



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 21st August Tenth Sunday after Trinity

Services this Sunday for The Alde Sandlings Benefice

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Holy Communion
Knodishall	9.00am	Holy Communion

Message from Revd Sarah du Boulay

Dear Friends,

Along with many others, I have just enjoyed my first ever Carnival weekend in Aldeburgh. It was such a fun time, and what a wonderful celebration for us all to take part in as a community!

The organising committee obviously did a grand job, and I know that I loved taking part in the Songs of Praise service, alongside colleagues from the Catholic and Baptist churches, as well as the Salvation Army (and the Methodists also being represented). It made me realise once again that we really are all part of the same body of Christ, all worshipping the same God, and seeking the same mission – to spread the Good News of the Gospel.

With this in mind, I am looking forward to our first Benefice get-together, on 28th August, at Aldringham. How fortunate we are to be part of the bigger picture in every way.

With continued prayers,

Sarah

**Picnic at Aldringham Churchyard
Sunday 28 August, 3pm**

**Revd Sarah invites you all to a Benefice picnic to be held
in Aldringham churchyard on
Sunday 28 August at 3pm onwards.**

A chance to get together for chat and laughter

**Please bring your own picnic and a rug or chairs.
Tea, coffee, and soft drinks will be available.**

**There will be a “hunt the grave” quiz which
will involve people finding the answers to clues by
searching the gravestones**

EVERYONE WELCOME

Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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.

First Reading

Isaiah 58.9b-end

Then you shall call, and the Lord will answer;
you shall cry for help, and he will say, Here I am.

If you remove the yoke from among you, the pointing of the finger, the speaking of evil, if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday.

The Lord will guide you continually, and satisfy your needs in parched places, and make your bones strong;
and you shall be like a watered garden, like a spring of water, whose waters never fail. Your ancient ruins shall be rebuilt;
you shall raise up the foundations of many generations;
you shall be called the repairer of the breach, the restorer of streets to live in. If you refrain from trampling the sabbath, from pursuing your own interests on my holy day; if you call the sabbath a delight and the holy day of the Lord honourable;
if you honour it, not going your own ways, serving your own interests, or pursuing your own affairs; then you shall take delight in the Lord, and I will make you ride upon the heights of the earth;
I will feed you with the heritage of your ancestor Jacob,
for the mouth of the Lord has spoken.

Second Reading

Hebrews 12.18-end

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, 'If even an animal touches the mountain, it shall be stoned to death.' Indeed, so terrifying was the sight that Moses said, 'I tremble with fear.') But you have come to Mount Zion and to the city of the living God, the heavenly Jerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to Jesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth; but now he has promised, 'Yet once more I will shake not only the earth but also the heaven.' This phrase 'Yet once more' indicates the removal of what is

shaken—that is, created things—so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

Gospel Reading

Luke 13.10-17

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, ‘Woman, you are set free from your ailment.’ When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, ‘There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.’ But the Lord answered him and said, ‘You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?’ When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

**Sermon preached by The Rev'd James Marston
at Aldeburgh on the 14th August**

May I speak in the name of the living God, Father, Son and Holy Spirit,
Amen

Let us pray

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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. Amen

You may be wondering why I have opened my sermon with a prayer rather than the usual quick rundown of my latest culinary experience or an update on my attention seeking motor car.

The reason is today's Gospel is a bit of tricky one – a few words from Jesus about fire and hypocrites, daughters in law and mothers in law, scorching heat and division.

This morning there is not a lovely parable with a nice ending or a kind moment in sight.

And in this trade, when faced with a tricky Gospel, the collect, which we have just prayed for the second time, usually helps.

And in case you didn't know, the collect of the day is intended to sum up in just a few words the readings from the Old Testament, new testament and gospel with the aim of pointing us towards the theme of this week's service.

The collect is, if you like, an aide memoire to what I am meant to be talking about – in this case the fruits of the spirit, the riches of grace, the life and light of the church.

So how does this all fit in with Jesus' apparent warnings and strong words?

As one commentator puts it “This particular section of Luke can be looked at as having three different parts. The first is a quick summary of his ministry and its eventual end; a fire of cleansing judgment that spreads the good news and the baptism of his death in order to conquer death.

“Following this is a discussion of the effects the gospel might have on anyone who follows him, and finally, a warning from Jesus about our willingness to hear and see only what we want to.”

And, put simply, it is the cleansing fire of judgment, the life changing effects of the Gospel on the believer, and the heeding of the warning of Jesus that brings forth, in the words of the collect, the riches of Grace and the fruits of the spirit.

As Simon and Garfunkel once said: “Man hears what he wants to hear and disregards the rest.” It is a phrase that has always stuck with me not just because I enjoy their talented harmonies but because these words so often seem to be evident in the world and human behaviours around us.

