



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 28th July Ninth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Nichola Winter
	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 Rector, Rev'd Sarah du Boulay

Dear friends,

Can you believe it's nearly August? If you pop your head out of a window (any window), it's obvious already how many more people are around and how much busier our benefice is.

As always, we have a lot of wonderful things planned for August – the Friday markets, Flower Shows, Fetes, Coffee Mornings, Outdoor Praise, Pet Service, outdoor services to name but a few. We're going to be busy! Please do check the 'dates for your diary' section, make a note and invite your friends.

We are also planning for autumn and Christmas already, so watch this space. Our wonderful teams are praying and working hard behind the scenes to ensure that we are joining in with God's plans for us. Please do join in with praying – it is, after all, the foundation upon which our spiritual lives are based.

Looking forward to seeing you all over the summer,

With prayers,

Sarah

Collect

Almighty God, who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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 11.1-15

In the spring of the year, the time when kings go out to battle, David sent Joab with his officers and all Israel with him; they ravaged the Ammonites, and besieged Rabbah. But David remained at Jerusalem. It happened, late one afternoon, when David rose from his couch and was walking about on the roof of the king's house, that he saw from the roof a woman bathing; the woman was very beautiful. David sent someone to inquire about the woman. It was reported, 'This is Bathsheba daughter of Eliam, the wife of Uriah the Hittite.' So David sent messengers to fetch her, and she came to him, and he lay with her. (Now she was purifying herself after her period.) Then she returned to her house. The woman conceived; and she sent and told David, 'I am pregnant.' So David sent word to Joab, 'Send me Uriah the Hittite.' And Joab sent Uriah to David. When Uriah came to him, David asked how Joab and the people fared, and how the war was going. Then David said to Uriah, 'Go down to your house, and wash your feet.' Uriah went out of the king's house, and there followed him a present from the king. But Uriah slept at the entrance of the king's house with all the servants of his lord, and did not go down to his house. When they told David, 'Uriah did not go down to his house', David said to Uriah, 'You have just come from a journey. Why did you not go down to your house?' Uriah said to David, 'The ark and Israel and Judah remain in booths; and my lord Joab and the servants of my lord are camping in the open field; shall I then go to my house, to eat and to drink, and to lie with my wife?

As you live, and as your soul lives, I will not do such a thing.’ Then David said to Uriah, ‘Remain here today also, and tomorrow I will send you back.’ So Uriah remained in Jerusalem that day. On the next day, David invited him to eat and drink in his presence and made him drunk; and in the evening he went out to lie on his couch with the servants of his lord, but he did not go down to his house. In the morning David wrote a letter to Joab, and sent it by the hand of Uriah. In the letter he wrote, ‘Set Uriah in the forefront of the hardest fighting, and then draw back from him, so that he may be struck down and die.’

Second Reading

Ephesians 3.14-end

For this reason I bow my knees before the Father, from whom every family in heaven and on earth takes its name. I pray that, according to the riches of his glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love. I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, so that you may be filled with all the fullness of God. Now to him who by the power at work within us is able to accomplish abundantly far more than all we can ask or imagine, to him be glory in the church and in Christ Jesus to all generations, for ever and ever. Amen.

Gospel Reading

John 6.1-21

After this Jesus went to the other side of the Sea of Galilee, also called the Sea of Tiberias. A large crowd kept following him, because they saw the signs that he was doing for the sick. Jesus went up the mountain and sat down there with his disciples. Now the Passover, the festival of the Jews, was near. When he looked up and saw a large crowd coming towards him, Jesus said to Philip, ‘Where are we to buy bread for these people to eat?’ He said this to test him, for he himself knew what he was going to do. Philip answered him, ‘Six months’ wages would not buy enough bread for each of them to get a little.’ One of his disciples, Andrew, Simon Peter’s brother, said to him, ‘There is a boy here who has five barley loaves and two fish. But what are they among so many people?’ Jesus said, ‘Make the people sit down.’ Now there was a great deal of grass in the place; so they sat down, about five thousand in all. Then Jesus took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. When they were

satisfied, he told his disciples, 'Gather up the fragments left over, so that nothing may be lost.' So they gathered them up, and from the fragments of the five barley loaves, left by those who had eaten, they filled twelve baskets. When the people saw the sign that he had done, they began to say, 'This is indeed the prophet who is to come into the world.' When Jesus realized that they were about to come and take him by force to make him king, he withdrew again to the mountain by himself. When evening came, his disciples went down to the lake, got into a boat, and started across the lake to Capernaum. It was now dark, and Jesus had not yet come to them. The lake became rough because a strong wind was blowing. When they had rowed about three or four miles, they saw Jesus walking on the lake and coming near the boat, and they were terrified. But he said to them, 'It is I; do not be afraid.' Then they wanted to take him into the boat, and immediately the boat reached the land towards which they were going.

Sermon from Rev'd Mary Brown, on Sunday 21st July at Aldringham

Last week the lectionary took us into the book of Ephesians, where we will be for our epistle reading for the next couple of months. Last week we didn't have the Ephesians reading here because we were celebrating Sea Sunday with special readings. So I'm going to begin today with an overview of Ephesians before making some comments on the specific reading from today. Ephesians is one of my favourite books of the Bible (if that's allowed!) It's chock full of encouragement and hope.

To give you a taste of why I love this book so much, I'm going to start by sharing a few of the things Paul writes that I find most encouraging. In this letter Paul tells us:

- That we have been blessed with every spiritual blessing! (1:3)
- That the same power that raised Christ from the dead lives in us! (1:19-20)
- That God is able to do abundantly more than we could ask or imagine! (3:20)
- That in Christ Jesus we are safe from the enemy, dressed in the full armour of God. (6:10-17)

Let's just take a minute to let these truths sink in...

