



## **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

Rector: The Revd Sarah du Boulay

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## **Sunday 16<sup>th</sup> June Third Sunday after Trinity**

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

Aldeburgh	8.00am	Communion Service	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
	4.00pm	Café Church	Fairfield Centre
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

### **A message from our Rector, Revd Sarah du Boulay**

Dear friends,

On Sunday 9<sup>th</sup> June, we had over 600 people in Aldeburgh church. It was absolutely wonderful! They came in two congregations – one for the beautiful and moving Festival Service in the morning, and one for the (slightly less beautiful, but equally helpful) Hustings in the evening. We were delighted to welcome Bishop Martin to both, and I know that he had a wonderful day in our benefice.

It occurred to me that although unusual, maybe God was giving us a vision of what church could be like. Full to the rafters, everybody there for a common purpose... Isn't it a wonderful vision?

If all four of our churches were full, we would have over 600 people worshipping every Sunday as a regular occurrence – I wonder then, what we need to do for this to happen?

With prayers,

Sarah

### **Collect**

Almighty God, you have broken the tyranny of sin and have sent the Spirit of your Son into our hearts whereby we call you Father: give us grace to dedicate our freedom to your service, that we and all creation may be brought to the glorious liberty of the children of God; 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**

#### **1 Samuel 15.34-16.13**

Then Samuel went to Ramah; and Saul went up to his house in Gibeah of Saul. Samuel did not see Saul again until the day of his death, but Samuel grieved over Saul. And the Lord was sorry that he had made Saul king over Israel. The Lord said to Samuel, 'How long will you grieve over Saul? I have rejected him from being king over Israel. Fill your horn with oil and set out; I will send you to Jesse the Bethlehemite, for I have provided for myself a king among his sons.' Samuel said, 'How can I go? If Saul hears of it, he will kill me.' And the Lord said, 'Take a heifer with you, and say, "I have come to sacrifice to the Lord." Invite Jesse to the sacrifice, and I will show you what you shall do; and you shall anoint for me the one whom I name to you.' Samuel did what the Lord commanded, and came to Bethlehem. The elders of the city came to meet him trembling, and said, 'Do you come peaceably?' He said, 'Peaceably; I have come to sacrifice to the Lord; sanctify yourselves and come with me to the sacrifice.' And he sanctified Jesse and his sons and invited them to the sacrifice. When they came, he looked on Eliab and thought, 'Surely the Lord's anointed is now before the Lord.' But the Lord said to Samuel, 'Do not look on his appearance or on the height of his stature, because I have rejected him; for the Lord does not see as mortals see; they look on the outward appearance, but the Lord looks on the heart.' Then Jesse called Abinadab, and made him pass before Samuel. He said, 'Neither has the Lord chosen this one.' Then Jesse made Shammah pass by. And he said, 'Neither has the Lord chosen this one.' Jesse made seven of his sons pass before

Samuel, and Samuel said to Jesse, 'The Lord has not chosen any of these.' Samuel said to Jesse, 'Are all your sons here?' And he said, 'There remains yet the youngest, but he is keeping the sheep.' And Samuel said to Jesse, 'Send and bring him; for we will not sit down until he comes here.' He sent and brought him in. Now he was ruddy, and had beautiful eyes, and was handsome. The Lord said, 'Rise and anoint him; for this is the one.' Then Samuel took the horn of oil, and anointed him in the presence of his brothers; and the spirit of the Lord came mightily upon David from that day forward. Samuel then set out and went to Ramah.

## **Second Reading**

### **2 Corinthians 5.6-10 11-13 14-17**

So we are always confident; even though we know that while we are at home in the body we are away from the Lord- for we walk by faith, not by sight. Yes, we do have confidence, and we would rather be away from the body and at home with the Lord. So whether we are at home or away, we make it our aim to please him. For all of us must appear before the judgement seat of Christ, so that each may receive recompense for what has been done in the body, whether good or evil. For the love of Christ urges us on, because we are convinced that one has died for all; therefore all have died. And he died for all, so that those who live might live no longer for themselves, but for him who died and was raised for them. From now on, therefore, we regard no one from a human point of view; even though we once knew Christ from a human point of view, we know him no longer in that way. So if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!

