



## 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 13<sup>th</sup> August Tenth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
Moot Hall	3.30pm	August Songs of Praise
Aldringham	11.00am	Service of the Word
	3.00pm	Animal Service
Friston	10.00am	Service of the Word
		Festival of the Blessed Virgin Mary
Knodishall	9.30am	Holy Communion
		Feast of St Lawrence

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

Dear Friends,

Gosh the rain last weekend was biblical in nature! I do hope that everybody is ok, and didn't suffer any floods or water damage.

This weekend (like last) is going to be busy again (although hopefully less damp). We are again peopling the church in Aldeburgh from 10am – 2pm on Saturday for coffee, tea and chat, and will hold our second Songs of Praise on Moot Hall Green on Sunday at 3.30pm. Mary will be leading this service, so please do go along both to support her, and to enjoy worshipping God in the beautiful sunshine in our wonderful community!

Our annual Pet Service is once again happening at Aldringham church on Sunday at 3pm – all pets welcome, and please bring your owners (and a chair for them to sit on). And finally, Friston are hosting the Kingfisher ensemble at 4pm on Sunday afternoon, so plenty to choose from, and an event for everybody.

Phew! What a packed and wonderful summer we are having already – isn't it fabulous that as a benefice we are able to offer so much to our communities, our regular congregations, and to all the visitors we welcome at this time of year? Well done everybody!

With prayers,

Sarah

### **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.**

### **Collect**

Let your merciful ears, O Lord,  
be open to the prayers of your humble servants;  
and that they may obtain their petitions  
make them to ask such things as shall please you;  
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 37.1-4, 12-28**

Jacob settled in the land where his father had lived as an alien, the land of Canaan. This is the story of the family of Jacob. Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. But when his brothers saw that their father loved him more than all his brothers, they hated him, and could not speak peaceably to him. Now his brothers went to pasture their father's flock near Shechem. And Israel said to Joseph, 'Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.' He answered, 'Here I am.' So he said to him, 'Go now, see if it is well with your brothers and with the flock; and bring word back to me.' So he sent him from the valley of Hebron. He came to Shechem, and a man found him wandering in the fields; the man asked him, 'What are you seeking?' 'I am seeking my brothers,' he said; 'tell me, please, where they are pasturing the flock.' The man said, 'They have gone away, for I heard them say, "Let us go to Dothan."' So Joseph went after his brothers, and found them at Dothan. They saw him from a distance, and before he came near to them, they conspired to kill him. They said to one another, 'Here comes this dreamer. Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' But when Reuben heard it, he delivered him out of their hands, saying, 'Let us not take his life.' Reuben said to them, 'Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him'—that he might rescue him out of their hand and restore him to his father. So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; and they took him and threw him into a pit. The pit was empty; there was no water in it. Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. Then Judah said to his brothers, 'What profit is there if we kill our brother and conceal his blood? Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

## **Second Reading**

### **Romans 10.5-15**

Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?"' (that is, to bring Christ down) 'or "Who will descend into the abyss?"' (that is, to bring Christ up from the dead). But what does it say? 'The word is near you, on your lips and in your heart' (that is, the word of faith that we proclaim); because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. The scripture says, 'No one who believes in him will be put to shame.' For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. For, 'Everyone who calls on the name of the Lord shall be saved.' But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

## **Gospel Reading**

### **Matthew 14.22-33**

Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, but by this time the boat, battered by the waves, was far from the land, for the wind was against them. And early in the morning he came walking towards them on the lake. But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.' Peter answered him, 'Lord, if it is you, command me to come to you on the water.' He said, 'Come.' So Peter got out of the boat, started walking on the water, and came towards Jesus. But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' When they got into the boat, the wind ceased. And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

**Sermon by The Revd Sarah du Boulay,  
Ninth Sunday after Trinity, 6<sup>th</sup> August, at Friston**

I adore CS Lewis. I grew up reading the Chronicles of Narnia series, and as I have got older, I have found and devoured both his theological books, and his other, more adult novels and poetry. Reading even a small section of his work about his wife is guaranteed to reduce me to tears, and I think Mere Christianity is one of the most helpful books to give anybody who may be interested in Christianity. Even if one doesn't always agree exactly with everything he says.

