



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 27th July Sixth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
Aldringham	11.00am	Family Service <i>followed by picnic</i>	Led by Elders
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall		Joining Friston for HC	

A message from Revd Mary Brown

I spent my summer holiday a couple of weeks ago staying with a friend on the Isles of Scilly. One thing I enjoyed whilst there was praying using some of the ancient labyrinths that are currently being restored on the islands. It was a very special experience.

Last Sunday at two of the services in the Benefice we used a finger labyrinth in place of the prayers of intercession. A labyrinth is different from a maze in that there are no dead ends or wrong turns - you cannot get lost in a labyrinth. The path leads into a central spot, and then you follow the same path back out. See images below.

There are a few different ways to pray with a labyrinth or a finger labyrinth. I recommend starting in this way, but you should feel free to use it in the way that works best for you:

- as you follow the path inwards, bring before God anything that is on your heart and mind, anything weighing you down, any issue or problem either personal or further afield
- as you move towards the middle allow God to take the weight of these issues from you, listen to anything God may have to say to you about these things
- once you get to the middle, spend some time sitting with God, allow yourself look at Jesus looking at you with love, take however long you need
- as you trace the path back out of the labyrinth ask God to prepare you for whatever is ahead in your day or week, perhaps ask God if he has a word or picture of encouragement for you to take with you.

With love and prayers,

Mary



Collect

Merciful God, you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in all things and above all things,
may obtain your promises, which exceed all that we can desire;
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

Hosea 1.2-10

When the Lord first spoke through Hosea, the Lord said to Hosea, 'Go, take for yourself a wife of whoredom and have children of whoredom, for the land commits great whoredom by forsaking the Lord.' So he went and took Gomer daughter of Diblaim, and she conceived and bore him a son. And the Lord said to him, 'Name him Jezreel; for in a little while I will punish the house of Jehu for the blood of Jezreel, and I will put an end to the kingdom of the house of Israel. On that day I will break the bow of Israel in the valley of Jezreel.' She conceived again and bore a daughter. Then the Lord said to him, 'Name her Lo-ruhamah, for I will no longer have pity on the house of Israel or forgive them. But I will have pity on the house of Judah, and I will save them by the Lord their God; I will not save them by bow, or by sword, or by war, or by horses, or by horsemen.' When she had weaned Lo-ruhamah, she conceived and bore a son. Then the Lord said, 'Name him Lo-ammi, for you are not my people and I am not your God.' Yet the number of the people of Israel shall be like the sand of the sea, which can be neither measured nor numbered; and in the place where it was said to them, 'You are not my people', it shall be said to them, 'Children of the living God.'

Second Reading

Colossians 2.6-19

As you therefore have received Christ Jesus the Lord, continue to live your lives in him, rooted and built up in him and established in the faith, just as you were taught, abounding in thanksgiving. See to it that no one takes you captive through philosophy and empty deceit, according to human tradition, according to the elemental spirits of the universe, and not according to Christ. For in him the whole fullness of deity dwells bodily, and you have come to fullness in him, who is the head of every ruler and authority. In him also you were circumcised with a spiritual circumcision, by putting off the body of the flesh in the circumcision of Christ; when you were buried with him in baptism, you were also raised with him through faith in the power of God, who raised him from the dead. And when you were dead in trespasses and the uncircumcision of your flesh, God made you alive together with him, when he forgave us all our trespasses, erasing the record that stood against us with its legal

demands. He set this aside, nailing it to the cross. He disarmed the rulers and authorities and made a public example of them, triumphing over them in it. Therefore do not let anyone condemn you in matters of food and drink or of observing festivals, new moons, or sabbaths. These are only a shadow of what is to come, but the substance belongs to Christ. Do not let anyone disqualify you, insisting on self-abasement and worship of angels, dwelling on visions, puffed up without cause by a human way of thinking, and not holding fast to the head, from whom the whole body, nourished and held together by its ligaments and sinews, grows with a growth that is from God.

Gospel Reading

Luke 11.1-13

He was praying in a certain place, and after he had finished, one of his disciples said to him, ‘Lord, teach us to pray, as John taught his disciples.’ He said to them, ‘When you pray, say: Father, hallowed be your name. Your kingdom come. Give us each day our daily bread. And forgive us our sins, for we ourselves forgive everyone indebted to us. And do not bring us to the time of trial.’ And he said to them, ‘Suppose one of you has a friend, and you go to him at midnight and say to him, “Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.” And he answers from within, “Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.” I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs. ‘So I say to you, Ask, and it will be given to you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!’

