



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 10th May

Aldeburgh	11am	Holy Communion	Revd Mary Brown
Aldringham	11am	Holy Communion	Revd Martin Percival
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

Dear friends,

We are well into 'APCM season' (2 down, 2 still to go), and as much as it is very hard work for all involved, I am always massively encouraged by the preparation that goes into the meetings, the reports written and the meetings themselves. It is wonderful to see where we have come from a year ago, and to look forward to the future together as a church. A tag line that I have seen a number of benefices using recently is 'One Church: (...) Parishes', and it feels as though this is describing us now as well.

Alde Sandlings: One Church: 4 Parishes. And how wonderful is that?

I'd like to say a huge thank you again to everybody who makes this possible and to look forward to where God is leading us over the next year – as individuals, as parishes, as a benefice and as a Deanery. Exciting times indeed!

With prayers as always

Sarah

Readings for Sunday 10th May 2026

Collect

God our redeemer,
you have delivered us from the power of darkness
and brought us into the kingdom of your Son:
grant, that as by his death he has recalled us to life,
so by his continual presence in us he may raise us
to eternal joy;
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.

Genesis 8:20 – 9:17

20 Then Noah built an altar to the Lord, and took of every clean animal and of every clean bird, and offered burnt-offerings on the altar. ²¹And when the Lord smelt the pleasing odour, the Lord said in his heart, 'I will never again curse the ground because of humankind, for the inclination of the human heart is evil from youth; nor will I ever again destroy every living creature as I have done.

²² As long as the earth endures,
seedtime and harvest, cold and heat,
summer and winter, day and night,
shall not cease.'

9 God blessed Noah and his sons, and said to them, 'Be fruitful and multiply, and fill the earth. ²The fear and dread of you shall rest on every animal of the earth, and on every bird of the air, on everything that creeps on the ground, and on all the fish of the sea; into your hand they are delivered. ³Every moving thing that lives shall be food for you; and just as I gave you the green plants, I give you everything. ⁴Only, you shall not eat flesh with its life, that is, its blood. ⁵For your own lifeblood I will surely require a reckoning: from every animal I will require it and from human beings, each one for the blood of another, I will require a reckoning for human life.

⁶ Whoever sheds the blood of a human,
by a human shall that person's blood be shed;
for in his own image
God made humankind.

⁷And you, be fruitful and multiply, abound on the earth and multiply in it.'

8 Then God said to Noah and to his sons with him, ⁹'As for me, I am establishing my covenant with you and your descendants after you, ¹⁰and with every living creature that is with you, the birds, the domestic animals, and every animal of the earth with you, as many as came out of the ark. ¹¹I establish my covenant with you, that never again shall all flesh be cut off by the waters of a flood, and never again shall there be a flood to destroy the earth.' ¹²God said, 'This is the sign of the covenant that I make between me and you and every living creature that is with you, for all future generations: ¹³I have set my bow in the clouds, and it shall be a sign of the covenant between me and the earth. ¹⁴When I bring clouds over the earth and the bow is seen

in the clouds, ¹⁵I will remember my covenant that is between me and you and every living creature of all flesh; and the waters shall never again become a flood to destroy all flesh. ¹⁶When the bow is in the clouds, I will see it and remember the everlasting covenant between God and every living creature of all flesh that is on the earth.’ ¹⁷God said to Noah, ‘This is the sign of the covenant that I have established between me and all flesh that is on the earth.’

Acts 17:22-31

22 Then Paul stood in front of the Areopagus and said, ‘Athenians, I see how extremely religious you are in every way. ²³For as I went through the city and looked carefully at the objects of your worship, I found among them an altar with the inscription, “To an unknown god.” What therefore you worship as unknown, this I proclaim to you. ²⁴The God who made the world and everything in it, he who is Lord of heaven and earth, does not live in shrines made by human hands, ²⁵nor is he served by human hands, as though he needed anything, since he himself gives to all mortals life and breath and all things. ²⁶From one ancestor he made all nations to inhabit the whole earth, and he allotted the times of their existence and the boundaries of the places where they would live, ²⁷so that they would search for God and perhaps grope for him and find him—though indeed he is not far from each one of us. ²⁸For “In him we live and move and have our being”; as even some of your own poets have said,

“For we too are his offspring.”

²⁹Since we are God’s offspring, we ought not to think that the deity is like gold, or silver, or stone, an image formed by the art and imagination of mortals. ³⁰While God has overlooked the times of human ignorance, now he commands all people everywhere to repent, ³¹because he has fixed a day on which he will have the world judged in righteousness by a man whom he has appointed, and of this he has given assurance to all by raising him from the dead.’

John 14:15-21

15 ‘If you love me, you will keep my commandments. ¹⁶And I will ask the Father, and he will give you another Advocate, to be with you for ever. ¹⁷This is the Spirit of truth, whom the world cannot receive, because it neither sees him nor knows him. You know him, because he abides with you, and he will be in you.

18 ‘I will not leave you orphaned; I am coming to you. ¹⁹In a little while the world will no longer see me, but you will see me; because I live, you also will live. ²⁰On that day you will know that I am in my Father, and you in me, and I in you. ²¹They who have my commandments and keep them are those who love me; and those who love me will be loved by my Father, and I will love them and reveal myself to them.’

