



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 18th May Fifth Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Sarah du Boulay
	11.00am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Said Service	Led by The Elders
	5.00pm	Evensong	Revd Sarah du Boulay
Friston	9.30am	Service of the Word	Led by Marie Szpak
Knodishall	9.30am	Service of the Word	Led by Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

Over the last few weeks I have been privileged to conduct 5 funeral services across the benefice. You may be aware that this is an unusually high number within a short period of time for us and it has meant that these services and supporting the families involved has been my priority.

I always say, and mean, that funerals are one of my favourite parts of being a vicar. It is such an honour to journey alongside and support the family and friends who are mourning – being invited into their lives and homes at one of the most difficult times they will have. It is always a pleasure and a humbling experience to learn more about the person whose funeral we are taking. People are so interesting and lead quite incredible lives. And although grief and pain and loss are a huge part of the funeral, so too is love and hope and celebration – that we are all richer for having known that person.

It occurs to me that maybe the lesson we can all take is to not wait until someone's memorial service before we celebrate their lives, but to give thanks for those we love every day and to tell everybody how much they are loved and how they have changed our lives. Taking so many funeral services certainly makes me think differently about how I live my life and how I show appreciation for those around me.

With prayers

Sarah

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	Praying for the Town Council as they began their new year in office. What a privilege to be asked.
Aldringham	The Bridge Drive run by the Friends, which was not only a fun afternoon, but also raised some funds for the work of the church.
Friston	The Reclaim the Rain project which will make our church more eco-friendly and will make it even more beautiful.
Knodishall	A second positive and efficient APCM in the benefice, and another new member of our PCC!

GOOD LUCK CHRIS AND PAULINE

This week we are saying 'Au Revoir' to Chris and Pauline Burrell-Saward as they cross the border to move nearer to family in sunny Norfolk. It goes without saying that we will miss them both very much as they have been an integral part of our church family, and both worked very hard both for St Andrew's in Aldringham, and for the whole benefice, offering time, wisdom and expertise, always with a smile and good humour. We know they will be back to visit, so this really is 'until we meet again' and not 'goodbye', but from the bottom of our hearts Chris and Pauline – THANK YOU and go with God's Blessing.

Sarah

we will miss you

Collect

Almighty God,
who through your only-begotten Son Jesus Christ
have overcome death and opened to us the gate of everlasting life:
grant that, as by your grace going before us
you put into our minds good desires, so by your continual help
we may bring them to good effect;
through Jesus Christ our risen Lord,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 22.1-18

After these things God tested Abraham. He said to him, 'Abraham!' And he said, 'Here I am.' He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt-offering on one of the mountains that I shall show you.' So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt-offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, 'Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.' Abraham took the wood of the burnt-offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, 'Father!' And he said, 'Here I am, my son.' He said, 'The fire and the wood are here, but where is the lamb for a burnt-offering?' Abraham said, 'God himself will provide the lamb for a burnt-offering, my son.' So the two of them walked on together. When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the Lord called to him from heaven, and said, 'Abraham, Abraham!' And he said, 'Here I am.' He said, 'Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me.' And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt-offering instead of his son. So Abraham called that place 'The Lord will provide'; as it is said to this day, 'On the mount of the Lord it shall be provided.' The angel of the Lord called to Abraham a

second time from heaven, and said, 'By myself I have sworn, says the Lord: Because you have done this, and have not withheld your son, your only son, I will indeed bless you, and I will make your offspring as numerous as the stars of heaven and as the sand that is on the seashore. And your offspring shall possess the gate of their enemies, and by your offspring shall all the nations of the earth gain blessing for themselves, because you have obeyed my voice.'

