



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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The Revd Nichola Winter
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The Revd Johanna Mabey
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Services in The Alde Sandlings Benefice – Sunday 24th May

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

Dear friends,

This week, from 5pm on Saturday 23rd May to 5pm on Sunday 24th May, we are soaking Saxmundham Deanery in prayer by committing as 5 benefices to praying for 24 hours non-stop.

Within this time frame, everybody is invited to sign up for as many 1 hour time slots as you like. There won't be any official prayer spaces this time, so please pray as you are, whether this is in an open church building, meeting up with friends, or sitting in bed with a cup of tea at 3am! It doesn't matter where you pray, just that we get all 24 slots covered. You can sign up here:

<https://docs.google.com/forms/d/e/1FAIpQLScUEUq41-9T9KMq5beXP0QEOIW3Rh3sjQMv-FIXxalbodBEQg/viewform?usp=publish-editor>

After the 24 hours is over, from 5pm on Sunday we will be sharing fish and chips together on Aldeburgh beach to celebrate Pentecost and share our praying experiences. Just turn up and find us if you would like to join us.

This is a really exciting chance to hear what God is saying to us as a Deanery and then to join together socially as we celebrate the birthday of the Church.

With prayers as always

Sarah

Readings for Sunday 24th May 2026

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.

Acts 2:1-21

2When the day of Pentecost had come, they were all together in one place. ²And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. ³Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. ⁴All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

⁵ Now there were devout Jews from every nation under heaven living in Jerusalem. ⁶And at this sound the crowd gathered and was bewildered, because each one heard them speaking in the native language of each. ⁷Amazed and astonished, they asked, 'Are not all these who are speaking Galileans?' ⁸And how is it that we hear, each of us, in our own native language? ⁹Parthians, Medes, Elamites, and residents of Mesopotamia, Judea and Cappadocia, Pontus and Asia, ¹⁰Phrygia and Pamphylia, Egypt and the parts of Libya belonging to Cyrene, and visitors from Rome, both Jews and proselytes, ¹¹Cretans and Arabs—in our own languages we hear them speaking about God's deeds of power.' ¹²All were amazed and perplexed, saying to one another, 'What does this mean?' ¹³But others sneered and said, 'They are filled with new wine.'

¹⁴ 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. ¹⁵Indeed, these are not drunk, as you suppose, for it is only nine o'clock in the morning. ¹⁶No, this is what was spoken through the prophet Joel:

¹⁷ "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.

¹⁸ Even upon my slaves, both men and women,
in those days I will pour out my Spirit;
and they shall prophesy.

¹⁹ And I will show portents in the heaven above
and signs on the earth below,

blood, and fire, and smoky mist.

²⁰ The sun shall be turned to darkness

and the moon to blood,

before the coming of the Lord's great and glorious day.

²¹ Then everyone who calls on the name of the Lord shall be saved."

1 Corinthians 12:3b-13

³No one can say 'Jesus is Lord' except by the Holy Spirit. ⁴Now there are varieties of gifts, but the same Spirit; ⁵and there are varieties of services, but the same Lord; ⁶and there are varieties of activities, but it is the same God who activates all of them in everyone. ⁷To each is given the manifestation of the Spirit for the common good. ⁸To one is given through the Spirit the utterance of wisdom, and to another the utterance of knowledge according to the same Spirit, ⁹to another faith by the same Spirit, to another gifts of healing by the one Spirit, ¹⁰to another the working of miracles, to another prophecy, to another the discernment of spirits, to another various kinds of tongues, to another the interpretation of tongues. ¹¹All these are activated by one and the same Spirit, who allots to each one individually just as the Spirit chooses.

¹² For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. ¹³For in the one Spirit we were all baptized into one body—Jews or Greeks, slaves or free—and we were all made to drink of one Spirit.

John 7:37-39

³⁷ On the last day of the festival, the great day, while Jesus was standing there, he cried out, 'Let anyone who is thirsty come to me, ³⁸and let the one who believes in me drink. As the scripture has said, "Out of the believer's heart shall flow rivers of living water." ' ³⁹Now he said this about the Spirit, which believers in him were to receive; for as yet there was no Spirit, because Jesus was not yet glorified.

† 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>

† 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.

