



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 26th May Trinity Sunday

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Very Revd Christopher Lewis
	3.00pm	Deanery Confirmation Service	Bishop Mike & Revd Sarah du Boulay
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	10.00am	Service of the Word	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Nichola Winter

A message from our Rector, Revd Sarah du Boulay

Dear friends,

So, the APCMs are all done for another year. We have reflected, we have prayed, and we have started to look forward together at what our worshipping future will bring. It's an exciting time for us all. I wrote in my reports for each parish, I would love our tagline for this benefice over the next year to be 'Generous Hospitality'. It will mean something different to each of us, and will look different at different times and in different places, but it is something modelled so clearly by Jesus over his time on earth, and is both a clear commandment to us all, and something which unites us in our faith.

You may know that our Lay Elders are not permitted to preach in services, as they have received no specific training, but with my blessing they may share a 'Thought for the Day'. Over the next few months we will be sharing some of these with you in this newsletter – we have some very gifted people in our benefice and it's a joy to share their talents with a wider audience.

Finally, please do hold Fiona, Ian, Bob and Matilda in your prayers as they are confirmed by Bishop Mike tomorrow. And if you are free at 3pm, please do come to Aldeburgh Church to support them in person – all are welcome!

With prayers,

Sarah

Collect

Almighty and everlasting God, you have given us your servants grace, by the confession of a true faith, to acknowledge the glory of the eternal Trinity and in the power of the divine majesty to worship the Unity: keep us steadfast in this faith, that we may evermore be defended from all adversities; 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 6.1-8

In the year that King Uzziah died, I saw the Lord sitting on a throne, high and lofty; and the hem of his robe filled the temple. Seraphs were in attendance above him; each had six wings: with two they covered their faces, and with two they covered their feet, and with two they flew. And one called to another and said: 'Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.' The pivots on the thresholds shook at the voices of those who called, and the house filled with smoke. And I said: 'Woe is me! I am lost, for I am a man of unclean lips, and I live among a people of unclean lips; yet my eyes have seen the King, the Lord of hosts!' Then one of the seraphs flew to me, holding a live coal that had been taken from the altar with a pair of tongs. The seraph touched my mouth with it and said: 'Now that this has touched your lips, your guilt has departed and your sin is blotted out.' Then I heard the voice of the Lord saying, 'Whom shall I send, and who will go for us?' And I said, 'Here am I; send me!'

Second Reading

Romans 8.12-17

So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh—for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. For all who are led by the Spirit of God are children of God. For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’ it is that very Spirit bearing witness with our spirit that we are children of God, and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

Gospel Reading

John 3.1-17

Now there was a Pharisee named Nicodemus, a leader of the Jews. He came to Jesus by night and said to him, ‘Rabbi, we know that you are a teacher who has come from God; for no one can do these signs that you do apart from the presence of God.’ Jesus answered him, ‘Very truly, I tell you, no one can see the kingdom of God without being born from above.’ Nicodemus said to him, ‘How can anyone be born after having grown old? Can one enter a second time into the mother’s womb and be born?’ Jesus answered, ‘Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit. What is born of the flesh is flesh, and what is born of the Spirit is spirit. Do not be astonished that I said to you, “You must be born from above.” The wind blows where it chooses, and you hear the sound of it, but you do not know where it comes from or where it goes. So it is with everyone who is born of the Spirit.’ Nicodemus said to him, ‘How can these things be?’ Jesus answered him, ‘Are you a teacher of Israel, and yet you do not understand these things? ‘Very truly, I tell you, we speak of what we know and testify to what we have seen; yet you do not receive our testimony. If I have told you about earthly things and you do not believe, how can you believe if I tell you about heavenly things? No one has ascended into heaven except the one who descended from heaven, the Son of Man. And just as Moses lifted up the serpent in the wilderness, so must the Son of Man be lifted up, that whoever believes in him may have eternal life. ‘For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. ‘Indeed, God did not send the Son into the world to condemn the world, but in order that the world might be saved through him.

Sermon by The Revd Sarah du Boulay, Pentecost/Civic Service, 19th May at Aldeburgh

Happy Birthday! If you are of a religious persuasion, or have had a chance to read the introduction on the inside cover of our service booklet today, you will know that today we celebrate Pentecost – the official birthday of the church. Big C, all denominations – Anglican, Catholic, Baptist, Methodist, all of us. The Christian Church. So you join us on a very special day, and we are thrilled to celebrate with you.

