



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 30th June Fifth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh 10.30am Benefice Holy Communion- Patronal Festival, St Peter and St Paul Led by Rev'd Mary Brown

A message from our Rector, Rev'd Sarah du Boulay

Dear friends,

Today is a great day of celebration. 11 wonderful people will be ordained Deacon this morning, and 10 equally wonderful people (including our own Mary) will be ordained Priest this afternoon, all by Bishop Martin, all at the Cathedral in Bury St Edmunds. Ordination day is special as it marks these people fulfilling their calling from God, and what a particular (and peculiar) calling it is. It shows great obedience and courage, as well as a deep faith, willingness to serve and an understanding of the part the Church plays in the lives of Christians. And they are doing it for God, but also for all of us, that they may play a part in building The Kingdom here on earth.

This is always a time where other people may wonder if they have a calling to licenced ministry (be it ordained or lay) within the church. If you feel like God is poking you, please listen to him, and let's have a chat. I can tell you that it is the best thing in the world!

With prayers,
Sarah

Collect

Almighty God, whose blessed apostles Peter and Paul glorified you in their death as in their life: grant that your Church, inspired by their teaching and example, and made one by your Spirit, may ever stand firm upon the one foundation, 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

Acts 12.1-11

About that time King Herod laid violent hands upon some who belonged to the church. He had James, the brother of John, killed with the sword. After he saw that it pleased the Jews, he proceeded to arrest Peter also. (This was during the festival of Unleavened Bread.). When he had seized him, he put him in prison and handed him over to four squads of soldiers to guard him, intending to bring him out to the people after the Passover. While Peter was kept in prison, the church prayed fervently to God for him. The very night before Herod was going to bring him out, Peter, bound with two chains, was sleeping between two soldiers, while guards in front of the door were keeping watch over the prison. Suddenly an angel of the Lord appeared and a light shone in the cell. He tapped Peter on the side and woke him, saying, 'Get up quickly.' And the chains fell off his wrists. The angel said to him, 'Fasten your belt and put on your sandals.' He did so. Then he said to him, 'Wrap your cloak around you and follow me.' Peter went out and followed him; he did not realize that what was happening with the angel's help was real; he thought he was seeing a vision. After they had passed the first and the second guard, they came before the iron gate leading into the city. It opened for them of its own accord, and they went outside and walked along a lane, when suddenly the angel left him. Then Peter came to himself and said, 'Now I am sure that the Lord has sent his angel and rescued me from the hands of Herod and from all that the Jewish people were expecting.'

Second Reading

2 Timothy 4.6-8, 17-18

As for me, I am already being poured out as a libation, and the time of my departure has come. I have fought the good fight, I have finished the race, I have kept the faith. From now on there is reserved for me the crown of righteousness, which the Lord, the righteous judge, will give to me on that day, and not only to me but also to all who have longed for his appearing. But the Lord stood by me and gave me strength, so that through me the

message might be fully proclaimed and all the Gentiles might hear it. So I was rescued from the lion's mouth. The Lord will rescue me from every evil attack and save me for his heavenly kingdom. To him be the glory for ever and ever. Amen.

Gospel Reading

Matthew 16.13-19

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.'

Sermon from Bishop Sandy Millar, on Sunday 23rd June at Aldeburgh

The Book of Common Prayer divides the year into two - the first half is all about doctrine, Advent, Christmas, Lent, Easter, Resurrection, Ascension, Pentecost and Trinity and then starting with the first Sunday after Trinity we crack straight in to the implications of all these for our lives. Today is the 4th Sunday after Trinity. How are we getting on? And the issue for us today is the reality of the presence of Jesus in our lives in every situation which of course is the essence of Pentecost.

The GOSPEL (Mark 4:35 to end) tells us of the real crisis that faced the disciples when they ran into a fierce storm, huge waves, howling gale and the almost certainty that they would all drown ...and yet...there was Jesus asleep in the stern apparently totally unaware of the situation that they were in. They woke him up and with a slight note of criticism "Teacher" they said "don't you care that we are perishing?" And the bible tells us that, when he had been wakened, he rebuked the wind and said to the waves "Quiet! Be still!" Then the wind died down and it was completely calm." It is interesting to note that the words Jesus addressed to the wind and the waves are exactly the same as he addressed to the demon-possessed man in Mark 1. Just as a demon possessed that man so it seems that Jesus recognised the activity of demons in seeking to thwart his intention to cross over to the other side, perhaps not surprising

considering the wonderful miracle that Jesus did when he eventually got to the other side in healing the demon possessed man, but there is Jesus, totally in control of demons, diseases, disasters and of course the final enemy of mankind...death. Because the power of the bible is not just that Jesus took control over the storm although of course he did, and I remember a naval man years ago telling me that at sea even when the wind dies down the waves take much longer, so for it to become completely calm was all part of the miracle? No, the power of the bible is that in similar situations that is what Jesus always does, it is still happening and can happen for us, in the presence of Jesus, we can have peace even in the wildest storms of life. What he looks for in us, as he looked for in them, is faith. He said to his disciples, as he says to us, is "why are you so afraid? Do you still have no faith?" You may know the Alpha definition of faith: ..Finding a promise of God and daring to believe it.

