



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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The Revd Johanna Mabey
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Sunday 27th August Twelfth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion
Moot Hall	3.30pm	August Songs of Praise
	6.00pm	Evening Prayer
Aldringham	11.00am	Morning Prayer
Friston	10.00am	Holy Communion
Knodishall	9.30am	Holy Communion

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

Dear Friends,

Do you get 'earworms'? An earworm is a tune which gets stuck in your head, sometimes for days, which you just can't get rid of. This week for me, it has been a children's song, which I don't think I have sung for about 30 years! It goes:

Love is something if you give it away,
Give it away
Give it away
Love is something if you give it away,
You end up having more.

It's just like a magic penny
Hold it tight and you won't have any,

Lend it, spend it and you'll have so many
They'll roll all over the floor,
For

Love is something if you give it away... etc

Not a bad motto to live life by, or indeed a constant thought to have in
one's head!

With prayers,

Sarah

**Service of Baptismal vows will be at 2.15pm during this
open day at Aldringham Church.**



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

Collect

Almighty and everlasting God,
you are always more ready to hear than we to pray
and to give more than either we desire or deserve:
pour down upon us the abundance of your mercy,
forgiving us those things of which our conscience is afraid
and giving us those good things which we are not worthy to ask
but through the merits and mediation of 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

Exodus 1.8-2.10

Now a new king arose over Egypt, who did not know Joseph. He said to his people, 'Look, the Israelite people are more numerous and more powerful than we. Come, let us deal shrewdly with them, or they will increase and, in the event of war, join our enemies and fight against us and escape from the land.' Therefore they set taskmasters over them to oppress them with forced labour. They built supply cities, Pithom and Rameses, for Pharaoh. But the more they were oppressed, the more they multiplied and spread, so that the Egyptians came to dread the Israelites. The Egyptians became ruthless in imposing tasks on the Israelites, and made their lives bitter with hard service in mortar and brick and in every kind of field labour. They were ruthless in all the tasks that they imposed on them. The king of Egypt said to the Hebrew midwives, one of whom was named Shiphrah and the other Puah, 'When you act as midwives to the Hebrew women, and see them on the birthstool, if it is a boy, kill him; but if it is a girl, she shall live.' But the midwives feared God; they did not do as the king of Egypt commanded them, but they let the boys live. So the king of Egypt summoned the midwives and said to them, 'Why have you done this, and allowed the boys to live?' The midwives said to Pharaoh, 'Because the Hebrew women are not like the Egyptian women; for they are vigorous and give birth before the midwife comes to them.' So God dealt well with the midwives; and the people multiplied and became very strong. And because the midwives feared God, he gave them families. Then Pharaoh commanded all his people, 'Every boy that is born to the Hebrews you shall throw into the Nile, but you shall let every girl live.' Now a man from the house of Levi went and married a Levite woman. The woman conceived and bore a son; and when she saw that he was a fine baby, she hid him for three months. When she could hide him no longer she got a papyrus basket for him, and plastered it with bitumen and pitch; she put the child in it and placed it among the reeds on the bank of the river. His sister stood at a distance, to see what would happen to him. The daughter of Pharaoh came down to bathe at the river, while her attendants walked beside the river. She saw the basket among the reeds and sent her maid to bring it. When she opened it, she saw the child. He was crying, and she took pity on him. 'This must be one of the Hebrews' children,' she said. Then his sister said to Pharaoh's daughter, 'Shall I go and get you a nurse from the Hebrew women to nurse the child for you?' Pharaoh's daughter said to her, 'Yes.' So the girl went and called the child's mother. Pharaoh's daughter said to her, 'Take this child and nurse it for me, and I will give you your wages.' So the woman took the child and

nursed it. When the child grew up, she brought him to Pharaoh's daughter, and she took him as her son. She named him Moses, 'because', she said, 'I drew him out of the water.'

Second Reading

Romans 12.1-8

I appeal to you therefore, brothers and sisters, by the mercies of God, to present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship. Do not be conformed to this world, but be transformed by the renewing of your minds, so that you may discern what is the will of God—what is good and acceptable and perfect. For by the grace given to me I say to everyone among you not to think of yourself more highly than you ought to think, but to think with sober judgement, each according to the measure of faith that God has assigned. For as in one body we have many members, and not all the members have the same function, so we, who are many, are one body in Christ, and individually we are members one of another. We have gifts that differ according to the grace given to us: prophecy, in proportion to faith; ministry, in ministering; the teacher, in teaching; the exhorter, in exhortation; the giver, in generosity; the leader, in diligence; the compassionate, in cheerfulness.

Gospel Reading

Matthew 16.13-20

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.' Then he sternly ordered the disciples not to tell anyone that he was the Messiah.

