



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 23rd June Fourth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Bishop Sandy Millar
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Morning Prayer	Led by Elder David Gordon
Friston	10.00am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from our curate Rev'd Mary Brown

Dear friends,

On Wednesday I was talking to the students of Aldeburgh Primary School about peace and patience. We looked at Philippians 4.6-7:

'Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, shall guard your minds and your hearts in Christ Jesus.'

What stood out to me is that Paul tells us that even as we ask God for help, we can also give thanks.

I've been treating thanksgiving as a spiritual practice this week, starting my days and my times of prayer with giving thanks to God. I've found that as I get into this habit, I begin to notice more and more things to give thanks for.

Would you join me in this spiritual practice this week? If you are not sure where to start, try asking God to show you one good thing in each day that you can thank him for, and go from there.

With prayers,

Mary

Collect

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

I Samuel 17: 32-49

David said to Saul, 'Let no one's heart fail because of him; your servant will go and fight with this Philistine.' Saul said to David, 'You are not able to go against this Philistine to fight with him; for you are just a boy, and he has been a warrior from his youth. But David said to Saul, 'Your servant used to keep sheep for his father; and whenever a lion or a bear came, and took a lamb from the flock, I went after it and struck it down, rescuing the lamb from its mouth; and if it turned against me, I would catch it by the jaw, strike it down, and kill it. Your servant has killed both lions and bears; and this uncircumcised Philistine shall be like one of them, since he has defied the armies of the living God.' David said, 'The Lord, who saved me from the paw of the lion and from the paw of the bear, will save me from the hand of this Philistine.' So Saul said to David, 'Go, and may the Lord be with you!' Saul clothed David with his armour; he put a bronze helmet on his head and clothed him with a coat of mail. David strapped Saul's sword over the armour, and he tried in vain to walk, for he was not used to them. Then David said to Saul, 'I cannot walk with these; for I am not used to them.' So David removed them. Then he took his staff in his hand, and chose five smooth stones from the wadi, and put them in his shepherd's bag, in the pouch; his sling was in his hand, and he drew near to the Philistine. The Philistine came on and drew near to David, with his

shield-bearer in front of him. When the Philistine looked and saw David, he disdained him, for he was only a youth, ruddy and handsome in appearance. The Philistine said to David, 'Am I a dog, that you come to me with sticks?' And the Philistine cursed David by his gods. The Philistine said to David, 'Come to me, and I will give your flesh to the birds of the air and to the wild animals of the field.' But David said to the Philistine, 'You come to me with sword and spear and javelin; but I come to you in the name of the Lord of hosts, the God of the armies of Israel, whom you have defied. This very day the Lord will deliver you into my hand, and I will strike you down and cut off your head; and I will give the dead bodies of the Philistine army this very day to the birds of the air and to the wild animals of the earth, so that all the earth may know that there is a God in Israel, and that all this assembly may know that the Lord does not save by sword and spear; for the battle is the Lord's and he will give you into our hand.' When the Philistine drew nearer to meet David, David ran quickly towards the battle line to meet the Philistine. David put his hand in his bag, took out a stone, slung it, and struck the Philistine on his forehead; the stone sank into his forehead, and he fell face down on the ground.

Second Reading

2 Corinthians 6.1 - 13

As we work together with him, we urge you also not to accept the grace of God in vain. For he says, 'At an acceptable time I have listened to you, and on a day of salvation I have helped you.' See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything. We have spoken frankly to you Corinthians; our heart is wide open to you. There is no restriction in our affections, but only in yours. In return-I speak as to children-open wide your hearts also.

Gospel Reading

Mark 4.35-end

On that day, when evening had come, he said to them, 'Let us go across to the other side.' And leaving the crowd behind, they took him with them in the boat, just as he was. Other boats were with him. A great gale arose, and the waves beat into the boat, so that the boat was already being swamped. But he was in the stern, asleep on the cushion; and they woke him up and said to him, 'Teacher, do you not care that we are perishing?' He woke up and rebuked the wind, and said to the sea, 'Peace! Be still!' Then the wind ceased, and there was a dead calm. He said to them, 'Why are you afraid? Have you still no faith?' And they were filled with great awe and said to one another, 'Who then is this, that even the wind and the sea obey him?'

Sermon from Rev'd Sarah du Boulay, on Sunday 16th June at Aldringham

How has your faith made a difference to you? Has your faith made a difference to you? Think back. When you came to know God. To know Jesus. To know the Holy Spirit. To realise, to know that you are loved so much more than you can ever imagine. Did your life change at all? Has it affected how you see the world? How you see other people? How you react to things? How you go about your life? I don't need the answers, but I'd encourage you to really think about these questions. To be honest with yourself in your answers. Are there further changes that need to happen?

