



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 5th May Sixth Sunday of Easter

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Family Service	Led by The Elders
Aldringham	11.00am	Morning Prayer	Led by Elder David Gordon
Friston	10.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Tim Haxell

ASCENSION DAY BENEFICE SERVICE

Our benefice service will be held at
Friston Parish Church at 10am on
Thursday 9th May.

ALL WELCOME!!

A message from our Rector, Revd Sarah du Boulay

Dear friends,

I had a win at the weekend. You may remember my rather long list of 2024 Resolutions – well, on Saturday (my 42nd birthday), I ran my first ever Park Run! 3.1 miles at Sizewell. I was painfully slow, but I ran every step of it (ably and enthusiastically supported by a couple of friends). My aim now is to improve on my time, and to keep running – what a privilege it is! I wanted to let you know this for encouragement – we all have aims, and it is easy to

'Dream Big', but sometimes by 'Dreaming Small' and achieving our aims, we actually find something that is sustainable and lots of small things all add up to become one big thing.

29th June 2024 is a date for your diaries. It is the day when Rev'd Mary will be Priested at a service in the afternoon at St Edmundsbury Cathedral. It is a wonderful time of celebration and blessing, and we would love to support her as fully as possible. Our intention is to hire a coach for the benefice, so if you would like a place on that coach, please let Claire know (first come, first served). In the meantime, please do continue to pray for Mary, as I know you already do.

With prayers,

Sarah

Collect

God our redeemer, you have delivered us from the power of darkness and brought us into the kingdom of your Son: grant, that as by his death he has recalled us to life, so by his continual presence in us he may raise us to eternal joy; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Isaiah 55.1-11

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you. Seek the Lord while he may be found, call upon him while he is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways

and my thoughts than your thoughts. For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.

Second Reading

Acts 10.44-end

While Peter was still speaking, the Holy Spirit fell upon all who heard the word. The circumcised believers who had come with Peter were astounded that the gift of the Holy Spirit had been poured out even on the Gentiles, for they heard them speaking in tongues and extolling God. Then Peter said, 'Can anyone withhold the water for baptizing these people who have received the Holy Spirit just as we have?' So he ordered them to be baptized in the name of Jesus Christ. Then they invited him to stay for several days.

Gospel Reading

John 15.9-17

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love. I have said these things to you so that my joy may be in you, and that your joy may be complete. 'This is my commandment, that you love one another as I have loved you. No one has greater love than this, to lay down one's life for one's friends. You are my friends if you do what I command you. I do not call you servants any longer, because the servant does not know what the master is doing; but I have called you friends, because I have made known to you everything that I have heard from my Father. You did not choose me but I chose you. And I appointed you to go and bear fruit, fruit that will last, so that the Father will give you whatever you ask him in my name. I am giving you these commands so that you may love one another.

Sermon by The Revd Sarah du Boulay
Fifth Sunday of Easter, 28th April at Aldeburgh

What an incredible set of readings today. I could talk to you about each one of them for hours – don't panic, I promise I won't.

When reading and praying over these readings, the word which occurred to me was kenosis. Has anybody heard this term before? Kenosis literally means 'to empty'. It's a word that theologians use a lot in reference to Christ, and specifically the passage in Philippians which talks about Jesus emptying himself, voluntarily taking on human flesh and setting aside (or emptying) his divine power and glory.

We also use the term when talking about ourselves. In our case, it means emptying ourselves of our own human will and desire, and becoming more fully who God has created us to be. It means through prayer and discernment, listening to God's every calling on our lives – what we do, and who we are. It's not about becoming somebody different, it's about becoming more fully ourselves by an awareness of God.

The balance to the emptying of kenosis, is the filling of epiclesis. Epiclesis is the word we use when we invoke God. It happens every time we have communion – that moment later when I pray that the Holy Spirit comes down on the elements of bread and wine so that they become for us the body and blood of Jesus – that's epiclesis. The presence of God. In our context, kenosis empties the earthly, and epiclesis fills with the divine.

I was reminded of this in the story from Genesis, where Abraham was instructed by God to sacrifice his son. Abraham completely emptied himself of his own human desires and inclinations, and was prepared to be totally, fully, 100% obedient to God.

I was reminded of this in the story from Acts, where Philip proclaimed the good news about Jesus, explain the passage of scripture which described Jesus as a sacrificial lamb – his full and total commitment to the events of Easter. His emptying of his divine power, and then, his obedience to God the Father in allowing the crucifixion to take place.

