



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 2nd June First Sunday after Trinity



Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Family Service	Led by Elder Fran Smith
Aldringham	11.00am	Holy Communion	Revd Sheila Hart
Friston	10.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Tim Haxell

A message from our Rector, Revd Sarah du Boulay

Dear friends,

The confirmation service was wonderful, and it was so good that our candidates were so beautifully supported – thank you to those who made the effort to pray for them, and to attend the service itself. Over 130 people came to Aldeburgh church and 13 candidates in total were confirmed by Bishop Mike. And a joyful time was had by all! Thank you also to the people who work so tirelessly ‘behind the scenes’ to make services like this happen – your energy and time is so appreciated by us all.

I have been to the Suffolk Show this week to work in the diocesan tent, hosting and offering prayer and support to people who came to visit. Every year, we welcome thousands of people to the tent, and it is a wonderful missional tool. This year Bishop Martin was the President of the Show,

which really put the church front and centre of the entire show. The two days brought abundance of good conversation, and connections made – and people came to know Jesus, and will hopefully start to come to church as a result of this time. So all in all, a great success!

With prayers,

Sarah

Collect

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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

1 Samuel 3.1-10

Now the boy Samuel was ministering to the Lord under Eli. The word of the Lord was rare in those days; visions were not widespread. At that time Eli, whose eyesight had begun to grow dim so that he could not see, was lying down in his room; the lamp of God had not yet gone out, and Samuel was lying down in the temple of the Lord, where the ark of God was. Then the Lord called, 'Samuel! Samuel!' and he said, 'Here I am!' and ran to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call; lie down again.' So he went and lay down. The Lord called again, 'Samuel!' Samuel got up and went to Eli, and said, 'Here I am, for you called me.' But he said, 'I did not call, my son; lie down again.' Now Samuel did not yet know the Lord, and the word of the Lord had not yet been revealed to him. The Lord called Samuel again, a third time. And he got up and went to Eli, and said, 'Here I am, for you called me.' Then Eli perceived that the Lord was calling the boy. Therefore Eli said to Samuel, 'Go, lie down; and if he calls you, you shall say, "Speak, Lord, for your servant is listening."' So Samuel went and lay down in his place. Now the Lord came and stood there, calling as before, 'Samuel! Samuel!' And Samuel said, 'Speak, for your servant is listening.'

Second Reading

2 Corinthians 4.5-12

For we do not proclaim ourselves; we proclaim Jesus Christ as Lord and ourselves as your slaves for Jesus' sake. For it is the God who said, 'Let light shine out of darkness', who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Jesus Christ. But we have this treasure in clay jars, so that it may be made clear that this extraordinary power belongs to God and does not come from us. We are afflicted in every way, but not crushed; perplexed, but not driven to despair; persecuted, but not forsaken; struck down, but not destroyed; always carrying in the body the death of Jesus, so that the life of Jesus may also be made visible in our bodies. For while we live, we are always being given up to death for Jesus' sake, so that the life of Jesus may be made visible in our mortal flesh. So death is at work in us, but life in you.

Gospel Reading

Mark 2.23-3.6

One sabbath he was going through the cornfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, 'Look, why are they doing what is not lawful on the sabbath?' And he said to them, 'Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.' Then he said to them, 'The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.' Again he entered the synagogue, and a man was there who had a withered hand. They watched him to see whether he would cure him on the sabbath, so that they might accuse him. And he said to the man who had the withered hand, 'Come forward.' Then he said to them, 'Is it lawful to do good or to do harm on the sabbath, to save life or to kill?' But they were silent. He looked around at them with anger; he was grieved at their hardness of heart and said to the man, 'Stretch out your hand.' He stretched it out, and his hand was restored. The Pharisees went out and immediately conspired with the Herodians against him, how to destroy him.