## **Gospel Reading**

### **Mark 4.26-34**

He also said, 'The kingdom of God is as if someone would scatter seed on the ground, and would sleep and rise night and day, and the seed would sprout and grow, he does not know how. The earth produces of itself, first the stalk, then the head, then the full grain in the head. But when the grain is ripe, at once he goes in with his sickle, because the harvest has come.' He also said, 'With what can we compare the kingdom of God, or what parable will we use for it? It is like a mustard seed, which, when sown upon the ground, is the smallest of all the seeds on earth; yet when it is sown it grows up and becomes the greatest of all shrubs, and puts forth large branches, so that the birds of the air can make nests in its shade.' With many such parables he spoke the word to them, as they were able to hear it; he did not speak to them except in parables, but he explained everything in private to his disciples.

**Sermon from The Rt Rev'd Martin Seeley,  
Bishop of St Edmundsbury & Ipswich on Sunday 9<sup>th</sup> June at  
the Aldeburgh Festival Service**

“In the beginning was the Word... and all things came into being through him.” A very familiar passage, not least from our Christmas services.

“In the beginning was the Word,” but was it spoken or was it sung?

The “Word” we know in John’s Gospel means Jesus in his eternal being, God bound up in God and bringing into being all that is. But was the creative Word spoken, or was it sung? Can we even imagine the moment of creation and the continuing process of creation and creativity without music?

When I think of creation, I find myself not jumping further into Scripture, not yet at least, but to the extraordinary soaring images of the immensity of creation given us by the James Webb Space Telescope, images of the unimaginably vast finger shaped clouds and swirling swarms of galaxies and nebulae.

And when I look at them I find it hard to do so without an accompaniment, or more than an accompaniment, that the very movement and processes that the images capture, are themselves some sort of Mahler-esque, or Holstian or Charles Ivian – or different genre, even Sun-ra-ian performance.

All creation and creativity attract musical expression and accompaniment, even at the most ordinary level. We hum to ourselves when we are cooking, or tidying up, or getting ready to go out for the evening, all of them creative moments, and if we don’t hum I bet there’s a tune somewhere running in our head.

And music accompanies our much more significant moments, personally and on wider canvasses, moments that are themselves signs or remembrances of creativity. Weddings, Ipswich Town’s promotion, or the D-Day commemorations, are all inconceivable without music. As is today’s service, with very special music, including a new composition by Dame Judith Weir.

Scripture has its own examples. When Moses had led the people through the Red Sea, the Egyptian pursuers defeated, we read “Then Moses and the Israelites sang this song to the Lord.” David, to whom of course tradition attributes the Psalms, all of which are to be sung, David

composed two songs of mourning at the deaths of Saul and Jonathan, and of Abner. Deborah and Barak sang at the defeat of Sisera, and then there is the evocative Song of Solomon, the Song of Songs.

Our Psalm this morning begins, “Sing to the Lord a new song, for he has done marvellous things” bidding us to create music in response to God’s creativity. And God’s creation, joins in the music, with the sea thundering, and the rivers clapping, and the hills ringing out. God’s creation sings.

Musical references are frequent in Scripture, making clear the place of music for celebration, for mourning, for soothing – think of David’s harp playing for the troubled Saul – and for accompanying daily life and of course prayer and worship in the Synagogue.

Jesus would have sung in the Synagogue, and with his family and disciples. At the end of the Last Supper in Matthew’s Gospel, on his way to his arrest, we read, “When they had sung the hymn they went out to the Mount of Olives” The reference is to the traditional Passover psalms which would have concluded with Psalm 118.

Music is a divine gift, a gift in and of creation, in which we share as we participate in both the ordinariness of our lives, and the extraordinary moments, individually and together.

But what is it that happens to us through music? I spoke a moment ago about imagining music accompanying creation. But what I was really doing was thinking about music accompanying our images of creation – the Webb telescope pictures for example. It’s interesting to think that we can watch a play on the stage without music, but a film, a sequence of images, of the same story needs to be accompanied by music to give us cues of the drama, cues and clues about the emotion, the mood of the drama which we somehow lack through the medium of the screen.