I was also reminded of this in the story from Acts in the actions of the eunuch, who, when having heard and understood scripture and the story of Jesus, immediately wanted to be baptised and went on his way rejoicing – an instantaneous transformation and filling of the eunuch with the Holy Spirit.

And I was reminded of this in the passage from the Gospel of John, which specifically and carefully tells us of our links with God, through Jesus. 'I am the true vine and my Father is the vine-grower... I am the vine and you are the branches.' We are God's creation and so are intrinsically linked. Our survival and growth comes directly from Jesus – we are the branches to his vine. If we are willing, our very being is fed and formed through Jesus – our own epiclesis. God calls each and every one of us in a myriad of ways. We are called to deepen and develop our relationships with him. We are called to become more fully the individual people we were created to be (perfectly and precisely). We are called to become the body of the church together, right here, right now. And we are called to obedience. Whether is it dramatic and scary obedience like Abraham, or obedience in embracing our faith and publicly worshipping like the eunuch. Or, something a little more specific – a calling to ordained ministry? A calling to lay ministry? A calling to serve on the PCC? A calling to help clean and maintain the church building? A calling to cover our community and church with prayer?

Our becoming more fully who we are created to be is an ongoing process, lasting for our whole lifetime. And you will have heard me say before that I believe the callings placed on us by God may well change over time. We have to be willing to push on that door – if we have an inkling that God might be calling us to something, we need to explore it. If we think he is speaking to us about something, we need to pray about it, to discuss it with somebody we trust. We need to spend time with God, praying to and listening to him. To read scripture. To allow ourselves to become totally vulnerable and open to the God who loves us – as scary as that is. And however old we may be, however experienced and learned we may be, I can guarantee that God can still surprise and challenge us!

So today I wonder – what is it that each and every one of us needs to do to empty ourselves just that little bit more of our own human nature, and to prayerfully ask God to fill us more with the Holy Spirit? And I ask this question both individually and corporately. How, as a church, can we abide more in Christ? It's a particularly pertinent question as we prepare for our APCM next month, but is a question we should always have – a continual challenge to each and every one of us.

'Abide in me as I abide in you. Just as the branch cannot bear fruit by itself unless it abides in the vine, neither can you unless you abide in me. I am the vine, you are the branches. Those who abide in me and I in them bear much fruit... my Father is glorified by this, that you bear much fruit and become my disciples.'

Post Communion

God our Father, whose Son Jesus Christ gives the water of eternal life: may we thirst for you, the spring of life and source of goodness, through him who is alive and reigns, now and for ever.

Dates for your Diary

- Friston goes Green, Saturday 11th May -10 - 4pm
- Ukraine with Love Concert at Aldeburgh 11th May at 6.30pm
- Evensong at Aldringham 12th May at 5.30pm – then every second Sunday
- Civic Service (Mayor's Sunday) at Aldeburgh, Sunday 19th May at 10.30am
- Concert in Aid of Save the Children at Aldeburgh, Thursday 23rd May, 12 noon.
- Deanery Confirmation Service at Aldeburgh, Sunday 26th May at 3pm
- Festival Service at Aldeburgh, Sunday 9th June at 10.30am
- Revd Mary ordination at Bury St Edmunds Cathedral, Saturday 29th June at 2.30pm
- Benefice Holy Communion at Aldeburgh, Sunday 30th June at 10.30am

Services in The Alde Sandlings Benefice 12th May Seventh Sunday of Easter

Aldeburgh	10.30am	Holy Communion	Revd Nichola Winter
Aldringham	11.00am	Service of The Word	Led by Elder Sheila Brechin
	5.30pm	Evensong	Revd Sarah & Revd Mary
Friston	10.00am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

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 1.15-17, 21-end

In those days Peter stood up among the believers (together the crowd numbered about one hundred and twenty people) and said, 'Friends, the scripture had to be fulfilled, which the Holy Spirit through David foretold concerning Judas, who became a guide for those who arrested Jesus for he was numbered among us and was allotted his share in this ministry.' So one of the men who have accompanied us throughout the time that the Lord Jesus went in and out among us, beginning from the baptism of John until the day when he was taken up from us-one of these must become a witness with us to his resurrection.' So they proposed two, Joseph called Barsabbas, who was also known as Justus, and Matthias. Then they prayed and said, 'Lord, you know everyone's heart. Show us which one of these two you have chosen to take the place in this ministry and apostleship from which Judas turned aside to go to his own place.' And they cast lots for them, and the lot fell on Matthias; and he was added to the eleven apostles.