Sermon by Revd Sarah du Boulay, Sunday 17th May 2026

In all our scripture readings today, we find varieties of prayer – being done by the nations, by the disciples, by Jesus himself. In our notices today I spoke about our 24 hour day period in which we are working together as 5 benefices to soak our whole deanery in prayer for 24 hours. I firmly believe, and have said to you before on many occasions, that if we don't pray, we are nothing. Prayer is the very bedrock of the Church and is the basis of all we do and indeed, who we are, both as individuals and as the body of Christ.

Although 24 straight hours of prayer can seem a bit daunting, when it's shared between many, it suddenly becomes doable. Achievable. Fun! It also a great discipline and helps us to focus on God for a sustained period of time.

Now praying constantly for prolonged periods isn't new – it's something that has happened ever since the beginning of any kind of spirituality or faith, and isn't limited to Christians. There is a current worldwide movement called 24/7 prayer which seeks to have people from all over the world praying 24 hours, 7 days a week, 365 days a year, and remarkably, this happens. At some point during any given minute in the day, someone, somewhere is praying under this banner. It's astounding, isn't it? And back around the Millennium, one of the founders of this movement, a man called Pete Grieg, wrote down his manifesto. His personal mission-statement for many, which was a generational call to a living, impacting faith in Jesus.

As we begin this new church year following our APCMs, I think it is really good for us to consider what our own manifesto might be – again, both as individuals and as a corporate worshipping body – both as parish and as benefice. My own manifesto is something I am going to come back to and encourage you all to think and pray over yours, but for today, I want to share with you the words that Pete Grieg wrote – I hope that something, somewhere in there strikes a chord with you and you find this helpful:

The Vision

So this guy comes up to me and says,
“What’s the vision? What’s the big idea?”
I open my mouth and words come out like this...

The Vision?

The vision is JESUS – obsessively, dangerously, undeniably Jesus.
The vision is an army of young people.
You see bones? I see an army. And they are FREE from materialism.

They laugh at 9-5 little prisons. They could eat caviar on Monday and crusts on Tuesday. They wouldn’t even notice. They know the meaning of the Matrix, the way the west was won.

They are mobile like the wind, they belong to the nations. They need no passport. People write their addresses in pencil and wonder at their strange existence.

They are free yet they are slaves of the hurting and dirty and dying.

What is the vision?

The vision is holiness that hurts the eyes. It makes children laugh and adults angry. It gave up the game of minimum integrity long ago to reach for the stars. It scorns the good and strains for the best. It is dangerously pure.

Light flickers from every secret motive, every private conversation. It loves people away from their suicide leaps, their Satan games. This is an army that will lay down its life for the cause. A million times a day its soldiers choose to lose that they might one day win the great ‘Well done’ of faithful sons and daughters.

Such heroes are as radical on Monday morning as Sunday night. They don’t need fame from names. Instead, they grin quietly upwards and hear the crowds chanting again and again:

“COME ON!”

And this is the sound of the underground. The whisper of history in the making. Foundations shaking. Revolutionaries dreaming once again. Mystery is scheming in whispers. Conspiracy is breathing. This is the sound of the underground

And the army is discipl(in)ed. Young people who beat their bodies into submission. Every soldier would take a bullet for his comrade at arms. The tattoo on their back boasts, “for me to live is Christ and to die is gain”

Sacrifice fuels the fire of victory in their upward eyes. Winners. Martyrs. Who can stop them? Can hormones hold them back? Can failure succeed? Can fear scare them or death kill them?

And the generation prays like a dying man with groans beyond talking, with warrior cries, sulphuric tears and with great barrow loads of laughter!

Waiting. Watching. 24 – 7 – 365.

Whatever it takes they will give: Breaking the rules. Shaking mediocrity from its cosy little hide. Laying down their rights and their precious little wrongs, laughing at labels, fasting essentials. The advertisers cannot mould them. Hollywood cannot hold them. Peer-pressure is powerless to shake their resolve at late night parties before the cockerel cries.

They are incredibly cool, dangerously attractive inside.

On the outside? They hardly care. They wear clothes like costumes to communicate and celebrate but never to hide. Would they surrender their image or their popularity? They would lay down their very lives – swap seats with the man on death row – guilty as hell. A throne for an electric chair.

With blood and sweat and many tears, with sleepless nights and fruitless days, they pray as if it all depends on God and live as if it all depends on them.

