



## 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 6<sup>th</sup> August Ninth Sunday after Trinity/Transfiguration**

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
Moot Hall	3.30pm	August Songs of Praise
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,

This weekend is going to be a very busy one. The Thorpeness fete is happening this afternoon (Saturday), as is the Knodishall Flower Show. I am really looking forward to attending both, and meeting with new friends and old. If you are free later today, you also might like to head over to Aldringham for the Pro Corda concert being held at 5pm – it promises to be a wonderful evening of entertainment.

At Aldeburgh, we are starting an August season of having welcomers in the church from 10am- 2pm every Saturday, offering tea and coffee and a chat.

Tomorrow afternoon (Sunday) we will also hold our first Songs of Praise service at Moot Hall Green. Just a half an hour of singing some of our favourite hymns to worship God together and extend the invitation to join us to any people out and about in town.

Please do come along to any of these – they will all be lots of fun, and a great opportunity to socialise.

With prayers,

Sarah

### **Collect**

Father in heaven,  
whose Son Jesus Christ was wonderfully transfigured  
before chosen witnesses upon the holy mountain,  
and spoke of the exodus he would accomplish at Jerusalem:  
give us strength so to hear his voice and bear our cross  
that in the world to come we may see him as he is;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

### **First Reading**

#### **Daniel 7.9-10, 13-14**

As I watched, thrones were set in place, and an Ancient One took his throne; his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames, and its wheels were burning fire. A stream of fire issued and flowed out from his presence. A thousand thousand served him, and ten thousand times ten thousand stood attending him. The court sat in judgement, and the books were opened. As I watched in the night visions, I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

## **Second Reading**

### **2 Peter 1.16-19**

For we did not follow cleverly devised myths when we made known to you the power and coming of our Lord Jesus Christ, but we had been eyewitnesses of his majesty. For he received honour and glory from God the Father when that voice was conveyed to him by the Majestic Glory, saying, 'This is my Son, my Beloved, with whom I am well pleased.' We ourselves heard this voice come from heaven, while we were with him on the holy mountain. So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.

## **Gospel Reading**

### **Luke 9.28-36**

Now about eight days after these sayings Jesus took with him Peter and John and James, and went up on the mountain to pray. And while he was praying, the appearance of his face changed, and his clothes became dazzling white. Suddenly they saw two men, Moses and Elijah, talking to him. They appeared in glory and were speaking of his departure, which he was about to accomplish at Jerusalem. Now Peter and his companions were weighed down with sleep; but since they had stayed awake, they saw his glory and the two men who stood with him. Just as they were leaving him, Peter said to Jesus, 'Master, it is good for us to be here; let us make three dwellings, one for you, one for Moses, and one for Elijah'—not knowing what he said. While he was saying this, a cloud came and overshadowed them; and they were terrified as they entered the cloud. Then from the cloud came a voice that said, 'This is my Son, my Chosen; listen to him!' When the voice had spoken, Jesus was found alone. And they kept silent and in those days told no one any of the things they had seen.

**Sermon by The Revd Sarah du Boulay,  
Eighth Sunday after Trinity, 30<sup>th</sup> July, at Aldeburgh**

One of the great bonuses of having a curate is that while the curate is here for three years to learn and to shape who she is as a priest, she is also here to teach us. In the space of a month, I think we are already all learning from Mary. One of the things she has taught me (and the congregation at Knodishall last week) is about making unleavened bread. Unleavened bread as we know, is used to celebrate Passover, and also, according to the Canons of the Church of England, should be used to celebrate the Eucharist (wafers are also allowed!). Leavened bread is bread which is risen, and contains yeast. Unleavened bread does not contain yeast, and so is unrisen. So far so clear?

Now, the thing about yeast is that it is actually all around us – in the very air itself. So orthodox Jews have only 14 minutes between adding the water to their mixture and getting the dough into the oven if they want it to count as unleavened bread. Any longer than that and it will have caught too much wild yeast from the air to count as unleavened. 14 minutes! 14 minutes, and something so minute that we have no idea it is even around us has a massive effect on something that we can definitely see. And feel, and touch and taste...

So, a very little amount of yeast can raise a massive amount of bread. Likewise, a tiny mustard seed can one day become an enormous Mustard Shrub – much more tree-like than we may imagine. This, we are told, is like the kingdom of heaven. Something which starts off very small, but becomes more and more, and then provides sustenance of all who live by and in it and under it.

