



## **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 14<sup>th</sup> July Seventh Sunday after Trinity**

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

Aldeburgh	10.30am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Service of the Word	Led by Elder Sheila Brechin
	5.30pm	Evensong	Revd Sarah du Boulay
Knodishall	9.30am	Holy Communion	Revd Mary Brown

### **A Message from our Rector, Rev'd Sarah du Boulay**

Dear friends,

I'd like to ask for your prayers this week please.

Firstly, we have our bi-monthly PCC meetings. As usual, we will seek to deal with business and looking after our beautiful church buildings and fabric, as well as discerning together God's call on our church family and how we live out His mission here in our little corner of Suffolk. Prayers for wisdom, courage and generosity please!

A few of us are also attending a diocesan Zoom call on Wednesday evening, where Bishop Mike will be chairing a meeting to gather information and thoughts about what we would wish for in a new Diocesan Bishop. So, prayers, prayers and more prayers please, as our new diocesan leader will affect both our diocesan direction, and support and resources available to us as parishes. Although we will miss both our bishops very much when they

move on (Bishop Mike to become the new Bishop of Exeter in September and Bishop Martin to retirement in February), it is an exciting time as we look forward as a diocese.

With prayers as always,

Sarah

### **Collect**

Lord of all power and might, the author and giver of all good things:  
graft in our hearts the love of your name,  
increase in us true religion, nourish us with all goodness,  
and of your great mercy keep us in the same;  
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**

#### **2 Samuel 6.1-5, 12b-19**

David again gathered all the chosen men of Israel, thirty thousand. David and all the people with him set out and went from Baale-judah, to bring up from there the ark of God, which is called by the name of the Lord of hosts who is enthroned on the cherubim. They carried the ark of God on a new cart, and brought it out of the house of Abinadab, which was on the hill. Uzzah and Ahio, the sons of Abinadab, were driving the new cart with the ark of God; and Ahio went in front of the ark. David and all the house of Israel were dancing before the Lord with all their might, with songs and lyres and harps and tambourines and castanets and cymbals. It was told King David, 'The Lord has blessed the household of Obed-edom and all that belongs to him, because of the ark of God.' So David went and brought up the ark of God from the house of Obed-edom to the city of David with rejoicing; and when those who bore the ark of the Lord had gone six paces, he sacrificed an ox and a fatling. David danced before the Lord with all his might; David was girded with a linen ephod. So David and all the house of Israel brought up the ark of the Lord with shouting, and with the sound of the trumpet. As the ark of the Lord came into the city of David, Michal daughter of Saul looked out of the window, and saw King David leaping and dancing before the Lord; and she despised him in her heart. They brought in the ark of the Lord, and set it in its place, inside the tent that David had pitched for it; and David

offered burnt-offerings and offerings of well-being before the Lord . When David had finished offering the burnt-offerings and the offerings of well-being, he blessed the people in the name of the Lord of hosts, and distributed food among all the people, the whole multitude of Israel, both men and women, to each a cake of bread, a portion of meat, and a cake of raisins. Then all the people went back to their homes.

## **Second Reading**

### **Ephesians 1.3-14**

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, just as he chose us in Christ before the foundation of the world to be holy and blameless before him in love. He destined us for adoption as his children through Jesus Christ, according to the good pleasure of his will, to the praise of his glorious grace that he freely bestowed on us in the Beloved. In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace that he lavished on us. With all wisdom and insight he has made known to us the mystery of his will, according to his good pleasure that he set forth in Christ, as a plan for the fullness of time, to gather up all things in him, things in heaven and things on earth. In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory.