In the storm of sorrow, when sorrow comes as come it must, he whispers to us reminding us of the glory of the life to come and he changes the darkness of death into the thought of life eternal, the love of God and the certainty that we shall meet again those whom we have loved and lost awhile; he gives us peace in the storms of life's problems, turning anxiety into a simple trust that he knows what he is doing and the certainty of his love and provision as we commit ourselves again to his care. The secret is his presence, his promise that he will never leave us or forsake us not asleep, and totally in control. Actually I think that that was one of the many wonderful things that Jesus was doing after his resurrection and before he returned to heaven at the Ascension, he kept appearing and disappearing and he made it clear that he had heard their conversation when they thought he wasn't there, but he was getting them used to the idea that he was...he is...here even if we cannot see him. All he looks for in us is the faith to believe it.

Actually our Old Testament lesson (1 Samuel 17) speaks of the same confidence that David had in the care, love, and power of the presence of God when he faced huge opposition in the figure of Goliath who committed the fatal error of "defying the armies of the living God" – very unwise - and we see there the effect of David's faith and confidence in God's presence. In the same way in our 2 Corinthians chapter 6 lesson St Paul recounts some of the real hardships he had to endure as a servant of God and therefore assured of God's presence.

As I have been thinking about this morning I realise that we here have a very inspiring and beautiful visual aid to faith in God's presence with us in what we call the Trinity Altar cloth. It was commissioned by my mother in law whom I know some of you knew, in memory of her husband Hugh and made by a lady called Belinda Scarlett who did work in Westminster

Abbey, Winchester Cathedral, Lambeth Palace and various other places (including Aldeburgh Parish Church) and is based on Psalm 139, a beautifully poetic psalm of David, actually in the Gelineau version this psalm is given the heading “The hound of heaven”, a reminder that Francis Thomson’s lovely poem of that name owed its theme of flight and pursuit largely to the second part of this psalm which is one of the summits of Old Testament poetry. The psalm is David’s worshipful recognition of God’s all-seeing nature, there is nothing he doesn’t see, and to his all embracing presence, there is nowhere that his spirit cannot be and there is no possibility, even if we wanted to, for us to escape his presence...verse 7, 8 7. Where can I go from your Spirit? Where can I flee from your presence? 8. If I go up to the heavens, you are there; if I make my bed in the depths, you are there. The altar cloth is a representation of the view from Crag path looking out to sea 9. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there your hand will guide me, your right hand will hold me fast. I am hoping that every time we come into church and see the altar cloth we can be reminded that wherever I go...even if it is on the far side of the sea, God has promised that his hand will guide us, and his right hand will hold us fast. It is a promise of the God who keeps his promises and never lets us down.

Post Communion

Almighty God, who on the day of Pentecost
sent your Holy Spirit to the apostles
with the wind from heaven and in tongues of flame,
filling them with joy and boldness to preach the gospel:
by the power of the same Spirit
strengthen us to witness to your truth
and to draw everyone to the fire of your love;
through Jesus Christ our Lord.

† 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/UCLecK8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

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

† 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.

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
- Aldringham Parish Church Animal Service – August 4th at 3pm
- 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.
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am

🔊 **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/>

† **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.

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!

CLASSICS

ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 11TH JULY FROM 2.30PM

*Bring your VETERAN,
VINTAGE or CLASSIC CAR
or BIKE - or just bring
your friends and family
along to see the classics*



*Tea, coffee and cakes will be
available in the Village Hall.
There will be a Bar and BBQ
on the Green and food and
drink at The Old Chequers.*

*All types of vehicle that were in
production before 1970 are welcome.
Arrive anytime from 2.30pm and depart
whenever you wish.*



*FREE designated parking and entry - all donations to Friston Church
Sat navs: [IP17 1NP](#)*

**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

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

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

YOU ARE ALL MOST
WELCOME



Next Sunday – July 7th - Sixth Sunday after Trinity

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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