



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 19th May Pentecost

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johsnon
	10.30am	Civic Service	Revd Sarah du Boulay
	4.00pm	Café Church	Fairfield Centre
Aldringham	11.00am	Holy Communion	Bishop Sandy Millar
Friston	10.00am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

I am so excited. On 26th May at 3pm, we will be welcoming Bishop Mike, and candidates from across our Deanery (and beyond), to Aldeburgh Church for a Confirmation service. This is where people publicly acknowledge Jesus as their Lord and Saviour, and commit to a lifetime following his teachings. It is a wonderful celebration for the whole Church as we welcome them and promise to support them on their journey.

We have 4 friends from our benefice who will be confirmed (in alphabetical order): Bob, Fiona, Ian and Matilda, and it would be wonderful to have as

many people in church as possible to support them – please do put the date in your diary (if it isn't already!).

The whole list of people to be confirmed is: Bob, Fiona, Ian, Matilda, Darius, Isaac, Inigo, Raphael, Linda, Hannah, Alan, Adam and Heath. Please do keep all 13 of them in your prayers.

And finally, Happy Pentecost everybody!

With prayers,

Sarah

Revd Mary's Ordination – 29th June – FINAL CALL

Enquiries have been made for a coach so people can attend Mary's ordination on the 29th June. We have found only one company that can provide a coach for this trip. We need to confirm the booking asap.

So if you would like to go please let Claire know, by **Tuesday 21st May**, otherwise it will not be financially feasible to confirm the booking. (Or please do let a Church Warden know on Sunday, and they will pass on the details). The coach would be leaving at 11.30am from Aldeburgh Parish Church Car Park and leaving the Cathedral at 5pm.

If we do get maximum capacity (51 seats) the charge will approximately be around £15 per person, the price will vary depending on how many people join.

† RIP Rita Fryer of Aldeburgh †

The family of Rita Fryer are sad to announce her death. Rita was a well-known and much-loved resident of Aldeburgh. Rita's funeral will be held at Seven Hills Crematorium, on 6th June at 11.15am.

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

Ezekiel 37.1-14

The hand of the Lord came upon me, and he brought me out by the spirit of the Lord and set me down in the middle of a valley; it was full of bones. He led me all round them; there were very many lying in the valley, and they were very dry. He said to me, 'Mortal, can these bones live?' I answered, 'O Lord God, you know.' Then he said to me, 'Prophecy to these bones, and say to them: O dry bones, hear the word of the Lord. Thus says the Lord God to these bones: I will cause breath to enter you, and you shall live. I will lay sinews on you, and will cause flesh to come upon you, and cover you with skin, and put breath in you, and you shall live; and you shall know that I am the Lord.' So I prophesied as I had been commanded; and as I prophesied, suddenly there was a noise, a rattling, and the bones came together, bone to its bone. I looked, and there were sinews on them, and flesh had come upon them, and skin had covered them; but there was no breath in them. Then he said to me, 'Prophecy to the breath, prophecy, mortal, and say to the breath: Thus says the Lord God: Come from the four winds, O breath, and breathe upon these slain, that they may live.' I prophesied as he commanded me, and the breath came into them, and they lived, and stood on their feet, a vast multitude. Then he said to me, 'Mortal, these bones are the whole house of Israel. They say, "Our bones are dried up, and our hope is lost; we are cut off completely." Therefore prophecy, and say to them, Thus says the Lord God: I am going to open your graves, and bring you up from your graves, O my people; and I will bring you back to the land of Israel. And you shall know that I am the Lord, when I open your graves, and bring you up from your graves, O my people. I will put my spirit within you, and you shall live, and I will place you on your own soil; then you shall know that I, the Lord, have spoken and will act, says the Lord.'

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 15.26-27, 16.4b-15

‘When the Advocate comes, whom I will send to you from the Father, the Spirit of truth who comes from the Father, he will testify on my behalf. You also are to testify because you have been with me from the beginning. But I have said these things to you so that when their hour comes you may remember that I told you about them. ‘I did not say these things to you from the beginning, because I was with you. But now I am going to him who sent me; yet none of you asks me, “Where are you going?” But because I have said these things to you, sorrow has filled your hearts. Nevertheless, I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you. And when he comes, he will prove the world wrong about sin and righteousness and judgement: about sin, because they do not believe in me; about righteousness, because I am going to the Father and you will see me no longer; about judgement, because the ruler of this world has been condemned. ‘I still have many things to say to you, but you cannot bear them now. When the Spirit of truth comes, he will guide you into all the truth; for he will not speak on his own, but will speak whatever he hears, and he will declare to you the things that are to come.

He will glorify me, because he will take what is mine and declare it to you. All that the Father has is mine. For this reason I said that he will take what is mine and declare it to you.

