



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
Email: revd.sarah@btinternet.com
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 20th June Fifth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Very Revd Christopher Lewis
	11.00am	Holy Communion	Revd Mary Brown
Aldringham	11.00am	Said Morning Prayer <i>followed by Coffee</i>	Led by Elders
	5.00pm	Evensong	Revd Mary Brown
Friston	9.30am	Service of the Word	Revd Mary Brown
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear friends,

By the time you read this, I will have started my month long study leave/ sabbatical/ break (whatever you'd like to call it!). I will miss you all, and miss the job of being your vicar, but I hope to come back refreshed, renewed and ready to go again. I will be focussing on self-care and on my personal relationship with God during this time. What a privilege it is to be able to do this.

I leave you (temporarily!) in the very capable hands of the rest of the team here, and look forward to seeing you all again in the middle of August.

With my love and prayers as always

Sarah

The Alde Sandlings Saturday Gratitude

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

In the Alde Sandlings benefice, this I am grateful for all of you! For the people who make up the communities in which we live and serve. What an absolute joy and privilege it is to be here together. God is good!

Revd Sarah

Collect

Almighty and everlasting God,
by whose Spirit the whole body of the Church is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
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

Amos 8.1-12

This is what the Lord God showed me—a basket of summer fruit. He said, ‘Amos, what do you see?’ And I said, ‘A basket of summer fruit.’ Then the Lord said to me, ‘The end has come upon my people Israel; I will never again pass them by. The songs of the temple shall become wailings on that day,’ says the Lord God; ‘the dead bodies shall be many, cast out in every place. Be silent!’ Hear this, you that trample on the needy, and bring to ruin the poor of the land, saying, ‘When will the new moon be over so that we may sell grain; and the sabbath, so that we may offer wheat for sale? We will make the ephah small and the shekel great, and practise deceit with false balances, buying the poor for silver and the needy for a pair of sandals, and selling the sweepings of the wheat.’ The Lord has sworn by the pride of Jacob: Surely I will never forget any of their deeds.

Shall not the land tremble on this account, and everyone mourn who lives in it, and all of it rise like the Nile, and be tossed about and sink again, like the Nile of Egypt? On that day, says the Lord God, I will make the sun go down at noon, and darken the earth in broad daylight. I will turn your feasts into mourning, and all your songs into lamentation; I will bring sackcloth on all loins, and baldness on every head; I will make it like the mourning for an only son, and the end of it like a bitter day. The time is surely coming, says the Lord God, when I will send a famine on the land; not a famine of bread, or a thirst for water, but of hearing the words of the Lord. They shall wander from sea to sea, and from north to east; they shall run to and fro, seeking the word of the Lord, but they shall not find it.

Second Reading

Colossians 1.15-28

He is the image of the invisible God, the firstborn of all creation; for in him all things in heaven and on earth were created, things visible and invisible, whether thrones or dominions or rulers or powers—all things have been created through him and for him. He himself is before all things, and in him all things hold together. He is the head of the body, the church; he is the beginning, the firstborn from the dead, so that he might come to have first place in everything. For in him all the fullness of God was pleased to dwell, and through him God was pleased to reconcile to himself all things, whether on earth or in heaven, by making peace through the blood of his cross. And you who were once estranged and hostile in mind, doing evil deeds, he has now reconciled in his fleshly body through death, so as to present you holy and blameless and irreproachable before him—provided that you continue securely established and steadfast in the faith, without shifting from the hope promised by the gospel that you heard, which has been proclaimed to every creature under heaven. I, Paul, became a servant of this gospel. I am now rejoicing in my sufferings for your sake, and in my flesh I am completing what is lacking in Christ's afflictions for the sake of his body, that is, the church. I became its servant according to God's commission that was given to me for you, to make the word of God fully known, the mystery that has been hidden throughout the ages and generations but has now been revealed to his saints. To them God chose to make known how great among the Gentiles are the riches of the glory of this mystery, which is Christ in you, the hope of glory. It is he whom we proclaim, warning everyone and teaching everyone in all wisdom, so that we may present everyone mature in Christ.

Gospel Reading

Luke 10.38-end

Now as they went on their way, he entered a certain village, where a woman named Martha welcomed him into her home. She had a sister named Mary, who sat at the Lord's feet and listened to what he was saying. But Martha was distracted by her many tasks; so she came to him and asked, 'Lord, do you not care that my sister has left me to do all the work by myself? Tell her then to help me.' But the Lord answered her, 'Martha, Martha, you are worried and distracted by many things; there is need of only one thing. Mary has chosen the better part, which will not be taken away from her.'

Sermon by Revd Sarah du Boulay, 13th July – Fourth Sunday after Trinity/Sea Sunday

The parable of the Good Samaritan is one that many of us are familiar with. It reminds us that we should always be willing to help people who are in trouble and to respond to those who need our help. It challenges us to go beyond ourselves and to see people as neighbours, even though they may be different to us in some way.

