



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

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

Sunday 1st June Seventh Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Celia Cook
	11.00am	Family Service	Revd Sarah du Boulay
	6.00pm	Evensong	Revd Sarah du Boulay
Aldringham	11.00am	Holy Communion	Revd Nichola Winter
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Ros Macallister

A message from Revd Mary Brown

Dear Friends,

It has been really good to be back with you this week, thank you for all your kindness and good wishes whilst I was unwell.

I've been thinking this week about what it means to be church. Sometimes we think that the church is a building, and we do have beautiful buildings in this benefice which serve as a space of welcome and encounter with God. But the real church is the people of God, you and me. Peter tells us in 1 Peter 2, that we are all like living stones being built together into a spiritual house. Whenever we welcome someone at the door, hand someone a cup of tea, help a visitor find their place in the service sheet or the hymn book,

have a conversation with a stranger about the kindness of God, we are being that living temple to God, showing the light of Christ to those around us, and building the kingdom of God.

How does thinking of yourself as a living stone, a part of God's welcoming house, change your attitude to yourself, your neighbour, or God? God delights in you, and is delighted that you are part of his house, his church, his people, his kingdom. May you know that truth in a new and deeper way this week.

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.

Aldeburgh	A wonderful and joyful wedding on Saturday.
Aldringham	The first of our community picnics after the family service, do join us in June, bring your own picnic.
Friston	The beautiful building which is used by so many as a place of peace and reflection.
Knodishall	A really lovely and Spirit-filled service on Sunday.

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 THIS SUNDAY – 1st June at 6pm.** Aldringham's will be every 3rd Sunday of the month.

ALL WELCOME

Collect

O God the King of glory,
you have exalted your only Son Jesus Christ
with great triumph to your kingdom in heaven:
we beseech you, leave us not comfortless,
but send your Holy Spirit to strengthen us
and exalt us to the place where our Saviour Christ is gone before,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Ezekiel 36.24-28

I will take you from the nations, and gather you from all the countries, and bring you into your own land. I will sprinkle clean water upon you, and you shall be clean from all your uncleannesses, and from all your idols I will cleanse you. A new heart I will give you, and a new spirit I will put within you; and I will remove from your body the heart of stone and give you a heart of flesh. I will put my spirit within you, and make you follow my statutes and be careful to observe my ordinances. Then you shall live in the land that I gave to your ancestors; and you shall be my people, and I will be your God.

Second Reading

Acts 16.16-34

One day, as we were going to the place of prayer, we met a slave-girl who had a spirit of divination and brought her owners a great deal of money by fortune-telling. While she followed Paul and us, she would cry out, 'These men are slaves of the Most High God, who proclaim to you a way of salvation.' She kept doing this for many days. But Paul, very much annoyed, turned and said to the spirit, 'I order you in the name of Jesus Christ to come out of her.' And it came out that very hour. But when her owners saw that their hope of making money was gone, they seized Paul and Silas and dragged them into the market-place before the authorities. When they had brought them before the magistrates, they said, 'These men are disturbing our city; they are Jews and are advocating customs that are not lawful for us as Romans to adopt or observe.' The crowd joined in attacking them, and the magistrates had them stripped of their clothing

and ordered them to be beaten with rods. After they had given them a severe flogging, they threw them into prison and ordered the jailer to keep them securely. Following these instructions, he put them in the innermost cell and fastened their feet in the stocks. About midnight Paul and Silas were praying and singing hymns to God, and the prisoners were listening to them. Suddenly there was an earthquake, so violent that the foundations of the prison were shaken; and immediately all the doors were opened and everyone's chains were unfastened. When the jailer woke up and saw the prison doors wide open, he drew his sword and was about to kill himself, since he supposed that the prisoners had escaped. But Paul shouted in a loud voice, 'Do not harm yourself, for we are all here.' The jailer called for lights, and rushing in, he fell down trembling before Paul and Silas. Then he brought them outside and said, 'Sirs, what must I do to be saved?' They answered, 'Believe on the Lord Jesus, and you will be saved, you and your household.' They spoke the word of the Lord to him and to all who were in his house. At the same hour of the night he took them and washed their wounds; then he and his entire family were baptized without delay. He brought them up into the house and set food before them; and he and his entire household rejoiced that he had become a believer in God.

