



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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Sunday 8th June Pentecost

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Bishop Sandy Millar
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from our Rector, Revd Sarah du Boulay

Dear friends,

It's Pentecost weekend! The traditional birthday of the Church, and the day we celebrate the gift of the Holy Spirit.

As well as our own services and celebrations in this benefice, we are also pleased to be part of the wider deanery, and I'd like to remind you all that we are having a deanery service on Sunday afternoon, at 3pm at Whitehouse Farm in Great Glemham. All benefices in the deanery are taking part, and we will be welcoming Bishop Graeme to pray for us. It will be a very relaxed afternoon, with the opportunity to sit quietly and reflect, or take part in more active activities. After we have worshipped, we will picnic together. Do come if you can – it is a wonderful opportunity to meet friends from further afield, and to remember that we are all part of God's glorious kingdom together.

Happy Pentecost everybody!

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.

Not totally church-based, but in the Alde Sandlings benefice, this week we are grateful for the rain! Hasn't it made a difference to the landscape around us, where we see new growth and the glory of creation.

Collect

God, who as at this time
taught the hearts of your faithful people
by sending to them the light of your Holy Spirit:
grant us by the same Spirit
to have a right judgement in all things
and evermore to rejoice in his holy comfort;
through the merits of Christ Jesus our Saviour,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 11.1-9

Now the whole earth had one language and the same words. And as they migrated from the east, they came upon a plain in the land of Shinar and settled there. And they said to one another, 'Come, let us make bricks, and burn them thoroughly.' And they had brick for stone, and bitumen for mortar. Then they said, 'Come, let us build ourselves a city, and a tower with its top in the heavens, and let us make a name for ourselves; otherwise we shall be scattered abroad upon the face of the whole earth.' The Lord came down to see the city and the tower, which mortals had built. And the Lord said, 'Look, they are one people, and they have all one language; and this is only the beginning of what they will do; nothing that they propose to do will now be impossible for them. Come, let us go down, and confuse their language there, so that they will not understand one another's speech.' So the Lord scattered them abroad from there over the face of all the earth, and they left off building the city. Therefore it was called Babel, because there the Lord confused the language of all the earth; and from there the Lord scattered them abroad over the face of all the earth.

Second Reading

Acts 2.1-21

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. Amazed and astonished, they asked, 'Are not all these who are speaking Galileans? And how is it that we hear, each of us, in our own native language? Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power.' All were amazed and perplexed, saying to one another, 'What does this mean?' But others sneered and said, 'They are filled with new wine.' But Peter, standing with the eleven, raised his voice and addressed them: 'Men of Judea and all who live in Jerusalem, let this be known to you, and listen to what I say. Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. No, this is what was spoken through the prophet Joel: "In the last days it will be, God declares, that I will pour out my Spirit upon all flesh, and your sons and your daughters shall prophesy, and your young men shall see visions, and your old men shall dream dreams. Even upon my slaves, both men and women, in those days I will pour out my Spirit; and they shall prophesy. And I will show portents in the heaven above and signs on the earth below, blood, and fire, and smoky mist. The sun shall be turned to darkness and the moon to blood, before the coming of the Lord's great and glorious day. Then everyone who calls on the name of the Lord shall be saved."

Gospel Reading

John 14.8-17 25-27

Philip said to him, 'Lord, show us the Father, and we will be satisfied.' Jesus said to him, 'Have I been with you all this time, Philip, and you still do not know me? Whoever has seen me has seen the Father. How can you say, "Show us the Father"? Do you not believe that I am in the Father and the Father is in me? The words that I say to you I do not speak on my

own; but the Father who dwells in me does his works. Believe me that I am in the Father and the Father is in me; but if you do not, then believe me because of the works themselves. Very truly, I tell you, the one who believes in me will also do the works that I do and, in fact, will do greater works than these, because I am going to the Father. I will do whatever you ask in my name, so that the Father may be glorified in the Son. If in my name you ask me for anything, I will do it. 'If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate, to be with you for ever. This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you. 'I have said these things to you while I am still with you. But 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. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.

Sermon by Revd Sarah du Boulay at Friston & Aldeburgh, 1st June

All four Gospels describe Jesus as a person of prayer who routinely set time apart for this sacred purpose. His first followers took this aspect of Jesus' life as foundational. Jesus prayed as part of his ongoing connection to the Trinity and as an example to those who would follow him. Everything Jesus accomplished was done through prayer. Prayer was as essential to Jesus' life as food and water - as essential as the sea is to our life here on this Suffolk coast.

