



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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Services in The Alde Sandlings Benefice – Sunday 26th April

Aldeburgh	11am	Holy Communion	Revd Sarah du Boulay
Aldringham	11am	Family Service	Revd Mary Brown
Friston	9.30am	Holy Communion & Baptism	Revd Sarah du Boulay
Knodishall	9.30am	Holy Communion	Revd Mary Brown

A message from our Rector, Revd Sarah du Boulay

Dear friends,

We are thrilled to be restarting our weekly newsletter again. You will have noticed that we are now sending it out on a Thursday, but all else will remain the same.

Our new Benefice Administrator Jodie is settling in really well and we are already grateful for her enthusiasm and skills which are keeping us well on track. If anybody has any news or dates to go in the newsletter, please do send it to Jodie by the Wednesday of the week the letter will go out at aldesandlingsbenefice@outlook.com – remembering that the newsletter is for deanery and benefice news only.

We are well into 'APCM Season' and having had a great meeting at Aldeburgh last week, I would ask for your prayers for the meetings of the other three parishes in the next few weeks. Church life never stands still, and we ask God for his continued guidance and love as we seek to do His will and to keep moving forward as a benefice.

With prayers as always

Sarah

Readings for Sunday 26th April 2026

Collect

Almighty God,
Whose Son Jesus Christ is the resurrection and the life:
Raise us, who trust in him,
From the death of sin to the life of righteousness,
That we may seek those things which are above,
Where he reigns with you
In the unity of the Holy Spirit,
One God, now and for ever.
Amen.

Genesis 7

Then the Lord said to Noah, 'Go into the ark, you and all your household, for I have seen that you alone are righteous before me in this generation. ²Take with you seven pairs of all clean animals, the male and its mate; and a pair of the animals that are not clean, the male and its mate; ³and seven pairs of the birds of the air also, male and female, to keep their kind alive on the face of all the earth. ⁴For in seven days I will send rain on the earth for forty days and forty nights; and every living thing that I have made I will blot out from the face of the ground.' ⁵And Noah did all that the Lord had commanded him.

⁶Noah was six hundred years old when the flood of waters came on the earth. ⁷And Noah with his sons and his wife and his sons' wives went into the ark to escape the waters of the flood. ⁸Of clean animals, and of animals that are not clean, and of birds, and of everything that creeps on the ground, ⁹two and two, male and female, went into the ark with Noah, as God had commanded Noah. ¹⁰And after seven days the waters of the flood came on the earth.

¹¹In the six-hundredth year of Noah's life, in the second month, on the seventeenth day of the month, on that day all the fountains of the great deep burst forth, and the windows of the heavens were opened. ¹²The rain fell on the earth for forty days and forty nights. ¹³On the very same day Noah with his sons, Shem and Ham and Japheth, and Noah's wife and the three wives of his sons, entered the ark, ¹⁴they and every wild animal of every kind, and all domestic animals of every kind, and every creeping thing that creeps on the earth, and every bird of every kind—every bird, every winged creature. ¹⁵They went into the ark with Noah, two and two of all flesh in which there was the breath of life. ¹⁶And those that entered, male and female of all flesh, went in as God had commanded him; and the Lord shut him in.

¹⁷The flood continued for forty days on the earth; and the waters increased, and bore up the ark, and it rose high above the earth. ¹⁸The waters swelled and increased greatly on the earth; and the ark floated on the face of the waters. ¹⁹The waters swelled so mightily on the earth that all the high mountains under the whole heaven were covered; ²⁰the waters swelled above the mountains, covering them fifteen cubits deep. ²¹And all flesh died that moved on the earth, birds, domestic animals, wild animals, all swarming creatures that swarm on the earth, and all human beings; ²²everything on dry land in whose nostrils was the breath of life died. ²³He

blotted out every living thing that was on the face of the ground, human beings and animals and creeping things and birds of the air; they were blotted out from the earth. Only Noah was left, and those that were with him in the ark. ²⁴ And the waters swelled on the earth for one hundred and fifty days.

Acts 2:42-end

They devoted themselves to the apostles' teaching and fellowship, to the breaking of bread and the prayers.

⁴³ Awe came upon everyone, because many wonders and signs were being done by the apostles. ⁴⁴ All who believed were together and had all things in common; ⁴⁵ they would sell their possessions and goods and distribute the proceeds to all, as any had need. ⁴⁶ Day by day, as they spent much time together in the temple, they broke bread at home and ate their food with glad and generous hearts, ⁴⁷ praising God and having the goodwill of all the people. And day by day the Lord added to their number those who were being saved.

John 10:1-10

'Very truly, I tell you, anyone who does not enter the sheepfold by the gate but climbs in by another way is a thief and a bandit. ² The one who enters by the gate is the shepherd of the sheep. ³ The gatekeeper opens the gate for him, and the sheep hear his voice. He calls his own sheep by name and leads them out. ⁴ When he has brought out all his own, he goes ahead of them, and the sheep follow him because they know his voice. ⁵ They will not follow a stranger, but they will run from him because they do not know the voice of strangers.' ⁶ Jesus used this figure of speech with them, but they did not understand what he was saying to them.

⁷ So again Jesus said to them, 'Very truly, I tell you, I am the gate for the sheep. ⁸ All who came before me are thieves and bandits; but the sheep did not listen to them. ⁹ I am the gate. Whoever enters by me will be saved and will come in and go out and find pasture. ¹⁰ The thief comes only to steal and kill and destroy. I came that they may have life and have it abundantly.