Gospel Reading

John 17.20-end

'I ask not only on behalf of these, but also on behalf of those who will believe in me through their word, that they may all be one. As you, Father, are in me and I am in you, may they also be in us, so that the world may believe that you have sent me. The glory that you have given me I have given them, so that they may be one, as we are one, I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me. Father, I desire that those also, whom you have given me, may be with me where I am, to see my glory, which you have given me because you loved me before the foundation of the world. 'Righteous Father, the world does not know you, but I know you; and these know that you have sent me. I made your name known to them, and I will make it known, so that the love with which you have loved me may be in them, and I in them.'

Sermon by Revd Nichola Winter at Friston & Aldeburgh, 25th May

In a few weeks time the church will move into what is called 'ordinary time'. The seasons of Advent, Christmas, Lent, Easter, Ascensiontide, Pentecost and Trinity will have rolled around the cycle of the church's year; the church hangings and priest's vestments will move to the colour green, symbolizing nature and growth. The lectionary readings will focus on the teachings of Jesus. The cycle - the circle - takes us round again - but each time we find ourselves in a different place to where we were before.

The ancient Greeks considered the circle to be the perfect shape – eternal; without beginning or end – a perfectly balanced whole. A single circle is a symbol of the divine – of eternity – and so it also came to represent God. If we look at many pictures of saints – what do we see that is circular? The halo – often depicted as circular, a reminder of holiness and the saint's being at one with God.

The green-fingered amongst us will be busily occupied in gardens and allotments, dealing with the flourishing spring growth. As we plant seed in the ground at this time we are reminded of the growing cycle – the seed planted sprouts and grows; it produces flowers, fruit and seed. The seed falls to the earth where it lies sleeping for a while and then it sprouts again – we say that we have come full circle and the cycle starts all over again. God's growing circle is good...

There's another reason why we might think about circles today. Today is Rogation Sunday – the Sunday before Ascension Day. Rogation days continue with the three days before Ascension Day. The name comes from the Latin word, *rogare*, meaning 'to ask.' Our prayers will often take the form of a circle of prayer - for the church, for our community, for individuals.

It used to be common practice for the people of a parish to process all the way round and finish where they had started – marking out the boundaries and praying for each part of the parish. Some years ago the churches in our benefice joined together for a prayer walk - a kind of 'beating of the bounds' and that took in all the churches in the benefice. It was a good way of establishing the boundaries of our benefice in our minds - reminding us of those communities for whom we pray day by day and week by week in our cycle of prayer.

...and praying out of doors is not an unusual activity. Referring again to the early apostles, we're told that 'On the sabbath day they went outside the gate by the river, where they supposed there was a place of prayer; and they sat down and spoke to the women who had gathered there.' That encounter led to the baptism of Lydia and her household. Baptism leads to a journey of faith for each of us - and that faith tells us that we shall, in due course, encounter the heavenly vision as set out by John.

So circles and cycles are important. In our 24/7 culture today it can be difficult to get the circular rhythm of work-rest-play right in our lives - but that Sabbath rest is so important, whether it be putting our feet up with a nice cup of tea, getting into the garden, or going out for a walk. Jesus calls us to find the peace that he offers through hearing his words - but knowing also that the peace he offers does not always come in the way that the world gives peace.

'Peace I leave with you; my peace I give to you. I do not give to you as the world gives.'

Jesus looks ahead. He lives, dies and is buried, but rises again and calls us to lasting life. As the circle of the year goes on, we approach Ascension Day and Pentecost - the time when God sends the Holy Spirit to be with us, as promised by Jesus himself - 'the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you everything, and remind you of all that I have said to you.'

Celtic prayer features circles, too, and I want to finish with a Celtic prayer. It reminds us that God is there to help us at all times throughout the day and throughout our lives - he encircles us with his love and protection, especially when he sends us out to proclaim, pray and evangelise.