There is a perhaps lesser known CS Lewis book called 'The Weight of Glory', which is a compilation of some of his best addresses, given throughout his life. In one address he says: "Next to the Blessed Sacrament itself, your neighbour is the holiest object presented to your senses." I'll say that again: "Next to the Blessed Sacrament itself (that is, the consecrated wine and water which for us represents the body and blood of Jesus Christ himself), "Next to the Blessed Sacrament, your neighbour is the holiest object presented to your senses."

After the sacrament of the Eucharist, the next most holy thing we have access to in the whole world, is each other. Wow.

You will have often heard me talk about searching for, and seeing the holiness; the deity in other people. We are after all, created in the image of God, and the Holy Spirit resides in each one of us. Sometimes, we might feel we have to look particularly hard to find any trace of God in somebody. But it is always there. And remember, that God loves each and every one of us, exactly the same.

So. Other people are the most holy things on earth (second only to the consecrated elements of the Eucharist).

What does this tell us about the Transfiguration? Well, a number of things. The transfiguration happened, chronologically at what is perhaps a turning point in Jesus' ministry. He went to the top of the mountain, was transfigured and then came down again with his face turned to Jerusalem. This was his final journey towards death and then of course resurrection. He told us that he didn't come to teach or to perform miracles. Jesus came to earth to die for us. That was the main purpose of his life. The others were good and true and incredibly helpful for us yes. But Jesus came to die. And this incident marks the turning point of that journey for him.

So, people are not only the holiest object we have access to on earth (after the consecrated elements), we are also the thing which God loved so much that he gave his only son to die for us. For all of us.

The second thing this tells us about in line with the transfiguration, is that it reminds us again of the promise of eternal life. That we too will be resurrected, and live for all of eternity alongside God – our Creator and our Redeemer. And what if, as Jesus was transfigured, Peter and John and James were given a preview of what our resurrected bodies will also look like? Jesus still looked like himself – they still recognised him, but he was also so much MORE. His appearance changed, and he shone with power and energy and, well, God. Both Daniel in his vision, and Luke in the gospel seem to struggle to find appropriate words to describe Jesus as fully revealed.

Now, we are not Jesus. We are fully human, and not part of the Holy Trinity, but I just wonder whether we will be changed too in a similar way?

In Jesus, God becomes like us, so that we might become like God. God becomes like us, so that we might become more like God. THAT is our calling as Christians, to become more Christlike. So search for the divinity in ourselves, and to polish it up.

Because, if we have met with Christ, how can we help but be changed for ever? If we know Christ, how can we do anything other than want to be more like him? If we have experienced God, then how can we do anything other than worship and adore him for the rest of eternity?

If we too go up to a literal or figurative mountaintop and experience God, will we not also be transfigured (or changed) in some way? Because if we are not changed throughout faith, then what is the point? We'd come back down from the mountaintop into our everyday lives and be just like everybody else. But we are NOT like everybody else. So, what is it that sets us apart? We all have this divinity inside us after all.

Well, I would argue that it is our faith which sets us apart from everybody else. Just that. We have met with God, and recognised Him. And allowed Him to recognise us and to love us.

The question, as always, is what we chose to do with it? In our reading from 2 Peter, he says “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.”. Be attentive to this as to a lamp shining in a dark place.

We are those lamps, shining in the world. Shining with the same love and holiness as Jesus shone during his transfiguration. So go out from church today, and shine. Shine in Friston, shine in Suffolk, shine in the world! Because you are loved, and because you are called to love others.

### **Post Communion**

God of our pilgrimage,  
you have willed that the gate of mercy  
should stand open for those who trust in you:  
look upon us with your favour  
that we who follow the path of your will  
may never wander from the way of life;  
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!

### **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>

## **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**

## **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

**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 fresh produce too (please bring on the day)

**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, 20<sup>th</sup> August Eleventh 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)