



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
Email: revd.sarah@btinternet.com
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 27th April Second Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
	11.00am	Family Service	In the Church Hall
	6.00pm	Evening Prayer	Led by The Elders
Aldringham	11.00am	Family Service	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Mary Brown

A message from Revd Mary Brown

Dear Friends,

Happy Easter! I hope you all had a wonderful weekend celebrating the resurrection of our Lord Jesus Christ. I was on the beach for the sunrise service at Thorpeness and then at Aldringham for the main Sunday service. Both services were well attended and full of joy. I am looking forward to hearing about the services in our other three churches.

The season of Easter in the church calendar lasts for 50 days, until Pentecost. Easter is a season of feasting and celebration, a season of remembering what Jesus has done for us. The next 50 days will hold different things for each of us. For some of us, remaining in a posture of joyful celebration will be easy, life is good at the moment. For some of us,

this liturgical season will feel inappropriate in its contrast to the challenges that life presents.

My prayer for you all, whatever these next 50 days hold, is that whether you find yourselves feasting, or in a dark valley, you would be sustained and encouraged by the Lord's life-giving joy, his peace that passes understanding, and his love which goes beyond anything you could imagine.

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.

In all four parishes: Thanks for those who decorate the churches, especially those responsible for the glorious Easter flower displays which we are all enjoying at the moment.

Collect

Almighty Father, you have given your only Son to die for our sins and to rise again for our justification:

grant us so to put away the leaven of malice and wickedness that we may always serve you in pureness of living and truth; through the merits of your Son Jesus Christ our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Acts 5.27-32

When they had brought them, they had them stand before the council. The high priest questioned them, saying, 'We gave you strict orders not to teach in this name, yet here you have filled Jerusalem with your teaching and you are determined to bring this man's blood on us.' But Peter and the apostles answered, 'We must obey God rather than any human authority. The God of our ancestors raised up Jesus, whom you had killed by hanging him on a tree. God exalted him at his right hand as Leader and Saviour, so that he might give repentance to Israel and forgiveness of sins. And we are witnesses to these things, and so is the Holy Spirit whom God has given to those who obey him.'

Second Reading

Revelation 1.4-8

John to the seven churches that are in Asia: Grace to you and peace from him who is and who was and who is to come, and from the seven spirits who are before his throne, and from Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth. To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion for ever and ever. Amen.

Look! He is coming with the clouds; every eye will see him, even those who pierced him; and on his account all the tribes of the earth will wail. So it is to be. Amen.

‘I am the Alpha and the Omega’, says the Lord God, who is and who was and who is to come, the Almighty.

Gospel Reading

John 20.19-end

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, ‘Peace be with you.’ After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, ‘Peace be with you. As the Father has sent me, so I send you.’ When he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit. If you forgive the sins of any, they are forgiven them; if you retain the sins of any, they are retained.’ But Thomas (who was called the Twin), one of the twelve, was not with them when Jesus came. So the other disciples told him, ‘We have seen the Lord.’ But he said to them, ‘Unless I see the mark of the nails in his hands, and put my finger in the mark of the nails and my hand in his side, I will not believe.’ A week later his disciples were again in the house, and Thomas was with them. Although the doors were shut, Jesus came and stood among them and said, ‘Peace be with you.’ Then he said to Thomas, ‘Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe.’ Thomas answered him, ‘My Lord and my God!’ Jesus said to him, ‘Have you believed because you have seen me? Blessed are those who have not seen and yet have come to believe.’ Now Jesus did many other signs in the presence of his disciples, which are not written in this book. But these are written so that you may come to believe that Jesus is the Messiah, the Son of God, and that through believing you may have life in his name.

Sermon by Revd Mary Brown at Aldringham Easter Day

Hallelujah, Christ is risen **he is risen indeed hallelujah!**

At the beginning I invited a volunteer to come and unwrap a present. Inside was an empty easter egg box. Disappointment ensued. Whilst they were out of their seat, our sides person placed the Easter egg alongside extra treats in their seat for them to find when they returned to it...

So that was a bit of a silly illustration, but I wanted to help us all enter into what that morning was like for the disciples.

The disciples did not immediately understand the joy of Easter Sunday...

As we heard in our gospel reading, instead of being overjoyed because their Lord had been raised from the dead, the disciples were confused and upset, believing that Jesus' body had been stolen. Peter and John went home not yet understanding, and Mary wept outside the tomb.

To understand these reactions, we need to remember what last week would have been like for the disciples.

For the disciples the pain and suffering was fresh and raw. They had been shocked when Jesus told them that one of their own number would betray him. They had fled as soldiers came to the garden at night to arrest him. They had watched from a distance as he was tried, interrogated and beaten. They had stood by as the one they loved, the one who had saved them from sickness, oppression, persecution, poverty, social ostracisation, demon possession, and hunger; the one who had promised to bring in the Kingdom of God, to bring victory over their oppressors, had died a torturous death. Jesus had told them that he was the light of the world. But on Good Friday, they had stood witness at the foot of the cross as that light was snuffed out and darkness descended. Despite the temple curtain being torn in two, and the other signs that this was no ordinary man dying no ordinary death, the disciples were in shock, terrified.

Jesus' body had been wrapped and laid in the tomb just before sunset on the Friday. And after that they could do nothing. The women had prepared the oils and spices for anointing Jesus' body, but because it was the sabbath, they couldn't do the work. All they could do was wait.

Very early the next morning, Mary could wait no longer, she went to the tomb while it was still dark. She went grieving her Lord, believing herself to be deep in the valley of the shadow of death, with no way out, no hope, no light.

