



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 9th June Second Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

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|------------|---------|------------------------------------|---|
| Aldeburgh | 10.30am | Festival Holy Communion Service | Bishop Martin and Revd Sarah du Boulay |
| Aldringham | 11.00am | Service of the Word | Revd Mary Brown |
| | 5.30pm | Evensong | Revd Mary Brown |
| Friston | 10.00am | Service of the Word | Led by Elder Marie Szpak |
| Knodishall | 9.30am | Morning Prayer | Led by Elder Tim Haxell |

A message from our Curate, Revd Mary Brown

Dear Friends,

Last Sunday I was at the family service in Aldeburgh church where the theme was Pentecost. The children made crowns with flames on them and colourful streamers, to represent the Holy Spirit coming on the disciples as tongues of fire and a strong wind.

The Holy Spirit came at Pentecost and empowered the disciples to share the good news of Jesus Christ, to preach the gospel, to grow the church. The story of the disciples and the beginning of the church after Jesus had ascended and sent the Holy Spirit to them, is told in the book of Acts.

The early church celebrated Pentecost for 50 days. Why not use these 50 days after Pentecost to read the book of Acts. To read about the amazing power of the Holy Spirit working in and through those first Christians.

Let's pray that we in Alde Sandlings Benefice would be empowered by the Holy Spirit just as those first Christians were, and that we would see God's Kingdom come in power in Alde Sandlings!

With prayers,

Mary

Collect

Lord, you have taught us that all our doings without love are nothing worth: send your Holy Spirit and pour into our hearts that most excellent gift of love, the true bond of peace and of all virtues, without which whoever lives is counted dead before you. Grant this for your only Son Jesus Christ's sake, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

1 Samuel 8.4-11 12-15 16-20 11.14-end

Then all the elders of Israel gathered together and came to Samuel at Ramah, and said to him, 'You are old and your sons do not follow in your ways; appoint for us, then, a king to govern us, like other nations.' But the thing displeased Samuel when they said, 'Give us a king to govern us.' Samuel prayed to the Lord, and the Lord said to Samuel, 'Listen to the voice of the people in all that they say to you; for they have not rejected you, but they have rejected me from being king over them. Just as they have done to me, from the day I brought them up out of Egypt to this day, forsaking me and serving other gods, so also they are doing to you. Now then, listen to their voice; only-you shall solemnly warn them, and show them the ways of the king who shall reign over them.' So Samuel reported all the words of the Lord to the people who were asking him for a king. He said, 'These will be the ways of the king who will reign over you: he will take your sons and appoint them to his chariots and to be his horsemen, and to run before his chariots; and he will appoint for himself commanders of thousands and commanders of fifties, and some to plough his ground and to reap his harvest, and to make his implements of war and the equipment of his chariots. He will take your daughters to be perfumers and cooks and bakers. He will take the best of your fields and vineyards and olive orchards and give them to his courtiers. He will take one-tenth of your grain and of your vineyards and give it to his officers and his courtiers. He will take your male and female slaves, and the best of your cattle and donkeys, and put them to his work. He will take one-

tenth of your flocks, and you shall be his slaves. And in that day you will cry out because of your king, whom you have chosen for yourselves; but the Lord will not answer you in that day.’ But the people refused to listen to the voice of Samuel; they said, ‘No! but we are determined to have a king over us, so that we also may be like other nations, and that our king may govern us and go out before us and fight our battles.’

Second Reading

2 Corinthians 4.13-5.1

But just as we have the same spirit of faith that is in accordance with scripture ‘I believed, and so I spoke’-we also believe, and so we speak, because we know that the one who raised the Lord Jesus will raise us also with Jesus, and will bring us with you into his presence. Yes, everything is for your sake, so that grace, as it extends to more and more people, may increase thanksgiving, to the glory of God. So we do not lose heart. Even though our outer nature is wasting away, our inner nature is being renewed day by day. For this slight momentary affliction is preparing us for an eternal weight of glory beyond all measure, because we look not at what can be seen but at what cannot be seen; for what can be seen is temporary, but what cannot be seen is eternal. For we know that if the earthly tent we live in is destroyed, we have a building from God, a house not made with hands, eternal in the heavens.

Gospel Reading

Mark 3.20-end

The crowd came together again, so that they could not even eat. When his family heard it, they went out to restrain him, for people were saying, ‘He has gone out of his mind.’ And the scribes who came down from Jerusalem said, ‘He has Beelzebul, and by the ruler of the demons he casts out demons.’ And he called them to him, and spoke to them in parables, ‘How can Satan cast out Satan? If a kingdom is divided against itself, that kingdom cannot stand. And if a house is divided against itself, that house will not be able to stand. And if Satan has risen up against himself and is divided, he cannot stand, but his end has come. But no one can enter a strong man’s house and plunder his property without first tying up the strong man; then indeed the house can be plundered. ‘Truly I tell you, people will be forgiven for their sins and whatever blasphemies they utter; but whoever blasphemes against the Holy Spirit can never have forgiveness, but is guilty of an eternal sin’- for they had said, ‘He has an unclean spirit.’ Then his mother and his brothers came; and standing outside, they sent to him and called him. A crowd was sitting around him; and they said to him, ‘Your mother and your brothers and sisters are outside, asking for you.’ And he replied, ‘Who are my mother and my

brothers?’ And looking at those who sat around him, he said, ‘Here are my mother and my brothers! Whoever does the will of God is my brother and sister and mother.’

Post Communion

Loving Father, we thank you for feeding us at the supper of your Son: sustain us with your Spirit, that we may serve you here on earth until our joy is complete in heaven, and we share in the eternal banquet with Jesus Christ our Lord.

Next Sunday - June 16th Third Sunday after Trinity

† 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

- 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
- Save the Children Concert with Nadia Lasserson and Friends – Monday 22nd July at 12 noon at Aldeburgh Parish Church
- 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.

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/>

† 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

† 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>

† 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.

Pilgrim's - 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.

Saturday 6th July 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

Pilgrims @ The Meare, Thorpeness

'Sing Praises to God, Sing Praises!'

Outdoor Celtic Style Worship, starting Sunday 7th July 10am by the Duck Pond next to the Meare, please bring your own chair.

Continuing each Sunday throughout July and August (starting 7th July through to 25th August), 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

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



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.

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

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