



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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The Revd Johanna Mabey
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Sunday 3rd August Seventh Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Alan Perry
	11.00am	Family Service <i>followed by BYO picnic</i>	Led by Revd Mary & Elders
	6.00pm	Evensong	Revd Mary Brown
Aldringham	11.00am	Holy Communion	Revd Alan Perry
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Morning Prayer	Revd Mary Brown

A message from Revd Mary Brown

Dear Friends,

I listened to a sermon this week about Jesus washing his disciples feet in John 13 (do go and have a read). I've read and reflected on this passage many times, but there was something about the way this preacher retold the story that made it strike me in a new way. The depth of Jesus' kindness and humility in this moment - that as his disciples debated which of them was the greatest - he who was and is the King of Kings and Lord of Lords would get down on the floor with a towel around his waist, and a bowl of water, to wash the dusty, dirty, calloused feet of his friends.

This left me with two questions: 1. Am I willing to receive the vast love that God has for me, shown in Jesus Christ? 2. Am I willing to follow Christ's example and humbly serve those he has placed around me?

It matters that these questions come in this order. Because we cannot truly do the second thing until we have received the first. Yes, it is possible to work hard at being a good person, but that is not what Jesus is demonstrating here. He isn't trying hard to be good and to do the right thing. His life and his heart, his posture and his attitude, is shaped completely by his total security in the love that the Father has for him. When we allow the Holy Spirit to soften our hearts, when we let down the walls and let God's love in, our lives will be transformed.

I wonder if we could reflect on these two questions together this week. Let's talk about it over coffee after the services, and when we bump into each other in the shops. Let's have this scene at the front of our minds this week, allowing the Holy Spirit to use it to shape us and the way we live our lives.

With love and prayers,

Mary

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

Hosea 11.1-11

When Israel was a child, I loved him, and out of Egypt I called my son. The more I called them, the more they went from me; they kept sacrificing to the Baals, and offering incense to idols. Yet it was I who taught Ephraim to walk, I took them up in my arms; but they did not know that I healed them. I led them with cords of human kindness, with bands of love. I was to them like those who lift infants to their cheeks. I bent down to them and fed them. They shall return to the land of Egypt, and Assyria shall be their king, because they have refused to return to me. The sword rages in their cities, it consumes their oracle-priests, and devours because of their schemes. My people are bent on turning away from me. To the Most High they call, but he does not raise them up at all. How can I give you up, Ephraim? How can I hand you over, O Israel? How can I make you like Admah? How can I treat you like Zeboiim? My heart recoils within me; my compassion grows warm and tender. I will not execute my fierce anger; I will not again destroy Ephraim; for I am God and no mortal, the Holy One in your midst, and I will not come in wrath. They shall go after the Lord, who roars like a lion; when he roars, his children shall come trembling from the west. They shall come trembling like birds from Egypt, and like doves from the land of Assyria; and I will return them to their homes, says the Lord.

Second Reading

Colossians 3.1-11

So if you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. Set your minds on things that are above, not on things that are on earth, for you have died, and your life is hidden with Christ in God. When Christ who is your life is revealed, then you also will be revealed with him in glory. Put to death, therefore, whatever in you is earthly: fornication, impurity, passion, evil desire, and greed (which is idolatry). On account of these the wrath of God is coming on those who are disobedient. These are the ways you also once followed, when you were living that life. But now you must get rid of all such things-anger, wrath, malice, slander, and abusive language from your mouth. Do not lie to one another, seeing that you have stripped off the old self with its practices and have clothed yourselves with the new self, which is being renewed in knowledge according to the image of its creator. In that renewal there is no longer Greek and Jew, circumcised and uncircumcised, barbarian, Scythian, slave and free; but Christ is all and in all!

Gospel Reading

Luke 12.13-21

Someone in the crowd said to him, 'Teacher, tell my brother to divide the family inheritance with me.' But he said to him, 'Friend, who set me to be a judge or arbitrator over you?' And he said to them, 'Take care! Be on your guard against all kinds of greed; for one's life does not consist in the abundance of possessions.' Then he told them a parable: 'The land of a rich man produced abundantly. And he thought to himself, "What should I do, for I have no place to store my crops?" Then he said, "I will do this: I will pull down my barns and build larger ones, and there I will store all my grain and my goods. And I will say to my soul, Soul, you have ample goods laid up for many years; relax, eat, drink, be merry." But God said to him, "You fool! This very night your life is being demanded of you. And the things you have prepared, whose will they be?" So it is with those who store up treasures for themselves but are not rich towards God.'