And it raises an important question. Who is my neighbour?

At first glance it is a simple question. Generally, our neighbour is the person who lives near us, or the people we meet from day to day, but these days our neighbour also includes people who are brought near to us in other ways. Television and social media have opened us up to the world. Suddenly people in other countries and far places have become our neighbours. We now find ourselves involved in things that are happening elsewhere in the world. It might be entertaining things like the Olympics or sports championships, but it might also be tragic things like war, civil unrest and natural disasters.

Jesus uses this parable to teach us about love and compassion, both our love for God and our love for others. So, who is your neighbour?

In the Parable of the Good Samaritan, only the Samaritan heard God's call and responded. If Jesus gave the parable today, it would be as if a man had been mugged, abused, and dropped in a sewer waiting to die and the Pope and Missionaries of Charity, hearing the groaning, crossed the road so that they wouldn't get involved, but then a drug dealer, or a member of Al

Qaeda, or a child molester, or someone else many of the people in the world think a despicable lower, drew near to care for him, nurse him back to health and sacrifice money for future care.

Samaritans were people whom Jews thought were perpetually in flight from God by worshipping God on Mount Gerizim rather than in Jerusalem, but here we see it was the Priest and the Levite who were fleeing from the love of God and love of neighbour. It was the 'good guys' who were fleeing from the type of charity to which God was calling them at the moment.

So what leads to the transition from fleeing from the Lord to that of drawing near? I would argue that it's prayer. Prayer, real contact with God, which transforms us from those who flee from the Lord to those who serve and love the Lord. God himself transforms us to set us on his path.

In the Gospel story today, Jesus changed the way that he looked at loving his neighbour from "objectively" seeking to define who was and was not his neighbour that he should treat with love, but in "subjectively" becoming a neighbour to everyone, to be willing to love and treat with mercy whoever one meets. It's a subtle but very important change in position – not who is my neighbour, but to whom am I a neighbour?

In 1856 Revd John Ashley, was on holiday near the Bristol Channel. As he looked out over the Bristol Channel, he saw hundreds of sailing ships at anchor far off shore and he realised that the seafarers working on those ships had no one to minister to them. He recognised that these seafarers were his neighbours and he became a chaplain for seafarers, devoting his life to ministering to them.

Sea Sunday is important because it is the one day set aside in the year for churches to remember seafarers. These are the people who work on our oceans, sailing ships across the seas often in difficult circumstances, bringing us the goods we need to live and the materials for industry. Seafaring is a hidden world. It is generally invisible to mainstream society, especially to those of us who do not live in coastal areas, but the people who work on these ships are our neighbours and it is important that we remember them.

Today, over 160 years later than his holiday, Revd John Ashley's visionary work continues through The Mission to Seafarers. Here, in Alde Sandlings benefice, these people are literally our physical neighbours as well as our

spiritual neighbours. A day when the story of the Good Samaritan is brought to life for us. As St. John Paul II wrote in *Love and Responsibility*; a human being is someone to whom the only worthy response is love.

This is what Jesus did to us, drawing close to us when we were metaphorically dying, left in a ditch, left for dead. He bound our wounds, carried us on his shoulders, poured his precious blood into us, brought us to the inn of the Church and promised to repay everyone who is kind to us at his second coming. And he as a Good Samaritan continues to come to us every morning. He wants us to follow him in loving like this. Many times we're tempted to run away from this vocation. We have lots of good excuses, lots of things we need to do that we prioritize over charity. But Jesus wants us to grasp that the most important thing we need to do, the greatest way we can serve him, is by loving God with all we've got and loving our neighbour, the concrete neighbour in need whom we encounter each day. Loving that neighbour in deeds is what he wants.

So as I leave you for a month for my sabbatical, it seems fitting that I leave you with the words of Scripture I know I quote more often to you than any other. The very words, in fact, that our Gospel reading today begins with:

“Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind”; and ‘Love your neighbour as yourself.’”

Amen.

Post Communion

Grant, O Lord, we beseech you,
that the course of this world may be so peaceably ordered by your
governance, that your Church may joyfully serve you in all godly quietness;
through Jesus Christ our Lord.

Next Week
Sunday 27th July
The Sixth Sunday after Trinity

The Alde Sandlings – Catch Up

There is never a “quiet week” at The Alde Sandlings. Here is a brief summary of what we have been up to the last couple of weeks.

At Aldeburgh, we finished hosting the last of the Festival concerts with Britten Pears Arts. A huge success and all concerts were sold out. We have had thanksgiving services and funerals, and the wedding season has most certainly started. The Aldeburgh choir also had a boat trip on the Lady Florence, spending 3 hrs on the River Ore and Alde.

*The lovely Bethan and Tom, who married at Aldeburgh on a very hot 28th June afternoon. Congratulations to Mr and Mrs Haste.
Thanks Bethan for the photo*



*The Aldeburgh Choir on the 5th July on the Lady Florence.
Thanks to Mary and Jane for the photos.*



Aldringham have been busy with preparing for their Evensong services and enjoying services outside again in their beautiful churchyard.

