



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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Curate: The Revd Mary Brown
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The Revd Johanna Mabey
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Sunday 20th April Easter Day

Services in The Alde Sandlings Benefice this Sunday

6.00am BENEFICE SUNRISE SERVICE AT THORPENESS BEACH

Aldeburgh	8.00am	Holy Communion	Revd Sarah du Boulay
	11.00am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Very Revd Christopher Lewis

A message from Revd Mary Brown

Dear Friends,

I had an amazing week last week leading the spiritual program for 51 12-18 year olds and 57 leaders on a Christian sailing camp in the Norfolk Broads. Our theme for the week was taken from Nehemiah 8:10 'The joy of the Lord is your strength'. We looked at how God's joy in us, his beloved children, in whom he delights (Isaiah 62:4), is the source of our salvation, our strength, and our identity. We celebrated, rejoiced, laughed a lot, and worshipped with abandon (2 Samuel 6).

This theme might feel incongruous for Lent, and especially incongruous for this Holy Week newsletter, which you will be reading on Holy Saturday, as

we wait in the darkness of Jesus' death upon the cross. However, the writer to the Hebrews says in Hebrews 12:2 that it was **'for the joy set before him'** that Jesus **'endured the cross, scorning the shame.'** When we read the account of Jesus in the Garden of Gethsemane, crying out to God and sweating blood, we cannot see this joy. But we know from Hebrews that Jesus went to the cross with his eyes fixed on the joy that was set out before him on the other side of his suffering. What was that joy? It was us - his glorious inheritance (Ephesians 1:18). Jesus went to the cross looking forward to the joy of inheriting us, his church - the joy of restored relationship with us, now and for eternity.

You might be struggling this Easter to believe that Jesus died for you, to believe in his resurrection, to believe that through his death and resurrection we have the gift of relationship with God and fullness of life for all eternity. If so, I encourage you to spend some time sitting with Hebrews 12:2, and perhaps seek out one of the clergy or elders to talk and pray with. And I pray that on Easter Sunday every one of us would be filled with God's joy as we remember Christ's victory over death.

(If you have people in your life aged 12-18, do consider encouraging them to join us on sailing camp next year, feel free to chat to me about it.)

With love and prayers,

Mary

The Alde Sandlings Saturday Gratitude

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

For all four parishes: Thanks for all of those who are working hard to make our Holy Week and Easter services happen. Those leading the services, reading, offering prayers, providing music, cleaning and decorating the churches, serving refreshments, working behind the scenes to make sure everything is in place. And to every person attending every service, being Christ's church together as we mark this holy time.

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 65.17-end

For I am about to create new heavens and a new earth; the former things shall not be remembered or come to mind. But be glad and rejoice for ever in what I am creating; for I am about to create Jerusalem as a joy, and its people as a delight. I will rejoice in Jerusalem, and delight in my people; no more shall the sound of weeping be heard in it, or the cry of distress. No more shall there be in it an infant that lives but a few days, or an old person who does not live out a lifetime; for one who dies at a hundred years will be considered a youth, and one who falls short of a hundred will be considered accursed. They shall build houses and inhabit them; they shall plant vineyards and eat their fruit. They shall not build and another inhabit; they shall not plant and another eat; for like the days of a tree shall the days of my people be, and my chosen shall long enjoy the work of their hands. They shall not labour in vain, or bear children for calamity; for they shall be offspring blessed by the Lord - and their descendants as well. Before they call I will answer, while they are yet speaking I will hear. The wolf and the lamb shall feed together, the lion shall eat straw like the ox; but the serpent-its food shall be dust! They shall not hurt or destroy on all my holy mountain, says the Lord .

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 at Aldeburgh on 13th April

If, like me, you find yourself feeling uncomfortable in very large crowds of people, I wonder how we would have reacted had we been in Jerusalem on the day that Jesus made his dramatic entrance? Would we have lurked behind a safe door, or watched from a convenient rooftop - or would we, despite our instincts, have found ourselves caught up in the mood?... The anticipation; the wonder; the prospect that here, at last, was the enigmatic figure who was going to bring about liberation, restore justice and usher in a new era of stability?

I don't know the answer. I'd like to think that I'd have joined in - greeting the coming Messiah, standing up for a revolution, showing my faith and loyalty to our Saviour. And surely that is what the crowds were doing when they greeted Jesus. Casting cloaks to the ground for the colt to walk on, cutting palm branches - symbols of fertility and well-being - and acclaiming the arrival of the King. Think how the words cried then echo those sung by the angels at Christ's birth: 'Glory to God in the highest and peace to people on earth.' Now we hear, "Peace in heaven, and glory in the highest heaven!"