We see most clearly how vital prayer was for Jesus on the night before he died. All the Gospels tell of Jesus praying fervently during that dark night of the soul. In Matthew, Mark, and Luke, we hear that Jesus prayed for the cup to pass from him, as he did not wish to suffer and die. We also read how he submitted himself to God's will, trusting that this path, however difficult, was ultimately for the best.

Our reading today forms part of a longer prayer in John's seventeenth chapter. Jesus has already prayed for strength for his coming crucifixion. He has prayed for his disciples. Then, at the prayer's conclusion, Jesus broadens the circle of those for whom he intercedes. Jesus declares, "I ask not only on behalf of these, but also on behalf of those who will believe in me through their word."

That means us, dear friends. We have come to believe in Jesus because of the witness of those first disciples. Had they never ventured forth to tell Jesus' story, we would never have heard it. We believe today because of an unbroken chain of believers stretching back to the time of those first followers. When Jesus prays for "those who will believe in me through their word," he is praying for us gathered here this morning and for Christians throughout the world.

Jesus prays for us: "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." Jesus' deepest desire is that we may be one with God, and through that unity with the Triune God, we may be one with each other. The purpose of this unity is clear: that through our oneness, the world may see and know that Jesus is God's own Son, the saviour of the world.

In our essential beliefs, we Christians remain more unified than our denominational differences might suggest to an outsider. We believe in one Trinitarian God who is best known through Jesus, the Son. Christians around the world still hold to the faith affirmed by the church council that met in Nicea in 325. That declaration of faith, known as the Nicene Creed, contains the basic outline of Christian beliefs that the vast majority of Christians affirm to this day. Whether we gather the Roman Catholic Church, the Baptist Chapel, or at the Methodist Church, we share this common foundation.

On the night before he died, Jesus prayed that we would know the unity within the Holy Trinity so that "the world may believe." We understand that God exists as a Trinity of persons - one being, yet three distinct persons. God the Father, God the Son, and God the Holy Spirit are one, yet each is unique. We too are called to be unique persons, separate from one another yet in communion with each other.

As we are to be one as Jesus and the Father are one, we need not eliminate all differences among us. The goal is not to lose ourselves so completely into a group that there is no individual "you" remaining. That is what happens in a cult, which demands you surrender your identity to the collective. Christianity teaches that God made you unique, with distinctive gifts to offer. Jesus' prayer embraces this diversity within unity - we Christians are not merely to be one, but to be one as Jesus and the Father are one.

We are not all created identical, and so we will each approach God somewhat differently. Various churches allow for this helpful diversity, enabling each of us to find the most authentic way to approach God within

a loving community of fellow Christians. Here in our corner of Suffolk, we need not break down the uniqueness found within our different Christian traditions. We can see the face of Jesus in those from other churches whose beliefs and practices may differ, and so we have common ground upon which to stand. The Methodist Chapel down the road from us is not competition but an ally in the cause of spreading trust in God. The Roman Catholic community, the Baptists, the Anglicans - we are all partners in this sacred work. We need not have a one-size-fits-all church to live out our faith in Jesus. We do, however, need to work together in every way possible so that all may see that what binds us together matters more to us than any disagreements.

In our current climate, where political differences prove increasingly divisive, signs of Christian unity become even more vital for our communities. We need not settle all our differences to work together in loving our neighbours as ourselves. When the food bank serves those in need, when we welcome refugees who arrive on our shores, when we care for the elderly and isolated in our community, denominational boundaries fade into insignificance.

Those of us who have discovered peace beyond understanding in relationship with the God who loves us far too much to leave us unchanged should long for everyone to experience the healing and wholeness we have found. The more we can join with other Christians in our community to live out our faith by serving all in need, the more we demonstrate to the world the oneness we share in Christ.

In making this essential unity real, we receive the surprising gift of discovering Jesus' face in people with whom we disagree. What we hold in common runs deeper than our differences: the love within us is the very love within the Trinity. This love is deeper than any division and stronger than any hatred. This is the love that makes us one, even as our Triune God is one.

So may the world believe, beginning right here on the Suffolk coast, that Jesus Christ is indeed the Son of the living God.

Post Communion

Faithful God, who fulfilled the promises of Easter
by sending us your Holy Spirit and opening to every race and nation
the way of life eternal: open our lips by your Spirit,
that every tongue may tell of your glory;
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>

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 of the month.

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!**

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 Every first Sunday 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

† 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 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.

10 am Sundays in July & August

Celtic style worship by the Fish Pond by the Meare

All are welcome to any of the Pilgrims events.

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

Build your Wheelhouse of Skills,
whether it be:
Art
Crochet
Knitting
Calligraphy and much more.....



Alde Sandlings Benefice

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

F R I S T O N

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*

www.redhawkbooks.co.uk