



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

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 30th July Eighth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh **11.00am** Benefice Holy Communion

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

Dear Friends,

My life is completely overrun with courgettes at the moment. And spinach. And shortly, with tomatoes. The rain has been very gratefully received in my garden, which has exploded with colour and growth at an exponential rate. I simply cannot keep up!

It's a wonderful problem to have, and I am enjoying giving away veg to people. However, whilst we thank God for this bounty, I have been challenged to remember those who are living without. The monthly coffee morning at Thorpeness this week collected money for the local food bank, which is still very active in our communities. So much of what we do as Christians requires us to look at the wider world with love and compassion, and then to act on what we see.

Speaking of which – thank you to the people who responded to the poem last week. I'm glad it struck chords with so many of you.

With prayers,

Sarah

August in Aldeburgh

Every Saturday in August, St Peter and St Paul Church will be open as usual, but between 10am and 2pm we will have free tea and coffee, and some lovely volunteers to chat, answer questions and guide people round the church. Do come along to visit.

Every Sunday afternoon in August (other than carnival weekend) at 3.30pm, we will be holding a short 'Songs of Praise' service in the town. Live music, and a chance to sing some of your favourite hymns – bring a chair and a friend!

Collect

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern both our hearts and bodies
in the ways of your laws and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

Genesis 29.15-28

Then Laban said to Jacob, 'Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?' Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. Leah's eyes were lovely, and Rachel was graceful and beautiful. Jacob loved Rachel; so he said, 'I will serve you seven years for your younger daughter Rachel.' Laban said, 'It is better that I give her to you than that I should give her to any other man; stay with me.' So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her. Then Jacob said to Laban, 'Give me my wife that I may go in to her, for my time is completed.' So Laban gathered together all the people of the place, and made a feast. But in the evening he took his daughter Leah and brought her to Jacob; and he went in to her. (Laban gave his maid Zilpah to his daughter Leah to be her maid.). When morning came, it was Leah! And Jacob said to Laban, 'What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?' Laban said, 'This is not done in our

country—giving the younger before the firstborn. Complete the week of this one, and we will give you the other also in return for serving me for another seven years.’ Jacob did so, and completed her week; then Laban gave him his daughter Rachel as a wife.

Second Reading

Romans 8.26-end

Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God. We know that all things work together for good for those who love God, who are called according to his purpose. For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified. What then are we to say about these things? If God is for us, who is against us? He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? Who will bring any charge against God’s elect? It is God who justifies. Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? As it is written, ‘For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.’ No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Gospel Reading

Matthew 13.31-33, 44-52

He put before them another parable: ‘The kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.’ He told them another parable: ‘The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.’ ‘The kingdom of heaven is like treasure hidden in a

field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field. 'Again, the kingdom of heaven is like a merchant in search of fine pearls; on finding one pearl of great value, he went and sold all that he had and bought it. 'Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. So it will be at the end of the age. The angels will come out and separate the evil from the righteous and throw them into the furnace of fire, where there will be weeping and gnashing of teeth. 'Have you understood all this?' They answered, 'Yes.' And he said to them, 'Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.'

**Sermon by The Revd Mary Brown,
Seventh Sunday after Trinity, 23rd July, at Knodishall**

May I speak in the name of the Father, and of the Son, and of the Holy Spirit

Good morning, I'm so glad to be with you all today, and I'm looking forward to getting to know you over the coming weeks and months.

As you get to know me, one thing you will learn is that I am a keen gardener. I especially enjoy growing vegetables. I haven't got much of a vegetable garden at the moment, having only just moved, but I did manage to bring a few things with me in planters. Sadly, my tomato plants are struggling, I'm not sure yet if its the stress of being transplanted when they were already fruiting, the change of location, or worst of all, tomato blight. Whatever it is, the fact that my tomato plants are not thriving, is a tiny sign of what Paul is talking about in our reading from Romans today - creation is groaning.

I'm sure it wouldn't take much for each of us to think of a bigger way in which creation is groaning. Maybe the heat waves in Europe or the wild fires in Scotland earlier this year. Whilst creation suffering might not be surprising to us, what Paul says next is quite remarkable. He tells us that creation is groaning as it waits with eager longing for the revealing of the children of God.

This is very similar to what Jesus says in our reading from Matthew. In the end the righteous will shine like the sun in the kingdom of their Father.

Both readings are pointing towards what Jesus calls the 'end of the age'. A time of restoration, a time of freedom, a time of adoption and a time of hope, when Jesus will return and make all things right.

But, whilst the passage from Romans clearly ends with hope: 'For in hope we were saved...we hope for what we do not see, we wait for it with patience.' Jesus' parable can, at first glance, seem hope-less. It is always hard to read of 'weeping and gnashing of teeth', and to know how to respond to this.

In order to try and understand the parable, let's start by asking what it tells us about Jesus.