Second Reading

Acts 11.1-18

Now the apostles and the believers who were in Judea heard that the Gentiles had also accepted the word of God. So when Peter went up to Jerusalem, the circumcised believers criticized him, saying, 'Why did you go to uncircumcised men and eat with them?' Then Peter began to explain it to them, step by step, saying, 'I was in the city of Joppa praying, and in a trance I saw a vision. There was something like a large sheet coming down from heaven, being lowered by its four corners; and it came close to me. As I looked at it closely I saw four-footed animals, beasts of prey, reptiles, and birds of the air. I also heard a voice saying to me, "Get up, Peter; kill and eat." But I replied, "By no means, Lord; for nothing profane or unclean has ever entered my mouth." But a second time the voice answered from heaven, "What God has made clean, you must not call profane." This happened three times; then everything was pulled up again to heaven. At that very moment three men, sent to me from Caesarea, arrived at the house where we were. The Spirit told me to go with them and not to make a distinction between them and us. These six brothers also accompanied me, and we entered the man's house. He told us how he had seen the angel standing in his house and saying, "Send to Joppa and bring Simon, who is called Peter; he will give you a message by which you and your entire household will be saved." And as I began to speak, the Holy Spirit fell upon them just as it had upon us at the beginning. And I remembered the word of the Lord, how he had said, "John baptized with water, but you will be baptized with the Holy Spirit." If then God gave them the same gift that he gave us when we believed in the Lord Jesus Christ, who was I that I could hinder God?' When they heard this, they were silenced. And they praised God, saying, 'Then God has given even to the Gentiles the repentance that leads to life.'

Gospel Reading

John 13.31-35

When he had gone out, Jesus said, 'Now the Son of Man has been glorified, and God has been glorified in him. If God has been glorified in him, God will also glorify him in himself and will glorify him at once. Little children, I am with you only a little longer. You will look for me; and as I said to the Jews so now I say to you, "Where I am going, you cannot come." I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.'

Sermon by Revd Sarah du Boulay at Knodishall, 11th May

This reading from Acts is a very important one to me. It introduces us to a character in the Bible who is hugely influential and important, but mentioned only this once. I am speaking of course, of Dorcas. Dorcas is a Greek name, meaning Gazelle, or 'lovely thing'. She lived in Joppa (which itself translates as 'beautiful'), and she was known for her good works and acts of charity, especially helping the poor.

The Bible calls Dorcas a "disciple," indicating she was a follower of Jesus and a member of the early church. We hear that she was "abounding in good deeds and acts of charity", and these acts of charity were a tangible expression of her faith, impacting the lives of the poor and widows in her community. Now, here it's important to remember that society did not treat the poor or widows well. In fact they were often ostracised, and not looked after at all. So what Dorcas did really, really mattered. Like Jesus himself, she sought out those outside society, and she loved them, in practical and tangible ways. Her acts of kindness created a positive legacy that extended beyond her lifetime.

I am taking a lot of funerals and thanksgiving services at the moment, and it does make me wonder what people will remember about me when I'm gone? What do I want my epitaph to be? I think that although difficult, this is a question which it can be really good for us all to ask from time to time. Dorcas's death caused grief and sorrow in the community, which highlighted the value of her life and the impact of her deeds. This was her legacy, her epitaph.

Following her death, The disciples, knowing Peter was nearby, sent for him, and he came to Dorcas's house. This is interesting because it shows a certain desperation to call for Peter. It also shows a great faith, to call for Peter. When he arrived, Peter prayed over her body and commanded her to get up, and she miraculously returned to life. Here we see him calling her not Dorcas, but Tabitha. The same name, with the same meaning, but instead of the Greek translation, Tabitha is actually Aramaic – the language Jesus spoke.

This miracle served two purposes in that moment. It not only restored Dorcas's life but also strengthened the faith of many others in the community, demonstrating the power of God's grace.