A film shot of a sunset could be a happy ending, or an ominous beginning. The music helps us connect to which one of those it is. So music is about connection, at a felt, emotional level, it draws us in through the screen to the scene.

But it is much more than that. The film doesn’t work without the music, but music works without the film – we imagine our own connections, being drawn in to our own scenes – and this is the key, the music transports us to places we could not get to on our own.

The music is coming from outside us, but we experience it, we hear it, inside us. It connects us in our deep inner reality with an outer reality that we experience inside us, a place we would not reach without the music. Just think of your favourite musical experience, the piece or style you go to when you want to just be with some music, just to listen – what is that piece, and where does it take you, and can you even begin to describe how it does that?

I am the unmusical member of my family but my son is a jazz drummer – how else do you think I know about Sun-ra? – and jazz takes me out of myself, way beyond the daily tasks and trials and tribulations of being a bishop, and so does Haydn, and Messiaen, and Brahms, and many others, that lure me by sweeping chords into places of mystery and delight and a deep enlivening.

When we listen to music, we listen outwards and upwards. Music takes us out of ourselves, whether a grand orchestral piece, or a solo singer, or an intimate piano sonata, music takes us to places we could not go on our own. We touch the transcendent. We become transcendent. When we listen, we are not in control of the music, or of our response. We are not in control of ourselves, we are outside ourselves.

Which is why so much music is religious, in every culture. Britten of course knew that, and he not only composed religious music but music for religious places, for churches. The much anticipated performance of Curlew River at Blythburgh Church takes place almost exactly 60 years after its premiere in Orford Church.

Britten wrote it to be performed in church and for a reason – it evokes transcendence. (There is always, I have to confess, a twinge of jealousy on my part that Roger's congregations are usually larger than mine.)

We get here close to the heart of music, and close to the heart of this Festival, that it is about transcendence, it is about taking us out of ourselves, it is about experiencing something in us and beyond us that is more than we could ever do on our own. This Festival and indeed Snape Maltings, has been a transforming force in my life for the past ten years as bishop here. I cannot imagine being your bishop without Snape and I will be forever grateful to Roger, to Sarah and all their colleagues, to Benjamin Britten and Peter Pears and all who have gone before us and all who will follow, for their gift of this place.

And as those of you who were at last night's performance know, I realise there is one subject upon which I should not speak, and I won't, and nor do I have a fanfare up my sleeve, but let me just say thank you on behalf of myself and my wife Jutta to Roger and Rosie for the precious gift of their friendship.

Music transports us and transforms us – every experience changes us. And that this is the 75<sup>th</sup> year of the Aldeburgh Festival is testimony to the extraordinary ways in which this Festival has achieved and continues to achieve this.

It is a spiritual festival, in the richest sense, as much as it is, and because it is, a music festival, of the highest possible calibre. Curlew River is after all a story of the healing and transformative power of music.

But there is one more step to the heart of this, hinted by our reading from I Corinthians. A community of many gifts that recognises that all those gifts are needed, is of course the reality of any musical ensemble. But it is also the reality of a peaceful society. Recognising that each has a part to play, and that every part is for the good of the whole, which is a glimpse of heaven; the Kingdom of God; of peace, of harmony, of shalom, the creative purpose of the Word that was uttered at the beginning of creation, a creation of diversity that in harmony and self-transcendence discovers its divinely intended unity. Music transforms and it heals, and music above all is essential if we are to recover hope for peace in our world.

It is a universal, connecting, uniting agent in our world, transcending our separateness, drawing us together in a shared experience of hope. And unlike sport, that other unifier, there are no winners and losers.

In the beginning was the Word, and the Word whom we know as the Word made flesh, Jesus, is the source of all creation and creativity, and of all transformation and healing, drawing us into that place where there is no more sorrow or sighing, the place of beauty and goodness and joy, that place of communion where we lose ourselves, caught up in the wonder of that Word whom we know is both the Singer and the Song.

## **Post Communion**

O God, whose beauty is beyond our imagining  
and whose power we cannot comprehend:  
show us your glory as far as we can grasp it,  
and shield us from knowing more than we can bear  
until we may look upon you without fear;  
through Jesus Christ our Saviour.