## **Gospel Reading**

### **Mark 6.14-29**

King Herod heard of it, for Jesus' name had become known. Some were saying, 'John the baptizer has been raised from the dead; and for this reason these powers are at work in him.' But others said, 'It is Elijah.' And others said, 'It is a prophet, like one of the prophets of old.' But when Herod heard of it, he said, 'John, whom I beheaded, has been raised.' For Herod himself had sent men who arrested John, bound him, and put him in prison on account of Herodias, his brother Philip's wife, because Herod had married her. For John had been telling Herod, 'It is not lawful for you to have your brother's wife.' And Herodias had a grudge against him, and wanted to kill him. But she could not, for Herod feared John, knowing that he was a righteous and holy man, and he protected him. When he heard him, he was greatly perplexed; and yet he liked to listen to

him. But an opportunity came when Herod on his birthday gave a banquet for his courtiers and officers and for the leaders of Galilee. When his daughter Herodias came in and danced, she pleased Herod and his guests; and the king said to the girl, 'Ask me for whatever you wish, and I will give it.' And he solemnly swore to her, 'Whatever you ask me, I will give you, even half of my kingdom.' She went out and said to her mother, 'What should I ask for?' She replied, 'The head of John the baptizer.' Immediately she rushed back to the king and requested, 'I want you to give me at once the head of John the Baptist on a platter.' The king was deeply grieved; yet out of regard for his oaths and for the guests, he did not want to refuse her. Immediately the king sent a soldier of the guard with orders to bring John's head. He went and beheaded him in the prison, brought his head on a platter, and gave it to the girl. Then the girl gave it to her mother. When his disciples heard about it, they came and took his body, and laid it in a tomb.

### **Sermon from Rev'd Sarah du Boulay, on Sunday 7<sup>th</sup> July at Aldringham**

Some of you will already know that a team from Alde Sandlings are currently part way through the internationally renowned 'Leading Your Church Into Growth' (or LyCiG) course. We have 5 representatives from across the benefice attending, including our very own Ian Sedge from Aldringham.

We return this afternoon for our final session, and it has been a really good experience. Firstly, we have been given the opportunity to attend as a benefice team, continuing to grow relationships and learn how best to support each others' parishes.

Secondly, we have been led into having some really good conversations about what each church in the benefice does well and have been able to celebrate that together.

Thirdly, we have been really challenged about what we need to improve on, and how we can plan strategically for the future. And gosh have we been challenged!

I'm looking forward to properly telling you all about what we have learned on this course at another point, but for today, I want to go back to the theme I introduced during our APCM. Generous Hospitality.

Our Old Testament reading is interesting. Before this happened, only one of the tribes of Hebron recognised David as king – and the others only

accepted him when all other choices had been removed. They then said they accepted David because he was an Israelite (ie, one of them), he had already displayed his ability to lead, and because it was obvious (by then) that God had called him to lead. It also marks a difference between David's leadership and Saul's before him. Saul was 'king over us' whereas David was 'shepherd of my people'. A shepherd who feeds his flock whilst nourishing them and protecting them. For the first time in generations, the twelve tribes of Israel were united under their new leader. This is striking in and of itself. It didn't last, but it was good while it did!

Our New Testament reading shows Paul criticising the 'super-apostles' who were manipulating Corinthians with their claim to authority. They were false teachers – self-aggrandising pretenders – beware false prophets. Instead, Paul grounds his own authority in public, readily accessible truths. What he says can be seen, heard, and proved. He speaks with authenticity and integrity. He recognises that his own authority comes from a higher power, it is not of his own making, nor his to claim. And the same is true for us all. Any authority we have comes from one source – God – and points to one focus – God. This authority is always public, and is only to be used for building up one another so that we grow in the knowledge and love of Christ.

Finally, our Gospel reading we see Jesus being rejected by his 'home crowd' – his home synagogue, where they knew him, they knew his family and his upbringing, and still they were astonished by the authority with which he taught. From this, he moved on and out. He sent his disciples out to minister where they would be accepted. And he told them not to worry if they too were rejected, but to move on and to continue to proclaim the good news of God.

So what then, I hear you ask, does this have to do with generous hospitality, and growing our church?

Good question!

