



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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Services in The Alde Sandlings Benefice – Sunday 31st May

Aldeburgh	11am	Civic Service of Holy Communion	Revd Sarah du Boulay
Aldringham	11am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	BCP Morning Prayer	Led by Elder Ros Macallister

Dear Friends,

Happy Pentecost! Last Saturday-Sunday, we marked Pentecost as a deanery with 24 hours of prayer. Across the deanery people signed up to pray for an hour slot sometime between 5pm on Saturday and 5pm on Sunday. Through those 24 hours there was a constant presence of prayer in the deanery and for the deanery.

The 24 hours ended with people from across all five benefices in the deanery gathering to enjoy one another's company and eat fish and chips on the beach at Aldeburgh. (See pictures!)

Empowered by pentecost and the reminder that we, like the disciples, are clothed with power from on high, let's carry on praying. Praying for our churches, our benefice, and our deanery. Praying that the glory of God would be seen in the Lord Jesus Christ throughout this deanery.

With love and prayers,
Mary



Readings for Sunday 31st May 2026

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.

Isaiah 40:12-17, 27-end

¹² Who has measured the waters in the hollow of his hand
and marked off the heavens with a span,
enclosed the dust of the earth in a measure,
and weighed the mountains in scales
and the hills in a balance?

¹³ Who has directed the spirit of the Lord,
or as his counsellor has instructed him?

¹⁴ Whom did he consult for his enlightenment,
and who taught him the path of justice?

Who taught him knowledge,
and showed him the way of understanding?

¹⁵ Even the nations are like a drop from a bucket,
and are accounted as dust on the scales;
see, he takes up the isles like fine dust.

¹⁶ Lebanon would not provide fuel enough,
nor are its animals enough for a burnt-offering.

¹⁷ All the nations are as nothing before him;
they are accounted by him as less than nothing and emptiness.

²⁷ Why do you say, O Jacob,
and speak, O Israel,

‘My way is hidden from the Lord,
and my right is disregarded by my God’?

²⁸ Have you not known? Have you not heard?

The Lord is the everlasting God,
the Creator of the ends of the earth.

He does not faint or grow weary;
his understanding is unsearchable.

²⁹ He gives power to the faint,
and strengthens the powerless.
³⁰ Even youths will faint and be weary,
and the young will fall exhausted;
³¹ but those who wait for the Lord shall renew their strength,
they shall mount up with wings like eagles,
they shall run and not be weary,
they shall walk and not faint.

2 Corinthians 13:11-end

11 Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. ¹²Greet one another with a holy kiss. All the saints greet you.

13 The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

Matthew 28:16-end

16 Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. ¹⁷When they saw him, they worshipped him; but some doubted. ¹⁸And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. ¹⁹Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, ²⁰and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

† 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 Mary Brown, Sunday 24th May 2026

Today is Pentecost! The day that we celebrate the coming of the Holy Spirit, who Jesus promised to send after he had ascended.

On that day in Jerusalem, the disciples were gathered in prayer, obedient to what Jesus had asked of them when he told them before he ascended (recounted at the end of the Gospel of Luke): *'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.'*

We are told that *'suddenly from heaven there came a sound like the rush of violent wind.'*

And then that *'divided tongues, as of fire, appeared among them, and a tongue rested on each one of them.'*

Here was the Holy Spirit, here was that power from on high that Jesus had promised.

Clothed in this power the disciples left the room where they were gathered, and went out onto the street, where they preached the Good News of the Lord Jesus Christ, in a myriad of languages. If we were to read on in Acts we would see that that day, as a result of the witness of the disciples, 3000 people were baptised.

So what is Pentecost all about, and what does that have to do with us today?

To answer this question, I think we need to ask three other questions:

- Who is the Holy Spirit for?
- What is the work of the Holy Spirit?
- What is the purpose of the work of the Holy Spirit?

Let's work through them one by one, looking to today's readings for answers.

Who is the Holy Spirit for?

- Reading this account from Acts we might think that the Holy Spirit is only for those who do brave things, like speaking foreign languages to vast crowds. But no, we need to remember that the disciples were just ordinary men and women, given extraordinary power from God.
- In John 7 we heard Jesus say that the Spirit flows out from the hearts of all believers. And John adds that 'believers in him were to receive' the Holy Spirit.
- In 1 Corinthians 13 Paul told us that it is only by the Spirit that we are able to say 'Jesus is Lord'
- In Acts we heard that 'all of them were filled with the Holy Spirit'.
- And from Peter's sermon as he quotes the prophet Joel that the gifts of the Spirit are for old and young, men and women - so that's all of us!
- These readings, and the rest of the Bible make it clear that the Holy Spirit is God's good gift to all who believe. Every one of us who declares that Jesus is Lord, is filled with the Spirit. Every one of us who has been baptised has been given the gift of the Holy Spirit.