The story is of a farmer who finds that an enemy has scattered weeds in his wheat field. Rather than pull the weeds as the servants suggest, the farmer decides to wait and to separate them from the wheat at harvest.

I wonder if any of you have had responsibility for crop fields, and what you would have decided to do?

In his explanation of the parable Jesus tells the disciples that he is the farmer, he has sown the seed, and at the end of the age, it is he who will send the angels to separate the weeds from the wheat.

So what does this tell us about Jesus?

First of all, it tells us that he is patient. He is willing to wait. He isn't in a hurry to pull up the weeds. He isn't scared by the action of the enemy.

Secondly it tells us that Jesus will come again, and he will make all things right. He will remove all the causes of sin, and all evildoers - all of the bad things in the world. Remember my tomato plants? Well when Jesus returns, there won't be blight anymore.

Before we move on to talk about what this means for us today, I'd like us to look at the two parables Jesus tells in the middle of our gospel passage. The lectionary takes us straight from the parable to Jesus' explanation, and cuts out these two other small parables that come in-between. This is what they say:

Matthew 13:31-33

31 He put before them another parable: "The kingdom of heaven is like a mustard seed that someone took and sowed in his field; 32 it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches."

33 He told them another parable: “The kingdom of heaven is like yeast that a woman took and mixed in with[e] three measures of flour until all of it was leavened.”

Without this middle section our parable reads as if there is little hope. Weeds are weeds, evildoers are evildoers, they will be dealt with at the end of the age.

But we know that Jesus came bringing redemption, forgiveness, and change. We know, and we have probably seen in our own lives and the lives of those we love, that the power of the Holy Spirit makes us like the fruitful wheat, even if we started out like the weeds. Earlier in the letter to the Romans Paul tells us that everyone starts out like a weed, but through Jesus we can become wheat.

Like a tiny mustard seed becoming a big plant, like the tiny grains of yeast making a batch of bread rise, the Kingdom of God brings change. These two middle parables tell us that Jesus, the farmer, waits patiently because he knows that the weeds have the chance to become wheat!

What does this all mean for us, today?

This parable, and the reading from Romans, encourage us to remember that Jesus is coming again, and that that is a good thing. This parable would have been a great encouragement to the early Christians. They had expected the Messiah to come bringing revolution and social change. When this didn't happen they were at risk of becoming disheartened, but this parable told them that even if there were weeds in the wheat field, even if there were still what Jesus calls causes of sin and evildoers, the kingdom is here and Jesus is victorious. It told them that it was worth waiting patiently, alongside Jesus the patient farmer, for the day when the righteous would shine like the sun in the kingdom of their Father.

And this is still true for us. In this world, as Paul writes, there is suffering, things go wrong, whether tomato plants getting blight, or the much worse and more serious things that we face each day. But that does not mean that we are not in the kingdom of God, and that does not mean that the farmer has forgotten us. Jesus isn't scared and Jesus is waiting patiently, so we too can wait patiently, not with what Paul calls a spirit of fear, but with what he calls a spirit of adoption by which we cry 'Abba Father'.

And as we wait, we can tell those around us about this kingdom and the good news of the kind and patient farmer.

Post Communion

Strengthen for service, Lord,
the hands that have taken holy things;
may the ears which have heard your word be deaf to clamour and dispute;
may the tongues which have sung your praise be free from deceit;
may the eyes which have seen the tokens of your love shine with the light
of hope; and may the bodies which have been fed with your body be
refreshed with the fullness of your life; glory to you for ever.

**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

Meet The People - Our Unsung Heroes by Jenny Digby

Deacon Mary Brown, Assistant Curate to Revd Sarah du Boulay at
St Peter & St Paul's Church, Aldeburgh

Saturday, 1st July 2023 is a date etched in Revd Mary Brown's mind forever, this was the day she was ordained a Deacon at St Edmundsbury Cathedral, Bury St Edmunds by Bishop Martin, and Bishop Mike. Mary who will serve the Benefice of Alde Sandlings as assistant curate to Revd Sarah du Boulay, has been busy, getting to know her new parishioners from the Benefice of Aldeburgh, Aldringham, Friston, and Knodishall.

Unlike retired Canon Arthur Phelps who we featured in our recent Meet the People article, Canon Arthur was celebrating seventy years since he was ordained in Liverpool in 1953, but Revd Mary is at the opposite end of the scale and just starting out on that long journey, who knows where it may take her.

Mary is local and grew up in Suffolk, with her family living just outside Wickham Market.



As we welcome Revd Mary straight from Ridley Hall, Theological Training College, Cambridge, which is known and respected for producing Christian leaders rooted in scripture and theology and the ministries to which God is calling them, Mary's background is a schoolteacher of English and History, so her interest in Theology complements her teaching.

Mary's family, however, does have a background within the church. Her father was a Lay Elder, her brother is an ordained minister and further down the family line, there is evidence of clergy, so in a way, the Church has roots within her family.

