



## 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 9<sup>th</sup> July Fifth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Civic Holy Communion
Aldringham	11.00am	Service of the Word
Friston	10.00am	Service of the Word
Knodishall	9.30am	Holy Communion

### A Message from our Curate, Rev'd Mary Brown

Dear Friends,

I was ordained deacon last Saturday in St Edmundsbury Cathedral. It was great to be welcomed into the benefice on Sunday, at the service in Friston and then cake and tea in Aldeburgh church hall. Thank you to those of you who were able to come and meet me at one of those events, or who have welcomed me in another way.

I've enjoyed meeting people at those events, and at morning prayer this week, and I'm looking forward to getting to know you over the coming weeks and months.

My prayer in preparation for coming here, and as I have travelled around the benefice this week, has been that the name of Jesus would be glorified

in this place. I'm joining Revd Sarah in her prayer for revival in Alde Sandlings, and I'm excited to see and join in with what God is already doing here.

With prayers,

Mary

### **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 24.34-38, 42-49, 58-end**

So he said, 'I am Abraham's servant. The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; but you shall go to my father's house, to my kindred, and get a wife for my son." 'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son." 'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring, and drew. I said to her, "Please let me drink." She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels.

Then I asked her, “Whose daughter are you?” She said, “The daughter of Bethuel, Nahor’s son, whom Milcah bore to him.” So I put the ring on her nose, and the bracelets on her arms. Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master’s kinsman for his son. Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.’ And they called Rebekah, and said to her, ‘Will you go with this man?’ She said, ‘I will.’ So they sent away their sister Rebekah and her nurse along with Abraham’s servant and his men. And they blessed Rebekah and said to her, ‘May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.’ Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way. Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, and said to the servant, ‘Who is the man over there, walking in the field to meet us?’ The servant said, ‘It is my master.’ So she took her veil and covered herself. And the servant told Isaac all the things that he had done. Then Isaac brought her into his mother Sarah’s tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother’s death.

## **Second Reading**

### **Romans 7.15-25a**

I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. Now if I do what I do not want, I agree that the law is good. But in fact it is no longer I that do it, but sin that dwells within me. For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do. Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me. So I find it to be a law that when I want to do what is good, evil lies close at hand. For I delight in the law of God in my inmost self,<sup>23</sup> but I see in my members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. Wretched man that I am! Who will rescue me from this body of death? Thanks be to God through Jesus Christ our Lord! So then, with my mind I am a slave to the law of God, but with my flesh I am a slave to the law of sin.

## **Gospel Reading**

### **Matthew 11.16-19, 25-end**

‘But to what will I compare this generation? It is like children sitting in the market-places and calling to one another, “We played the flute for you, and you did not dance; we wailed, and you did not mourn.” For John came neither eating nor drinking, and they say, “He has a demon”; the Son of Man came eating and drinking, and they say, “Look, a glutton and a drunkard, a friend of tax-collectors and sinners!” Yet wisdom is vindicated by her deeds.’ At that time Jesus said, ‘I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; yes, Father, for such was your gracious will. All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him. ‘Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.’

### **Sermon by Bishop Sandy Millar, Fourth Sunday after Trinity, 2<sup>nd</sup> July, at Friston**

The Book of Common Prayer, as I expect you all know, is divided into two halves...certainly as far as the themes for the choices of Epistle and Gospels are concerned. The first half, starting with the Church’s year at Advent is centred on doctrine ...so we cover Christmas, the Birth of Christ, His ministry here on earth, Lent, leading up His death on the Cross, the Resurrection, Ascension, Pentecost and the coming of the Holy Spirit and finally Trinity Sunday when we try to make sense of one of the most wonderful mysteries in the world. Three persons in One God! The following Sunday we crack straight into the Bible’s teaching about the implications of these profound truths for us...now! The gospel reading for the first Sunday after Trinity therefore is not about doctrine, but about the application of all this doctrine. It is of course the story of the rich man and the poor man and our opportunities here, while we have time, to do good to our less fortunate fellow men and women.

Today is the fourth Sunday after Trinity and the gospel comes from Luke’s account of some of Jesus’ teaching from the Sermon on the Mount....Luke covers much of the ground that Matthew does although he seems to assume a background of love whereas Matthew might be thought to do so

from a background of living righteously but it is very direct stuff...(Luke 6: 36-42) “Be merciful, just as your Father is merciful...Do not judge...do not condemn...Forgive, and you will be forgiven...give, and it will be given to you...etc etc” If we are not careful we can miss the whole point of Jesus’ teaching.

Martin Luther in his commentary on Galatians 2:20 says this: “A double travail and trouble to correct and reform this evil...to forget, condemn and resist this old grounded error that Christ is a lawgiver and judge for it always returns and plucks me back; then to plant in my heart a new and true persuasion of Christ that He is a justifier and Saviour. You that are young may learn with much less difficulty to know Christ purely and sincerely if you will.”

So...beware of thinking of Jesus as a great teacher first. If He is a teacher only then all He can do is tantalize me by setting a standard that I cannot attain. What is the good of telling me to be what I never can be...pure in heart, patient, kind, forgiving, unselfish, merciful?

When I am born again of the Spirit of God I know that Jesus did not come to teach only...He came to make me what He teaches that I should be. And for that I need constantly to be filled and refilled with the Holy Spirit. When I was still working as a Barrister, we had a lady who worked in the office who I found very difficult to get on with...she kept saying the stupidest things! Week after week I made fresh resolutions to try to get on with her and week after week she would say the same stupid things! One Sunday I remember saying to God... ”You tell me I have to love her...but I CAN’T...please help me and give me a love for her that I cannot find in myself.” And He did! She didn’t change, but I did. And when she started saying the same old things I found that God had given me an ability to see the funny side of the situation and we got on famously after that! A silly example you may think but the principle is basic. As long as you think you can manage on your own you will slip and fall. When you ask God to fill you with His Holy Spirit you will find that you are beginning to become like Jesus, giving, forgiving, merciful, kind, patient, unselfish...a long way to go, yes, but on the way and by God’s grace, making progress. So, every time you fail and fall short of the teaching of Jesus, pick yourself up and confess to Him your weakness in that area, ask to be filled again with the Holy Spirit and press on. Why don’t you do that today as you kneel at the Communion Rail? He will start to make changes in you and.....to Him be the glory. AMEN

## **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 30<sup>th</sup>**, 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  
**11<sup>th</sup> and 25<sup>th</sup> 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](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, 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>

## **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](mailto: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/UCLecK8GovYoaYzIgyOEIKZg>

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](mailto: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**

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, 16<sup>th</sup> July  
Sixth Sunday after Trinity**

**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church**

**Monday 31<sup>st</sup> 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**

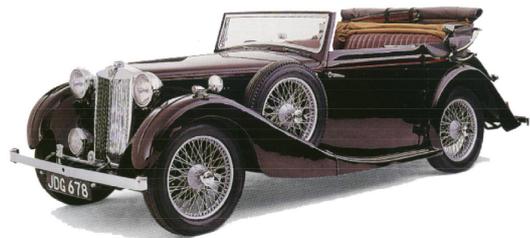
# CLASSICS ON THE GREEN

## 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](mailto:admin@aldeburghparishchurch.org.uk)