



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 25th June Third Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Family Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Morning Prayer
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

† Baptism Family Holy Communion Service †

On 25th June, at the Aldeburgh 10.30am service, led by
The Very Revd Christopher Lewis, there will be an opportunity to
reaffirm your baptism vows. We have also invited the families that have
been baptised at Aldeburgh to come along too.

You are all most welcome.

Come and meet our new Curate!

SLIGHT CHANGE OF PLAN. Mary will be starting her curacy
with us on the 2nd July. Do come and say hello and have a cup of coffee
and a slice of cake, on the 2nd July from 11.45am onwards, at
Aldeburgh Church Hall.

YOU ARE ALL VERY WELCOME

Collect

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; 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

Genesis 21.8-21

The child grew and was weaned; and Abraham made a great feast on the day that Isaac was weaned. But Sarah saw the son of Hagar the Egyptian, whom she had borne to Abraham, playing with her son Isaac. So she said to Abraham, 'Cast out this slave woman with her son; for the son of this slave woman shall not inherit along with my son Isaac.' The matter was very distressing to Abraham on account of his son. But God said to Abraham, 'Do not be distressed because of the boy and because of your slave woman; whatever Sarah says to you, do as she tells you, for it is through Isaac that offspring shall be named after you. As for the son of the slave woman, I will make a nation of him also, because he is your offspring.' So Abraham rose early in the morning, and took bread and a skin of water, and gave it to Hagar, putting it on her shoulder, along with the child, and sent her away. And she departed, and wandered about in the wilderness of Beer-sheba. When the water in the skin was gone, she cast the child under one of the bushes. Then she went and sat down opposite him a good way off, about the distance of a bowshot; for she said, 'Do not let me look on the death of the child.' And as she sat opposite him, she lifted up her voice and wept. And God heard the voice of the boy; and the angel of God called to Hagar from heaven, and said to her, 'What troubles you, Hagar? Do not be afraid; for God has heard the voice of the boy where he is. Come, lift up the boy and hold him fast with your hand, for I will make a great nation of him.' Then God opened her eyes, and she saw a well of water. She went, and filled the skin with water, and gave the boy a drink. God was with the boy, and he grew up; he lived in the wilderness, and became an expert with the bow. He lived in the wilderness of Paran; and his mother got a wife for him from the land of Egypt.

Second Reading

Romans 6.1b-11

What then are we to say? Should we continue in sin in order that grace may abound? By no means! How can we who died to sin go on living in it? Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? Therefore we have been buried with him by baptism into death, so that, just as Christ was raised from the dead by the glory of the Father, so we too might walk in newness of life. For if we have been united with him in a death like his, we will certainly be united with him in a resurrection like his. We know that our old self was crucified with him so that the body of sin might be destroyed, and we might no longer be enslaved to sin. For whoever has died is freed from sin. But if we have died with Christ, we believe that we will also live with him. We know that Christ, being raised from the dead, will never die again; death no longer has dominion over him. The death he died, he died to sin, once for all; but the life he lives, he lives to God. So you also must consider yourselves dead to sin and alive to God in Christ Jesus.

Gospel Reading

Matthew 10.24-39

‘A disciple is not above the teacher, nor a slave above the master; it is enough for the disciple to be like the teacher, and the slave like the master. If they have called the master of the house Beelzebul, how much more will they malign those of his household! ‘So have no fear of them; for nothing is covered up that will not be uncovered, and nothing secret that will not become known. What I say to you in the dark, tell in the light; and what you hear whispered, proclaim from the housetops. Do not fear those who kill the body but cannot kill the soul; rather fear him who can destroy both soul and body in hell. Are not two sparrows sold for a penny? Yet not one of them will fall to the ground unperceived by your Father. And even the hairs of your head are all counted. So do not be afraid; you are of more value than many sparrows. ‘Everyone therefore who acknowledges me before others, I also will acknowledge before my Father in heaven; but whoever denies me before others, I also will deny before my Father in heaven. ‘Do not think that I have come to bring peace to the earth; I have not come to bring peace, but a sword. For I have come to set a man against his father, and a daughter against her mother, and a daughter-in-law against her mother-in-law; and one’s foes will be members of one’s own household. Whoever loves father or mother more than me is not worthy of me; and whoever loves son or daughter more than me is not worthy of me; and whoever does not take up the cross and follow me is not worthy of me. Those who find their life will lose it, and those who lose their life for my sake will find it.