"Blessed is the king who comes in the name of the Lord!"

Perhaps even Jesus himself, who knew that it wasn't going to be as easy as many of the folk believed, found himself caught up in the reality of his arrival. 'I tell you' he says to those Pharisees incensed by the adulation of the crowd, 'I tell you, if these were silent the stones would shout out.'

A poem by Richard Wilbur describes it like this:

*'This child through David's city shall ride in triumph by.
The palm shall strew its branches and every stone shall cry,
though heavy, dull and dumb,
And lie within the roadway to pave his kingdom come.
Yet He shall be forsaken and yielded to die.
The sky shall groan and darken, and every stone shall cry.
For stony hearts of men, God's blood upon the spearhead,
God's love refused again.'*

How quickly the mood changes. The events of Holy Week take us through that transition; we hear how the mood of hero-worship turns to vilification - and then we get to that horrific Good Friday procession through the streets of Jerusalem, our King bent double beneath a cross that carries the weight of the sin of the world. We get a sense of that contrast on the Walk of Witness along Aldeburgh high street on Good

Friday - the cross, carried in solemnity, reading and hymns at set points in the middle of a busy thoroughfare. Now, more than ever before, as the secular world clamours for dominance, we see the disparity between those who observe Good Friday as one of the holiest days in the church calendar, and those who view it as the beginning of a nice long weekend's vacation.

But Jesus knows that it isn't going to be simple or easy. Isaiah tells us that 'He sets his face like flint' and heads into Jerusalem that crucible of national, political, public debate and conflict; repeated invasion; prolonged occupation. It's pretty much the same two thousand years later. Still those who suffer cry out for change. Jerusalem continues to be a city where the pieties of the religious often seem far removed from the suffering of the people. Like the poor of so many cities throughout history, the people of Jerusalem expected deliverance to come through military force - their own prophets had told the story of conquest often enough. That promise kept hope alive during testing times - the promise of a Messiah, a deliverer. Many of them looked for a great leader, a warrior hero to save them. Some of them, as the rumours spread like wildfire through Jerusalem, thought that Jesus just might be that leader. Clearly Jesus was aware of that - this was no attempt to slip quietly into the city without anyone noticing. Jesus comes to Jerusalem openly and enters it humbly, riding on a donkey. Hardly the customary mount for a warrior or a king. A donkey was the mount of a non-combatant - a civilian, a merchant, perhaps, or even a priest.

By this action alone Jesus presents a huge challenge. The crowds rise to it - hear them as they cry out... It is a challenge to the Pharisees, who don't want anything to upset the Romans, and to threaten their freedom to practise their religion. It's a challenge to Herod, already very confused about what's going on. It's a challenge to the military, who don't want their job of controlling a city - and a country - made any more difficult by yet another popular insurrection. And it's a challenge to the ordinary people of Jerusalem. This entry to Jerusalem is possibly the most political act of Jesus' life.

And yet, all of them, in their different ways, missed the point of this public challenge. The Pharisees, scholars and theorists as they were, did not know how to respond to this man who refused to debate or argue with them, hardly spoke to them in fact, but countered their intellectualising by doing things which, infuriatingly, were hard to argue with but left them feeling foolish and exposed. The military authorities were expert in putting down armed uprisings but they had no strategy to deal with

someone who offered no violence to anyone - who discouraged his followers from using violence - and yet still posed a threat to public order.

And what about the people? They had crowded the streets of the city to welcome him; they wanted an end to occupation; they wanted peace. Of course they welcomed him. But crowds are fickle... the mood swings, and people follow the crowd. Was it when they realised that peace was not going to come after a great overthrow of the occupying force that the mood changed? Was it when Jesus refused to defend himself with violence? Was it when they realised that if they decided to stand beside Jesus that they would also stand out, become visible and vulnerable?

Jesus was a catalyst for that crowd in Jerusalem. We can perhaps think of crowds we have witnessed through news reports, TV coverage and social media. More and more we find ourselves engulfed in the agony that is being displayed in the latest atrocity going on in the world as technology enables us to experience these events almost at first hand. The moods that rippled through Jerusalem have all been visible to us in some way or other. Palm Sunday is always happening and we are always being confronted by the challenge of that different way of being; the way of peace that does not shrink from conflict but refuses violence; the way that does not theorise, but engages with the real needs of suffering people; the way that sees the people who are overlooked and not counted, the way of self-offering. As we walk with Jesus through Holy Week towards the cross let us pray for the courage to face these challenges and for vision to help usher in the Kingdom of heaven. Then we shall be able to say, along with the crowds greeting Jesus, 'Blessed is the King who comes in the name of the Lord.'