**Sermon by Revd Mary Brown,
20th July – Fifth Sunday after Trinity**

I've recently rearranged the furniture in my office, and it has finally become a nice space to work, so I'm now working there, instead of at the dining room table. One thing I have found with this new arrangement is that each morning I have to sweep sand off my desk before I begin work. Which will seem rather strange, especially to those of you who don't know that I have a little ginger cat called Zach. In this weather Zach likes to spend most of his days asleep in nests he's made under hedges in my garden. On my sandy soil. But when I am home, Zach wants to be with me, as close as he can get. So, since I rearranged my office, he has taken to finding a spot on my desk that is free of mugs and books, and curling up to sleep whilst I work. Often, he ends up squeezed under the computer screen, behind the book stand, and perilously close to the edge of the desk. There are more comfortable places to sleep, including a soft chair in the same room, but he chooses closeness over comfort. And one consequence is sand on my desk each morning.

Why am I starting today with a little story about my cat?

Because as I was reading and studying the gospel reading this week, I looked across at Zach, curled up happily asleep in his desk spot, and realised that in some ways this was an illustration of the peace that Mary exhibited as she sat at Jesus' feet listening to what he was saying. No analogy is perfect, but as I looked at Zach and read about Mary, I was challenged to ask myself if I was prioritising closeness to Jesus.

When Martha goes to Jesus, frustrated that her sister is not helping her with the practical tasks of hosting their guests, frustrated that there is so much work and Mary has left her to do it all herself, she doesn't get the answer that she is expecting, or the answer that I expect she was hoping for.

Feeling overwhelmed Martha went straight to Jesus, the problem wasn't that she didn't recognise who Jesus was or the difference he could make to her life. Martha clearly trusted Jesus to be compassionate towards her, concerned with her needs, and to have the authority to bring resolution to the situation.

But though Martha was right about who Jesus was and what he could do, she didn't get the answer she wanted. Instead Jesus told her that Mary had chosen the 'better part' the 'one thing' that there is need of. Yes, Martha was working hard to be a good host, but it was actually Mary who was

hosting Jesus in the way he wanted to be hosted - by taking the posture of a disciple, sitting at his feet and listening, allowing herself to be shaped by his presence, his person and his teaching.

Our New Testament reading today, from the first chapter of Colossians, can help us to take up this same posture of sitting at Jesus' feet - can help us to see why this is the better part - the one thing that is needed.

Here at the beginning of the letter to the Colossians Paul includes this beautiful hymn to Christ. This passage of Colossians has been important to me for a long time. It is my go to Bible passage when I need reminding of who Jesus is, whose feet I am invited to sit at, whose hands I have put my life into. When I was working as a history teacher in Peterborough I had a necklace made stamped with the words 'in him all things hold together' - I wore it every day as a constant reminder so that when the busyness, stress and worry of teaching in a large inner-city academy threatened to overwhelm me (which was most of the time!) I was reminded whose feet I was sitting at, whose power was my strength, whose love motivated my acts of service.

The theologian Tom Wright says this about the poem (or hymn as I like to think of it):

'It is worth going quite slowly through the poem and pondering the depths of meaning that are to be found in it. Christianity isn't about a particular way of being religious. It isn't about a particulate system for how to be saved here or hereafter. It isn't simply a different way of holiness. Christianity is about Jesus Christ.'

When we read slowly and carefully through this passage we see:

- that Jesus is the image of God and that in Jesus all the fullness of God was pleased to dwell- it is by looking at Jesus that we see what God is like, it is by knowing Jesus that we come to know God
- That Jesus is before all things
- That everything in all of creation was created in, through and for him
- That in Jesus all things hold together - I like to think about this at the level of atoms and quantum particles - this piece of paper I am holding stays together as a piece of paper because Jesus chooses in this moment to keep it as a piece of paper - all that we know depends upon Jesus to carry on existing

- That through Jesus God has reconciled all of creation to himself
- That is it through Jesus' body and blood, which we celebrate and remember when we gather around the communion table that we, and all creation with us, are invited to sit at Jesus' feet

In the rest of the reading Paul tells the Colossians, and us, that our faith is founded in this description of who Jesus is, that it is because of Jesus that we have faith, that we are reconciled to God, that we have the hope of glory. I can't do justice to the whole of this reading in the time I have - I've already preached for longer than we are used to - I strongly commend spending some more time in this passage this week.

So how this week, can we practice sitting at the feet of Jesus?

Perhaps this week sitting at the feet of Jesus might look reading Colossians 1:15-20 through each morning when you first wake up, taking the time to reflect on who Jesus is and how abundantly he loves us.

