



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 13th April Palm Sunday

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
	11.00am	Family Service	in The Church Hall
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

The Week Ahead - Holy Week

Monday - Friston	6.30pm	Compline	Led by Elder Marie Szpak
Tuesday - Knodishall	6.30pm	Compline	Led by Elder Ros Macallister
Wednesday - Aldeburgh	10.00am	Holy Communion	Revd Sarah du Boulay
	6.30pm	Compline	Revd Sarah du Boulay

Maundy Thursday

Aldeburgh	10.00am	Holy Communion	Revd Nichola Winter
Aldringham	6.30pm	Tenebrae with Holy Communion	Revd Mary Brown

Good Friday

Knodishall	9.30am	Walk of Witness	With Methodist Church
Aldeburgh	9.45am	Walk of Witness	With Aldeburgh Churches
Aldeburgh, Aldringham and Friston	2.00pm	Hour before the Cross	Led by The Elders with Revd Nichola Winter at Friston

A message from our Rector, Revd Sarah du Boulay

Dear Friends,

This is another introduction where I wonder where the year has gone and how we are looking at Holy week again already? Can you believe we are nearly at the end of April?

So much is happening in the benefice at the moment. We have just finished another successful Alpha course, hosted by Aldringham and with 18 attendees, and are already planning our next one. Our first benefice wedding of the year will be held this afternoon in Aldeburgh church. We have had two more enquiries for baptisms. Friston has kick-started what will be a deanery wide plan for prayer and pilgrimage over the next year, involving cairns. Knodishall is working hard on community engagement, and looking to introduce more joint worship events with our friends at the Methodist church, which will include the whole village. Together with all the usual services, events and meetings which keep our parishes ticking over.

And added to this, the biggest and most important week in the whole year for us as Christians, where the events of Easter are brought into sharper focus than ever, and we look to commemorate and celebrate the foundation of our whole faith. That God so loved the world that he gave his only Son, that whoever believes in Him should not perish but have eternal life. (John 3:16). What a privilege it is.

Looking forward to seeing you over the next week.

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.

In the **Alde Sandlings Benefice**, this week we are grateful for all the care and love shown to our friends, families and neighbours throughout all four parishes, both formally and informally by our churches and Christian communities. We work hard to shine with the light and love of Christ, and some weeks this is especially bright.

Collect

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; 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.

Isaiah 50.4-9a

The Lord God has given me the tongue of a teacher, that I may know how to sustain the weary with a word. Morning by morning he wakens-wakens my ear to listen as those who are taught. The Lord God has opened my ear, and I was not rebellious, I did not turn backwards. I gave my back to those who struck me, and my cheeks to those who pulled out the beard; I did not hide my face from insult and spitting. The Lord God helps me; therefore I have not been disgraced; therefore I have set my face like flint, and I know that I shall not be put to shame; he who vindicates me is near. Who will contend with me? Let us stand up together. Who are my adversaries? Let them confront me. It is the Lord God who helps me; who will declare me guilty? All of them will wear out like a garment; the moth will eat them up.

Philippians 2.5-11

Let the same mind be in you that was in Christ Jesus, who, though he was in the form of God, did not regard equality with God as something to be exploited, but emptied himself, taking the form of a slave, being born in human likeness. And being found in human form, he humbled himself and became obedient to the point of death—even death on a cross. Therefore God also highly exalted him and gave him the name that is above every name, so that at the name of Jesus every knee should bend, in heaven and on earth and under the earth, and every tongue should confess that Jesus Christ is Lord, to the glory of God the Father.

Sermon by The Very Revd Christopher Lewis at Aldringham on 6th April

I once got 'stick' from someone in a church porch, after a sermon in which I mentioned racing, not horse racing, but running races. Very good to get feed-back! I was told that it sounded too competitive.

Anyway, I had St Paul on my side, although that didn't seem to help. And then here he is again. St Paul, writing a rather informal letter to the people at Philippi; he writes: "forgetting what lies behind and straining forward to what lies ahead, I press on towards the goal for the prize of the heavenly call of God in Christ Jesus".

Paul is very single-minded; his eye on the main chance. Central to his faith is the staggering impact of the person of Jesus. That makes Paul have great faith in God; he reaches out to God like a runner in a race - going for the tape with nothing else in the world in mind. I am not sure what he would make of most of the concerns of the average Church Council meeting or indeed of this lovely building. He would certainly say that they are all of little significance if they do not help people in a direct way to know Christ, and to reach out to God. All else is secondary.

And what is it that we reach out towards; what is the tape in the race? It is heaven. Not that we want to or indeed that he wanted to, beat other people in a race to get there. But heaven is like the tape in a race because of the determination of the runners. There is the prize.

And notice that Paul reaches out for the prize, because he knows a bit about it already. Not everything about heaven, but a little. He says elsewhere "Eye has not seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him." (I Cor 2;9). Paul has learned something of Jesus in his time on earth, and part of what he has learned is that there is infinitely more to come.