Aldringham now have a new treasurer Sandra Harle, who we all welcome into the benefice family. We hope David Gordon, who has been treasurer for Aldringham for many many years can enjoy the ever so slightly freer time he now has with Sarah.

Knodishall have had a fun visit from the local school children, and have been incredibly busy with the organising and publishing of the plans for the Mission room. They are also frantically collecting books and jigsaws for the upcoming Benefice Friday Markets.

And Friston – Well.... they have only done it again! Another fund-raising triumph with their Classics on The Green.

Message from Caroline Spendlove (Friston Treasurer)

Thursday 15th July saw the last fundraiser for the summer in Friston, and we took the staggering amount of £3300.00 on the day. The success was partly due to the wonderful variety of cars and bikes available to view, the glorious sunny weather enticing so many visitors to our event but largely down to the wonderful Friston villagers who gave up their time freely to help and support this popular annual fundraiser. A great day was had by all. Thank you so much from Friston PCC. Thanks to Wendy Ireland for the photos.



† 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>

£££ 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, 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/>

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>

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness 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.

Evensong Services

We are pleased to inform you that the Evensong services are returning to Aldeburgh and Aldringham. Aldeburgh's will be the first Sunday of the month starting in June at 6pm and Aldringham's will be every 3rd Sunday of the month

Summer Gatherings at Aldeburgh Parish Church Hall

Every first Sunday after the 11am Family Service, do bring a picnic lunch with you to enjoy in the Church Hall where tea and coffee will also be served. A great opportunity for fellowship and enjoy a meal together after worship.

ALL WELCOME

The Alde Sandlings, Dates for your Diary

- Wheelhouse at Aldeburgh Church Hall – Second Tuesday of the month 12-3pm
- Evensong – Aldeburgh Every first Sunday at 6pm
- Evensong – Aldringham Every third Sunday at 5pm
- Aldeburgh - Benefice Friday Markets – 1st, 8th, 22nd & 29th August
- Knodishall – St Lawrence, Patronal Service, August 10th at 9.30am
- Aldringham Church – Animal Service, August 10th at 3pm
- Friston – St Mary the Virgin, Patronal Service, August 17th at **11.00am** followed by a thank you get together for all the fund raising efforts.
- Aldeburgh Carnival Songs of Praise – Sunday 17th August 6pm
- Aldeburgh – Tuesday 26th at 12 noon. Nadia & Friends Concert
- Aldringham – Benefice Service, 31st August at 11am.
- All Benefice – Suffolk Historic Churches Trust, Ride & Stride – Saturday 13th September – more details to follow.
- Friston – Harvest Festival Service, September 14th at 9.30am
- Aldringham – Battle of Britain Service, September 14th at 11am
- Knodishall – Harvest Festival Service, September 21st at 9.30am
- Aldringham – Harvest Festival Service, September 28th at 11.00am
- Aldeburgh – Harvest Festival Service, October 5th at 11.00am

Aldringham Churchyard Picnic Time

Every fourth Sunday of the month after Aldringham's I I am family service we invite you to bring along a picnic and a chair.

This will give everyone the perfect opportunity to get together for some fellowship conversation.

Weather permitting!

The Alde Sandlings Benefice Newsletter

If you would like something added that is relevant to the Alde

Sandlings Benefice, please send to Claire at

admin@aldeburghparishchurch.org.uk by

Midday on the Thursday beforehand. Thank you.

† Pilgrims Together †

10 am Sundays in July & August

Celtic style worship by the Fish Pond by the Meare

All are welcome to any of the Pilgrims events.

August Friday Markets 2025 at Aldeburgh Parish Church

This year the popular Alde Sandlings Benefice Friday Markets will be on the 1st, 8th 22nd and 29th 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.

Books and puzzles, please take to the Knodishall stall on the morning of the market.

Please bring items to the church hall, the week of the Friday Markets, as we have nowhere to store them unfortunately. Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, bring on the day, please.



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

FRIDAY MARKETS in August 2025

**1st - 8th - 22nd & 29th August
10-12pm**

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 & Refreshments Served

ALL MOST WELCOME

Cash only please!



Always wanted to sing?

Why not join Friston Community Choir!

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

This will be held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones

email: fristonvillage@gmail.com

We look forward to seeing you!

**Lunchtime Classical
Concert Series
Aldeburgh Parish Church**

**Tuesday 26th August
at 12 noon**

The highly successful Lunchtime Classics Concert
Series in aid of Save the Children continue into August 2025,
with the return of:

Helen Stanley (Violin)
Nadia Lasserson (Piano)
with local musicians
Tom Hodgkinson (Guitar)
Theodor Nisbet (Bass)
Anneka Vetter (Soprano)

to include works by Schubert and Mozart

**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