Reminded of the reality of Holy Week for the disciples, we can begin to understand why, when Mary found the empty tomb with the stone rolled away, her grief turned to despair. As Mary says to Peter and John: 'They have taken the Lord out of the tomb, and we do not know where they have laid him.' Or to the angels 'They have taken away my Lord.' And to the one she believes to be the gardener 'Sir, if you have carried him away, tell me where you have laid him, and I will take him away.' All she wants is to be able to do her best for Jesus in his death, but instead she is faced with the despair of his missing body.

The disciples did not immediately understand the joy of Easter Sunday...

But, just like our volunteer who opened the empty easter egg box to find disappointment, but went back to her seat and found something even better than she had expected. Jesus met Mary in her grief and despair with even better news. She had gone to the tomb to anoint Jesus' body, to prepare him properly for burial, to lay to rest all her hopes and dreams of a bright future which had formed as she followed Jesus and learnt from him.

And instead she found a reality beyond anything she could have imagined - Jesus - alive again - raised from the dead.

If we look back at our gospel reading we see John commenting on his and Peter's reaction to the empty tomb, saying: 'We did not yet know, you see, that the Bible had said he must rise again from the dead.'

Now, Jesus *had* told them a number of times what to expect. But what he told them was so mind-blowing to them that not only did they not understand. Until here on this Easter morning, when the pieces finally began to fit together.

As Mary spoke to the man she believed to be the gardener, she was so far from believing in the resurrection that she couldn't even recognise Jesus. Until he gently and lovingly called to her, 'Mary', and with that one word she knows - it is him! It is Jesus! The one she loves, the one who loves her. Risen from the dead.

In response Mary does what I imagine most of us would do in that situation, she grabs hold of him, perhaps to prove that he is real and not a vision, perhaps for fear that he will leave again.

Gently and kindly Jesus tells her not to hold on to him, and gives her the vital role of being the first apostle, the one appointed to go and tell the rest of the disciples that she has seen the Lord, alive, raised from the dead!

And even then, when she tells them that she has seen Jesus, they were dubious.

The disciples did not immediately understand the joy of Easter Sunday...

As we heard from Peter's sermon in Acts, Jesus went on to appear to the disciples many times. Walking their journeys with them, giving them fishing advice, cooking them breakfast, joining them for supper, letting Thomas put his hands on Jesus' scars and feel the reality of him. Jesus ate and drank with them. He showed them, and us, that his resurrection was real, and physical.

The disciples did not immediately understand the joy of Easter Sunday, but when they did, they realised that it was the centre of everything.

Why does Easter Day matter so much? Because the bodily resurrection of Jesus Christ is the crux of the Christian faith. The lynchpin of all that we believe. Without the resurrection every other part of the Christian faith falls like a domino run.

When we were dead in our sin, we were unable to reach God, we were separated from him, and there was nothing we could do about it. But God so loved the world, that he gave his only son, that whoever believes in him, will not die, but have eternal life.

Because of God's great and unshakable love for us, Jesus went to the cross, taking with him every bad thing I have ever done, every bad thing I will ever do, every bad thing that has ever been done to me, every broken thing in the world.

But that would not have been enough. If his death been the end, all of those things would have defeated him. The darkness would have won.

But as Peter says: **But God** raised Jesus from the dead.

When Jesus rose from the dead on that third day, breaking through the darkness with his light, he defeated death and sin, shame and brokenness, and all the dark things in this world once and for all.

When Jesus rose from the dead he showed himself to be the light that shines in the darkness, which the darkness could not, and never will overcome.

Because Jesus' rose from the dead we are all offered hope, not a kind of wishful thinking hope, but a hope that is sure and certain.

Because Jesus' rose from the dead we are all welcomed into relationship with God, who loves us with a love that is stronger and more faithful than any human love we could ever imagine.

The disciples did not immediately understand the joy of Easter Sunday, but when they did, it changed their whole lives.

The New Testament is full of sermons like this one from Peter, full of evidence that Jesus' resurrection changed people's lives. The fact that we are gathered here today over 2000 years later, still proclaiming this truth, and that Christians across the whole world are doing the same, is testament to the radical, life altering, world changing truth of the resurrection.

So I want to ask you today, will you hear Jesus calling your name as he called out to Mary early in the morning on that very first Easter? Will you step forward into his love? Will you lay down your burdens and your defences and accept the victory he has won for you?

Post Communion

Lord God our Father, through our Saviour Jesus Christ
you have assured your children of eternal life
and in baptism have made us one with him:
deliver us from the death of sin
and raise us to new life in your love,
in the fellowship of the Holy Spirit,
by the grace of our Lord Jesus Christ.

† 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
- Aldeburgh – Monday 19th May at 12 noon – Nadia Lasserson Concert
- 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 or be added to our mailing list.

The weekly Wednesday Zoom link is:

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

Meeting ID: 376 110 700 - Passcode: 028069

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 5pm.

FRISTON GOES GREEN

SATURDAY 17th MAY – 10.00am – 4.00pm

Please do 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
- ❖ AND MUCH MORE

ALL PROCEEDS GO TO
ST ELIZABETH'S HOSPICE

Contact:
marieszpak2051@gmail.com
for more information



**Lunchtime Classical
Concert Series
Aldeburgh Parish Church**

**Monday 19th May
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into May 2025, with the return of:

The Lighthouse Trio
Masumi Ogura (Clarinet)
Janet Coles (Cello)
Nadia Lasserson (Piano)

The well-known Lighthouse Trio makes a welcome return to Aldeburgh and will perform works by Beethoven with other short Romantic works.

**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

**Next Sunday – 4th May,
Third 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!