Circle me, O God,
Keep Calm within, keep Turmoil out.

Circle me, O God,
Keep Faith within, keep Doubt without.

Circle me, O God,
Keep Life within, keep Death without.

Keep me, O Lord, as the apple of your eye;
hide me under the shadow of your wings.
Here I am, Lord, send me.

Post Communion

Eternal God, giver of love and power,
your Son Jesus Christ has sent us into all the world
to preach the gospel of his kingdom:
confirm us in this mission,
and help us to live the good news we proclaim;
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/UCLeK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

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>

† 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.

Evensong Services

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The Alde Sandlings, Dates for your Diary

- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Evensong – Aldringham Every third Sunday at 5pm
- Evensong – Aldeburgh 1st June at 6pm
- June 8th – Pentecost Services throughout the Benefice – see June Calendar, and a deanery Pentecost Gathering – see notice below.
- Aldeburgh Parish Church 11th June 12.15pm – Book Launch and recital – see notice
- Aldeburgh – Sunday 15th June - 10.30am Festival Service
- Aldringham – Monday 16th June – 7.30pm Archdeacon's Visitation
- 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.
- Aldeburgh – Sunday 29th June 11am – Benefice Patronal Service
- Friston Classics on The Green – Thursday 10th July 2.30pm - 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.
- Aldeburgh Carnival Songs of Praise – Sunday 17th August 6pm

Aldringham Churchyard Picnic Time

Can we be brave enough to say that the warmer weather has now arrived?

Every fourth Sunday of the month after Aldringham's 11am family service we invite you to bring along a picnic and a chair.

This will give everyone the perfect opportunity to get together for some fellowship conversation. **Weather permitting!**

**Next Sunday – 8th June,
Pentecost**

† 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, for the Zoom link.

Saturday 7th June Community 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.

Saturday 21st June Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts.

All are welcome to any of the Pilgrims events.

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.

This will be held fortnightly on Wednesdays 6.00pm – 7.30pm

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

We look forward to seeing you!

Friston Open Gardens

**Sunday 15th 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

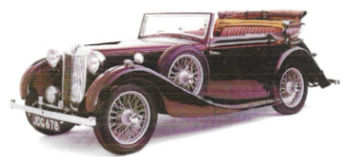
CLASSICS ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 10TH JULY FROM 2.30PM

*Bring your VETERAN,
VINTAGE or CLASSIC CAR
or BIKE - or just bring
your friends and family
along to see the classics*



*Tea, coffee and cakes will be
available in the Village Hall.
There will be a Bar and BBQ
on the Green and food and
drink at The Old Chequers.*

*All types of vehicle that were in
production before 1970 are welcome.
Arrive anytime from 2.30pm and depart
whenever you wish.*



*FREE designated parking and entry - all donations to Friston Church
Sat navs: IP17 1NP*




SAVE THE DATE
CATCHING THE FIRE '25 8th JUNE

White House Farm,
Great Glenham
IP17 1LS


Prayer
Station
~
fire of
the
Spirit
~

**SAXMUNDHAM DEANERY
PENTECOST GATHERING**
(& BEYOND!)
8TH JUNE 3PM
INTERACTIVE FAMILY WORSHIP
WHITEHOUSE FARM, GT. GLENHAM IP17 1LS
BRING AND SHARE PICNIC
TEA & COFFEE AVAILABLE
PARKING WHAT3WORDS /// HEAVY.AMBITIONS.GIVES
FURTHER INFO ROB@ALDERIVER.CHURCH




**A BOOK LAUNCH
and
ORGAN RECITAL**

Hot Under The Collar
A Life in the Church
by
Basil Jenkyns



**11
JUNE** **WEDNESDAY**
St Peter and St Paul Church
Victoria Rd Aldeburgh
IP15 5DY

Launch 12.15 FREE ENTRY Recital 1pm



**Organist
Geoff Howells**
Including music by *Buxtehude, Pärt,
Vaughan Williams, Hans Zimmer,
Couperin, Camidge and J.S.Bach*

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