Gospel Reading

John 17.6-19

'I have made your name known to those whom you gave me from the world. They were yours, and you gave them to me, and they have kept your word. Now they know that everything you have given me is from you; for the words that you gave to me I have given to them, and they have received them and know in truth that I came from you; and they have believed that you sent me. I am asking on their behalf; I am not asking on behalf of the world, but on behalf of those whom you gave me, because they are yours. All mine are yours, and yours are mine; and I have been glorified in them. And now I am no longer in the world, but they are in the world, and I am coming to you. Holy Father, protect them in your

name that you have given me, so that they may be one, as we are one. While I was with them, I protected them in your name that you have given me. I guarded them, and not one of them was lost except the one destined to be lost, so that the scripture might be fulfilled. But now I am coming to you, and I speak these things in the world so that they may have my joy made complete in themselves. I have given them your word, and the world has hated them because they do not belong to the world, just as I do not belong to the world. I am not asking you to take them out of the world, but I ask you to protect them from the evil one. They do not belong to the world, just as I do not belong to the world. Sanctify them in the truth; your word is truth. As you have sent me into the world, so I have sent them into the world. And for their sakes I sanctify myself, so that they also may be sanctified in truth.

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.

† 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.

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness or 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.

Weekly Benefice Newsletter

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

All requests by 4pm on Thursday please

NOTICE OF THE ALDE SANDLINGS ANNUAL GENERAL MEETINGS

FRISTON

Will be held on Sunday 5th May at 11.00am

ALDRINGHAM

Will be held on Tuesday 7th May at 3pm

KNODISHALL

Will be held on Sunday 12th May at 10.30am

ALDEBURGH

Will be held on Sunday 28th April at 12 Noon
NOW

Wednesday 22nd May at 6.30pm in The Church Hall

Would you like to join the Aldeburgh Team?

Nominations for churchwardens, deputy churchwardens, deanery synod representatives, and to join the PCC are open on 9th May. All nominations need to be to Revd Sarah by 14th May. Please do email admin@aldeburghparishchurch.org.uk if you have any questions.

Fund Raising Quiz Night for The Fairfield Centre

Friday 31st May at 7pm at the
Fairfield Centre.



£7.50 per person, inc Supper. Bring your own drinks.

Teams of up to 6 people. To book at table, please contact Linda on 07885 453145 or email info@thefairfieldcentre.co.uk

Please inform of any dietary requirements when booking.

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>

£££ 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 this Christmas, 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/>

† 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>

† Fairfield Centre Prayers - Café Church †

Every third Sunday of the month at **4pm**.

Relaxed and informal with tea, toast, activities, chat and worship.

All ages very 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 links.

**Saturday 18th May Community Good News Faith Cafe @
The Outside Inn, Parrot Pub 9.30 - 10.30**

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

FRISTON GOES GREEN

SATURDAY 11th MAY - 10.00am - 4.00pm.

**PLEASE 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
- ❖ HOMEMADE JAM & MARMALADE
- ❖ TOP QUALITY REUSABLE & NEW ITEMS

PARKING IS AVAILABLE ON THE VILLAGE GREEN

**REMEMBER ALL PROCEEDS GO TO
ST ELIZABETH'S HOSPICE**



Contact:

marieszpak2051@gmail.com

for more information

FROM UKRAINE WITH LOVE

CONCERT

Saturday 11th May, 18:30
St Peter and St Paul's Church,
Aldeburgh

In aid of bringing home those killed both Ukrainian & Russian
and the Military Hospital in Odessa



Tatiana Belousova (mezzo-soprano) and **Natalia Stepanova** (soprano) will perform arias from popular operas as well as traditional and contemporary Ukrainian songs, together with Natalia's 6-year old son, Andre.

They will be accompanied by **Birgitta Kenyon** on piano who will also play well-known piano solos.

Tickets available on the door: £12.50 adults, £8 Under 14's. Please scan or visit:
<https://www.ticketsource.co.uk/voicesquad/t-avdepal>



St Andrew's Parish Church Aldringham



CHORAL EVENSONG

Second Sunday of Every
Month at 5.30pm (May - August)

YOU ARE ALL MOST
WELCOME



**Lunchtime Classical
Concert Series
Aldeburgh Parish Church
Thursday 23rd May 2024
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue in 2024, with the return of the Lighthouse Trio.

Masumi Ogura (Clarinet)
Janet Coles (Cello)
Nadia Lasserson (Piano)

In a programme of hitherto neglected Romantic works by Robert Kahn, Paul Juon and Friedrich Wilhelm Voigt

**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

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 – admin@aldeburghparishchurch.org.uk

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