



## **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

Priest in charge: The Revd Sarah du Boulay

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## **Sunday 7<sup>th</sup> August Eighth Sunday after Trinity**

### **Services this Sunday for The Alde Sandlings Benefice**

Aldeburgh	8.00am	Holy Communion
	10.30am	Service of The Word
Aldringham	11.00am	Holy Communion
Knodishall	9.00am	Holy Communion – Patronal Festival

### **Message from Revd Sarah du Boulay**

Dear Friends,

I am now in my second week of saying Morning Prayer at every church in the benefice on a specified day each. The first week, some people turned up to pray with me. And I am delighted to say that this week, numbers have increased at every church! It is always a joy to pray with others, and I hope you will all find pleasure in knowing that I am in your own community, praying at least once a week.

I personally am hugely encouraged, as it shows that people want to pray and want to connect with God and each other. It also, clearly, shows that God is at work in our benefice, and will honour the commitment and faithfulness we all show. So let's continue to pray, together and apart, expectantly and faithfully.

On another note – it's our annual Pet Service at 3pm, held at Aldringham this Sunday, so do come and join us (and bring your humans with you).

With continued prayers,

Sarah

**† Morning Prayer across the Benefice with Revd Sarah †**

Revd Sarah will be bringing the benefice together in prayer each morning from 9 -9.30am. People are very welcome to join Sarah, no regular commitment required, just pop along when you wish.

Monday - Friston  
Tuesday - Knodishall  
Wednesday - Aldringham  
Thursday - Aldeburgh

**Collect**

Almighty Lord and everlasting God,  
we beseech you to direct, sanctify and govern both our hearts and bodies  
in the ways of your laws and the works of your commandments;  
that through your most mighty protection, both here and ever,  
we may be preserved in body and soul;  
through our Lord and Saviour Jesus Christ,  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

**First Reading**

**Genesis 15.1-6**

After these things the word of the Lord came to Abram in a vision, 'Do not be afraid, Abram, I am your shield; your reward shall be very great.' But Abram said, 'O Lord God, what will you give me, for I continue childless, and the heir of my house is Eliezer of Damascus?' And Abram said, 'You have given me no offspring, and so a slave born in my house is to be my heir.' <sup>4</sup>But the word of the Lord came to him, 'This man shall not be your heir; no one but your very own issue shall be your heir.' He brought him outside and said, 'Look towards heaven and count the stars, if you are able to count them.' Then he said to him, 'So shall your descendants be.' And he believed the Lord; and the Lord reckoned it to him as righteousness.

## **Second Reading**

### **Hebrews 11.1-3, 8-16**

Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible. By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he looked forward to the city that has foundations, whose architect and builder is God. By faith he received power of procreation, even though he was too old—and Sarah herself was barren—because he considered him faithful who had promised. Therefore from one person, and this one as good as dead, descendants were born, ‘as many as the stars of heaven and as the innumerable grains of sand by the seashore.’ All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, for people who speak in this way make it clear that they are seeking a homeland. If they had been thinking of the land that they had left behind, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

## **Gospel Reading**

### **Luke 12.32-40**

‘Do not be afraid, little flock, for it is your Father’s good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also. ‘Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves. ‘But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, for the Son of Man is coming at an unexpected hour.’

## **We say au revoir to Rev'd Sheila Hart**

Last Sunday (31<sup>st</sup> August) the Alde Sandlings Benefice worshipped together at Aldeburgh Parish Church. This special service was to thank Sheila as she retires from her ministry with us as Assistant Priest. Here are some photos from the service, and Rev'd Jo's sermon, which I am sure you will agree is a fitting tribute to Sheila.



**Sermon preached by The Revd Johanna Mabey at  
Aldeburgh 31<sup>st</sup> July 2022**

**Sermon for Sheila's Farewell Service**

**Psalm 92**

**Philippians 4:1-9**

**John 15: 1-17**

"May the words of our mouths and the meditations of our hearts be acceptable in thy sight, O Lord our rock and our redeemer."

Firstly, I'm so grateful to Revd Sarah for inviting me to preach on this special day as we honour The Reverend Sheila Hart and give thanks for her 14 years of ministry in this Benefice – it's a great privilege.

As you know, after much thought and following a difficult time with health issues, Sheila has decided the time is right for her to step down from her role as Assistant Priest. In due course, Sheila intends to join the ranks of our esteemed retired clergy with permission to officiate, so rather than a final goodbye – let's hope this is more of an 'au revoir'.

Sheila has been a faithful minister of the Word of God for over 40 years. First feeling God's call on her life at the age of 15 and then becoming a local preacher in the Methodist Church at the tender age of 18.

In 2003 Sheila and her husband Stephen moved to Saxmundham and began to worship with the Church of England congregation there. Sheila told me they had come to Saxmundham for a rest, but God had different ideas!