Now, as we have just heard from our Bible readings, Pentecost is when we celebrate the coming of the Holy Spirit. Described both as a rush of violent wind, and as tongues of fire, the day of Pentecost was when the Holy Spirit came down upon Jesus' apostles and gave them the ability to speak in different languages.

In our Gospel reading, the Holy Spirit was referred to, by Jesus, as the Advocate. Now as we all know, an advocate is somebody who publicly recommends or supports another. That is the purpose of the Holy Spirit – to publicly support each one of us. Although, actually, 'advocate' is a slightly lazy translation of the original Greek. A better translation is 'comforter'. An even better word though, is the original word itself – Paraclete. Paraclete literally means 'to come alongside'. The Holy Spirit is sent to come alongside us. To offer us support, strengthen, intercede, counsel, comfort, and help.

That is the point of Pentecost. The point of Pentecost is the gift of the Holy Spirit. So what should the result of this gift be? The result of Pentecost should be sharing the Good News of the Gospel with all nations. With all people. With those inside this church and those outside it.

The Holy Spirit has given us the ability to communicate the Good News of Jesus Christ – the fact that Jesus had been born, had lived, had died and then been brought back to life again, before being taken up into heaven, where, we are promised, he is waiting there for us to join him.

That is the Good News of Jesus. That through his actions here on earth, God has cleared the way for us to have eternal life. That when our earthly lives end, we have the chance to live forever, with him, in what we call heaven. The good news is hope. And love. And life itself.

I often joke that if you think about the church in terms of marketing, we should be full to the brim. We have the best product in the world – Jesus. We just don't always know how to market him properly!

But the exciting thing is, that if you are sitting here today. If you have heard the word of God. If you have been baptised or confirmed. If you come up for communion or a blessing later on in the service. If you join in with any prayers, then the Holy Spirit is with you. The Holy Spirit will give you everything that you need to spread the good news of the Gospel – to be a witness to God throughout your life. You have everything you need.

You can tell everybody that you know where to go to receive everything that God has promised us. You can tell everybody that you know where to receive forgiveness for all your wrongdoings. You can tell everybody that you know where you can always find welcome. Find meaning. Find acceptance. Find a greater love than you can ever begin to imagine. From the God who created us, sustains us, loves us, redeems us, and will be with us forever.

When preparing this sermon, it occurred to me how apt it is to be celebrating Mayor's Sunday on the same day as Pentecost. It's a clumsy comparison, and I don't want to push it too far, but the words advocate, helper, support, counsellor, comforter, strengthener, all could equally well apply to the position of Mayor. TJ will be taking on all these roles over the next year. Of course, she won't be doing it alone. She will have the support of her Town Councillors, her friends and family, and the whole town. And also, I believe with all of my heart that TJ will take on the duties of Mayor with the support and power of the Holy Spirit. I will be praying for your year in office, and all it will bring.

And for everybody here. Take comfort and strength for the presence of the Holy Spirit in your lives. Know that you are never alone. Know that God has ensured He will always be with you. And know that your local church, here at St Peter and St Paul will always welcome you and offer you a home.



And the sun shone brightly too!

Post Communion

Almighty and eternal God, you have revealed yourself as Father, Son and Holy Spirit, and live and reign in the perfect unity of love: hold us firm in this faith, that we may know you in all your ways and evermore rejoice in your eternal glory, who are three Persons yet one God, now and for ever.

A HUGE THANK YOU TO DOUG IRELAND

Members of the Aldeburgh Choir presented Doug with a thank you gift for all his tireless years assisting the choir and acting as crucifer.

Thank you Doug, from us all at Aldeburgh.



† 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.

The Alde Sandlings, Dates for your Diary

- 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
- Friston Classics on the Green, Thursday 11th July
- Fund Raising Fun Quiz at Knodishall Village Hall for Church Funds, 12th July at 7pm – More info to follow.

† 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](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/](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](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.

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.

Saturday 22nd June 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.

Knodishall Church Fund Raising Quiz

Fun Quiz at **Knodishall Village Hall** on the
12th July, starting promptly at 7pm.

Supper provided but do bring your own drinks.

£7 per person, max 6 per team. Meet up and enjoy a fun evening with friends, raffle, spot prizes, laughs - oh, and a few questions to answer!

All money raised goes to St Lawrence,
Knodishall Church.



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



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