If we set everyone in this church a project - a project to discover about heaven, how would we start? Well, you could try harps and clouds and angels (a musical project; a painting project) that is the way of some visionary people. But others have not had that vision, or may find it all rather speculative. We may not be caught up in harp music, or reckon that candy-floss clouds are not exciting. So I think that the best we could do would be to base our project on life now. What of life with God and with other people NOW - what in daily experience tells me about heaven?

When I die, when I am run over by a bus (no – it will be an SUV), is God the kind of God who will let that rather random event suddenly end his relationship with me? I trust not. What evidence do I have? The evidence is gleaned from what life is like now: the small signs of heaven (heaven being, I would say a kind of short-hand for life with God) - signs

which I experience now. That, and the assurance of the Bible and of Christians down the centuries that God is with us.

So - coming to know something of God in prayer; seeing him in people in need – and in the care by other people when you are in need. And then what you may think are rather odder foretastes of heaven: caring for Ukrainians, a meeting of friends, a blood-donor session, and perhaps (remembering Paul) a fun-run. Lots of examples, then joining with others in worship and the eucharist, where we meet God and each other and are fed with heavenly food.

And what of hell? Again, I don't know what to make of those pictures of fire and devils wielding pitchforks. I went to a William Blake exhibition a few years ago and saw his illustrations of hell, with eight descending levels. Well, that may or may not help. But I can only suppose that hell is the experience of those who have taken no part in life following Jesus and are therefore unprepared.

Perhaps I can explain by a different illustration. Two people are to meet a great and holy person; each is to have an hour with him or her, during which hour each of the two is going to talk about what matters most to them.

Well, the first person goes into the room after long preparation; in fact she has in a sense been preparing for this moment all her life. She or he enjoys the hour enormously and during it, learns and develops. She could stay there for ever, perhaps she does. That is heaven.

The second person goes into the room in his turn. He is entirely off-beam. Nothing of his life has been a preparation for this. He has seen no signs of this experience in his life. Whatever the efforts of the holy person, he just feels awkward and agonized and the hour cannot end too soon. He emerges sweating and exhausted. What next; I do not know.

Anyone who saw the film or play 'Jesus Christ Superstar' will remember the immensely powerful scene of Herod who starts by enjoying Jesus' company, but ends agonized - pathetically hurling rocks at Jesus. It is hard to be in the company of God if you are not prepared, or if your only understanding of him is as the source of a quick miracle. There's a verse in the letter to the Hebrews: "It is a terrible thing to fall into the hands of the living God." (Heb 10;31)

Paul is fascinating and sometimes complex. We need all kinds of reflection stimulated by him. It was maybe not sensible to mention a fun-run, but even that may help, with people running in the same direction and encouraging each other. Christian life is something in which each helps the other - to seek God and to be found by him. If it is a race, it is a team one, with nobody excluded from membership.

Paul is amazing, sometimes rebuking, sometimes encouraging, always worth attending to. At times, it may be said that 'he goes on a bit', but the content and the call to follow Jesus Christ are always worth our love and attention.

Post Communion

Almighty and everlasting God, who in your tender love towards the human race sent your Son our Saviour Jesus Christ to take upon him our flesh and to suffer death upon the cross: grant that we may follow the example of his patience and humility, and also be made partakers of his resurrection; 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.

† 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>

BRIDGE AFTERNOON WITH THE FRIENDS OF ST ANDREWS CHURCH, ALDRINGHAM

14th April at 2.15pm with tea served at 3.30pm.

If you would like to reserve a table of four (£48 per table) to play Chicago Bridge, or for more information, please contact admin@aldeburghparishchurch.org.uk.

All proceeds go to the Fabric Fund at St Andrews Church.

Church Wardens

As you are aware, our Church Wardens are the backbone of our churches in many ways. As you are also aware, we currently only have 3 (wonderful) wardens over the 4 parishes, when we should have 8.

If you would like to apply to be a church warden, please contact Revd Sarah before the APCM in the church you worship in.

NEW ELECTORAL ROLL

The Electoral Roll is a list of names and addresses of every person who can vote in the annual parochial church meeting. It is revised annually but replaced in its entirety every six years. The current electoral-rolls (created in 2019) will be replaced with brand-new rolls this year (2025).

EVERYONE will need to fill out an application form (please email Claire if you would like an electronic copy sent to you) whether you are already on the current roll or wish to be added.

Hard copies can also be found in the church you worship in.

Aldeburgh – Please put in the administrator's pigeonhole or send by email.

Aldringham, Friston and Knodishall please hand to an Elder or Church Warden, or you can scan or take a photograph of the form and send it to Claire at:

admin@aldeburghparishchurch.org.uk

The forms need to be handed in at least 3 weeks before the Annual PCC meetings at the Church you worship in.

APCM's in the Alde Sandlings Benefice:

Aldeburgh – NOW 25th May – Deadline 27th April

Aldringham – 18th May – Deadline 27th April

Friston – 4th May – Deadline 13th April

Knodishall – 11th May – Deadline 20th April

QUIZ NIGHT at THE FAIRFIELD CENTRE

Friday 9th May 6.30pm for 7pm

£7.50 per person inc supper.

