



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 21st July Eighth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
Aldringham	11.00am	Holy Communion	Revd Mary Brown
Friston	10.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Praise	Led by Elder Ros Macallister

A Message from our Rev'd Mary Brown

Dear Friends,

Two weekends ago, a team from across the benefice attended a course called Leading Your Church into Growth. The course helps churches to assess, and plan for, mission and outreach. During the weekend we were asked to estimate how many people (who don't worship with us regularly) come into contact with our congregations each year. We estimated that about 7000 people are in some way in contact with the churches in our benefice across the course of a year. Wow!

Over the last two weeks I have had the privilege of seeing this in action. Last Monday the Aldeburgh Youth Club had a wonderful last session of term, taking the young people for a tour of the Lifeboat Station and then chips on the beach. That Thursday was Classics on the Green in Friston which saw people coming from far and wide for a lovely afternoon out, organised by the church. On Friday we had the Knodishall quiz, which

draws those from the church, the village, the benefice, and beyond, to spend a fun evening together. In Aldringham on Sunday we had Choral Evensong where many come to hear the beautiful music and enjoy a different style of worship.

In our PCC meetings we have been reading Matthew 28:16-20 where Jesus tells the 11 disciples to 'go therefore and make disciples of all nations'. As I reflected on what we had learnt on the course, and went about my week in the benefice, I was struck by the tireless efforts of those from across all four of our churches to reach out to our wider communities with the good news of Jesus Christ. I'm excited to see where we'll go as we build on this already strong foundation.

With prayers,

Mary

Collect

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern both our hearts and bodies
in the ways of your laws and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

First Reading

2 Samuel 7.1 - 14a

Now when the king was settled in his house, and the Lord had given him rest from all his enemies around him, the king said to the prophet Nathan, 'See now, I am living in a house of cedar, but the ark of God stays in a tent.' Nathan said to the king, 'Go, do all that you have in mind; for the Lord is with you.' But that same night the word of the Lord came to Nathan: Go and tell my servant David: Thus says the Lord: Are you the one to build me a house to live in? I have not lived in a house since the day I brought up the people of Israel from Egypt to this day, but I have been moving about in a tent and a tabernacle. Wherever I have moved about among all the people of Israel, did I ever speak a word with any of the tribal leaders of Israel, whom I commanded to shepherd my people Israel, saying, 'Why have you not built me a house of cedar?' Now therefore thus you shall say to my servant David: Thus says the Lord of

hosts: I took you from the pasture, from following the sheep to be prince over my people Israel; and I have been with you wherever you went, and have cut off all your enemies from before you; and I will make for you a great name, like the name of the great ones of the earth. And I will appoint a place for my people Israel and will plant them, so that they may live in their own place, and be disturbed no more; and evildoers shall afflict them no more, as formerly, from the time that I appointed judges over my people Israel; and I will give you rest from all your enemies. Moreover, the Lord declares to you that the Lord will make you a house. When your days are fulfilled and you lie down with your ancestors, I will raise up your offspring after you, who shall come forth from your body, and I will establish his kingdom. He shall build a house for my name, and I will establish the throne of his kingdom for ever. I will be a father to him, and he shall be a son to me. When he commits iniquity, I will punish him with a rod such as mortals use, with blows inflicted by human beings.

Second Reading

Ephesians 2.11-end

So then, remember that at one time you Gentiles by birth, called 'the uncircumcision' by those who are called 'the circumcision'-a physical circumcision made in the flesh by human hands-remember that you were at that time without Christ, being aliens from the commonwealth of Israel, and strangers to the covenants of promise, having no hope and without God in the world. But now in Christ Jesus you who once were far off have been brought near by the blood of Christ. For he is our peace; in his flesh he has made both groups into one and has broken down the dividing wall, that is, the hostility between us. He has abolished the law with its commandments and ordinances, so that he might create in himself one new humanity in place of the two, thus making peace, and might reconcile both groups to God in one body through the cross, thus putting to death that hostility through it. So he came and proclaimed peace to you who were far off and peace to those who were near; for through him both of us have access in one Spirit to the Father. So then you are no longer strangers and aliens, but you are citizens with the saints and also members of the household of God, built upon the foundation of the apostles and prophets, with Christ Jesus himself as the cornerstone. In him the whole structure is joined together and grows into a holy temple in the Lord; in whom you also are built together spiritually into a dwelling-place for God.