It was Richard Webb who challenged her to think about ordination and to cut a long story short, she was Deaconed in 2008 and Priested the following year. Sheila was appointed Assistant Priest to our newly formed Benefice in 2011 and became Rural Dean in 2018.

As we give thanks for Sheila's ministry, it might be worth considering what Christian ministry is all about.

What is a minister?

Forget the old quip that we have it easy because we only have to 'work' one day a week... anyone involved in ministry can tell you it's not like that at all...

Put simply, I think a minister is one who acts on behalf of another. Our ministry belongs to Jesus Christ, and we represent Him as His ministers.

Our ministry isn't a possession that belongs to us, but a call we obey, a service we carry out for another – and we are all called to ministry in some form or another.

Sheila, I imagine the transition from full time ministry to retirement might be at the same time exhilarating and a little bit frightening. Like a trapeze artist who lets go of one bar but hasn't quite grabbed a hold of the next... and perhaps the analogy holds true for congregations saying goodbye to a long serving priest and wondering about the future without them.

But ministry always builds on the work of others. As St Paul told the Corinthians, "I planted, Apollos watered, but it is God who gives the growth."

Sheila, your many years of hard work and devotion to ministry – all in a self-supporting capacity, have been a blessing to so many, you have given us a huge amount – please be assured through God's good grace we will do our best to nurture everything you have planted.

Our three readings this morning encourage all of us in our work, growth and collective ministry...

The Psalmist reminding us that flourishing, and fruitfulness is not the preserve of youth – on the contrary, if we remain planted in the house of the Lord, we can remain evergreen and full of sap!

In a similar way St Paul urges the Philippians to stand firm in the Lord, rejoicing in Him and knowing His peace – and rather appropriately for today, he also urges them to help the two women; Euodia and Syntyche who he says have been struggling beside him in the work of the gospel. And Jesus' words in John 15 have been described by some as the 'heart of the Gospel' they come from His last discourse when he was opening his heart, and about to leave his disciples.

And what does he say? He tells them 'Remain in my love, love one another. I won't call you servants anymore; I call you friends. You did not choose me, I chose you. I commissioned you to go out and bear fruit'. These are words that come from the heart.

At the beginning of that chapter Jesus says 'I am the true vine, and my Father is the vine-grower... I am the vine and you are the branches' This is why he says, 'remain in my love' – like a branch of the vine. Don't disconnect. It's why he says; 'Go and bear fruit' the image runs on.... But for fruit to grow, the branch must be rooted in the vine and the vine rooted in the earth.

Well, Sheila, if there was ever a rooted person, a 'Remainer' (and I'm not talking politics) it's you!

Your whole life has been rooted in your faith, your church settings, your teaching career, your marriage, and family, and all the while steadily bearing fruit; in various parishes and in many different ways – perhaps more ways than you realise or will ever know. One person recently told me you had saved their sanity during the covid lock-downs by taking the time to call regularly.

We live in famously unstable times; many people uprooted and unsettled at many levels, so much uncertainty and change.

Sheila, you've been a refreshing contrast... stable, calm and equable.

Always sensible, always helpful – a secure point of reference. Full of memories, but not a slave to them. Very patient with me when I was starting out as a curate – so good to work with – so encouraging and reassuring – I will always be grateful to you for your guidance.

There you are, the rooted, fruitful vine in the midst of the house, a branch that remains.

Many would like to know your secret Sheila; the special blend of nature and grace that has made it all possible. If only it could be patented and bottled – a fortune could be made!

'I no longer call you servant' Jesus says, 'I call you friends.' Many people are blessed to call you a friend Sheila, so thank you – from all of us here and many who are unable to be here today.

So, retirement dawns. It might have its surprises, but I remember a sermon you delivered at a baptism when I was in training, and you invited me to come along and help. You pointed out that water can take many forms; still or running, hot or cold, turning into ice or steam, but it's always water, and so the moral is that the grace that begins to flow in our baptism is able to adapt itself to all the changes of our lives and it carries us through.

So, I think the Vine, the Tree will stay by the flowing waters. It won't diminish or be blown over. It will survive global warming and its leaves will remain green. It won't mind the drought, for as the prophet Jeremiah says 'it does not cease to bear fruit'.

We're watching this space, Sheila.  
Thank you – more than words can say.

On behalf of the clergy team past and present, everyone here, and the whole Benefice and Deanery, we wish you all the best for the future, and may the joy and peace of Christ always be in your heart.

Sheila, to honour your Methodist roots, may I conclude by offering up the Methodist Covenant Prayer. It's a beautiful prayer, with special meaning for you, but it's a prayer that I think we could all do with praying...  
Let us pray...

