



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 20th August Eleventh Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

| | | |
|------------|---------|--------------------------|
| Aldeburgh | 8.00am | Holy Communion |
| | 10.30am | Morning Prayer |
| Moot Hall | 6.00pm | Carnival Songs of Praise |
| Aldringham | 11.00am | Holy Communion |
| Knodishall | 9.30am | Morning Praise |

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

Dear Friends,

As I write this, the Lionesses have just scored a goal in their semi-final match against Australia in the Women's Football World Cup. Although I'm not a football fan, I will on occasion watch big televised games, and I have to say that I'm delighted by how much coverage this tournament has been given. Although undoubtedly men's football is still a more lucrative business, the women's game is becoming more and more entrenched into people's consciousness and growing in status. Equality between the genders in this game at least is on its way!

Another thing that I really enjoy about many sporting events (I guess football is the best example) is how it brings people together, for the love of

something which at its heart is very simple and is all about skill, tactics, hard work, and teamwork. Anything which brings people together can only be a good thing. I wonder what lessons we can learn from this as a church?

With prayers,

Sarah

Collect

O God, you declare your almighty power most chiefly in showing mercy and pity: mercifully grant to us such a measure of your grace, that we, running the way of your commandments, may receive your gracious promises, and be made partakers of your heavenly treasure; 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 45.1-15

Then Joseph could no longer control himself before all those who stood by him, and he cried out, 'Send everyone away from me.' So no one stayed with him when Joseph made himself known to his brothers. And he wept so loudly that the Egyptians heard it, and the household of Pharaoh heard it. Joseph said to his brothers, 'I am Joseph. Is my father still alive?' But his brothers could not answer him, so dismayed were they at his presence. Then Joseph said to his brothers, 'Come closer to me.' And they came closer. He said, 'I am your brother Joseph, whom you sold into Egypt. And now do not be distressed, or angry with yourselves, because you sold me here; for God sent me before you to preserve life. For the famine has been in the land these two years; and there are five more years in which there will be neither ploughing nor harvest. God sent me before you to preserve for you a remnant on earth, and to keep alive for you many survivors. So it was not you who sent me here, but God; he has made me a father to Pharaoh, and lord of all his house and ruler over all the land of Egypt. Hurry and go up to my father and say to him, "Thus says your son Joseph, God has made me lord of all Egypt; come down to me, do not delay. You shall settle in the land of Goshen, and you shall be near me, you and your children and your children's children, as well as your flocks, your herds, and all that you have. I will provide for you there—since

there are five more years of famine to come—so that you and your household, and all that you have, will not come to poverty.” And now your eyes and the eyes of my brother Benjamin see that it is my own mouth that speaks to you. You must tell my father how greatly I am honoured in Egypt, and all that you have seen. Hurry and bring my father down here.’ Then he fell upon his brother Benjamin’s neck and wept, while Benjamin wept upon his neck. And he kissed all his brothers and wept upon them; and after that his brothers talked with him.

Second Reading

Romans 11.1-2a, 29-32

I ask, then, has God rejected his people? By no means! I myself am an Israelite, a descendant of Abraham, a member of the tribe of Benjamin. God has not rejected his people whom he foreknew. Do you not know what the scripture says of Elijah, how he pleads with God against Israel? For the gifts and the calling of God are irrevocable. Just as you were once disobedient to God but have now received mercy because of their disobedience, so they have now been disobedient in order that, by the mercy shown to you, they too may now receive mercy. For God has imprisoned all in disobedience so that he may be merciful to all.

Gospel Reading

Matthew 15.[10-20] 21-28

Then he called the crowd to him and said to them, ‘Listen and understand: it is not what goes into the mouth that defiles a person, but it is what comes out of the mouth that defiles.’ Then the disciples approached and said to him, ‘Do you know that the Pharisees took offence when they heard what you said?’ He answered, ‘Every plant that my heavenly Father has not planted will be uprooted. Let them alone; they are blind guides of the blind. And if one blind person guides another, both will fall into a pit.’ But Peter said to him, ‘Explain this parable to us.’ Then he said, ‘Are you also still without understanding? Do you not see that whatever goes into the mouth enters the stomach, and goes out into the sewer? But what comes out of the mouth proceeds from the heart, and this is what defiles. For out of the heart come evil intentions, murder, adultery, fornication, theft, false witness, slander. These are what defile a person, but to eat with unwashed hands does not defile.’ Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, ‘Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.’ But he did not answer her at all. And his disciples came and urged him,

saying, 'Send her away, for she keeps shouting after us.' He answered, 'I was sent only to the lost sheep of the house of Israel.' But she came and knelt before him, saying, 'Lord, help me.' He answered, 'It is not fair to take the children's food and throw it to the dogs.' She said, 'Yes, Lord, yet even the dogs eat the crumbs that fall from their masters' table.' Then Jesus answered her, 'Woman, great is your faith! Let it be done for you as you wish.' And her daughter was healed instantly.

**Sermon by The Revd Nichola Winter,
Tenth Sunday after Trinity, 13th August, at Aldeburgh**

Last week the church marked the Transfiguration, that wonderful occasion when Jesus took Peter, James and John up onto a mountain and they saw him, transformed in all his majesty and glory. This week we hear how all the disciples are partakers of an event that convinces them that their strange companion and teacher, who carries out amazing acts, must be the Son of God.