Gospel Reading

Mark 6.30-34, 53-end

The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yourselves and rest a while.' For many were coming and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves. Now many saw them going and recognized them, and they hurried there on foot from all the towns and arrived ahead of them. As he went ashore, he saw a great crowd; and he had compassion for them, because they were like sheep without a shepherd; and he began to teach them many things. When they had crossed over, they came to land at Gennesaret and moored the boat. When they got out of the boat, people at once recognized him, and rushed about that whole region and began to bring the sick on mats to wherever they heard he was. And wherever he went, into villages or cities or farms, they laid the sick in the market-places, and begged him that they might touch even the fringe of his cloak; and all who touched it were healed.

Sermon from Rev'd Nichola Winter, on Sunday 7th July at Friston

2 Samuel 5:1-5;9-10

2 Cor 12:2-10

Mark 6:1-13

At a service of morning prayer recently, the person leading prayers got to the part where we pray for the world and its needs. With a sigh he said, 'And now we pray for the world, which is in a mess.' And yes, it might be tempting to agree and to become very disheartened. Peace in the world seems fragile and uneasy; the political landscape in Britain has changed dramatically; here, in Friston, we continue to face uncertainty as to how our local surroundings will be affected by the change in regime. Now, more than ever, we need to uphold the situations of concern in prayer. It would be easy to become despondent, to wring our hands and believe we can do nothing about it.

But, if you take nothing away from the service today, you may care to reflect on three thoughts from the bible readings and a phrase from the post-communion collect.

We hear in the reading from Samuel how David becomes 'greater and greater because the Lord is with him.' Paul describes how he receives the message, "My grace is sufficient for you, for power is made perfect in weakness." And then, Jesus tells his disciples - 'take nothing for the journey....' And in the prayer after communion later in the service we

acknowledge that God leads us to the living water and we pray that He will refresh and sustain us.

What do these seemingly random phrases say to us? Faith is the key. Where we can, we need to act. Where we can't act, we do need to pray. We need to uphold to God these situations that prevent the world finding a sustainable balance and ask that his healing, his love, his gentle rule of justice and peace, might prevail. Above all, we need to ask for forgiveness for the ways in which we can so easily ignore or misuse the gifts we are given and the opportunities that come our way to speak of our faith and our desire to serve and worship a God who cares deeply for our world and all its children. It's unlikely that any one of us will have all the answers to all the world's problems - but as Christians we are called to play our part, to listen to what God is saying to each one of us and to act on it in a way consistent with the circumstances in which we find ourselves.

Paul is very aware of this concept - how we use the resources given to us for speaking of, and living out, the gospel. He speaks rather enigmatically in this passage - but it is clear that he affirms that no matter what our own personal difficulties are we press on for the sake of Christ. And the Lord uses our weakness and works through it -

"My grace is sufficient for you" he says, "for power is made perfect in weakness."

We might think that Jesus would have faced none of these problems. After all, he is the Son of God. Ultimately he will overcome death itself. But it's not all plain sailing. By the time we get to this bit of Mark's account of the life of Jesus, Jesus has already astonished the folk in the synagogue by teaching with authority; he's gained a name for casting out evil spirits, curing the sick and even calming down extreme weather conditions. But when he comes back to his hometown, where he has been known as a child and as the son of the local carpenter, nobody can believe that this familiar individual can really be so wise; can really make all these amazing things happen. Jesus is seen as a very ordinary person indeed. As a prophet he's getting rather an unsympathetic reception.

But at this point, Jesus does something extraordinary. He sends his team of friends and helpers out on a mission - but he doesn't ensure that they are well equipped for their travels. Don't take extra clothing, he says, don't take spare food, don't bother with money - go in faith that you will find what you need on your travels. It takes great faith to trust completely to that extent - and yet, it is often the case, that when we have tried

relying on our own resources and failed, it is when we have nothing - that God comes to the rescue and helps us achieve what we believed to be impossible. We are encouraged never to give up on prayer; never to cease upholding to God all those ghastly situations in the world and in our own environment about which we feel we can do so little. If we allow ourselves to become depressed and despondent, then evil wins - and we simply mustn't allow that to happen. God calls us to be prophets, to speak of his love, his wisdom and to live out our lives in the light of his healing gospel. In humility we need to allow him to equip us, to lead us; and we can only do that through listening, through prayer and through recognising our encounters with him in the world.

O Lord of light and vision, open our eyes to behold your presence, to perceive your love and to see your purpose for us; that rejoicing in your presence and strengthened by your love we may do your will and become what you have called us to be; through Jesus Christ our Lord. Amen.