Sermon by Revd Nichola Winter, 27th July – Sixth Sunday after Trinity

It's holiday time - and I imagine many here will be visiting family and friends, or receiving visits from them, and enjoying quality time together. Nick & I did just that last weekend, when we visited my brother for a family party to mark my uncle's 90th birthday. We don't get together that often - with family members from the UK, the US, Russia and China opportunities are limited - so when we do gather there's lots to do and say. After an exhausting afternoon with the smaller family members we were able to sit and relax, reminiscing with the aid of old family cine films (to the younger generation that's videos, or movies) and photographs. Talking to my uncle we touched upon the reading of bedtime stories to youngsters (is that a dying pastime in this digital age?) and I was reminded of this conversation when I was looking at the readings for today. (A weird connection, you may think, but please bear with me...)

Who remembers the Winnie the Pooh stories of AA Milne? There is a delightful account of an episode 'in which Pooh and Piglet go hunting and nearly catch a woozle.' This story then introduces us to a word that has fallen very much out of fashion these days - it is the word 'trespass.' We learn that outside Piglet's house is a broken sign that just reads 'Trespassers Will'. In days past this might be a common sign in the countryside where walkers weren't welcome - the whole sign would probably read 'Trespassers will be prosecuted.' But here we have Piglet's house with the sign immediately outside. When Christopher Robin asks

what it means, Piglet tells him that 'Trespassers Will' had been his grandfather's name. He had two names in case he lost one - 'Trespassers' after an uncle, and 'William' after Trespassers. (As an aside - when I was looking this up, I was struck anew at the cleverness of AA Milne's writing - so much of which might be lost on small children. But well worth a revisit for the grown-ups...)

Where on earth is she going with this, you may wonder? Take the word 'trespass'. You will encounter it if you read the gospel today in the KJV. In the NRSV it has been changed to 'sin' and 'debt' in an attempt to make it less opaque to the modern reader. But I think it's a shame when language gets watered down too much. I recall the vicar of the church to which my CofE primary school was attached doing a series of assemblies based on the Lord's Prayer and he was very firmly of the 'Trespases' school. Therefore he had to explain what it meant. 'Trespass to Land', usually referred to as 'Trespassing', is where someone enters or uses another person's property or land without a right to do so. It implies stepping wrongfully; indulging in a moral offence or shortcoming; sinning. In short we must endeavour not to give offence or to harbour grudges. We must do as we would be done by, always wanting to do better than we might perhaps have been doing. And Jesus goes on to say that we must also be persistent in our prayer life... And prayer can be tough, especially when we look around at the world today and see the many horrific things that are going on.

Now, the situation in the Middle East is complicated and horrific today - and it was every bit as horrendous when Hosea prophesied in the second half of the eighth century BCE. To quote from one commentator about what was going on at the time:

'Pekah made an alliance with Rezin, king of Syria - this became known as the Syro-Ephraimite alliance - in order to besiege Jerusalem under King Ahaz with the intention of putting on the throne one willing to join an anti-Assyrian alliance. Ahaz appealed to Tiglath-pileser 3, who intervened, annexing Galilee, Gilead and much of the coastal plain from Israel and exiling part of the population as well as destroying Damascus. This led to internecine strife between Judah and Israel; the Assyrians invaded Israel and besieged Samaria for three years; the northern kingdom of Israel came to an end when 27,290 prisoners were exiled in 720BCE' - you get the picture. But what do we make of this passage today?

The generally accepted interpretation is to understand that Hosea married Gomer and had one or more children by her. She subsequently committed adultery but Hosea wooed her back and after a while the

marriage resumed. The theological significance is that Israel is depicted as God's wife who becomes unfaithful but eventually returns to God and, after a while, the sins, or trespasses, are forgiven and harmony restored.

We see this spelled out in Paul's letter to the Colossians: '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.'

Jesus tells us that our trespasses are forgiven and we are given life through the love and forgiveness of God. God persists - we must do so too.

Going back to where I began - did Pooh and Piglet's persistence actually result in them finding a woozle? After tracking the footprints of what seemed to be an increasing number of unknown, possibly dangerous, creatures it took Christopher Robin, who arrived shortly afterwards, to point out that Piglet and Pooh had been following their own tracks, round and round. Sometimes persistence takes us down the same thought avenues relentlessly. We go round and round in circles with our prayer, never seeming to find a resolution. These are the times we have to lay it all down at God's feet and let him take it over for us - it is simply too much for us to deal with on our own until we get a clear sign. Our brains overwork and leave us exhausted. It doesn't mean we need to give up on a situation or to stop praying. We must continue to pray about the world, national and local issues that horrify us. But we do, perhaps, need to stop telling God what to do and allow him to deal with the situation in His own way. As Revd Mary pointed out in her sermon last week, labyrinths can take us round and round but they can be excellent methods of prayer. That repetitive action aligns us with God and can generate a sense of calm. We lay our burdens at his feet and God takes over.

Jesus says, '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.' In other words, be persistent in prayer. If we, who cannot help trespassing, know how to give good gifts to our children – how much more will our heavenly Father give to those who ask him.

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.

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

† 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 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 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!

† 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.

Next Week

Sunday 10th August

Eighth Sunday after Trinity



**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!



**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

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!

'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**