“Man hears what he wants to hear and disregards the rest.” Reminds us that so often we ignore the obvious in front of us. Climate change, the Ukrainian-Russian conflict, spring to mind, but other injustices, closer to home, are also ignored and avoided.

The ever increasing division between rich and poor, the racism in our institutions, homophobia, and threats to the freedom of speech by such things as cancel culture. Indeed I’m afraid we all have those little prejudices, so often present, in our minds and hearts.

Indeed, the list goes on and it seems to me the accusation of hypocrisy Jesus makes is an important one to consider seriously as we live out life in the church.

Do we allow ourselves to hear God’s call again and again, or do we rest comfortably in our church attendance or other human work?

What injustices would we, as a congregation, rather not talk about?

Do we act as a Christian community as much as we think we do or as much as we could?

Is the Holy Spirit really the life and light of our church?

And why do we insist on pretending to ignore the injustices around us?

I think the answer is that, all too often we don't want to see what's really happening or our own role in the injustices of the world.

These are the sometimes difficult questions we all need to ask ourselves once in a while as we strive to follow Christ together.

Now I don't want to today's sermon to be an exercise in firing up guilt and shame – there's enough of that in the world already and we all know we are all sinners and none of us is perfect.

And for what it's worth I think the Holy Spirit is alive and well in our community, guiding us and encouraging us in our journey together.

And part of today's Gospel reading mentions baptism, a sacrament, I believe, like Holy Communion, that is an outward and visible sign of God's grace.

So as you come to communion rail today, I urge you to remember in your hearts, that it is the sacramental, the holiness of the consecrated bread and wine, and the thanksgiving that we pray together; that brings us together in community, in prayer and in fellowship.

It is the sacramental, the outward signs of God's Grace, that bind us together on this journey of faith, that give us the strength and encouragement to carry on and live out our faith, in a divided and unjust world, in which we all too often hear what we want to hear and disregard the rest.

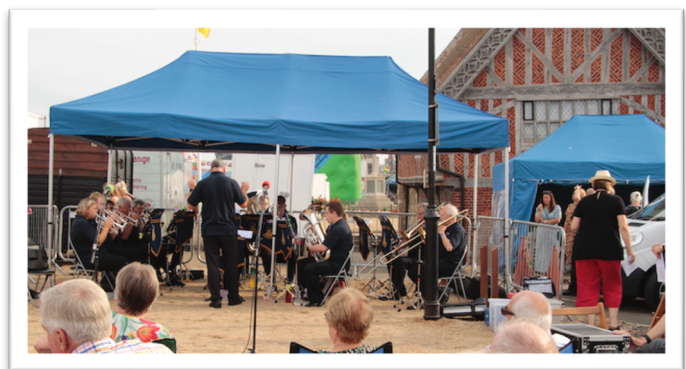
Amen

Post Communion

God of our pilgrimage,
you have willed that the gate of mercy
should stand open for those who trust in you:
look upon us with your favour
that we who follow the path of your will
may never wander from the way of life;
through Jesus Christ our Lord.

Aldeburgh Carnival Returns – and so does the Songs of Praise Service

Last Sunday we took our chairs down to the green at Moot Hall to soak up the carnival weekend atmosphere. It was wonderful to see so many people come to worship as a community together. Our very own Revd Sarah, Father Tony, and Pastor Terry led this united churches service. Aldeburgh Mayor, Peter Palmer, Carnival Queen, Emily Fryer, Fire Watch Manager Neil Godbold and our very own Fran Smith, were all interviewed during the service. A huge thank you to the Salvation Army Band for the music, and to Derek Cook for the photos.



NOTICES

Lunchtime Classical Concert Series Return

Aldeburgh Parish Church

Monday 22nd 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

† 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

26th August 10am - 2pm - Friday Markets at Aldeburgh

28th August 3pm onwards – Benefice Picnic at Aldringham Churchyard

10th September – Ride and Stride Day

17th September – Harvest Messy Church 10-12 Noon

† 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>

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.

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

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

† 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.

Pilgrims @ The Meare Thorpeness

Sunday 21st August Pilgrims @ The Meare: Outside F2F Worship Gathering 10 am (Bring your own chair!) Celtic style worship of the Iona Community. The final one for this summer season.

Saturday 3rd September Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.) To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am.

Please do invite friends along.

Alde Sandlings Benefice Friday Markets in August

26th August, 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 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, bedspreads, 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 10th 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 and Claire will pass on your details to the team organiser at each church.

Or see the organiser at the church you worship
(Fran Smith, Aldeburgh, David Copp, Aldringham, Simon Ive, Friston, Ros MacAllister, Knodishall)