Sermon by The Very Revd Christopher Lewis, Trinity Sunday, 26th May at Aldeburgh

Trinity Sunday. Clergy are said to make great efforts to avoid preaching on Trinity Sunday; too complex. And the Trinity is not my first thought on coming into church. I may go to the war memorial and be reminded of Rupert Brooke's wonderful moving poem, or I may look at windows. On Trinity Sunday some might tell the story of St Augustine walking on the beach ... finding a boy who was digging a hole in the sand. Augustine asked ... 'why the hole?' ... and the boy said that he was going to put the sea into it. Augustine laughed. The boy then asked St Augustine what HE was doing at the time, and he replied that he was writing a book on the Trinity. The boy's turn to laugh... tasks on infinity.

How do we start? Today of all days, we can start not with ourselves, but with God the Father: the creator who is referred to in today's Gospel reading. Except that Jesus, in his conversation with Nicodemus refers to the way in which we can enter into new life born of ...the Spirit. And then a reference to Jesus himself: a third person of the Trinity, God's Son, sent by God not to condemn the world but in order that the world might be saved through him.

So today is different: not referring so much to the church or to ourselves nor indeed to current goings-on in the world. We talk about God. Today we praise God and are taken out of ourselves. Attend to God – not to the church or to the clergy or finance or even politics, although God relates to all of these. David Jenkins was bishop of Durham, but sadly died in 2016. He got everyone talking about God, having been thoughtful and outspoken about all sorts of Christians and beliefs and politicians. Everyone talking, especially when the cathedral in which he was made a bishop was struck by lightning two days later! He spoke out against terrible Christians and against political stupidity, so people got thinking.

On that subject, I nearly had us singing a wonderful and terrible hymn. Those who sing, however, pointed out that the hymn is not in the red hymn book. It is, however, in Mission Praise which is also at the back of the church. The hymn is 'How Great Thou Art' and it has been beautifully sung by famous singers including Elvis Presley. The first verse, is enough to bring tears to the eyes:

*Oh Lord, my God
When I, in awesome wonder
Consider all the worlds Thy hand hath made,
I see the stars, I hear the mighty thunder
Thy power throughout the universe displayed*

(Then the chorus:)

*Then sings my soul, my Saviour God, to Thee,
How great thou art, how great thou art!
Then sings my soul, my Saviour God, to Thee,
How great Thou art, how great Thou art!*

But then, I had to say that we would omit verse three, which goes:

*And when I think that God, His Son not sparing,
Sent Him to die - I scarce can take it in:
That on the cross, my burden gladly bearing
He bled and died to take away my sin;
...followed by the chorus*

I am not ashamed to say that I cannot sing that verse. Why not? Answer: because it plays havoc with the Trinity. It stems, I suspect, from Old Testament language concerning sacrifice to God the Father. So, in that verse, Number One in the Trinity sends Number Two to earth so that he is murdered/sacrificed in order somehow to pacify Number One. Number One then forgives our sins so we are saved and sinless if we have faith.

But another and better understanding of the life and crucifixion of Jesus is that God took on full humanity in the person of Jesus of Nazareth so that we could learn more deeply what human life means. He came as a human being, fully human and fully divine, in order that he could live and teach the loving and godly life which is an example and salvation to all of us. What is more, he shows us the power of God's Holy Spirit as pointed to in today's Gospel ...God ever-present and powerful as the Spirit working within us. If one takes that line, then the crucifixion is indeed a deeply serious event, but rather than it being some kind of sacrifice to the Father (a very odd thing to happen within the Trinity), the crucifixion is the consequence of Jesus being seen as a threat, by the political and religious powers of the time. He died and then he rose to be with the Father and the Holy Spirit, three_together in one God.

I suppose I could say 'Hands up those for God the Father'. Some of us start with a sense of God as creator of the world in all its wonder. God, glorious and great; mysterious and very deep; beyond and above us, within and beside us. St Augustine (the same one) wrote of God in Augustine's 'Confessions': 'You, my God, are supreme... You are the most hidden from us and yet the most present amongst us, the most beautiful and yet the most strong, ever enduring and yet we cannot comprehend you. You are unchangeable and yet you change all things. You are never new, never old, and yet all things have new life from you. So God to be worshipped and

adored. The longing for God the Father is deep within us; indeed it is probably there, waiting to be discovered in all of us.