I'm taking this as a huge encouragement at the moment. We have been talking about how some things in the benefice are necessarily having to change, and we are already starting to see that change. The fact that we are all here this morning, worshipping together as a benefice for example. Our advertisement for a paid Centre Manager for the Fairfield Centre. The Evensong services at Aldringham. Our commitment to biodiversity in the Friston church yard. Knodishall getting ever closer to actually getting that toilet and kitchen in church! Small steps forward, each one of them, but goodness me could they have a big effect on what we do here. Each one counts towards the Kingdom of God here on earth, and each one counts towards that Revival which we have been praying for, for the last year. It may seem small, but if God can make such a big difference with a mustard seed, or with a tiny speck of wild yeast, then what more can he do with us?

It's a question to which Jesus tells us the answer. But first he requires something from us. In the parables with the hidden treasure and the pearl, we see people finding out about the treasure – it is not immediately obvious, but it is there. And as soon as they recognise it, they joyfully sell everything to possess something of great value. Once we find out what the Kingdom of God is, is it not right that we joyfully buy into it? That we give ourselves, our lives, our possessions, 100% to be part of God's amazing plan? If we believe. If we truly believe, then how can we respond with anything less than 100%?

It's a lot to ask, but look at what we get in return. We are offered the promise of eternal life. With God our Creator and our Redeemer no less. Jesus tells us in his final parable that the Kingdom of Heaven is like a net thrown into the sea which catches every type of fish. When the net is drawn in, the fish are sorted – the good from the bad. An eschatological explanation of the end of time itself. Judgement day.

It all sounds rather terrifying and enormous and impossible if we look at it as a whole. But this is one reason why Jesus taught us the previous parables. Start small. Make good decisions and good steps with God as our focus, and see just what God can do with these small things. Small things grow. And grow. And grow.

And the other good news is that we are not left on our own to make this seemingly huge commitment. To live our lives according to God's word. The writer of Romans reminds us that "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 are a church of prayer. A benefice built on prayer. It's why we do daily morning prayer together in each parish. It's why we gather together to worship as a benefice. Because prayer is so incredibly important. Prayer guides us, sustains us, enables us, and we do it through the power of the Holy Spirit, so that even when we don't have the words of our own, God knows exactly what is in our hearts. Like the wild yeast which surrounds us – if we consciously surround ourselves with prayer, then great things can grow out of the smallest of things. And if each one of us is like a speck of wild yeast in the atmosphere – able to leaven a whole loaf of bread, then imagine what a whole packet of us can do together!

## **Post Communion**

Holy God,  
we see your glory in the face of Jesus Christ:  
may we who are partakers at his table  
reflect his life in word and deed,  
that all the world may know his power to change and save.  
This we ask through Jesus Christ our Lord.

### **† 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, which will be at 6pm outside the Moot Hall) 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!

### **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 1<sup>st</sup> September 2023.

For more information, please see [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk) or email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

Deadline for applications: 14<sup>th</sup> August

Interviews: 17<sup>th</sup> 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](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!

## **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/>

**† 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

**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**

**ALDRINGHAM ANIMAL SERVICE**

**SUNDAY 13 AUGUST 3pm**

The popular annual animal service will be held in the churchyard on 13<sup>th</sup> 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  
**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)

**If you can bring any of your donations (non food) to the  
church hall on Weds and Thursday (9<sup>th</sup> and 10<sup>th</sup>)**

**between 10-12noon. Thank you!**

**ALL VERY WELCOME**



**St Andrews Church, Aldringham. IP16 4QT.**



***CHRISTENING FESTIVAL and OPEN DAY***

***Saturday 26th August 10am to 4pm***



Christening Gown displays,  
Floral Arrangements, Short Service of Renewal of Baptismal Vows  
Organ Music, History Talk, Refreshments

**All Welcome**

**The 2023 Suffolk Historic Churches Ride and Stride  
Saturday 9<sup>th</sup> September 9am-5pm**

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all round the country are out making money for their local county Churches Trust. This year is the 50<sup>th</sup> anniversary. The Golden Anniversary challenge is to raise £250,000. If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please either: Email [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and Claire will pass on your details to the team organiser at each church.

Or see the organiser at the church you worship.

(Fran Smith, Aldeburgh, Simon Ive, Friston, more to follow)

**Aldeburgh Choir**

Do you like to sing? Come and join our church choir.

Our services are every Sunday at 10.30am. We also hold special extra services at Christmas and other events in the church calendar. The choir plays an essential role to our worship. So, the more the merrier, even if you are just visiting us. Want to give it a go?

Contact: [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) For more information.

**Next Sunday, 13<sup>th</sup> August  
Tenth 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)