



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

Email: revd.sarah@btinternet.com

Tel: 01728 582213

The Revd Nichola Winter

Email: njwinter@whd.co.uk

The Revd Johanna Mabey

Email: rev.johannamabey@gmail.com

Sunday 2nd July Fourth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
Aldringham	11.00am	Holy Communion
	5.30pm	Evensong
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

A Message from our Priest in Charge, Revd Sarah du Boulay

Dear Friends,

I'm back! Fully refreshed, mostly well, and really glad to be back with you all again.

We have spent a lot of time over the last year talking about revival, and it seems to me that the moment has come in all of our parishes. In each one, we have exciting new possibilities which we need to make decisions on.

It's time for us to trust God, to pray constantly and faithfully, and to discern together what God is calling us to in our wonderful benefice – together, and separately.

So friends. Please can I call on you to continue to pray, to ask for wisdom and courage and compassion, and for God to speak clearly to us. For Revival in Alde Sandlings!

With prayers, Sarah

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

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord 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 22.1-14

After these things God tested Abraham. He said to him, 'Abraham!' And he said, 'Here I am.' He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt-offering on one of the mountains that I shall show you.' So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt-offering, and set out and went to the place in the distance that God had shown him. On the third day Abraham looked up and saw the place far away. Then Abraham said to his young men, 'Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.' Abraham took the wood of the burnt-offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. Isaac said to his father Abraham, 'Father!' And he said, 'Here I am, my son.' He said, 'The fire and the wood are here, but where is the lamb for a burnt-offering?' Abraham said, 'God himself will provide the lamb for a burnt-offering, my son.' So the two of them walked on together. When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son

Isaac, and laid him on the altar, on top of the wood. Then Abraham reached out his hand and took the knife to kill his son. But the angel of the Lord called to him from heaven, and said, 'Abraham, Abraham!' And he said, 'Here I am.' He said, 'Do not lay your hand on the boy or do anything to him; for now I know that you fear God, since you have not withheld your son, your only son, from me.' And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt-offering instead of his son. So Abraham called that place 'The Lord will provide'; as it is said to this day, 'On the mount of the Lord it shall be provided.'

Second Reading

Romans 6.12-end

Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. For sin will have no dominion over you, since you are not under law but under grace. What then? Should we sin because we are not under law but under grace? By no means! Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, and that you, having been set free from sin, have become slaves of righteousness. I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification. When you were slaves of sin, you were free in regard to righteousness. So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Gospel Reading

Matthew 10.40-end

‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

Sermon by The Very Revd Christopher Lewis, Third Sunday after Trinity, 25th June, at Aldeburgh

Imagine the scene. A girl at college showing her parents around. Proud to be there. On the Sunday, to their surprise, she takes them to a church service. Then, on the way out, she asks them a question. You see, she had discovered the person of Jesus and had begun to ask God to deepen her faith. So the question was: ‘Why did you never tell me about all this?’. They couldn’t answer, maybe because they were the modern kind of parent who felt rather embarrassed about talking of spiritual things.... not their scene. In fact, they had probably used what sounds a bit like a pre-recorded message: ‘She’ll choose for herself when the time comes’. Mercifully she had just succeeded in breaking free and finding treasures of which she (and indeed they) had never dreamt. Baptism could have been at birth, as it were to launch her, but in fact it came later as did the life which follows it.

In today’s Gospel reading, Jesus sends the twelve apostles out to spread his message and point people to faith. There is then a part of the Gospel reading which is often worrying to people.... in one sense Jesus brings peace and love, in another sense he brings division and suffering because he preached and acted in what one might call a revolutionary manner. Of course one can over-simplify, but if you had to sum up what he preached and did, it was both to relate to God in heaven and to know God in everyday life: the God of love set against enmity and suffering, and set for the very basis of human hopefulness, namely that the Kingdom of God is something that can be expressed, through the power of the Holy Spirit in our behaviour and in the lives of countless others. There were many at the time who began to see that he was expressing what God intended the world to be like... that this was God incarnate. That was indeed revolutionary, and Jesus was therefore a threat to the religious and

political establishment of the day. It was that which led to his death on the cross. Crucifixion was the Roman method of executing people for what they saw as offences: criminal/ideological/political. Sadly, we human beings haven't changed much. Look at the fatal attacks on Christians and their churches this month in Nigeria.

The instructions to the first followers are clear. Andrew had already been found and had brought along his brother Simon Peter. And so it was to go on by personal introduction: 'Come and see'. There have been numerous attempts to spread the faith through the ages: sometimes by force, at times by harangues or by very long and boring sermons, but in the end 'Come and see' is the most effective. Jesus, after his own baptism,

gathered an immediate group who could see and understand him and could spread the word. As we learn from the bible, that was not always a success as there was betrayal, denial, and sorrow. Yet in the end and for the future, there was commitment, agreement, and the spreading of the faith.

There is a worry in our day.... that in a world of email and internet-shopping, suspicion of scamming and working from home, there will be less friendship, fewer introductions, more populism and less reflection. So, with changes in life-style we need to use all that we have to discover the truth, to oppose suffering in our world and to show what love means in practice, the practice in this case being to follow Jesus and adopt his kind of love.

Today we follow an ancient pattern which may seem a bit outdated and ritualistic to some. Yet it has its points and gives us an opportunity to reflect. If you were baptized, has that ceremony (probably requested by your parents) had real significance for you?.... cleansed and (perhaps as we are near the sea) 'launched' on a Christian life. Like the bread and the wine of communion and its profound meaning, baptism is also basic to Christian faith. The vows of baptism, the blessing of water and the ceremony of asperges express the longing for cleansing, launching and new life. So that is what we are going to do.

Post Communion

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our Lord.

† 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)

📢 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](https://www.eastofengland.coop/community/foodpoverty/foodbank-support)

!!!!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 speak to
a sidesperson or contact Claire**

admin@aldeburghparishchurch.org.uk

† 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**

† 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

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.

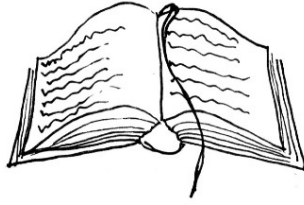
Pilgrims @ Thorpeness Outdoor Summer Celtic

Worship Gatherings coming soon!

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

Next Sunday, 9th July
Fifth 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



**Lunchtime Classical
Concert Series
Aldeburgh Parish Church**

**Monday 31st July 2023
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue in 2023.

Helen Stanley (Violin)
Nadia Lasserson (Piano)

Programme includes works by Mozart, Schubert and Stravinsky

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

ALL VERY WELCOME



Save the Children
100 YEARS

**St Andrew's Parish
Church
Aldringham**



**CHORAL
EVENSONG**

**First Sunday of Every Month
at 5.30pm, from 7th May**
*(which will form part of our
King's Coronation Celebrations)*

**YOU ARE ALL MOST
WELCOME**



**CLASSICS
ON THE GREEN**

F R I S T O N

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**