Post Communion

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard your word be deaf to clamour and dispute; may the tongues which have sung your praise be free from deceit; may the eyes which have seen the tokens of your love shine with the light of hope; and may the bodies which have been fed with your body be refreshed with the fullness of your life; glory to you for ever.

Next Sunday – July 28th Ninth 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.

Friston Classics on the Green Update

Friston had a wonderful day on Thursday (11th) at Classics on the Green. There was a good turn out of cars, motorbikes, and other vehicles, as well as spectators. I even met a couple that had travelled across from Belgium especially for the event. The weather held out, a copious amount of cake was eaten, the BBQ did a brisk trade, as did the bar on the green. Overall, an amazing **£3919.45** was raised!

We are so grateful to every single person who helped in any way, setting up, collecting donations, making cakes in advance, serving cake, tea, and coffee on the day, washing up, setting down, the list could go on. So many wonderful volunteers gave up their time, skills, and energy to make the day such a success. Thank you. I'm already looking forward to next year! Friston's big events are done for another summer, but everyone is welcome at any of our weekly services at St Mary's.

Rev'd Mary and the Friston PCC



Thanks to Wendy Ireland for the photos



Many congratulations to the Friston Team once again for another successful fund raising event.

† 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>

† 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

- Save the Children Concert with Nadia Lasserson and Friends – Monday 22nd July at 12 noon at Aldeburgh Parish Church
- Raking Days at Aldringham Churchyard – Thursday & Friday 25th/26th July from 9.30am
- Aldringham Parish Church Animal Service – August 4th at 3pm
- Alde Sandlings Benefice August Friday Markets, 9th, 23rd and 30th August – 10-12pm.
- Luceat Choir Lunchtime Concert – Tuesday 13th August at 12.30pm at Aldeburgh Parish Church
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18th at 6pm.
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am
- The Alde Sandlings Thanks God for the Harvest. The services start with.
Friston Harvest Festival Service at 10am – 15th September
Knodishall Harvest Service at 9.30am – 22nd 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/>

St Andrew's Aldringham

ANNUAL PETS SERVICE

Sunday 4th August 2024 at 3pm.

Join us for our Annual Pet Service. All pets be they large or small, dogs, cats, rabbits, ponies, sheep, goldfish, stick insects or whatever

are welcome to bring their well behaved owners to this annual outdoor service.

Weather permitting this service will be held outdoors, however if the weather is inclement then we will retire into the church





Your churchyard needs you....

St Andrew's, Aldringham

CHURCHYARD RAKING DAY

THURSDAY 25TH & FRIDAY 26TH

JULY 2024 - 9.30am

The grass in the churchyard has grown particularly long during the spring and will be cut in the middle of July. We are looking for as many volunteers as possible to help rake the grass to tidy the churchyard..

Your help would be very much appreciated. If you have a rake so much the better, if not we can provide.

Raking Day is always a fun occasion so come along and do bring your friends, all are very welcome and will be treated to a picnic lunch on the Friday.



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 19th August!

**If you can help at all, please contact
admin@aldeburghparishchurch.org.uk**



PLEASE SAVE YOUR CARDBOARD SO WE CAN MAKE THE RUBIK CUBES. IF YOU COULD BRING ANY SPARE CARDBOARD TO ALDEBURGH CHURCH ON FRIDAY 26TH JULY. THANK YOU!

'Fine singing from a choir that will go from strength to strength'

Cathedral Music

'A fine achievement'

Julian Lloyd Webber, Cellist and International Broadcaster

LUCEAT

LET ALL MORTAL FLESH

STANFORD, BAIRSTOW AND BRUCKNER
EAST ANGLIA TOUR 2024



SATURDAY 10 AUGUST

7.30pm, Holy Trinity, Blythburgh

SUNDAY 11 AUGUST

10am, Sung Eucharist
5.30pm, Concert
St Mary's Woodbridge

TUESDAY 13 AUGUST

12.30pm, St Peter and St Paul, Aldeburgh

WEDNESDAY 14 AUGUST

7pm, St Bartholomew, Orford

THURSDAY 15 AUGUST

12.30pm, Concert
7pm, Solemn Mass for the Assumption
Cathedral of St John the Baptist, Norwich

Tickets available in advance or on the door via donation.

www.luceatchoir.co.uk/events



† **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 and 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

9th & 23rd and 30th 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 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