As each one of us goes through life, we experience times of revelation, moments of decision, glimpses of certainty. Equally, there are the dark times - doubt, despair, disillusion. My father used to say of some of JS Bach's uplifting and magnificent music that it was all very well being so exultant, but he did wish he'd come back down into the valleys occasionally. Indeed, it is hard to live in a state of continual glory and exultation - like an over-excited child, worn out with over-stimulation before bedtime, we end up tired and emotional. 'Tears before bedtime' as grannie used to warn. And so, we need those times of tranquility. Time to dream, to ponder, to reflect.

As Christians we are to proclaim this message - Paul's direction to the Romans, the call to proclaim the Lord who will bring salvation:

"Everyone who calls on the name of the Lord shall be saved." and
"How beautiful are the feet of those who bring good news!"

I like this image of 'beautiful feet' as God sends us on our way. We are to proclaim the good news. If we let him speak to us. If we listen. If we allow the noisy turbulent world around us to recede and be still. It isn't easy. We're told that Joseph was a dreamer. Perhaps his brothers didn't like the fact that he spent time contemplating rather than doing, yet still he was his father's favourite. Little wonder that they burned with jealousy.

Joseph was sent on his way by his father to see how his brothers were getting on and they repaid him with wickedness (although read to see how it turns out well in the end...)

Jesus needs time out, too. He needs stillness and calm so that he can commune with his father. Tired and needing a break, Jesus directs his disciples to take a boat out onto the water whilst he takes time out to pray. But we're not talking about a gentle evening row on the lake here, or some downtime and a picnic to refresh after an active and tiring day. Remember, the sea was an unknown quantity to the folk of the bible; they held it in great fear and suspicion. This extended to all large expanses of water and the Sea of Galilee was no exception. The fishermen disciples would have been experienced in handling boats in all types of weather - but was handling a boat in dubious weather conditions really what they wanted at this time of the day? Water was (and is) an unpredictable element in which to work or travel. In the baptism service water is used as a symbol of creation, redemption and washing clean. When prayer over the water of baptism is read we hear that 'Over water the Holy Spirit moved in the beginning of creation. Through water the children of Israel were led from slavery to freedom. In water Jesus received the baptism of John.' Water is a potent symbol - and yet in biblical times the chaos of the sea became a metaphor for anything that prevents or disables that sense of fullness in God. The sea is always pushing against the boundaries set for it - we see that today, here in Aldeburgh, as we see the gradual erosion of the coastal edge. So often we cannot predict how peace will come after turbulence. We can only place ourselves in the hands of God; trusting in his strength and not our own. Each journey will be different; each storm will resolve in a different way. The gift of God's peace is not one to be grasped by our own choosing; as with his grace it will come in unexpected ways.

So here are the disciples, out on the water in rapidly deteriorating weather. After an exhausting night it's early in the morning that Jesus at last rejoins them. The disciples must have been feeling isolated, alone and in danger. As Jesus suddenly reappears he is walking on the water; little wonder they think they're seeing a ghost. But Jesus bids Peter step out of the boat. From one danger to another. Impetuous Peter is going to give it a try - and he steps out. Perhaps he can't believe he is actually doing this - and that doubt causes him to start sinking. Jesus reaches out a hand - something tangible Peter can grasp - the fisherman in him can understand the strength of a human hand. Jesus chides their lack of faith - 'You of little faith, why did you doubt?' Remember, this takes place after the occasion

when Jesus has already been in the boat with the disciples during a storm, and has calmed the wind and waves. At that time their reaction was, 'What sort of man is this, that even the winds and the sea obey him?' - now, after a second demonstration of Jesus' power they are convinced. 'Truly you are the Son of God', they say. (Matt 14:23-33.)

God walks with us - in turbulence and in peace. He is as close as breathing. The peace of God passes all understanding. May we not fear the sea. May we find calm in the storms. God is with us.

Post Communion

Lord of all mercy,
we your faithful people have celebrated
that one true sacrifice
which takes away our sins and
brings pardon and peace:
by our communion keep us
firm on the foundation of the gospel
and preserve us from all sin;
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!

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

St Andrew's, Aldringham

Annual Pets Service

15th August 2023



A wide variety of pets accompanied by their well behaved owners attended the Annual Animal Service at St Andrew's, Aldringham on Sunday 13th August.



11 Dogs, 3 cats, 2 sheep, 2 donkeys, 2 Guinea pigs, 2 African land snails and not forgetting 3 teddy bears,



were joined by a congregation of 40 owners and friends at the outdoor service conducted by Reverend Sarah in the churchyard on a warm afternoon.

The service included the New Zealand version of the Lord's Prayer with Māori influences referencing



Mother Nature who responded during the service with an overhead fly past of dragonflies, swallows and high flying swifts.



† 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.

📣 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>

† 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, our next one being on
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.

**Toys, prizes for the tombola, jewellery, scarves, and good
quality bric a brac needed. Cakes and fresh produce too.**

**Please bring any donations to the Church Hall between
10-12 noon, on Weds 23rd and Thursday 24th.**

Cakes and fresh produce on the day, please.

Thank you!

ALL VERY WELCOME

Friday the 11th August a grand total of £1345.10 was counted.

A HUGE THANK YOU to all those that helped and donated.

**The 2023 Suffolk Historic Churches Ride and Stride
Saturday 9th 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 50th 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 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 For more information.



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

† BATTLE OF BRITAIN SERVICE at ALDRINGHAM †

17 September at 11am

We shall join representatives of RAFA and Leiston Squadron ATC to mark the anniversary of the Battle of Britain at our 11am service in the churchyard. **ALL WELCOME**

**Next Sunday, 27th August
Twelfth 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