**Next Sunday - June 23<sup>rd</sup> Fourth Sunday after Trinity**



**Friston  
Open Gardens**

**Sunday 16th June  
11.30am - 5.30pm**

**Tickets £5 admit  
to all gardens  
(last sold 4.15pm)**

**Please park on  
Village Green**

**Village Hall open  
for light lunches  
and refreshments**

**In aid of Church Funds**



### **† 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 – Aldeburgh & \*\*Friston

Tuesday – \*\*Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh

\*\* Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

### **† Home Visits †**

Not everyone can get to church as they were once able to, due to an illness or reduced mobility. We fully understand that this can be incredibly isolating for some. If you, or you know of someone that would like a home visit from one of our Elders, please do let us know.

Or if you would like home communion, please do let a member of clergy know. Please contact them directly or email

[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we will do our utmost to arrange a visit.

### **The Alde Sandlings, Dates for your Diary**

- Friston Open Gardens, Sunday 16<sup>th</sup> June, 11.30am to 5.30pm
- Revd Mary's Ordination at Bury St Edmunds Cathedral, Saturday 29<sup>th</sup> June at 2.30pm
- Benefice Holy Communion at Aldeburgh, Sunday 30<sup>th</sup> June at 10.30am
- Friston Classics on the Green, Thursday 11<sup>th</sup> July
- Fund Raising Fun Quiz at Knodishall Village Hall for Church Funds, 12<sup>th</sup> July at 7pm
- Save the Children Concert with Nadia Lasserson and Friends – Monday 22<sup>nd</sup> July at 12 noon at Aldeburgh Parish Church
- Alde Sandlings Benefice August Friday Markets, 9<sup>th</sup>, 23<sup>rd</sup> and 30<sup>th</sup> August – 10-12pm.
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18<sup>th</sup> at 6pm.

### **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>

### **£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice**

Your donations REALLY mean so much to us. If you would like to donate this Christmas, please click on the link below.

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/>

### **† 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/UCLecK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

### **† Fairfield Centre Prayers - Café Church †**

This Sunday at 4pm will be the last Café Church due to so few people attending. Maybe something to restart in the future?

## † Would you like to join the Friston Team? †

St Mary's Church, Friston, have vacancies:

Church Warden/s

PCC Secretary

PCC members

Would you like to take on any of these roles at Friston?

Do let Claire know at [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk) and we can let you know more.

## † 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 link.

### **Pilgrim's - Saturday 22nd June Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30**

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

### **Saturday 6th July Community Breakfast and Local Ramble starting 9.30 @ The Parrot**

As before, a delicious breakfast bap and coffee / tea combo for £7 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

### **Pilgrims @ The Meare, Thorpeness** **'Sing Praises to God, Sing Praises!'**

Outdoor Celtic Style Worship, starting Sunday 7th July 10am by the Duck Pond next to the Meare, please bring your own chair.

Continuing each Sunday throughout July and August (starting 7th July through to 25th August), 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

## **Knodishall Church Fund Raising Quiz**

Fun Quiz at **Knodishall Village Hall** on the  
**12<sup>th</sup> July, starting promptly at 7pm.**

Supper provided but do bring your own drinks.

£7 per person, max 6 per team. Meet up and enjoy a fun evening with friends, raffle, spot prizes, laughs - oh, and a few questions to answer!

All money raised goes to St Lawrence,  
Knodishall Church.

## **August Friday Markets 2024 at Aldeburgh Parish Church**

This year the popular Alde Sandlings Benefice Friday Markets will be on the 9th, 23rd and 30th August - 10 - 12pm

**Please start having those de-clutter sessions at home and in the garage for items for the various stalls:**

Bric a Brac, toys and games, household items, jewellery, paintings, scarves & fancy goods, tombola prizes.

Please bring items to the church hall, Monday 5th and Wednesday 7th, 10 to 1pm. Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, on the day.

Let's make it our best fundraising year yet for the churches of the Alde Sandlings Benefice.

## **St Andrew's Parish Church Aldringham**



## **CHORAL EVENSONG**

**Second Sunday of Every  
Month at 5.30pm (May - August)**

**YOU ARE ALL MOST  
WELCOME**