Lord God,  
I am no longer my own but yours.  
Put me to what you will,  
rank me with whom you will;  
put me to doing,  
put me to suffering;  
let me be employed for you,  
or laid aside for you,  
exalted for you,  
or brought low for you;  
let me be full,  
let me be empty,  
let me have all things,  
let me have nothing:  
I freely and wholeheartedly yield all things  
to your pleasure and disposal.  
And now, glorious and blessed God,  
Father, Son and Holy Spirit,  
you are mine and I am yours. So be it.  
And the covenant now made on earth, let it be ratified in heaven.'  
Amen.

### **A Message from Rev'd Sheila Hart**

I would like to thank you all for a fantastic service for my farewell/au revoir last Sunday. It was lovely to see so many people there to share the worship. A huge thank you to all who made it such a notable occasion especially to Sarah and Jo for making the service so personal to me and those who provided the refreshments afterwards in the hall.  
Thank you too for the cards and gifts. I look forward to seeing you all and worshipping with you in the not too distant future.  
With my continued love and prayers for you all. Sheila

## Post Communion

Strengthen for service, Lord,  
the hands that have taken holy things;  
may the ears which have heard your word be deaf to clamour and dispute;  
may the tongues which have sung your praise be free from deceit;  
may the eyes which have seen the tokens of your love shine with the light  
of hope; and may the bodies which have been fed with your body be  
refreshed with the fullness of your life;  
glory to you for ever.

## NOTICES

### † Morning Prayer across the Benefice with Revd Sarah †

Revd Sarah will be bringing the benefice together in prayer each morning  
from 9 -9.30am. People are very welcome to join Sarah, no regular  
commitment required, just pop along when you wish.

Monday - Friston

Tuesday - Knodishall

Wednesday - Aldringham

Thursday - Aldeburgh

### Dates for your Diary

7<sup>th</sup> August 3pm – Pet Service at Aldringham Churchyard

14<sup>th</sup> August 6pm – Carnival Songs of Praise next to Moot Hall

26<sup>th</sup> August 10am – 2pm – Friday Markets at Aldeburgh

### † 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/UCLeck8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

### 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.

**The Kingfisher Ensemble**  
**Sunday 14th August – 4pm**  
(the grounds of the church of  
St Mary the Virgin, Friston)



A welcome return for this very popular ensemble with a summer programme of light classics and popular music.  
Retiring collection in aid of St Elizabeth Hospice.

**Lunchtime Classical Concert Series Return**

Aldeburgh Parish Church

Monday 22<sup>nd</sup> August at 12 noon

**Save the Children** are collaborating with Nadia Lasserson to continue the series of hour-long concerts in 2022.

**Nicholas Marshall (Baritone)**

**Nadia Lasserson (Piano)**

*To include Romantic works by Schubert and Tosti*

Looking forward to welcoming you all. Admission is free- with a retiring collection for Save the Children

**Youth Club – We need your help!**

The Youth Club is back! 7pm to 9pm on Monday evenings during term time for 10–14-year-olds. We are thankful that the Youth Club is as popular as ever. We **really need** some more volunteers to help on these evenings. There is a rota in the west porch that you can add your name to, if you can help (after the summer holidays) or you can contact Fran Smith at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

**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**

**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.

### † **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](mailto:pilgrimstogether473@gmail.com) to receive a copy be added to our mailing list, or for the Zoom links.

### **Pilgrims @ The Meare Thorpeness**

Sunday 7<sup>th</sup> August Pilgrims @ The Meare: Outside F2F Worship Gathering 10 am (Bring your own chair!) Celtic style worship of the Iona Community, Sundays in July, and August, on the grass next to the Boating Lake just beyond The Meare Cafe.

### **Pilgrims Continued**

### **Saturday 20th August 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 within the Outside Inn and taken out into the outside world.

### **Alde Sandlings Benefice Friday Markets in August**

This August we will have two Friday markets on the 5<sup>th</sup> and 26<sup>th</sup> 10am – 2pm. The proposed stalls are as follows: BBQ, Vegetables, Plants, Fruit and Flowers, Cakes and Savouries, Jams etc, Craft Stalls, General Bric a Brac. Tombola and Games. All the churches in the Alde Sandlings are invited to have their chosen stalls to raise funds for the churches.

Please contact [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) if any church members of the Alde Sandlings Benefice would like to have a stall. Toys, prizes for the tombola, jewellery, scarves, small items of furniture, curtains, kitchenware, and good quality bric a brac needed. Cakes and produce too (please bring on the day)

### **The 2022 Suffolk Historic Churches Ride and Stride Saturday 10<sup>th</sup> September 9am-5pm**

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all round the country are out making money for their local county Churches Trust.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please either: Email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and Claire will pass on your details to the team organiser at each church.

### **Animal Service at Aldringham 7<sup>th</sup> August at 3pm**

Bring your pets along and your Teddy Bears too. All creatures great and small are welcome. Collection will go to the RSPB