Sermon by The Revd Mary Brown Seventh Sunday of Easter, 12th May at Knodishall

We're doing something a little different today. I'm going to preach the sermon I preached on Thursday at our Ascension Day service. This means that what I'm about to say is not drawn from today's readings - instead I'll give some short extracts from other readings - and point you to where you can find them for yourselves and read them in full.

The Ascension of Jesus is a Principal Feast - one of the most important days in the Christian calendar - but despite this, we the church don't tend to spend much time focused on Jesus' Ascension. Because it's a Principal Feast it doesn't get moved to a Sunday, but because in this country it isn't a bank holiday, what that means in reality is that most Christians actually don't know that much about the Ascension or why it matters.

We're not helped to remember its importance by the fact that Ascension definitely doesn't feature for wider society - at Christmas we exchange gifts, at Easter we give each other chocolate, the second May bank holiday was originally held to celebrate Pentecost. But Ascension isn't marked by any of this - no gifts, no chocolate, no bank holidays.

I bumped into an old friend the other day who is a priest in North Suffolk. I was chatting to him and his wife about the Ascension and they said that their student minister when they'd been at university had challenged them once saying - 'I hope you have all written your Ascension cards'. He was pointing out that culturally this feast holds little or no importance, but theologically Jesus' Ascension matters at least as much as his birth, death and resurrection. Like Christmas, like Good Friday, like Easter Sunday, like Pentecost - the Ascension is essential to our understanding of our faith.

I'm going to run through five reasons why the Ascension really matters theologically. This will just be broad brush strokes, but as I say, I'll point you to some places in the Bible where you can go and read more about it.

First let's think about what the Ascension was. Ascension marks the day that Jesus - in the words of the Nicene Creed that we say every week - 'ascended into heaven and is seated at the right hand of the Father'.

Let's hear Luke's descriptions of this event from the Gospel of Luke and from Acts:

Here's Luke: *'Then [Jesus] led them out as far as Bethany, and, lifting up his hands, he blessed them. While he was blessing them, he withdrew from them and was carried up into heaven.'*

Here's Acts: *'When [Jesus] had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up towards heaven, suddenly two men in white robes stood by them. They said, 'Men of Galilee, why do you stand looking up towards heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven.'*

Our first reason why the Ascension is so important is that Jesus, who is yes fully God, but also fully human, is in heaven, with God the Father. Jesus ascended as he was on earth - still fully human, still flesh and bone, as he was when he rose from the dead, and as he was when spent the last 40 days with his disciples, walking with them, cooking for them, eating with them. This means that we, in our humanity, are also welcomed into presence of God. In ascending Jesus has made a way for us to be in relationship with God.

The second reason that Ascension matters, is that in Ascending to heaven Jesus completed the sacrifice he had begun on the cross.

The High Priest in the Old Testament temple system would go into the Holy of Holies of the temple, where God's presence was, once a year to offer a sacrifice of atonement for the sins of the people. By Ascending Jesus offered himself as the Lamb of God - sacrificed for the sins of the world - to God in the real Holy of Holies - his heavenly dwelling place. If you read the Book of Revelation you'll see Jesus, as he is now in heaven, described as 'one like a lamb who was slain'. The Ascension matters because it completes Jesus' sacrifice for our sins.

Our third reason is linked to this. Jesus isn't just the Lamb of God - the sacrifice - he is also the High Priest who offers the sacrifice to God. (Yes, I know this is complicated - and maybe that's another reason we don't spend much time thinking about Ascension - but bear with me - it matters!) The writer to the Hebrews [and if you want to know more about Jesus' Ascension and why it matters - please do read the Letter to the Hebrews - throughout it the writer beautifully weaves together Jesus death, resurrection and ascension, showing how all three events work together for our salvation in Christ.] The writer to the Hebrews tells us

that in Ascending, Jesus became our Great High Priest. Just as in the Old Testament, the High Priest would go before the throne of God once a year to offer sacrifice for the sins of the people - Jesus, by ascending, has gone before the throne of God to stand there for eternity as our Great High Priest - offering himself as our once for all sacrifice.

Let's read a bit from Hebrews - this is from chapter 4:

'Therefore, since we have a great high priest who has ascended into heaven, Jesus the Son of God, let us hold firmly to the faith we profess. For we do not have a high priest who is unable to empathise with our weaknesses, but we have one who has been tempted in every way, just as we are—yet he did not sin. Let us then approach God's throne of grace with confidence, so that we may receive mercy and find grace to help us in our time of need.'

The writer to the Hebrews says that it matters that Jesus is our Great High Priest in heaven - fully human and fully God - because it means he really understands us - and that means we can confidently approach God's throne of grace. How do we approach God? We pray. Because of the Ascension we can pray with confidence, knowing that the one we pray to understands us fully.

