDAY 11th 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

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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