I think there are 5 lessons we can learn from Dorcas:

- 1) Use the talents you've been given to help others. Dorcas had talents in sewing, designing and tailoring. She put that to good use, making clothing for people who needed it. Any ability at all can be utilised in a practical and personal way. We too are called to emulate Dorcas by seeking opportunities to serve others, showing compassion, and engaging in acts of kindness.
- 2) Stay faithful in doing good for others. It doesn't say exactly what Dorcas did for the poor other than clothing them, but she definitely made caring a habit. Over time she became well known and respected for this. It's easy to start measuring what we do in terms of 'big' or 'small', but if we are consistent to reach out with a heart for ministry, God will increase the influence of anything we do. Know that even the smallest gestures can make a significant difference.
- 3) Build relationships that will have a lasting impact on others. After Dorcas died she left a legacy, as we have said. She touched the lives of many and made many friends. As the widows gathered, they cried for the loss of someone they valued. It is through our actions and interactions that we too can leave a legacy of positive impact.
- 4) Make service and ministry towards others a priority. Dorcas was called a disciple which means she was enthusiastic about following the teachings of Jesus. She knew that he called people to give, to care, and to provide where they could. We don't have to wait until we are rich, or retired, or have it all together before we start reaching out. Prayer and seeking God's guidance are of paramount importance in our lives. In this story, we see that Dorcas's resurrection was a result of Peter's prayer and the community's faith.
- 5) Let God use you to witness to others. Dorcas had shown many people God's love. But her death and resurrection pointed even more directly

towards God. There was certainly great rejoicing when she was restored, as well as celebrating God's wonderful work. We have a chance to lead people to know God better through how we go about each day, especially the difficult days. Dorcas's life and her resurrection serve as a powerful reminder of God's grace and the importance of living a life of faith and service.

God has always gifted women (and even some men!) to bring positive change to their surroundings, and Dorcas was obedient to that call on her life. She is still a wonderful example of what it means to submit our talents to the Lord, and to leave a legacy behind. And God will always multiply the blessings that come from our selfless giving. So, as a call to action for us all, I would encourage you to embrace Dorcas's example and strive to live a life that is full of good works, charity, and faith, leaving behind a positive legacy that honours God.

Post Communion

Eternal God,
whose Son Jesus Christ is the way, the truth, and the life:
grant us to walk in his way,
to rejoice in his truth,
and to share his risen life;
who is alive and reigns, now and for ever.

† 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.

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

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.

The Suffolk Guild of Ringers Striking Competition

Aldeburgh Parish Church is pleased to be hosting The Suffolk Guild of Ringers Eight Bell Striking Competition. It is expected there will be five or six teams made up of eight ringers each, from all corners of the diocese. This is an annual competition that moves around the diocese with each team aiming to ring to the best of their ability with as few faults as possible. (There will be two judges marking each piece of ringing) with the winners holding the "Rose Trophy" until next year. The draw for the order in which each team rings should take place at 4.30pm at Aldeburgh, with ringing commencing shortly after that (earlier in the day the Six Bell Competition will have been held at Yoxford). It should be a very sociable occasion with the chance to catch up with fellow ringers from all over the county and listen to some good ringing.

Come along for a chat and listen to the bells!!

The Alde Sandlings, Dates for your Diary

- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Friston Goes Green – Plant and Cake Sale. May 17th 10-4pm on the Village Green
- Evensong – Aldringham 18th May at 5pm
- APCM's in the Alde Sandlings Benefice - Aldringham – 18th May, Aldeburgh – 25th May
- Aldeburgh – Monday 19th May at 12 noon – Nadia Lasserson Concert
- Aldeburgh – Sunday 25th May at 6pm. United Church Service.
- Deanery Ascension Day Service at Aldeburgh – Thursday 29th May at 10.00am
- Evensong – Aldeburgh 1st June at 6pm
- 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 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.

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 I am 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!

†Aldeburgh United Churches Service†

Aldeburgh Parish Church

Sunday 25th May at 6pm

ALL WELCOME

† **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 link.

Saturday 17th May 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.

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. **All are welcome to any of the Pilgrims events.**

**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

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



**Next Sunday – 25th May,
Sixth 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!

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!