Bring your own drinks.

Teams of up to 6 people.

To book a table, please email Linda at info@thefairfieldcentre.co.uk

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>

Benefice Bible Study

Every first Sunday of the month from 3-4.30pm.

This will be hosted by Revd Mary at the Friston Rectory.

The Alde Sandlings, Dates for your Diary

- Benefice Bible Study – First Sunday of the month, 3-4.30pm.
This will be hosted by Revd Mary at The Rectory, Friston
- Wheelhouse at Aldeburgh Church Hall – First Tuesday of the month 12-3pm
- Deanery Sunday Lent Course at Darsham Village Hall from 9th March – 13th April 4pm-5.30pm.
- May 5th – 11.00am Aldeburgh Parish Church – Family Service with the Royal Air Force Air Cadets (Leiston Squadron) and the Royal British Legion.
- Friston Goes Green – Plant and Cake Sale. May 17th 10-4pm on the Village Green
- APCM's in the Alde Sandlings Benefice
 - Aldeburgh – 25th May
 - Aldringham – 18th May
 - Friston – 4th May
 - Knodishall – 11th May
- Deanery Ascension Day Service at Aldeburgh – Thursday 29th May at 10.00am
- 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.
- Friston Classics on The Green – Thursday 10th July TBC - 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.

† 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.

† **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.

Sunday 13th April 4pm@ Ogilvie Pavilion, Pilgrims Create

New Pilgrims face to face gathering. A time to share and explore. A time to be with each other and God.

Saturday 19th April 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.

Saturday 3rd May - Breakfast 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £7.50 is on offer at the Parrot. Please do invite friends along.

Following the Pilgrim breakfast event, friends may then choose to organise their own walk locally.

All are welcome to any of the Pilgrims events

BISHOPS' LENT APPEAL 2025

Inspired by his latest trip to Tanzania last year Bishop Martin saw the importance of our continuing relationship with Kagera, all that it offers and how important it is for us all to strengthen the link. Bishop Graeme has therefore agreed that the 2025 Lent Appeal will be for Kagera. Taken from the hymn 'Great is thy faithfulness' the theme of the appeal this year is: 'Bright Hope for Tomorrow'

If you would like to donate, here are ways you can:

[Ways to donate for the Bishops' Lent appeal 2025](#)

† **Easter Lilies at Aldeburgh** †

Only a week before Easter! If you would like to sponsor a Lily stem in memory of a loved one, please see Karen with the name of the person/persons you wish to remember. There is also a sign up form in the west porch. Each stem costs £3.50. It is best to give your donation directly to Karen or do contact admin@aldeburghparishchurch.org.uk

WHEELHOUSE
Faith, Fellowship & Creative Hands at
Aldeburgh Parish Church



at Aldeburgh Church Hall

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

The Alde Sandlings Benefice **Welcome you all.**
A safe space to share your creativity and love for
crafting as we share in fellowship, faith, talking, and
hands-on creativity!

Build your Wheelhouse of Skills,

whether it be:

Art

Crochet

Knitting

Calligraphy and much more....

*"For we are God's handiwork, created in Christ Jesus to do good works."
Ephesians 2:10*



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.

We are starting an all-inclusive choir, led by an experienced musician and choir leader, singing popular songs to lift the soul! It will be a fun choir for people of all ages and abilities. There is no need for previous experience or the ability to read music. So don't be shy - come and give it a try!

To find out more please come and join us on:

Wednesday 9th April 6.00pm – 7.30pm

(Then fortnightly)

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

Or just join us on the day. We look forward to seeing you!

EASTER SERVICES IN THE ALDE SANDLINGS BENEFICE



EASTER SUNDAY 6.00am – SUNRISE HOLY COMMUNION BENEFICE SERVICE AT THORPENESS BEACH

ALDEBURGH PARISH CHURCH

GOOD FRIDAY

9am – EASTER GARDEN MAKING
9.45am – WALK OF WITNESS WITH
UNITED CHURCHES
2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

8am – HOLY COMMUNION
11.00am – HOLY COMMUNION



FRISTON PARISH CHURCH

GOOD FRIDAY

2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

9.30am – HOLY COMMUNION

ALDRINGHAM PARISH CHURCH

GOOD FRIDAY

2pm – THE HOUR BEFORE THE CROSS

EASTER SUNDAY

11.00am – HOLY COMMUNION



KNODISHALL PARISH CHURCH

GOOD FRIDAY

9.30am – JOINT SERVICE WITH
KNODISHALL METHODIST CHURCH

EASTER SUNDAY

9.30am – HOLY COMMUNION

WE WISH YOU ALL A VERY HAPPY AND BLESSED EASTER

**Please do keep in touch by visiting our website for service times
and much more at www.aldeburghparishchurch.org.uk.**

LIVING HOPE



**Next Sunday – 20th April,
Easter Sunday**