Yet in our need, God revealed and reveals himself in the person of Jesus and in the Holy Spirit. The creator God may seem remote or his presence has been overlaid and concealed by all kinds of unhelpful experiences.

In St John's Gospel, Philip says to Jesus 'Lord, show us the Father' and Jesus says 'Whoever has seen me has seen the Father.' (Jn 14:8) In other words, God is more than a creator; he is as he is in Jesus. He loves and cares as Jesus did. He is not a mere 'spiritual' God, but the one who overturns the tables in the temple...and is the kind of God who suffers with and for us, opening wide his arms for us on the cross.

Some of us may be Father people; others Jesus people. Yet the temptation with Jesus is to walk with him as friend and brother, excluding the great sweep and majesty of the Creator of all things, excluding too all those people who are not (or have not had the chance to be) Jesus people.

In our individual prayer lives, the Church may have been Binitarian not Trinitarian: a Father and a Son. Yet contemporary life has somehow enabled us to be more nearly Spirit people too: a help from African and American cultures, often from indigenous people. And if you took a world survey, the Holy Spirit is where many start. God like a wind, present and active in our lives, so that Christian life is fresh, immediate to our experience. God giving new life and hope and leading us into the truth, experienced together and individually.

God: Father, Son and Holy Spirit: not seen mechanically or as some kind of diagram. No – seen from the way we come to know God more deeply. And so maybe to a question: which person of the Trinity do I know not best, but least well? Perhaps most attracted to the Father, loving God on mountain tops, on my knees, in my greenhouse. That is a part, but then I need to go further to discover whole new worlds in God - in the person of Jesus and in life in the Spirit.

Then I may be the one drawn to Jesus. Following him in practice, determined to do good in the world, to support his church, to bear the burdens of others. God as he is in Jesus. But then again my knowledge of God needs expanding – so that I attend to the wonder of God, and also to his present activity in the Spirit: God as he is known and felt now, his people alive with enthusiasm at knowing him. New life in the Spirit, like a wind blowing us along.

So the question is worth repeating, this time in a more positive form: Looking at my life, which person of the Trinity do I need to know better?

Kallistos Ware, an Orthodox priest, went into a restaurant and the waitress, about to show him to a table, asked him 'Are you one person?'I guess that he answered 'yes'! When it comes to God, Christians through the ages have had this deep God-given sense of three and also one, one and also three. The Trinity is a gift to lead us deeper into the life of God and his world. For myself, I answer my question: I need to know the Spirit more deeply. I hope each of you will reflect on the question too.

Post Communion

Eternal Father, we thank you for nourishing us with these heavenly gifts: may our communion strengthen us in faith, build us up in hope, and make us grow in love; for the sake of Jesus Christ our Lord.

Next Sunday - June 9th Second Sunday after Trinity

† RIP Rita Fryer of Aldeburgh †

The family of Rita Fryer are sad to announce her death. Rita was a well-known and much-loved resident of Aldeburgh, and a HUGE support over many many years to the Fairfield Centre.

Rita's funeral will be held at Seven Hills Crematorium,
on 6th June at 11.15am.

There will be a wake held at the Fairfield Centre at 1pm.
Cheques in memory of Rita Fryer should be made out to -
The Fairfield Centre - c/o Tony Brown Funeral Services', and sent to
Tony Brown Funeral Services, New Cut, Saxmundham, IP17 1EH.

† 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.

† 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.