† 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>

Sermon by Revd Sarah du Boulay 3rd May 2026 – Fifth Sunday of Easter

The Gospel reading we have just heard is a very famous one – particularly at funerals. In fact, I think it is the second most popular Bible reading in my own experience – the only one more commonly read is Psalm 23. Both Psalm 23 – The Lord is My Shepherd, I Shall not want – and John 14:1-14 are similar in their outlook and similar in what they tell us. Both talk of the promise of heaven (although not explicitly naming it). Both talk about a place ready for us when this earthly life ends. Both speak of us not being alone but journeying with Jesus and God the whole way through our earthly and eternal lives. Both should give us some comfort and hope.

But the reading from the Gospel of John is a bit more specific. Although Psalm 23 is beautiful, absolutely, I think it can be a bit woolly – and not just because it is in part about sheep! Whereas the reading from John goes straight to the heart of the Gospels. Straight to the heart of what it means to be a Christian and to know and love God and to accept Jesus as our Saviour and Redeemer.

I think this message is exactly what we all need to hear, absolutely when times are tough and when it feels as though life and the world are collapsing in on us. But also, just from time to time, to remind us that there is a place for us in the Father's House, which is both a shelter from the storms of life and also a joyous place where we belong. Where we are absolutely included in God's care and where we are safe and loved.

But all too often, I think we focus on the many dwelling places – on the destination – and we can easily forget the journey itself. Eternal life with God, in heaven, is very important, but our eternal life is happening right now. It began when we came to know God and it encompasses both this earthly life and our heavenly life after. We are on the journey and this, actually, is what the Gospel is about.

Ultimately, the journey of eternal life is about making space and place. That's what Jesus says he is doing. "I go to prepare a place for you," he says. Jesus is a place maker. He makes space and place for others to enter. Jesus is our place maker, and place making is a divine attribute. Jesus is always creating space and place for us to enter into a greater fullness of life. They're places of life, love, healing, joy; places of mercy and forgiveness; places of beauty, generosity, and hope. These become for us places of reconciliation and resurrection, both in this life and in the next.

Think about the gospel stories you love most. I'll bet they are stories about opening spaces and places – the prodigal son, the woman caught in adultery, the blind man having his eyes opened, the raising and unbinding of Lazarus, the Easter story. I think we love those stories because they're our stories. Through them we see the times someone made space and place for us in which to find ourselves, ground ourselves, and become more fully our truer selves. We remember times when others opened to us a room in the mansion of their heart and it made a difference. It offered healing, hope, and a way forward. It helped us recentre and recover ourselves.

Making space and place for others is a divine quality. It's what God started "in the beginning." It's what Jesus reveals in today's gospel. It's what lives within us. We too can be place makers for others. It's one of the ways God shares God's life with us.

There is enough space and place for everyone. "In my Father's house there are many dwelling places." If we were to really take that to heart, we would be opening doors and making space and place wherever we go to whomever we see. Isn't that what Jesus did?

That's how I want to live. It's what I want for us all and for this parish in particular.

We all know what is happening locally, nationally and internationally, and we all know exactly how all these things are affecting us here in Friston. We are already making concerted efforts to be place and space makers for people in our community, but I wonder how else we might do this? Both as individuals and as a church family? Maybe it's as simple as a smile or a word of encouragement. Maybe it's coming to sit in prayer during the week or walk round the church yard. Maybe it's offering or asking for forgiveness. Maybe it's the warmth and presence of a touch. Maybe it's seeing and responding to another's needs. Maybe it's the long slow work of social justice and change. We make space and place in a thousand different ways.

Sometimes it's hard to imagine exactly how this can work and what the result will be, let alone how we manage it. But Jesus is confident - "Very truly, I tell you," he says, "the one who believes in me will also do the works that I do and, in fact, will do greater works than these." As we move towards our APCM and look towards the future, this Gospel reading today is a pertinent reminder of our mission and calling here in Friston, and that whilst we strive towards fulfilling this, we must, must, must remember, that we do not do so alone. We are safe in God's care. Wherever we go, he has gone ahead of us, and through him, as the way, the truth and the life, all things are possible.

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.

Ascension Day Service – Cancelled

Please note that the Benefice Ascension Day service, due to take place in Friston at 7.00am on 14th May and followed by breakfast, has been cancelled due to a scheduled power cut that morning.

£££ 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/>

† 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.

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

Friston Goes Green

Saturday 16 May 2026

10.00am – 3.00pm

Friston Village Green

The annual Plant and Cake Sale returns to Friston Village Green, with all proceeds in support of St Elizabeth Hospice.

Browse a wonderful selection of home-grown plants, vegetables and herbs, alongside homemade cakes and preserves. Whether you are looking for something for the garden or simply want to stop by for a chat and a browse, everyone is warmly welcome.

This is a donation-based event. Cash and card payments are both accepted.



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.

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.
- 10th May - Knodishall APCM (10.30am)
- 14th May - 7.30pm Deanery Ascension Day Service at St Margaret's Church, Leiston
- 17th May - Aldringham APCM (Midday)
6.30pm Aldeburgh Churches United Service at St Peter & St Paul's Church, Aldeburgh
- 24th May - Pentecost – a celebration of the birthday of the church! Service details and events to follow – Save The Date!
- 4th June - 7.30pm Archdeacon's Visitation Service at St John's Church, Saxmundham

† 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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