Sermon by Revd Sarah du Boulay, Second Sunday after Trinity, 18th June, at Aldringham

Hospitality. What is hospitality? I bet you are all sitting there thinking that you know exactly what hospitality is. It's a keyword in our lives, and especially in our churches. We pride ourselves on offering good hospitality, and we are all aware of the saying 'you never know when you may be entertaining angels'. A saying which can refer to our Old Testament reading this morning.

It's true, of course that hospitality means a warm welcome and the offer of a cup of tea. A good 'meet and greet' at the door. Absolutely. To be greeted with a smiling face, an offered hands and some warm words is a wonderful thing, and goes a long way.

Online, I found the following: The story was told in a church newsletter about a man who visited 18 different churches on successive Sundays. He was trying to find out what the churches were really like. He said, "I used a scale to rate the reception I received. I awarded points on the following basis: 10 points for a smile from a worshipper 10 for a greeting from someone sitting nearby 100 for an exchange of names 200 for an invitation to have coffee 200 for an invitation to return 1000 for an introduction to another worshipper 2000 for an invitation to meet the pastor. On this scale, 11 of the 18 churches earned fewer than 100 points. Five actually received less than 20. The conclusion: The faith teaching may be Biblical, the singing inspirational, the sermon uplifting, but when a visitor finds nobody who cares whether he's here, he is not likely to come back.

This tale is worrying, and I suspect, not unusual. But to me, it seems fairly superficial hospitality. And if we are only looking at superficial hospitality, what more do we miss?

Are we aware of our building? All of our churches in the benefice are obviously well loved and always look very smart and beautiful with flower displays and regular cleaning. But if people are to be truly welcomed, are we inclusive? Do we value those with physical disabilities as much as we value those who are fully able bodied? Is there easy access to the building? Do we have a hearing loop fitted? Can we accommodate wheelchair users in the main body of the congregation? Do we have large print hymn books and service sheets? Do we have resources readily available for children and young people (whether or not we expect them at a regular service)? The list goes on. Sometimes we need to make changes, and sometimes those

changes are painful for us. Remember though, that hospitality isn't just about the continuous giving of ourselves. Jesus was very boundaried. He took time out to pray. He took time out on his own. He worked pointedly and efficiently, and as we have just heard, Jesus sent out his disciples to spread the good news of the gospel, but the work was centred on a few specific areas. More is not necessarily more. But by paying attention, we can focus on what really matters.

I go back to the story I told. When a visitor finds nobody who cares whether he's here, he is not likely to come back.

That care is based on truly seeing people. On taking time to get to know them, to establish a relationship, and to listen to them. And listening may not always be to verbal cues. We listen with our eyes and ears. And a relationship can be established in just a few seconds. A first impression is gained in 1/10th of a second. And we all know that first impressions count! Within 7 seconds, people will have a solid impression of who you are. And 38 seconds to judge and value the building and surroundings.

All important, of course, especially as we look to grow our churches. But for us to do this, I'd argue we need to consider more than our welcome to strangers for a start. Do we ever start to ignore those we know well in favour of new people? A bit like companies that offer major incentives to new customers, but forgetting to reward the older, faithful ones.

How do we show regular people that we care? Do we continue to work on our relationships with them? Do we always look for the best in them, choosing to assume that they are trying to do good, before accusing, or condemning their actions? Do we speak respectfully and positively of others, or do we get bogged down into sniping and complaining about them? Do we allow old hurts and experiences to cloud our judgement, or do are we happy to move forward – whatever that looks like? How do we see the people around us? From a place of love?

And this is where our example of Jesus comes in. Because time and time again, we are shown Jesus really seeing people, and reacting accordingly. In our Gospel reading today, we see that he taught and proclaimed the good news where needed. He cast out demons where necessary. He gave clear instruction. He enabled and sent out. He had compassion for the crowds because he saw they were harassed and helpless. Jesus saw the good and the humanity in people, and he loved them. He was hospitable to them without ever, it seems, having his own home to welcome them into. He gave friendly and generous treatment to everybody he met.

So then, hospitality is about embodying God's love. Becoming more Christlike in our walk with him. Hospitality comes out of God's love. His love for us, then shows us how to love other people. The most amazing thing about Jesus is that he was completely divine and completely human. We see, through Jesus, what holiness means in a person. We know what it looks like for us to be holy. And that holiness extends to everything. We now know what hospitality looks like. All of our understanding, about everything, comes from God. God the Father.