In a moment in our time of intercession, we are going to be using a finger labyrinth to shape our prayers. Perhaps sitting at the feet of Jesus this week might look like using the finger labyrinth in prayer each day. You could combine the two, using the words from Colossians as your own prayer as you trace your finger around the labyrinth. (See images at the beginning of this newsletter).

However you choose to do it this week, I commend to you taking or making the time to sit at the feet of Jesus, to feel his eyes looking at you with fathomless love, to allow that love to shape your minutes, your hours, your days, to allow that love to rework your heart. To become someone who, like Mary, can lay aside your busyness and soak in Jesus' presence.

Because as both of these readings tell us:

There is a place for you at the feet of Jesus.

There is a place of welcome at the feet of Jesus.

There is a place of rest at the feet of Jesus.

There is a place of receiving at the feet of Jesus.

There is a place of learning at the feet of Jesus.

Whoever you are, there is a place for you at the feet of Jesus.

There is a place for the busy at the feet of Jesus.

There is a place for the weary at the feet of Jesus.

There is a place for the cynical at the feet of Jesus.

There is a place for the outcast at the feet of Jesus.

Post Communion

God of our pilgrimage,
you have led us to the living water:
refresh and sustain us
as we go forward on our journey,
in the name of Jesus Christ our Lord.

Next Week Sunday 3rd August Seventh Sunday after Trinity

† 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>

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.

Raking Days at St Andrew's – Aldringham

The team at Aldringham had their annual raking days last week to keep on top of vegetation in the churchyard. This is always a pull together and get the job done effort by this hard working loyal team. Do pop by and take a look at their efforts. Have a seat to just have a quiet moment with God in this beautiful churchyard.



The 2025 Suffolk Historic Churches Ride and Stride Saturday 13th September 9am-5pm

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust.

The Alde Sandlings communities always contribute hugely.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please contact you SHCT organiser:

Aldeburgh – Fran Smith –

admin@aldeburghparishchurch.org.uk

Aldringham – Sara Newman – 01394 385463

Friston – admin@aldeburghparishchurch.org.uk

Knodishall – John & Ros Macallister -

admin@aldeburghparishchurch.org.uk



Good Luck Everyone!

£££ 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. **ALDRINGHAM AUGUST EVENSONG CANCELLED.**

Summer Gatherings at Aldeburgh Parish Church Hall

Every first Sunday after the I I am 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

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, Dates for your Diary

- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday. Aldringham – Every Thursday – Friston – Every Monday Knodishall – Every Tuesday.
- 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 – AUGUST CANCELLED
- 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
- Aldeburgh Church – Luceat Choir Concert – August 11th at 3.30pm
- Friston – St Mary the Virgin, Patronal Service, August 17th at **11.00am**
- 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 – Messy Church – October 4th 10-12 noon
- Aldeburgh – Harvest Festival Service, October 5th at 11.00am

† 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

'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

MASTERS OF SACRED SONG

PALESTRINA & GIBBONS
EAST ANGLIA TOUR 2025



SUNDAY 10 AUGUST

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

MONDAY 11 AUGUST

3.30pm, St Peter and St Paul, Aldeburgh

TUESDAY 12 AUGUST

6.30pm, Holy Trinity, Blythburgh

THURSDAY 14 AUGUST

6.30pm, St Bartholomew, Orford

FRIDAY 15 AUGUST

12.30pm, Concert
5.30pm, 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

Luceat, the vibrant chamber choir acclaimed for its clarity of tone and refined interpretation of Renaissance polyphony, announces a special summer tour marking the anniversary year of two choral titans: Orlando Gibbons (1583–1625) and Giovanni Pierluigi da Palestrina (c.1525–1594). This commemorative tour, titled *Masters of Polyphony: Gibbons & Palestrina 2025*, brings the music of these two Renaissance masters to the stunning medieval churches of Suffolk and Norfolk, including Aldeburgh, Orford, Woodbridge, the atmospheric 'Cathedral of the Marshes' at Blythburgh, and the magnificent Norwich Roman Catholic Cathedral. In this milestone year, Luceat offers a rich and reflective programme, placing the expressive English verse anthems of Gibbons alongside the luminous Roman polyphony of Palestrina, creating a conversation across nations and centuries. Celebrating 400 years since Gibbons' death and marking the 500th anniversary of Palestrina's birth, this tour honours their enduring legacy: music of architectural beauty, devotional depth, and timeless humanity. Luceat's performances promise an intimate yet grand experience, tailored to the ethereal acoustics and ancient stone of East Anglia's sacred spaces.

**See them at Aldeburgh Parish Church
Monday 11th August at 3.30pm – Retiring Collection**