



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 18th June Second Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

A Message from Revd Sarah du Boulay

Dear Friends,

I have now lived in Aldeburgh for a year. (Still two weeks short of the anniversary of my licensing as your Priest-in-Charge). What a year it has been! Outside of church, one of my keenest joys has been watching the vicarage garden, and learning about what has already been planted: What is over-planted, what needs help, what is best left alone, what needs pruning, and where I can be creative.

I feel sure there is a sermon in here somewhere...!

Whilst obvious links can be made to other aspects of life and worship, I genuinely have been enjoying getting to know different aspects of nature, as well as learning a lot from our resident plant experts. I'm really looking forward to visiting Friston Open Gardens tomorrow afternoon, and would encourage others to join me – what better way to make new friends, learn more about gardens, and support one of our very own parishes. And to have a nose around other people's gardens for inspiration and relaxation!

With prayers, Sarah

Collect

Lord, you have taught us
that all our doings without love are nothing worth:
send your Holy Spirit and pour into our hearts that most
excellent gift of love, the true bond of peace and of all virtues,
without which whoever lives is counted dead before you.
Grant this for your only Son Jesus Christ's sake,
who is alive and reigns with you, in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 18.1-15

The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. He said, 'My lord, if I find favour with you, do not pass by your servant. Let a little water be brought, and wash your feet, and rest yourselves under the tree. Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.' So they said, 'Do as you have said.' And Abraham hastened into the tent to Sarah, and said, 'Make ready quickly three measures of choice flour, knead it, and make cakes.' Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. Then he took curds and milk and the calf that he had prepared and set it before them; and he stood by them under the tree while they ate. They said to him, 'Where is your wife Sarah?' And he said, 'There, in the tent.' Then one said, 'I will surely return to you in due season, and your wife Sarah shall have a son.' And Sarah was listening at the tent entrance behind him. Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. So Sarah laughed to herself, saying, 'After I have grown old, and my husband is old, shall I have pleasure?' The Lord said to Abraham, 'Why did Sarah laugh, and say, "Shall I indeed bear a child, now that I am old?" Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah shall have a son.' But Sarah denied, saying, 'I did not laugh'; for she was afraid. He said, 'Oh yes, you did laugh.'

Second Reading

Romans 5.1-8

Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ, through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God. And not only that, but we also boast in our sufferings, knowing that suffering produces endurance, and endurance produces character, and character produces hope, and hope does not disappoint us, because God's love has been poured into our hearts through the Holy Spirit that has been given to us. For while we were still weak, at the right time Christ died for the ungodly. Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die. But God proves his love for us in that while we still were sinners Christ died for us.

Gospel Reading

Matthew 9.35-10.8

Then Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness. When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd. Then he said to his disciples, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest.' Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness. These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John; Philip and Bartholomew; Thomas and Matthew the tax-collector; James son of Alphaeus, and Thaddaeus; Simon the Cananaean, and Judas Iscariot, the one who betrayed him. These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, but go rather to the lost sheep of the house of Israel. As you go, proclaim the good news, "The kingdom of heaven has come near." Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

**Sermon by The Very Revd Joe Hawes,
Dean of St Edmundsbury
First Sunday after Trinity, 11th June,
Festival Service at Aldeburgh**

Many years ago, as a tourist in India, sitting on a terrace in the early evening cool overlooking the Lake Palace in Udaipur, gin and tonic in hand, thinking that it couldn't get much better than this, I was treated to something which, urban boy as I was, I had never seen before: the most spectacular murmuration of starlings over the lake. As seeming countless numbers of birds wheeled, formed patterns, swooped, dived, for minutes on end, the chatter around me on the terrace died to silence as we human beings sat, enrapt by this miracle of the natural world. As the birds gradually dispersed to roost, the silence held for a few more moments, like that magical experience at the end of a performance of music, play or film, when the audience are held in silence for what seems like an age, before the applause begins.

There was applause that evening too, strangely, because, of course, this was not done for our benefit, or even with any awareness of our and our appreciation. We were mere bystanders, onlookers to a moment of grace and beauty.