Mary has always felt comfortable from childhood, talking with God, attending church, and praying, I think we could say that Mary has had a genuine interest in Theology from being young, she tells me that her favourite part of the week as a teenager was church on Sunday morning.

On 1st July, Bishop Martin was delighted to welcome so many new clergy and said: "We have a very active recruitment programme, and we are seeing

the fruits of investing in these people's futures and the future of the churches in Suffolk. The increased number of people wanting to become priests and deacons is a sign of the spiritual health of the Church and of individual congregations."

"Almighty God, give me wisdom to perceive You, intelligence to understand You, diligence to seek You, patience to wait for You, eyes to behold You, a heart to meditate upon You.
and life to proclaim You, the power of the Spirit of our Lord Jesus Christ.
Amen."

A prayer by St Benedict

Throughout the time Mary attended university studying History and English, her career was already laid out to be a teacher, which she loved. The teenagers at the school where Mary taught must have sensed her kindness and would turn to her for that sensible adult when they were troubled or just needed help.

Mary's longing to get closer to God continued to play a huge part in her life, church always felt like home, a safe place. Sundays were always special, and Mary enjoyed leading a Sunday evening Bible study for sixth-formers, and helping to run a mid-week home group. Over time Mary realised that what she really enjoyed about teaching was the pastoral ministry, she started to explore school chaplaincy and was surprised to be told by a local chaplain that she should consider going forward for ordination.

Later that summer Mary was at a Christian conference and attended a seminar about women in ministry. Mary felt prompted by God to sit next to a particular lady, this lady's recognition of Mary's desire, enthusiasm, and theology knowledge moved her onto the next step and towards changing direction altogether. Mary went to see someone in the diocese about ordination and was asked to go away for five months and think about it seriously before committing herself.

Becoming a minister of the church is a dedication and is not to be taken lightly. You can see the hurdles Mary had to jump over, until she proved this is what she had wanted to do all along and has no doubt whatsoever, that 'now' really is the right time. A lesson in perseverance for us all.

We met up in church after an Elders Meeting so that I could find out a little more about why Mary has chosen to serve God. As we sat in the Trinity

Chapel at St Peter & St Paul's Church in Aldeburgh chatting, it became evident that Mary was very much a people person. As visitors to this lovely church were meandering, looking, and wondering out loud, Mary hastened to approach and talk about the history behind the artifacts and the church. Very impressive, the historian and theologian clicked in which enabled Mary to deepen her understanding of God's particular calling for her life.

Hebrews 13: 1

'Let mutual love continue. Do not neglect to show hospitality to strangers for by doing that some have entertained angels without knowing it'.

Mary's other interests are, teaching Bible study, community gardening, music, and craft making, all skills which are transferable in her role within the church and community and which she intends to use.

St Peter and St Paul's Church Aldeburgh and the Alde Sandlings Benefice are blessed in having the Revd Sarah du Boulay who after only a year, has established herself within the Benefice and is well known and respected within the community. Together with Revd Mary Brown, they make an excellent team, whether it's welcoming friends, and visitors into our church, or just saying hello to a stranger on the street, as Christians they display the welcoming attitude of God and have managed to engage a team of volunteers to help, although always room for more volunteers for the numerous projects they would like to kick off.

If you would like to volunteer to join a willing, happy, friendly team who gets involved with numerous projects and have fun, no matter how many hours you can spare per week or per month, we welcome you.

Please get in touch with our Parish Administrator
admin@aldeburghparishcchurch.org.uk

† 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

The Fairfield Centre Job Vacancy

The Fairfield Centre in Aldeburgh is looking for a Centre Manager. Do you have the enthusiasm, organisation, sense of humour and love for our local area to apply? The Fairfield Centre is ideally placed to serve our community of Aldeburgh. We are looking for somebody to continue the work already being done, and to develop future potential. This will include a mixture of day to day running the centre, supporting ongoing activities, liaising with clients, and establishing good relationships within the town. The post is initially for 10 hours a week at a rate £12 per hour. This is to be reviewed after 6 months. We would ideally like somebody ready to start work on 1st September 2023.

For more information, please see www.aldeburghparishchurch.org.uk or email admin@aldeburghparishchurch.org.uk

Deadline for applications: 14th August

Interviews: 17th August

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

† 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 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!

Saturday 2nd September Pilgrims 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.

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.

† 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/>

Dates for your Diary

AFTERNOON CLASSICS - SATURDAY 5TH 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

ALDRINGHAM ANIMAL SERVICE

SUNDAY 13 AUGUST 3pm

The popular annual animal service will be held in the churchyard on 13th August. Last year we had donkeys, sheep, tortoises, snails and of course dogs. So, do bring your favourite pet, and bring a chair.

**You and your animal friends (and human ones)
are most welcome**

ALDEBURGH PARISH CHURCH

AUGUST 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)

ALL VERY WELCOME

Next Sunday, 6th August

Ninth Sunday after Trinity/Transfiguration