Sermon by The Revd Nichola Winter, Eleventh Sunday after Trinity, 20th August

We are used to hearing two readings or even three readings in our acts of worship. Sometimes there is an apparent link between the passages. Sometimes it is all much less obvious. And it's holiday time just now - we don't want to have to think too hard. The lectionary is no respecter of holidays however! Today we have Genesis and Matthew. The passage from Genesis jumps on quite a long way from where we left Joseph last week - abandoned by his brothers and sold into slavery. Now we hear how he has undergone a complete change in fortune... And then we have the lovely story where a woman dares to contradict Jesus (not many people are recorded as having done that...)

Both stories speak of a change of fortune; they demonstrate examples of forgiveness, and they speak of the working out of God's will.

You may recall that, last week, we left Joseph in the hands of slave traders, having been betrayed by his brothers. But Joseph is true to himself and true to God. It's a long story - but please do read it all. It's one of those tales almost ideal for holiday time - trials and tribulations but with a happy outcome. As he encounters his brothers after a long time of estrangement there must have been a multitude of emotions flying around. Dismay, shame and fear on the part of Joseph's brothers; joy and delight on the part of Joseph as he is reunited with his family.

Then we have the encounter between Jesus and this bold, desperate woman who has suffered torment on behalf of her daughter for so many years. We can imagine, perhaps, the despair that Jesus feels at the way in which the Pharisees and teachers are insisting on obedience to the letter of the law. Insisting on rigid adherence to a law that restricts, compels and bullies is not the way to the kingdom of heaven. Jesus uses quite a graphic description - but he's getting the point across to those who really make the effort to hear. Food cannot defile because true defilement is a function of morality. It's not what goes into a person that condemns him, says Jesus, - it's what comes out in the way of words and deeds. What matters is not the stomach but the heart.

And in this encounter, Jesus finds himself a situation where he must either stick by his words or backtrack. In an area of evil repute he encounters a foreigner from an equally dodgy region - a foreigner who screams and shouts for help. A woman at that. No wonder the disciples urge him away. Jesus himself probably wonders just how he's going to

react to yet another demand. Jesus declares his commitment to Israel, the nation which is, by and large, lost for lack of leadership. He has been sent to God's chosen people - and in spite of opposition and disbelief, Jesus - that mirror of God's faithfulness - continues to direct his mission to the leaderless sheep of Israel. So now the woman kneels and begs for help. Jesus' response might strike us as positively cruel. Is this really the reply of a teacher from God who has been preaching loving deeds and words? But the woman's courage is fired up. After all, it is her daughter's life that is at stake. She is quick to pick up the imagery of Jesus' reply and turn it to her own advantage. 'Even a dog gets better treatment' she points out - 'a dog can lick up the fallen crumbs...' Her words recognise Israel as the privileged people but she implies that others, too, might benefit. And Jesus has no option but to acknowledge her reply as the product of great faith. He grants the daughter's healing. Salvation comes to those outside Israel in response to their faith in Jesus.

God's salvation is for all who hear the word of God and keep his commandments. In our prayer of humble access at Holy Communion, we acknowledge that we are not worthy so much as to gather up the crumbs from under God's table - we are no better in terms of privilege and position than the woman Jesus encounters in this episode. But God is 'the same Lord whose nature is always to have mercy...' and it is his mercy and grace that enable us to dwell in him and he in us. That is no mean gift and for that we can be truly thankful.

Post Communion

God of all mercy,
in this eucharist you have set aside our sins
and given us your healing:
grant that we who are made whole in Christ
may bring that healing to this broken world,
in the name of Jesus Christ our Lord.

Friston Church Concert

Friston welcomes the return of Beth Spendlove's Kingfisher Ensemble.

This will be held in the church grounds on

Sunday 27th August at 4pm.

Bring your own comfortable seat and wine, then sit back and enjoy!!

ALL WELCOME

CARNIVAL SONGS OF PRAISE 2023

Well, the sun certainly shone for our annual Songs of Praise at the greens of Moot Hall. Revd Sarah, Revd Mary, Revd Mark Booth, and Pastor Terry Smith all led this years' service. We are very grateful for our brave volunteers who kindly agreed to be interviewed this year. Bo Buzzard (Carnival Queen) Kevin Webster (Aldeburgh Mayor) Ali Cherry (Parish Nurse) Jill Brown (Elder) and of course our Curate Revd Mary Brown. A big thank you to the Salvation Army who accompanied the service. Here are a few photos courtesy of the Aldeburgh Photography Group.



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.

Our last August Sunday afternoon Songs of Praise 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

† Fairfield Centre Prayers †

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

The last Sunday of August, 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

**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.

† 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, 3rd September
Thirteenth 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