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.

† 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>

Church Wardens

As you are aware, our Church Wardens are the backbone of our churches in many ways. As you are also aware, we currently only have 3 (wonderful) wardens over the 4 parishes, when we should have 8.

If you would like to apply to be a church warden, please contact Revd Sarah before the APCM in the church you worship in.

NEW ELECTORAL ROLL

The Electoral Roll is a list of names and addresses of every person who can vote in the annual parochial church meeting. It is revised annually but replaced in its entirety every six years. The current electoral-rolls (created in 2019) will be replaced with brand-new rolls this year (2025).

EVERYONE will need to fill out an application form (please email Claire if you would like an electronic copy sent to you) whether you are already on the current roll or wish to be added.

The forms need to be handed in at least 3 weeks before the Annual PCC meetings at the Church you worship in.

APCM's in the Alde Sandlings Benefice:

Aldeburgh – NOW 25th May – Deadline 27th April

Aldringham – 18th May – Deadline 27th April

Friston – 4th May – Deadline ~~13th~~ April

Knodishall – 11th May – Deadline 20th April

QUIZ NIGHT at THE FAIRFIELD CENTRE

Friday 9th May 6.30pm for 7pm

£7.50 per person inc supper.

Bring your own drinks.

Teams of up to 6 people.

To book a table, please email Linda at info@thefairfieldcentre.co.uk

The Alde Sandlings Benefice Newsletter

If you would like something added that is relevant to the Alde Sandlings Benefice, please send to Claire at

admin@aldeburghparishchurch.org.uk by

Midday on the Thursday beforehand. Thank you.

† 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.

£££ 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, 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/>

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>

The Alde Sandlings, Dates for your Diary

- Benefice Bible Study – First Sunday of the month, 3-4.30pm.
This will be hosted by Revd Mary at The Rectory, Friston
- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- May 4th – 11.00am Aldeburgh Parish Church – Family Service with the Royal Air Force Air Cadets (Leiston Squadron) and the Royal British Legion.
- Friston Goes Green – Plant and Cake Sale. May 17th 10-4pm on the Village Green
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 25th May
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May
- Deanery Ascension Day Service at Aldeburgh – Thursday 29th May at 10.00am
- Aldeburgh – Sunday 15th June - 10.30am Festival Service
- Friston Open Gardens – Sunday 15th June from 11.30am. Wander around gardens in the village, visit the specially decorated church and enjoy refreshments in the Village Hall. Proceeds to St Mary the Virgin Church.
- Friston Classics on The Green – Thursday 10th July TBC - A dazzling display of classic cars. Teas and cakes available in the Village Hall, BBQ and Bar on the Green. Proceeds to St Mary the Virgin Church.

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness 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.

† 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 3rd May - Breakfast 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along.

Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

All are welcome to any of the Pilgrims events

Evensong Services

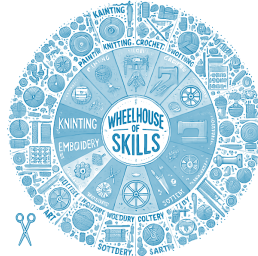
We are pleased to inform you that the Evensong services are returning to Aldeburgh and Aldringham.

Aldeburgh's will be the first Sunday of the month starting in June at 6pm and Aldringham's will be every 3rd Sunday starting the 18th May at 6pm.



**Next Sunday – 27th April,
Second Sunday of Easter**

WHEELHOUSE
Faith, Fellowship & Creative Hands at
Aldeburgh Parish Church



at Aldeburgh Church Hall

Held every second Tuesday of the month
from 12-3pm – Starting 11th March

The Alde Sandlings Benefice **Welcome you all.**
A safe space to share your creativity and love for
crafting as we share in fellowship, faith, talking, and
hands-on creativity!

Build your Wheelhouse of Skills,

whether it be:

Art

Crochet

Knitting

Calligraphy and much more....

*"For we are God's handiwork, created in Christ Jesus to do good works."
Ephesians 2:10*



Bring your lunch with you too.

Always wanted to sing?

Why not join Friston Community Choir!

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

We are starting an all-inclusive choir, led by an experienced musician and choir leader, singing popular songs to lift the soul! It will be a fun choir for people of all ages and abilities. There is no need for previous experience or the ability to read music. So don't be shy - come and give it a try!

To find out more please come and join us on:

Wednesday 23rd April 6.00pm – 7.30pm

(Then fortnightly)

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session (we are hoping to be able to reduce the charge if there is enough interest) There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones

email: fristonvillage@gmail.com

Or just join us on the day. We look forward to seeing you!