I don't want to insult everybody's intelligence by making a crowbar connection between the theme of hospitality, and the fact that today we are celebrating Father's Day. But let me leave you with the thought, that if God is our Father, and we learn all things from and through him; how do we embody those lessons? How do we follow in our Father's footsteps?

Amen.

Post Communion

O God, whose beauty is beyond our imagining
and whose power we cannot comprehend:
show us your glory as far as we can grasp it,
and shield us from knowing more than we can bear
until we may look upon you without fear;
through Jesus Christ our Saviour.

Friston Open Gardens Update

It's a record for Open Gardens - we hit £2,019!!

What a tremendous effort by everyone! With so many involved and giving up so much of their time and energy. The feedback has been so positive and the those on the green said that visitors had enjoyed the whole experience - the village hall, church flowers, the flower meadow and the diversity and care of the gardens and the genuine friendliness of everyone. And what gardens! On behalf of your church, thank you so much. We rely on Open Gardens and Classics on the Green to balance the books and keep us going. Your efforts are so appreciated and may you take great comfort for that whilst resting your muscles and limbs!

Simon Ive – Friston Treasurer

MANY CONGRATULATIONS TO ALL THE FRISTON TEAM

Summer Alde Sandlings Benefice Service

Our next benefice service will be on **July 30th**, at Aldeburgh Parish Church. **Please note this service will start at 11.00am.** This is always a joyous occasion for all the whole benefice to worship together. We greatly look forward to seeing old friends, and welcome new friends.

ALDEBURGH PARISH CHURCH FRIDAY MARKETS 2023

This August we will have two Friday markets on the
11th and 25th August, from 10am – 1pm.

The proposed stalls are as follows:

Vegetables, Plants, Fruit and Flowers, Cakes and Savouries, Jams etc,
General Bric a Brac. Household items. 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, and good quality bric a
brac needed. Cakes and produce too (please bring on the day)

ALDEBURGH CHURCH NEEDS YOU

We have always had an incredible team at Aldeburgh, but over the years
due to poor health, frailty etc, our numbers are sadly diminishing.
These wonderful volunteers are **essential** to our worship and church
wellbeing. To keep our services regularly flowing, we **desperately**
need your help. We cannot do it without you.

WE NEED:

SACRISTANS

SERVERS

SIDESPEOPLE

FLOWER ARRANGERS

CHURCH CLEANERS

**If you can help at all, or have a question, please contact
Claire admin@aldeburghparishchurch.org.uk**

† 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>

£££ 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 †

Revd 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**

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>

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.

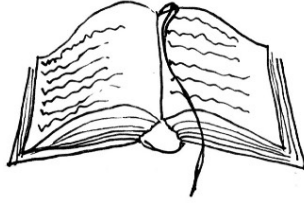
Please do invite friends along.

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!

**Next Sunday, 2nd July
Fourth Sunday after Trinity**

The Bible Course



Do you find reading the Bible difficult? Do you find it confusing and contradictory? Do you know some of the Bible stories, but not how they all fit together? Do you wish you knew more about the big picture of the Bible?

Help is at hand!

In a fun, friendly and interactive style we will explore:

- The big story of the Bible, from Genesis to Revelation
- the images and themes that really help us understand Jesus
- what different parts of the Bible are trying to say (and what they aren't!)
- how to read the different writing styles — gospels, letters, poetry, prophets.

Finish this course and you will:

- Be excited about the Bible and equipped to read it
- understand the readings in church
- be ready to make big steps in faith

More information from Revd Tim Rogers:

rector.yoxmereclergy@gmail.com; 668951

Darsham Village Hall

7 weeks from Wednesday 5th July, 7pm

Refreshments provided

All welcome to any meeting



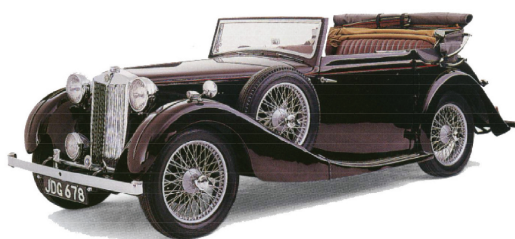
CLASSICS ON THE GREEN

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 INP**

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