Well, I think a major point is that of authenticity and integrity. I truly believe that our worship is very authentic. You will have heard me say that I don't mind if things go wrong in a service as long as God is properly worshipped, and I think we do this and we do this well. God is always at the centre of our Sunday mornings, as indeed He should be. Our challenge then is to carry this out into the rest of our lives. Do we show the same integrity in how we choose to live for the other 6 days of every week? Are we authentically Christian in how we relate to and treat other people? In the choices we make? The way other people see us living?

And in doing this, are we always careful to give full glory to God himself for all the blessings He has given us? For creating and redeeming us? For calling us to live authentically as members of the body of Christ? Is the authority we have as Christians used only for God's purpose and God's purpose alone? Or do we sometimes get a bit carried away by personal prejudices and personal gain?

And are we always focussed on God's mission? On proclaiming the love of God to the whole world? To remembering that things aren't in fact, about us. It's not personal. It's all about Him. To wipe the dust off our feet and move on where necessary. To always remember that we live in His power and by His grace and through His love. And it is our honour and our privilege to spread this wherever we go.

You will probably have heard me using a prayer for which Mother Theresa of Calcutta was well known. She used to pray 'Lord, when people look at me, let them see you shining through me'.

This, then, is generous hospitality. To be a conduit by which God can love his whole creation. To reflect that love back out into the world. This is how we will lead our church into growth (or more accurately, lead God's church into growth). Sure, there are some outworkings which we need to figure out together, but this is the heart of it. To live an authentic, generous, loving Christian life.

If it turns out I'm wrong when we finish the course this evening, I'll let you know. But I'm pretty sure I'm right about this. So the challenge for us all is; are we already doing this, and if not, what do we do about it?

### **Post Communion**

Lord God, whose Son is the true vine and the source of life,  
ever giving himself that the world may live:  
may we so receive within ourselves the power of his death and passion  
that, in his saving cup, we may share his glory and be made perfect in his  
love; for he is alive and reigns, now and for ever.

**Next Sunday – July 21<sup>st</sup> Eighth Sunday after Trinity**

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

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

- Save the Children Concert with Nadia Lasserson and Friends – Monday 22<sup>nd</sup> July at 12 noon at Aldeburgh Parish Church
- Aldringham Parish Church Animal Service – August 4<sup>th</sup> at 3pm
- 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.
- Aldringham Parish Church Battle of Britain Service – 15<sup>th</sup> September at 11am
- The Alde Sandlings Thanks God for the Harvest. The services start with.  
Friston Harvest Festival Service at 10am – 15<sup>th</sup> September  
Knodishall Harvest Service at 9.30am – 22<sup>nd</sup> September  
More dates to follow soon!!

## **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/>



# YOUR CHURCH NEEDS YOU



## The Church of St Peter and St Paul

### IT IS CARNIVAL TIME IN ALDEBURGH

We want to show God's presence in our town, and the church as the heart of the Aldeburgh Community, **BUT** we need **YOUR** help to make this happen. We need walkers for the day, banner carriers, craft creative people to make us stand out in the procession. Do you know of someone that has a vehicle to transport the trailer? The theme this year is 1980's. So we thought of cardboard painted Rubik Cubes.

**PLEASE PLEASE PLEASE** spread the word to your friends, families, and neighbours, as this is a joint effort with the people of Aldeburgh.

**COME AND JOIN US FOR THIS ONCE A YEAR COMMUNITY EVENT on Monday 19<sup>th</sup> August!**

**If you can help at all, please contact  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)**



## † 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 links.

### **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!

### **Pilgrims @ The Parrot Pub**

#### **Saturday 21st September 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.

### **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**

**9<sup>th</sup> & 23<sup>rd</sup> and 30<sup>th</sup> August 10-12pm**

**to be held in the**

**CHURCH HALL - IPI5 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 22<sup>nd</sup> 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



### **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](mailto:admin@aldeburghparishchurch.org.uk)