The Alde Sandlings, Dates for your Diary

- Friends of St Andrews, Aldringham Coffee Morning, Saturday 1st June 10am – 12 noon.
- Festival Service at Aldeburgh, Sunday 9th June at 10.30am
- Evensong at Aldringham 9th June at 5.30pm
- Friston Open Gardens, Sunday 16th June, 11.30am to 5.30pm
- Revd Mary's ordination at Bury St Edmunds Cathedral, Saturday 29th June at 2.30pm
- Benefice Holy Communion at Aldeburgh, Sunday 30th June at 10.30am
- Friston Classics on the Green, Thursday 11th July
- Fund Raising Fun Quiz at Knodishall Village Hall for Church Funds, 12th July at 7pm
- Alde Sandlings Benefice August Friday Markets, 9th, 23rd and 30th August – 10-12pm.
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18th at 6pm.

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

The Friends of St Andrew's Church, Aldringham Coffee Morning, Saturday 1st June 10-12 noon

Books, Cakes, Bric-a-Brac, Tombola, Refreshments and more.
Do come along and support this event and catch up with old friends,
and new! ALL WELCOME.
All in aid of the Church Fabric Fund.

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

† Would you like to join the Friston Team? †

St Mary's Church, Friston, have vacancies:

Church Warden/s

PCC Secretary

PCC members

Would you like to take on any of these roles at Friston?

Do let Claire know at admin@aldeburghparishchurch.org.uk and we can let you know more.

† 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 22nd 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.

Knodishall Church Fund Raising Quiz

Fun Quiz at **Knodishall Village Hall** on the
12th July, starting promptly at 7pm.

Supper provided but do bring your own drinks.

£7 per person, max 6 per team. Meet up and enjoy a fun evening with friends, raffle, spot prizes, laughs - oh, and a few questions to answer!

All money raised goes to St Lawrence,
Knodishall Church.

Friston Open Gardens

**Sunday 16th 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

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

Second Sunday of Every
Month at 5.30pm (May - August)

YOU ARE ALL MOST
WELCOME



Alde Sandlings Benefice

GENERAL ELECTION 4 JULY

Suffolk Coastal Energy Hustings

Sunday, 9th June 2024, 6.30 - 8pm (doors open 6pm)
Aldeburgh Parish Church, Victoria Road, Aldeburgh, IP15 5DU

SEAS (Suffolk Energy Action Solutions) & Stop Sizewell C

invite you to ask Suffolk Coastal candidates your energy questions, including:

- Sizewell C, substantial works and impacts and still no Final Investment Decision.
- National Grid Substation, Friston
- Scottish Power Renewables' EA1N and EA2 Windfarms onshore works
- National Grid and National Grid Ventures' SeaLink, Eurolink and Nautilus Interconnectors
- A new master plan for Energy Infrastructure using better offshore flexible solutions
- The cumulative effect of the many energy projects facing this area and how the candidates will represent Coastal Suffolk at this time.

Do come and find out if the candidates you vote for will represent your views on the onslaught of energy projects that could bring the end of Suffolk Coastal as we know it.

Candidates confirmed so far: Thérèse Coffey (Conservative),
Julian Cusack (Green), Julia Ewart (Liberal Democrat), Jenny Riddell-Carpenter (Labour)

Chair, Bishop Martin Seeley

Format: Candidates will each make a 2 minute pitch followed by a
50-minute Q&A session answering your energy questions.

Please email your questions in advance to: info@suffolkenergyactionsolutions.co.uk or
info@stopsizewellc.org, or bring them at 6pm on the night.

We look forward to seeing you



SUFFOLKENERGYACTIONSOLUTIONS.CO.UK



STOPSIZEWELLC.ORG

August Friday Markets 2024 at Aldeburgh Parish Church

This year the popular Alde Sandlings Benefice Friday Markets will be on
the 9th, 23rd and 30th August - 10 - 12pm

**Please start having those de-clutter sessions at home
and in the garage for items for the various stalls:**

Bric a Brac, toys and games, household items,
jewellery, paintings, scarves & fancy goods, tombola prizes.