I am sad to have to tell you that you are unlikely to be able to spot a murmuration in such numbers today, either over Lake Pichola, or here in Suffolk. In India, as in Suffolk, human activity has led to a decline of around 80% in the starling population. Lake Pichola, for so many years polluted by human sewage, its waters abstracted, choked with water hyacinth, its 45 species of fish reduced to around 16, seemed until relatively recently on the brink of demise as a living entity. Fortunately, at the eleventh hour measures to eradicate the water hyacinth, cease abstraction and reroute sewage may give the lake a second chance, and who knows, the starling population, in India as well as in the United Kingdom may yet recover if we act swiftly and radically enough.

And yet, 'Do not worry' says Jesus in today's gospel. How should we hear this? For surely, as we are increasingly being told, we must worry, and act, not as in our New Testament reading, simply hearing the word, (which here is a word of warning), but acting on what we hear. Surely there must be worry, and plenty of it; the kind that leads to concerted action, a gracious murmuration of humanity, at the last minute, lest our planet, Gaia we might say, in flood, drought, rising temperatures, seeks to shake the pestilential gnat of humanity off her hide.

So what might the exhortation not to worry have to say to us, rightly worried, hopefully good and conscientious people gathered to day for another murmuration; the creative and life giving human murmuration that is the Aldeburgh Festival?

Well, I suspect that part of the answer may actually lie in that very thing, creative murmurations of human beings who gather in festivals, come together to do good things, agitate for change, respond to appeals for generosity, throw off oppressive regimes, take to the streets to protest for peace, against war. At our best we human beings, when we mobilise, sing, act, play, in concert, can be remarkable in self-giving-love-in-action.

And when Jesus urges us not to worry, I think there is something in his words about the imperative to allow ourselves to be stopped by grace, paused by beauty, in order that our own, introspective preoccupied little human lives, all the getting and acquiring, all the storing away and building can be challenged by something ancient and eternal, something of truth. That while none of us will ever be as beautifully clad as the lily, however much we spend on Chanel; that none of us will ever be able to acquire anything as spectacular as the colours of dawn, rising over the Suffolk coast, or build any algorithm as precise and complex as a murmuration of starlings over the Hen Reedbeds or Lackford lakes, we can pause, and allow ourselves to be stopped in our tracks by beauty, and crucially, then, allow ourselves to be taken out of our anxious acquisitive, all too human preoccupation that we are not enough without the bigger house, or car or larger nest egg, let alone the fleeting social media presence or facial chemical enhancement to which I devoutly hope no one here has ever been tempted.

It seems to me that Jesus' words about not being anxious are precisely aimed at our deep down human fear that we're not enough, and we're on our own. It's not that we don't need the things that keep us alive, and warm and dry. What we don't need to do is to give way to that endlessly anxious acquisitive temptation to shore ourselves up against our ending, which we fool ourselves will never happen, even though, like the grass which tomorrow will be thrown into the oven, immortality is the one thing which no one seems ever to have managed to achieve.

If you ever thought that the resurrection was about fooling death, you couldn't have got it more wrong. The resurrection is about the supreme act of self-giving love by which one who gazes at the worst that human being can do to one another, out of love alone is willing to empty himself to the point of death, 'aus liebe will mein Heiland sterben'. Out of love

alone will my saviour die. And, in its moments of greatest grace, the murmuration of self giving love and creativity born of that one act, once only, once for all, gave us Bach, gave us Byrd, gave us, in others words, something akin to the birds in their endless creativity and wonder.

So, back to the words of James: our action, both in seeking to build better and more gracious forms of community, our working for peace in a war torn world, and most importantly of all, our absolutely committed and radically concerted action to heal our planet, can only ever be born from that deep down, still place of self giving love and wonder. And because of that, it cannot, will not ever be defeated, because it is rooted and grounded in the cross shaped intersection where the unreconciled suffering of humanity and of our planet is met by the inexhaustible compassion of God. It is there that we find the energy, which will soar on wings like eagles, run and not grow weary, walk and not be faint.