Their DNA chooses JESUS. (He breathes out, they breathe in.) Their subconscious sings. They had a blood transfusion with Jesus. Their words make demons scream in shopping centres.

Don't you hear them coming? Herald the weirdos! Summon the losers and the freaks. Here come the frightened and forgotten with fire in their eyes. They walk tall and trees applaud, skyscrapers bow, mountains are dwarfed by these children of another dimension.

Their prayers summon the hounds of heaven and invoke the ancient dream of Eden. And this vision will be. It will come to pass; it will come easily; it will come soon. How do I know? Because this is the longing of creation itself, the groaning of the Spirit, the very dream of God. My tomorrow is his today.

My distant hope is his 3D. And my feeble, whispered, faithless prayer invokes a thunderous, resounding, bone-shaking great 'Amen!' from countless angels, from heroes of the faith, from Christ himself. And he is the original dreamer, the ultimate winner.

Guaranteed.



Save the Children
100 YEARS

Lunchtime Classical Concert Series

Aldeburgh Parish Church
Friday 22 May 2026, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2026 with the welcome return of:

Masumi Ogura – Clarinet
Helen Stanley – Viola
Nadia Lasserson – Piano.

This special summer concert will include works by Johannes Brahms, Paul Hindemith and Wolfgang Amadeus Mozart, including Mozart's Kegelstatt Trio, K. 498. Admission is free, with a retiring collection in support of Save the Children.

All are very welcome

— • SAXMUNDHAM DEANERY • —

Pray for a Day

24 HOURS OF PRAYER • ONE DEANERY • ONE SPIRIT

 **We invite you** to sign up for as many 1 hour prayer slots as you would like to as we soak the Saxmundham Deanery in prayer for 24 hours leading up to sharing fish and chips together on Aldeburgh beach to celebrate Pentecost and share our praying experiences.

 **There won't be any official prayer spaces** this time, so please pray as you are, whether this is in an open church building, meeting up with friends, or sitting in bed with a cup of tea at 3am! It doesn't matter where you pray, just that we get all 24 slots covered.

 **We are happy to provide resources** if you would like, and if you have any questions, please just ask.

 **This is a really exciting chance to hear what God is saying to us as a Deanery and then to join together socially as we celebrate the birthday of the Church.**

LEADING UP TO
fish and chips
TOGETHER ON
Aldeburgh beach
TO CELEBRATE
Pentecost!


*With love and prayers,
The Saxmundham Deanery Team*

St Andrew's Church Flower Festival
Spectacular Floral Tributes to the Saints



Join us at St Andrew's Church, Aldringham, for a beautiful display of floral arrangements inspired by the saints.

Dates & Times

Saturday 13 June — 10am to 4pm

Sunday 14 June — 12pm to 4pm

Admission is free

Refreshments available throughout the event.

Everyone is warmly welcome.



**Friston
Open Gardens**

**Sunday 21st June
11.30am - 5.30pm**

**Tickets £7.50 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

Can You Help? Jumble Sale Volunteers Needed

The Fairfield Centre is seeking volunteers to support a Jumble Sale in aid of Aldeburgh Primary School on Saturday 13th June.

Help is needed from 11.00am to 1.00pm with serving teas, coffees, and refreshments, as well as setting out stalls. Volunteers are also welcome to assist with setting up in the morning and tidying away afterwards.

In addition, help is needed on Friday 12th June between 11.00am and 2.00pm to receive donations at the Fairfield Centre.

If you are able to help in any way, please contact Elly on 07761 152206 or via email at info@thefairfieldcentre.co.uk.

Donations of clothes, toys, books, and cakes would be greatly appreciated.

£££ 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/>

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

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>

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.
- Evensong – Aldeburgh – Sunday 7th June at 6pm (and every first Sunday of the month)
- 24th May - Pentecost – a celebration of the birthday of the church!
- 31st May – Civic Service of Holy Communion at Aldeburgh Parish Church at 11am
- 4th June - 7.30pm Archdeacon's Visitation Service at St John's Church, Saxmundham
- 14th June – 77th Aldeburgh Festival of Music and the Arts Service at Aldeburgh Parish Church at 10.30am
- 21st June – Friston Open Gardens
- 28th June – Holy Communion Patronal Festival at Aldeburgh Parish Church at 11am

† 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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