Because if we believe that God is our Creator and our Redeemer. If we believe that Jesus was born and died and was risen again. Then doesn't that change EVERYTHING? Everything.

In our Old Testament reading we are told of several people for whom knowledge of the Lord changed everything. Samuel was given to God's purpose before his birth by his mother and we have heard his calling from God – 'Samuel' – 'Here I am Lord', and here we find him living out his calling. In this passage from scripture, we hear the call of another person – this time David. David we are told was the youngest, only a shepherd, and yet the 'spirit of the Lord came mightily upon David from that day forward.' And we know what happened to David – defeating Goliath, becoming King. Not leading a blameless life – he certainly made mistakes, but chosen by God and his life changed. Immediately.

Our New Testament reading is written by another person whose life changed completely when he came to know God – when Saul became Paul, not only his life, but the lives of many people around him and people he was yet to meet would be different. And he was confident courageous enough to spend the rest of his life telling people about the God who had changed him so completely. In this passage, he was telling the Corinthians exactly how to do this. ‘Whether we are at home or away, we make it our aim to please him.’ ‘We walk by faith, not by sight.’ ‘For the love of Christ urges us on.’

And in our Gospel reading, Jesus himself tells us about this change. Faith is like a mustard seed. A small, insignificant thing. Which, when planted, grows up and becomes this enormous shrubby bush of a tree – a huge thing which feeds, protects, creates it’s own eco system. If we scatter the seed, God will grow it. The harvest will come. the seed will grow and the harvest will come with our without us, but God has invited us to scatter the seed for him to grow. More than that – those of us who know God, have not only been invited, but instructed to sow seeds. To scatter seeds of God, of faith, of knowledge, everywhere we go, so that God can grow them. so that God can change other people’s lives as well as ours. So that God can make the difference to other people that he has made to us.

And these differences can take many different forms. It can mean learning to pray. It can mean taking a breath and thinking before we react to other people. It can mean choosing to see the best in people rather than the worst. It can mean forgiveness. Letting go of past hurts and moving forward. It can mean training to be an Elder. Or becoming ordained. It can mean coming to church on a Sunday. Running an Alpha course. Volunteering to cut the churchyard. Helping with children’s ministry. Giving money and resources to charities. Generosity. It can mean all of these things and more. What it does mean is that our hearts are changed and challenged and we are continually called to reflect and ask ourselves whether our reactions are appropriate and worthy of God himself. Because as St Paul said, ‘if anyone is in Christ, there is a new creation: everything old has passed away; see, everything has become new!’

It's a wonderful, exciting, great statement, and we can be secure in it because we know that God loves us. That God created us and has redeemed us.

So, I ask again:

How has your faith made a difference to you? Has your faith made a difference to you? Think back. When you came to know God. To know

Jesus. To know the Holy Spirit. To realise, to know that you are loved so much more than you can ever imagine. Did your life change at all? Has it affected how you see the world? How you see other people? How you react to things? How you go about your life? I don't need the answers, but I'd encourage you to really think about these questions. To be honest with yourself in your answers. Are there further changes that need to happen? And if so, what will you do about it?

Post Communion

Eternal God,
comfort of the afflicted and healer of the broken,
you have fed us at the table of life and hope:
teach us the ways of gentleness and peace,
that all the world may acknowledge
the kingdom of your Son Jesus Christ our Lord.

**Next Sunday - June 30th Fifth Sunday after Trinity
Benefice Service at Aldeburgh Parish Church – 10.30am**

The Bells!!

The Aldeburgh Church bell ringing team, led by team captain Richard Rapor, are delighted to inform us all that the church bells of Aldeburgh will be on Radio 4 this weekend.

It will be aired on Sunday 23rd June at 5.43am – so might be one to catch up with on BBC Sounds.

Click here to listen after the broadcast has aired.

<https://www.bbc.co.uk/programmes/m0020h83>

† 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.

† 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>

The Alde Sandlings, Dates for your Diary

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

Friston Open Gardens 2024

Friston PCC would like to thank everyone that came and supported our Open Gardens Day. We raised the grand total of £2104.64 for Friston Church funds.



A Poem to Summarise the Day by Paul Spendlove

So, Friston Open Gardens thrilled the crowd!
No thunderstorms could quell, how hard they tried,
The months of love and care, which made us proud
To share the gifts that nature would provide.
Our church, our gardens, filled with floral fun,
Plus quiches, cakes and tea and all the rest.
And happy visitors, when they were done,
Said Friston Open Gardens was the best!

† 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 and we will do our utmost to arrange a visit.

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/>

† 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 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 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
12th 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.