My heart is broken for young people who, gazing on the destruction we have wrought upon our world, lose hope, do not wish to bring children into a world which they think is doomed, but that hopeless defeatism is not, cannot ever be the trap into which we allow ourselves to fall. Murmurations of starlings are so much smaller, but they still happen, filling our hearts with wonder, and a gracious murmuration of humanity to combat those aspects of climate change which have not already damaged our world beyond repair, is possible, and must be our recommitment today. So, join whatever gracious murmuration you need to join, commit, time and money and your vote. It is not too late, but only just. Most of all, never lose hope. We are an Easter people!

If, like me, your heart is ever oppressed with anxiety about all that is broken and ruined about our world, then may I direct you to the words of Gerald Manley Hopkins.

‘And for all this, nature is never spent;
There lives the dearest freshness deep down things;
And though the last lights off the black West went
Oh, morning, at the brown brink eastward, springs —
Because the Holy Ghost over the bent
World broods with warm breast and with ah! bright wings.’

Amen

Next Sunday, 25th June
Third Sunday after Trinity

Post Communion

Loving Father,
we thank you for feeding us at the supper of your Son:
sustain us with your Spirit,
that we may serve you here on earth
until our joy is complete in heaven,
and we share in the eternal banquet
with Jesus Christ our Lord.

Come and meet our new Curate

As Revd Sarah said last week, Mary will be joining us on the 2nd July. We thought it would be a nice idea to welcome Mary in gently with a bring and share lunch on the 2nd July around 12.30pm. Do check your notice boards in church to add your name, and, if you would like to bring a plate of food as a contribution towards the lunch.

† Baptism Family Holy Communion Service †

On 25th June, at the Aldeburgh 10.30am service, we will be inviting the families that have been baptised at Aldeburgh to come along and reaffirm their baptism vows. Anyone else that wishes to reaffirm their vows are also most welcome.

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.

<https://www.eastofengland.coop/community/foodpoverty/foodbank-support>

† 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>



Friston Open Gardens

**Sunday 18th June
11.30am - 5.30pm**

**Tickets £5 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

£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice

Your donations REALLY mean so much to us at this challenging time. 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/>

† Morning Prayer across the Benefice †

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

Monday – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Daily at Aldeburgh, Monday to Saturday

† Fairfield Centre Prayers †

The united churches hold prayers at the Fairfield Centre at Aldeburgh, every third Sunday of the month at 6pm. **All very welcome**

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, or for the Zoom links.

Saturday 1st July 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. We will be exploring paths around North Warren. 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.

Pilgrims @ Thorpeness Outdoor Summer Celtic Worship Gatherings coming soon!

Sundays throughout July and August starting Sunday 2nd July, 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

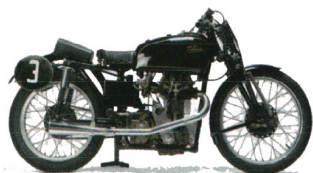
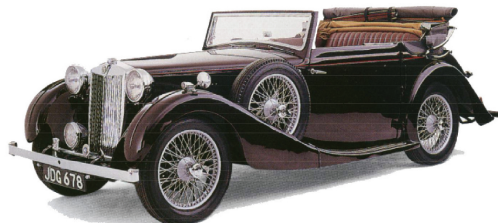
CLASSICS ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 13TH JULY FROM 3PM

*Bring your VETERAN,
VINTAGE or CLASSIC CAR
or BIKE - or just bring
your friends and family
along to see the classics*



*Tea, coffee and cakes will be
available in the Village Hall.
There will be a Bar and BBQ
on the Green and food and
drink at The Old Chequers.*

*All types of vehicle that were in
production before 1970 are welcome.
Arrive anytime from 3pm and depart
whenever you wish.*



FREE designated parking and entry - all donations to Friston Church
Sat navs: **IP17 1NP**

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 – admin@aldeburghparishchurch.org.uk