Please bring items to the church hall, Monday 5th and
Wednesday 7th, 10 to 1pm. Plants, flowers, fruit, vegetables, jams,
chutneys, cakes, and savouries, on the day.

Let's make it our best fundraising year yet for the churches of the
Alde Sandlings Benefice.

Thought for the Day by Knodishall Elder Ros Macallister

I promised last week that we would be sharing 'Thoughts for The Day' from some of our team of Lay Elders. These are pieces written by them, specifically with my support, and are shared during services in the parish in which the Lay Elder serves. I am so pleased to share this piece by Ros Macallister from Knodishall, and hope that you find it as interesting and helpful as I do.

Sarah

Wind

This time I continue my thoughts by reflecting on the theme of "wind" as suggested by Rev. Sarah. She has read these thoughts and agreed to my sharing them with you.

Windy weather- it seems such an everyday thing, doesn't it?

For most of us noticing if it's windy or not is probably not top of our list as we go about the joys, troubles and routine of daily life. We might think to take a coat or put the washing on the line. Or make sure the wheely bins are secure if it's particularly bad. You might imagine that unless we have a special need, if we work at sea, or are a farmer, or if we are a pilot for example, that we only have a passing thought as to the wind speed or direction. However, we talk about the weather all the time. "My washing should get dry today". We greet friends and strangers alike with a comment on the weather. "Oh it's windy today" and as my Nan would say "That east wind's enough to cut your corns off!" For every sunny day with a warm breeze enjoyed by most, many find a walk well wrapped up, on a windy day in Autumn, a good way to de stress. We do have such a variety of weather to talk about. Even in this country with its temperate weather, sometimes we have a windier day or night than normal.

I am sure many still remember the "Hurricane" storm in 1987. I have never felt quite the same about windy weather since. Hearing the sound of tiles sliding off our roof and seeing the tall pine trees down at Tunstall being snapped off, all at one level like matchsticks, was quite unlike anything else. We had a friend from Derby coming to visit us that weekend little knowing what had been happening here. He described, how driving down, he began to see, as he got further south, the roadside garages closed and dark along the main road. Bridges were closed and as he came through towns and villages he saw the glow from candles in people's windows. He had never been to Suffolk before, "What have I come to he wondered!" We felt the power of the wind that night and we had to live with the results. That's the thing about the wind we can't see it, just the results of it working and how it can alter everyday life.

Such a powerful force that we can't see.

Of course, great power from wind has been used for good. Windmills provided people with good flour in larger amounts, sailing ships harnessing the power of the wind could move goods around the world. Even over here towards our east coast, it's not always very windy.

We have the 'Ladybird book of The Weather' at home, printed in 1962, I think. John and I were surprised, when out one day this last winter to see smoke rising straight up from a chimney. Just as shown in the book to demonstrate 0 on the Beaufort scale. There may be a new scale now to measure windspeed, but we were delighted that this image from childhood reading was actually there before our eyes.

We live both with windy and calmer days and everything in between. The wind is a constant presence in all its strengths showing both great power and benign calm. In the Bible we hear the familiar passage describing how Jesus calmed the wind and waves and the disciples said "Who then is this? Even the wind and sea obey him". This verse reminds me of how the power of the Lord is above all else. For we as humans may harness the wind but we can't control it.

It being windy to some degree every day, is a reminder of the constant presence of God in my everyday life, but His power is so mighty I can't grasp the extent or strength of it. I can't see his love for me, but I can see and feel it's effects. The power of answered prayers. The comfort and strength drawn from the Christian family at St Lawrence and in this benefice. And in times of doubt and anxiety, even when there appears to be nothing happening - the complete calm and still, 0 on the scale, I know that it will change and I will see through the words and actions of others God's power and love, working, here where we are.

So, when we are busy, not really noticing how windy it is, let's try and take a moment to think of the great power of God's love. Let's remember that it surrounds us every day and that even if we can't see it, we can see the results of it working, in the love, words and actions of those around us.

Amen

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