



## 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 16<sup>th</sup> July Sixth 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
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

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

Dear Friends,

As my second summer here begins, it has become more obvious to me just how many visitors we have in the summer than the winter, and what a wonderful opportunity it is for us to show radical hospitality.

Loving our neighbours is one of the foundations of our faith and our lives together and is already something we practise daily. But what is it that makes it radical? I wonder what this radical hospitality looks like? It will be different in each of our parishes, different in each context, and may even be different for each individual.

Looking forward to exploring it together!

With prayers,

Sarah

## **Collect**

Merciful God,  
you have prepared for those who love you  
such good things as pass our understanding:  
pour into our hearts such love toward you  
that we, loving you in all things and above all things,  
may obtain your promises, which exceed all that we can desire;  
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 25.19-end**

These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire of the Lord. And the Lord said to her, 'Two nations are in your womb, and two peoples born of you shall be divided; one shall be stronger than the other, the elder shall serve the younger.' When her time to give birth was at hand, there were twins in her womb. The first came out red, all his body like a hairy mantle; so they named him Esau. Afterwards his brother came out, with his hand gripping Esau's heel; so he was named Jacob. Isaac was sixty years old when she bore them. When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob. Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. Esau said to Jacob, 'Let me eat some of that red stuff, for I am famished!' (Therefore he was called Edom.). Jacob said, 'First sell me your birthright.' Esau said, 'I am about to die; of what use is a birthright to me?' Jacob said, 'Swear to me first.' So he swore to him, and sold his birthright to Jacob. Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

## **Second Reading**

### **Romans 8.1-11**

There is therefore now no condemnation for those who are in Christ Jesus. For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. For this reason the mind that is set on the flesh is hostile to God; it does not submit to God's law—indeed it cannot, and those who are in the flesh cannot please God. But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

## **Gospel Reading**

### **Matthew 13.1-9, 18-23**

That same day Jesus went out of the house and sat beside the lake. Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. And he told them many things in parables, saying: 'Listen! A sower went out to sow. And as he sowed, some seeds fell on the path, and the birds came and ate them up. Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. But when the sun rose, they were scorched; and since they had no root, they withered away. Other seeds fell among thorns, and the thorns grew up and choked them. Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. Let anyone with ears listen!' 'Hear then the parable of the sower. When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; yet such a person has no root, but endures only for a while, and when trouble or persecution arises on

account of the word, that person immediately falls away. As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

**Sermon by Revd Sarah du Boulay,  
Fifth Sunday after Trinity, 9<sup>th</sup> July, at Aldeburgh**

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.'

For people who are all too often hurried, rushed, under pressure and stressed, these words are beautiful. They offer refreshment and hope. I suspect weary and burdened is how a number of us may describe ourselves.

This chapter in the Gospel of Matthew is all about confirming Jesus as Messiah – as the Son of God. In the beginning of the chapter, Matthew reflects on Old Testament prophecy about the coming Messiah, or King, and how John the Baptist predicted Jesus' coming. He finishes, as we have heard, by a promise of rest for those who are weary and burdened.

This promise isn't new in the Bible – the Old Testament is full of God promising people rest and peace if only they would trust and obey him, and we see that promise repeated again here, this time by Jesus himself.

The use of the word yoke is interesting. A yoke is, of course, a wooden bar which is still used in some parts of the world to fix two cattle together so that they can better pull – whatever it is they are required to. Jesus is using the term yoke as a metaphor – Israel at the time was yoked to the laws of the Old Testament. This in itself wasn't a problem, and could have provided this rest. The problem came when men came along and added hundreds of man-made laws to the laws of God. And this was itself exhausting. This was a heavy yoke indeed – for people to try to live according to these self-righteous and legalistic laws.

Jesus offered to free us from these burdensome laws by saying that if we instead yoke ourselves to him, our burden immediately becomes much lighter. It's because instead of tiring ourselves out by trying to live up to a set of impossible rules, we are yoking ourselves to God, and therefore looking to follow His commandments. And the two greatest of these? Love God, and love your neighbour.

I'd argue all the laws and rules we still live by today can be traced back to these commandments. No murder – love your neighbour. Don't speed – it's so that you don't kill your neighbour. No stealing – love your neighbour. It's basic common sense, and it's what God taught us, right from the beginning of time. It really isn't any more complicated than this.

Now, don't think for a second that this is a 'get out of jail free' card which absolves us from all our responsibilities. It simply means that we are to obey the Gospel and to submit to God's will for our lives. God has a will for all of us – a calling, or a purpose for our lives. Our job is to listen and to obey. If we are yoked to him, the burden becomes much lighter.

I'm going to finish by reading the Gospel again, and inviting you to sit and think about the message. What is your particular burden? Is Jesus speaking to you through this piece of scripture? If so, what is he saying? How is he offering to lighten your load? What is he calling you to?

### **Post Communion**

God of our pilgrimage,  
you have led us to the living water:  
refresh and sustain us  
as we go forward on our journey,  
in the name of 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.

### **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**

## **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**

## **† 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!

## † 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

**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

## **AFTERNOON CLASSICS - SATURDAY 5<sup>TH</sup> August, 5pm**

Come and join us at **Aldringham church** for a magical concert of Mozart, Vivaldi, Mendelssohn, and some choral classics performed by some talented students from Pro Corda's Junior Chamber Music course, who have been studying at Pro Corda's home at the beautiful and historic Leiston Abbey. No need to prebook, free entrance. Retiring collection. Refreshments in the churchyard afterwards.

**EVERYONE WELCOME**

## **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)

## **Next Sunday, 23<sup>rd</sup> July Seventh Sunday after Trinity**

### **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)