Next question: what is the work of the Holy Spirit?

- This is a question that we definitely don't have time to fully answer today! But let's see what the readings tell us:
- In John Jesus says that the Spirit brings 'rivers of living water'
- In Acts we see the Spirit enabling the disciples to preach, and to preach in languages that they did not speak
 - Peter quotes the prophet Joel and tells us that the Spirit gives the gifts of prophesy, visions and dreams.
- In 1 Corinthians Paul tells us that from the same Spirit we each receive different things, including wisdom, knowledge, faith, gifts of healing, the working of miracles, prophesy, discernment of spirits, tongues and the interpretation of tongues.
- Back in John 14 which we heard in church a few weeks ago, Jesus described the Spirit as an Advocate, or Comforter - one who comes alongside us to support us. He also tells us that the Holy Spirit is '*the Spirit of Truth*'
- And last week in the account of the Ascension from Acts we heard Jesus say that the Holy Spirit brings power.
- The Bible has a lot more to say about the work of the Holy Spirit, including that the Spirit helps us to pray, and helps us to understand the Bible.
 - In the Spirit we are clothed with power, we see visions, dream dreams, prophesy, preach, speak in other languages, understand other languages, have wisdom and knowledge, can heal and perform miracles, have discernment about spiritual matters, know the truth, and experience God's life, so abundantly that it flows out from us to those around us. This is the work of the Holy Spirit.

Third question: What is the purpose of this work of the Holy Spirit?

- Perhaps 'what's it all for?' would be a slightly less clunky way to ask this question!

- In verse 7 of our reading from the Letter to the Corinthians, Paul tells us that each of these workings of the Holy Spirit is given 'for the common good'.
- This reading also reminds us that we are all one in Christ - *'Now there are varieties of gifts, but the same Spirit; and there are varieties of services, but the same Lord; and there are varieties of activities, but the same God'; 'For in the one Spirit we were all baptised into one body'*
 - These gifts, this power from the Holy Spirit, is not given for individual gain, or so that one believer can feel superior to another - we all use our gifts to serve the one body of Christ of which we are all part - the Holy Spirit is given *'for the common good'*
- In John 7, Jesus tells us that the Holy Spirit, flowing out of believers, is there so that the thirsty can drink. After Jesus' ascension we, the church, are to do the work of Christ, empowered by the Holy Spirit to offer water to the thirsty, just as Christ had done before his ascension.
- In Acts, at Pentecost, the purpose of the work of the Holy Spirit could not be more clear - the disciples are clothed with power from on high so that they can do what Jesus asked them to do before he ascended: *'you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth.'*
 - The power of the Holy Spirit enables the disciples to preach to all these gathered people, no matter where they are from or what language they speak.
- Peter's quote from the prophet Joel ends like this: *'Then everyone who calls on the name of the Lord shall be saved.'*
 - This is the work of the Holy Spirit, this is the purpose of the power and giftings given to the church from the Father - that people would hear the Good News of the Lord Jesus Christ, and that in hearing they would call on his name, and be saved. Just like those 3000 people did that first Pentecost Day.

Having answered those three questions, let's go back to the first one. What does Pentecost have to do with us today?

Pentecost reminds us that if we are in Christ, we are filled with the Holy Spirit, and clothed with power from on high.

Pentecost reminds us that this power, this infilling of the Holy Spirit, these gifts, are for each and every one of us, not for a few 'special people'.

Pentecost reminds us that the power of the Holy Spirit is given that we might be witnesses to Jesus to the very ends of the earth.

So today, let's pray:

- Pray to be renewed in the Holy Spirit
- Pray to be equipped for the work of telling people about Jesus
- Pray for courage and opportunities to share our faith with all those who we meet.

Amen

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.



Save the Children
100 YEARS

Lunchtime Classical Concert Series

Aldeburgh Parish Church

Monday 27 July 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.

Admission is free, with a retiring collection in support of Save the Children.

All are very welcome

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



£££ 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 & 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)
- 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
- 7th, 14th, 21st and 28th August - Friday Markets at Aldeburgh Parish Church – 40th Anniversary!

† 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=Q0Q3TUNya08zVGNoUkl2aUc5a0hV>

[Zz09](#)

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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