† 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/UCLecK8GovYoaYzIgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

**Sermon by Revd Sarah du Boulay,
19th April – Third Sunday of Easter**

When discerning whether ordination is the right path, people are invited to go to what used to be called a BAP – Bishops’ Advisory Panel. The BAP was a 3-day trip away to a Christian Retreat Centre or Conference Centre where we were interviewed, observed (in formal and informal times), talked together, ate together and lived together whilst the assessors watched our every move to discern whether we were suitable for ordination. It was exhausting and incredibly involved. Nowadays it follows a similar outline but is shorter and altogether more friendly!

During my BAP, the worship was all focussed around the Gospel reading we have heard this morning – the road to Emmaus. At our last meeting as a group, we were invited to take a print of a series of paintings by nuns, depicting the story. I know this is too small for you all to see, but this is my print. It shows the two, together with Jesus on the road. The Jesus figure appears to be holding out his hands, whilst the others point in opposite directions. But Jesus is right there, in the middle of them, totally part of their story and their journey, even though they didn’t yet recognise him.

It occurs to me what a wonderful illustration this is just before our Annual Church Meeting, which we are holding after this service. It reminds us that Jesus is with us, right in the midst of us on our own journey. His actions speak to us in our own journey as individual Christians and as the body of the Church. He shows us here what it is to journey alongside others. That meeting with others and sharing our stories is important. That walking with, talking to and journeying alongside other people is at the heart of how we are to live out our faith. Before we do anything else, before we share, we are to listen. To really listen and not just draw our own conclusions.

After Jesus had listened, he opened up Scripture to them. He began to interpret what scripture had said about his own death and resurrection. He helped them to see how their stories were intrinsically wrapped up in God’s bigger story. To understand how our own places and purposes in this world are linked to walking alongside Jesus who died and was risen for each and every one of us. But in doing this, he didn’t just give them a pat on the back and a hug. No – having listened, he challenged them, rebuking them for their lack of faith – ‘how foolish you are and how slow of heart to believe’ he said.

All too often it is easy to wander off the path of righteousness. Our words and our actions may not be of God, but of something else entirely. We need to honestly look at ourselves and discern why and how we may be acting like this. And sometimes, we need somebody else to point it out to us. From a place of Godly love and a place of humility. Sometimes, we are called not just to be cheerleaders, but prophets – speaking God’s truth into worldly situations.

AS they near the village, the two invite Jesus into their home to stay with them. And he does this with us as well – he comes to the door of our hearts and knocks but doesn't enter without an invitation. We need to be ready to ask him to come into our lives and into our hearts. The choice is ours.

It is then when taking food and drink together, that they realise because of his act of worship, who he was. Their eyes were opened and they recognised him. As soon as they realised, they got back up and returned to Jerusalem – a hurried, joyful journey that they took with some urgency because they were so desperate to share the good news!

The point is that although Jesus was present, these two disciples had to make choices. They had to actively choose Jesus. They chose to walk with him, to talk to him, to share their stories. They chose to listen to his teaching; they chose to invite him into their homes and to share a meal with him. They were open enough to recognise him and then they chose to hurry and share this incredible news with others.

This was not just one choice they made but a series of decisions, each one leading to the next part of this story. At any point they could have made a different decision which would have had consequences. And it is the same for us. We too can choose to recognise Jesus in our midst. We too can choose to see the innate divinity in others around us, who have been created in God's image. We too can choose to listen to scripture and teaching. To pray earnestly and humbly to our Lord. We can choose whether to act from love or to focus on the Godly, and the truth or whether to focus on lies. Whether to hear and act on the Good News of the Resurrection, or to hide amongst the shadows and darkness of that which lures us from that path of righteousness. To choose to think before we speak or act.

These choices continue throughout our lives – with every breath, every action, every word, we get to choose Jesus or reject him. It's hugely exciting but also a little bit scary. And we will all make mistakes and make the wrong decisions – of course we will, but this is where people who love us can help to hold us accountable. Why it's so important to be part of a Christian community, where we have the love and support of others around us. And as we look towards our APCM, and the next year together as God's church here in Aldeburgh, we need to take seriously this series of decisions, and to continue to look for, find, listen to and recognise Jesus every step of the way. Because if we don't keep our focus, we too will get distracted.

So now I pray, may our eyes be opened, so that we can recognise Jesus in our midst. May our hearts burn with joy as we see our story wrapped up in his. And may we always be eager to share the joy of his resurrection and presence among us. To the glory of God.

Amen.

£££ 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/>

† 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

aldesandlingsbenefice@outlook.com and we will do our utmost to arrange a visit.

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities. The Aldeburgh & Leiston Co-op supermarkets 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>

Always wanted to sing?

Why not join Friston Community Choir!

Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: fristonvillage@gmail.com **ALL WELCOME**

The Alde Sandlings, Dates for your Diary

- Morning Prayer throughout The Alde Sandlings Benefice weekly at 9am.
Aldeburgh – Every Monday, Wednesday and Friday.
Aldringham – Every Thursday.
Friston – Every Monday.
Knodishall – Every Tuesday.
- 3rd May - Friston APCM (10.30am)
- 10th May - Knodishall APCM (10.30am)
- 14th May - 7am Benefice Ascension Day Service and breakfast at Friston
7.30pm Deanery Ascension Day Service at t Margaret's Church, Leiston
- 17th May - Aldringham APCM (Midday)
- 6.30pm Aldeburgh Churches United Service at St Peter & St Paul's Church, Aldeburgh
- 24th May - Pentecost – a celebration of the birthday of the church! Service details and events to follow – Save The Date!
- 4th June - 7.30pm Archdeacon's Visitation Service at St John's Church, Saxmundham

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

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

All are welcome to any of the Pilgrim's events.

Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.
The Alde Sandlings Safeguarding Officer: Mrs Fran Smith-
safeguarding.aldesandlings@outlook.com

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