Our fourth reason is found in a lot of places in scripture - but was picked out in the Old Testament reading on Thursday which came from Daniel chapter 7. Where we read a prophecy which was fulfilled when Jesus Ascended. Daniel writes: *'As I watched...I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.'* One like the Son of Man - Jesus - comes on the clouds before the Ancient One - God - and is given an everlasting kingdom that will never pass away. Historically Kings used to become King through winning battles - the coronation would come after they had won the victory. We can see that imagery here with Jesus. In dying and rising from the dead Jesus won the victory, in Ascending he was crowned as King forever. Why does this matter for us - because as those who live in the Kingdom of God, we can take assurance from the fact that our King is sat on his throne ruling for eternity - and good Kings only sit down on their thrones when the enemy is defeated and the people are safe.

So we come to our fifth and final - for now - reason why the Ascension matters to our faith. In Luke Jesus tells his disciples - *'And see, I am sending upon you what my Father promised; so stay here in the city until you have been*

clothed with power from on high.' And in Acts *'you will be baptised with the Holy Spirit not many days from now'*. In John he says: *'And I will ask the Father, and he will give you another Advocate, to be with you forever. This is the Spirit of truth.'* And *'Nevertheless I tell you the truth: it is to your advantage that I go away, for if I do not go away, the Advocate will not come to you; but if I go, I will send him to you.'* Jesus tells his disciples that he must ascend in order to be able to send his Holy Spirit to the church. We'll be thinking a lot more about the Holy Spirit next Sunday when we celebrate Pentecost - but for now, to help us understand the importance of the Ascension, a quick word on the Holy Spirit. Jesus calls the Holy Spirit the Comforter and the Advocate. Jesus sends his Holy Spirit upon his church to empower us, to encourage us, to equip us. The Holy Spirit helps us to understand scripture, teaches us to pray, shapes our character day by day to be more like Christ. The Holy Spirit living in each one of us is what knits us together into the body of Christ, and the Holy Spirit living in us brings us into relationship with God. The Ascension matters because in Ascending Jesus made Pentecost and the sending of His Holy Spirit possible.

When Jesus ascended the disciples were scared, they thought this meant they had been left alone, vulnerable and afraid. Sometimes we can think the same - that with Jesus no longer here in a way that we can reach out and touch - we have to go it alone - like that motivational poster of a cat hanging on to a cliff edge for dear life.

But what scripture tells us is that by ascending Jesus was brought us more fully into the kingdom and presence of God:

- he has presented himself as sacrifice before God so that we can be reconciled to God
- he has become our Great High Priest constantly interceding for us
- he has brought our humanity into the presence of God
- he has won the victory and taken up his throne
- he has sent us the Holy Spirit our Comforter and Advocate

In Ascending Jesus secured our salvation. Hallelujah. Happy Ascension everyone!

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

The Alde Sandlings, Dates for your Diary

- 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
- Friends of St Andrews, Aldringham Coffee Morning, Saturday 1st June 10am – 12 noon.
- Festival Service at Aldeburgh, Sunday 9th June at 10.30am
- Evensong at Aldringham 9th June at 5.30pm – then every second Sunday
- Friston Open Gardens, Sunday 16th June, 11.30am to 5.30pm
- 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
- Fund Raising Fun Quiz at Knodishall Village Hall for Church Funds, 12th July at 7pm – More info to follow.
- Friston Classics on the Green, Thursday 11th July PM

If we have missed something that is happening within the Benefice, please let Claire know.

† 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.

**Notice of Aldeburgh's Annual General Meeting.
Wednesday 22nd May at 6.30pm in The Church Hall**

† 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

The Friends of St Andrew's Church, Aldringham Coffee Morning, Saturday 1st June 10-12 noon

Books, Cakes, Bric-a-Brac, Tombola, Refreshments and more.
Do come along and support this event and catch up with old friends, and new! ALL WELCOME.
All in aid of the Church Fabric Fund.

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

† Would you like to join the Friston Team? †

St Mary's Church, Friston, have vacancies:

Church Warden/s

PCC Secretary

PCC members

Would you like to take on any of these roles at Friston?

Do let Claire know at admin@aldeburghparishchurch.org.uk and we can let you know more.

† 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.

This Saturday, 18th May, starting 11am by the Moot Hall, Aldeburgh, a time of singing and offering Pentecost Blessings and Prayers in our local community. Do come and join us, all are welcome!

Saturday 1st June Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £7 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

Friston Goes Green Update from Marie

Thank you so much to all who made this such a special event. On the day (11th May) we raised over £1,000 for **St Elizabeth Hospice** and are still receiving donations. It was lovely to welcome visitors from across the Benefice to our plant and cake sale. Personally, I want to thank all the growers and bakers for donating their produce and my trusty team on the day who worked with a smile on their face all day. It isn't too late, if you would like to make a contribution to our total, please see Marie Sznak at Church on Sunday, or email

admin@aldeburghparishchurch.org.uk



www.stelizabethhospice.org.uk



Friston Open Gardens

**Sunday 16th 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

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