**The Church of St Peter and St Paul
ALDEBURGH**

FRIDAY MARKETS in August 2024

9th & 23rd and 30th August 10-12pm

to be held in the

CHURCH HALL - IP15 5EA

**Plants - Flowers - Fruit & Vegetables
Jams & Chutneys - Cakes & Savouries**

Bric-a-Brac

Toys & Games - Household Items

Jewellery - Paintings

Scarves & Fancy Goods - Tombola

**Tea, Coffee Served, & Other
Refreshments Available**

ALL MOST WELCOME

Cash only please!

**Lunchtime Classical
Concert Series
Aldeburgh Parish Church
Monday 22nd July 2024
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into July 2024, with the return of:

Helen Stanley (Violin)
Nadia Lasserson (Piano)
who join forces with young musician

Tom Hodgkinson (Guitar)
Winner of 2022 Essex Young Musician Award

In a programme of Bach, Beethoven, Antonio José and Kreisler

**Looking forward to welcoming you all.
Admission is free- with a retiring collection for
Save the Children**

ALL VERY WELCOME



Save the Children
100 YEARS

Thought for the Day by Knodishall Elder Ros Macallister

Growing in God

This initiative has 4 areas in which the Diocese is seeking to encourage everyone to work together in Growing in God.

Growing Deeper

Growing in Number

Growing Younger

Growing in Influence

On the St Edmundsbury and Ipswich diocesan website, you can find videos of both Bishop Mike and Bishop Martin inviting congregations, benefices, and individual Christians to think about this.

I am sure that the Bishops can explain it all much more eloquently than I can, but Sarah has agreed to my sharing these thoughts on one aspect of this today.

Growing Deeper

At this time of year we see growth all around us in the natural world. John and I have spent quite a bit of time gardening lately, especially cutting the grass and trying to keep on top of my Dad's garden.

I've been trying to get some runner beans going for him. It's something Dad spent time doing with me when I was very small, and I don't think there will have been a year since when he hasn't grown any. At 94 years old it's his turn to let me help him.

When I planted the beans in pots of compost for him to have on his windowsill I was reminded of the wonder that is a large plant coming from that small seed. Indeed, many larger plants come from much tinier seeds. How amazing!

When the bean plants were about 6 inches high I transplanted them into the garden. No beans have had so much attention. They had compost from under Dad's compost heap, a well dug trench, regular watering, sticks to climb and I am sure they heard me saying how they were growing beautifully!

However good the conditions have been for the beans, and it seems they were even better for the slugs and snails. It was Snailopolis! - and

Slugmageddon! Maybe it just hasn't been the right time for the beans to flourish. Some look like they are biding their time, waiting for the right conditions. I am hoping!

After all nature shows us how in the right circumstances the smallest, frailest plant can grow to become strong, blossom and bear fruit. Each of those bean plants, even if it's in the row with the others, is an individual with its own pattern of growth.

Bishop Mike and Bishop Martin are encouraging us to look at ways of **growing deeper** in our faith.

As Christians we talk about being on a journey of faith throughout our whole life. Certainly, I can see how my faith has grown stronger and deeper especially over the last few years. It may be that the "seed of Christianity" is just waiting for the right conditions to grow within us. Just knowing that they have been Baptised into the Christian family as a baby, might make it easier for that person to take the first step, the tiny shoot if you like, that leads to something deeper. To ask a question. Enter a church. To seek to find out about God. From small beginnings great things grow.

To grow strongly and become deeper our faith needs to be nurtured. The nurturing may take different forms at different times and be different for each of us. The ways to nurture a bean may not be the same as a cactus! I think that for me my faith receives "feeding" from worship and fellowship. Through the words and actions of family, friends, people I know in the community and strangers I meet, I feel the love of God. This is what gives me a secure root.

The ministry given here in our benefice by Sarah and Mary and chances to learn together from Scripture provides the light for me to gain a deeper understanding. The Holy Spirit, The Water of Life enables my growth to continue, and I hope deepen in these conditions. Prayer sustains all. Of course, there are always the slugs and snails! We come upon challengers to our faith from the outside world and from within ourselves - our own doubts and fears. We may be knocked back or not grow as fast, at certain times in our lives. Our faith may look stunted to others and feel dormant to ourselves. That's when we have to remind ourselves of God's constant presence and reach out to him through prayer.

Growing deeper in faith ourselves can make it easier to see God working in others and have the confidence to encourage them to see it too. God loves us all. We can ALL seek to know him better and love him more deeply, all we have to do is ask.

And if we have some dryer weather the beans may yet have a chance!

Loving God, help us to grow in You, to strengthen and deepen our faith, that we may share Your love in our community. Amen

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

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

YOU ARE ALL MOST
WELCOME