Those messages of hope are one reason I love Ephesians. Another is the prayers that Paul prays for those to whom he is writing. There is one at the end of Chapter 1, and another at the end of Chapter 3. They are rich

and bold prayers, prayers that his readers - (that includes us) - would have wisdom from God, would have our eyes opened by the Holy Spirit, would really know the hope that we have in Jesus, and would know that we are Jesus' precious inheritance. Prayers that God would give us the strength and power we need in the Holy Spirit to understand just how vast his love is for us - and that we would be filled with all the fullness of God.

These prayers show us that Paul really believes what he says - that God is able to do abundantly more than we could ask or imagine. Paul prays prayers that stretch our hope muscles, that challenge us to believe that astounding things can happen in God's power.

Ephesians has two main sections, the first is a summary of the gospel and what it means for those who believe, the second is focused on how to live in light of the gospel.

There's my introduction and brief overview of the book of Ephesians. Now let's take a look at today's passage.

Paul starts by reminding us where we came from, that once we were without hope and without God, but that now we have been brought near to God through Christ's blood. Christ's blood here is shorthand for Jesus's giving of himself on the cross. It is through Jesus' death for us that we are able to come near to God, to be part of his church.

He ends this point by saying that through Christ we have access in the Spirit to the Father. One of the statements I pulled out from Ephesians at the beginning of this sermon is that the Holy Spirit lives in us. When we are claimed as Christ's in baptism God sends his Holy Spirit to live in us. With the Holy Spirit living in us, we can confidently approach God - we have access to the Father. Through Christ, in the Holy Spirit, we are welcomed in, brought near, there is no longer any separation between us and God.

The last four verses of this section are about the church - how it is built - what it is made of. Paul tells us that God's house is built like this: Jesus Christ is the cornerstone, the apostles and the prophets are the foundations, and we are the bricks - built onto that foundation, held together by that cornerstone. Paul describes the church as a living, breathing, growing structure in which God dwells.

Take a look around you for a moment...Paul tells us that you, and each person sitting next to you, in front of you, behind you, are being joined together to grow into the Lord's holy temple, a dwelling place for God.

But it is not just those of us here in this church this morning who are part of this building. Paul is telling us that every believer is part of this same spiritual building. So when you're in the vestry after this service having a cup of tea and a biscuit - look across at the person you are talking to, and remember that they, like you, are part of the very fabric of God's house.

I spoke at the beginning of this sermon about the prayers that Paul prays in chapters 1 and 3 of Ephesians. We've then heard from today's reading that Christ's blood has brought us near to God, that the Holy Spirit lives in us, and that together we are God's dwelling place. If we have been brought near to God, if the Holy Spirit lives in us, and if we are God's dwelling place, then we have every reason to pray bold and confident prayers, just like Paul does.

Like Paul, I really do believe that God answers prayer, and I believe that no situation or circumstance is too big or too small to pray about. God is interested in every single detail of our lives, he loves us more than we could ever imagine, and he has the power to answer prayer.

If praying big prayers and believing that God will answer them is new to you, why not start by borrowing Paul's prayers. You can read them through and change the pronouns to 'I' or 'we' instead of 'you' and pray these prayers for yourselves and for the church here in Alde Sandlings Benefice. Then let's see what happens, let's ask each other how God is answering these prayers in our lives.

I'd also like to encourage you to find time this summer to read the whole letter to the Ephesians. The lectionary gives us sections of it, but not the whole thing. It doesn't take long, and I hope we've seen today that it is well worth the time. Here are some links to a couple of resources that might help as you get to grips with this book of the Bible. I've been enjoying the translation 'New Testament for Everyone' by Tom Wright recently, and it's available to read online here:

<https://www.biblegateway.com/passage/?search=Ephesians+1&version=NTFE>

The Bible Project overview videos are really helpful when getting to grips with a book of the Bible, the Ephesians video is here:

<https://bibleproject.com/explore/video/ephesians/> Let's all make the time to read the whole letter through, then let each other know what we think about it.

Post Communion

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God:
in that new world where you reveal the fullness of your peace,
gather people of every race and language to share in the eternal banquet of Jesus Christ our Lord.

Next Sunday – August 4th Tenth Sunday after Trinity

ALDEBURGH PARISH CHURCH WELCOMES YOU



Coffee Fellowship

PLEASE COME AND JOIN US FOR OUR
AUGUST COFFEE MORNINGS
ON SATURDAY 10TH & 24TH AUGUST
FROM 10AM – 12 NOON AT THE CHURCH



Coffee & Chat

A CHANCE TO CATCH UP WITH OLD FRIENDS AND MEET NEW ONES.

CALLING FOR VOLUNTEERS FOR THESE TWO MORNINGS.
CAN YOU SPARE SOME TIME TO WELCOME ALL OF OUR VISITORS
AND PROVIDE REFRESHMENTS? PLEASE LET A
MEMBER OF CLERGY/SIDESPERSON KNOW, OR
EMAIL admin@aldeburghparishchurch.org.uk



† 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>

† 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

- Aldringham Parish Church Animal Service – August 4th at 3pm
- Alde Sandlings Benefice August Friday Markets, 9th, 23rd and 30th August – 10-12pm.
- Aldeburgh Coffee Mornings – Saturday 10th & 24th 10-12 noon
- 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

'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 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

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!

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



St Andrew's Parish Church Aldringham



CHORAL EVENSONG

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

YOU ARE ALL MOST
WELCOME

