



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 10th August Eighth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
Aldringham	11.00am	Service of the Word <i>with baptism</i>	Revd Mary Brown
Aldringham	3.00pm	Animal Service	Revd Mary Brown
Friston	9.30am	Holy Communion	Very Revd Christopher Lewis
Knodishall	9.30am	Morning Prayer <i>Patronal Service</i>	Led by Elder Ros Macallister

A message from Revd Mary Brown

Dear Friends,

A couple of weekends ago I went to Wildfires Christian Festival with my sister. We spent the weekend camping in the grounds of a stately home with over 6000 other Christians. We worshipped the Lord, heard great teaching, prayed together, and experienced the presence of the Holy Spirit. At one of the sessions we heard from Erik and Erika Andersson who run Ark Church in Copenhagen. The Anderssons spoke to us about the changes that had happened in their church when they started to prioritise God's presence. They described how prayer and worship had taken over the agenda of every business meeting. How people's lives were being changed.

I've been listening to a song this week by Kings Cross Church called Who the Son Sets Free. The lyrics are taken from John 8:36 'if the Son sets you free, you will be free indeed'. Jesus is telling his disciples that only a son has a permanent place in the family, and it is through Jesus, the Son of God, that the rest of us are invited to become true sons of the Father. With true sonship comes true freedom. Freedom from everything that weighs us down (Hebrews 12:1) and freedom for knowing the depth of God's love for us; freedom for enjoying the presence of God; freedom for walking in step with the Holy Spirit; freedom for wisdom, understanding and discernment; freedom for peace, joy, hope and love; freedom to be like a tree planted by streams of living water, bearing fruit in season (Psalm 1:3).

Across the country large numbers of people are returning to faith, or coming to know Jesus for the first time. It is being called 'the Quiet Revival'. I expect you will have seen a news story about it, nearly every major newspaper and news site has run one in the last few weeks. My prayer is that God's presence would be so tangible across the Alde Sandlings Benefice that we would see revival in our corner of Suffolk, and that it wouldn't be a quiet revival! Would you join me in that prayer?

With love and 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

Isaiah 1.1, 10-20

The vision of Isaiah son of Amoz, which he saw concerning Judah and Jerusalem in the days of Uzziah, Jotham, Ahaz, and Hezekiah, kings of Judah. Hear the word of the Lord, you rulers of Sodom! Listen to the teaching of our God, you people of Gomorrah! What to me is the multitude of your sacrifices? says the Lord; I have had enough of burnt-offerings of rams and the fat of fed beasts; I do not delight in the blood of bulls, or of lambs, or of goats. When you come to appear before me, who asked this from your hand? Trample my courts no more; bringing offerings is futile; incense is an abomination to me. New moon and sabbath and calling of convocation- I cannot endure solemn assemblies with iniquity. Your new moons and your appointed festivals my soul hates; they have become a burden to me, I am weary of bearing them. When you stretch out your hands, I will hide my eyes from you; even though you make many prayers, I will not listen; your hands are full of blood. Wash yourselves; make yourselves clean; remove the evil of your doings from before my eyes; cease to do evil, learn to do good; seek justice, rescue the oppressed, defend the orphan, plead for the widow. Come now, let us argue it out, says the Lord: though your sins are like scarlet, they shall be like snow; though they are red like crimson, they shall become like wool. If you are willing and obedient, you shall eat the good of the land; but if you refuse and rebel, you shall be devoured by the sword; for the mouth of the Lord has spoken.

Second Reading

Hebrews 11.1-3, 8-16

Now faith is the assurance of things hoped for, the conviction of things not seen. Indeed, by faith our ancestors received approval. By faith we understand that the worlds were prepared by the word of God, so that what is seen was made from things that are not visible. By faith Abraham obeyed when he was called to set out for a place that he was to receive as an inheritance; and he set out, not knowing where he was going. By faith he stayed for a time in the land he had been promised, as in a foreign land, living in tents, as did Isaac and Jacob, who were heirs with him of the same promise. For he looked forward to the city that has foundations, whose architect and builder is God. By faith he received power of procreation, even though he was too old-and Sarah herself was barren-because he considered him faithful who had promised. Therefore from one person, and this one as good as dead, descendants were born, 'as many as the stars of heaven and as the innumerable grains of sand by the seashore.'

All of these died in faith without having received the promises, but from a distance they saw and greeted them. They confessed that they were strangers and foreigners on the earth, for people who speak in this way make it clear that they are seeking a homeland. If they had been thinking of the land that they had left behind, they would have had opportunity to return. But as it is, they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.

Gospel Reading

Luke 12.32-40

‘Do not be afraid, little flock, for it is your Father’s good pleasure to give you the kingdom. Sell your possessions, and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also. ‘Be dressed for action and have your lamps lit; be like those who are waiting for their master to return from the wedding banquet, so that they may open the door for him as soon as he comes and knocks. Blessed are those slaves whom the master finds alert when he comes; truly I tell you, he will fasten his belt and have them sit down to eat, and he will come and serve them. If he comes during the middle of the night, or near dawn, and finds them so, blessed are those slaves. ‘But know this: if the owner of the house had known at what hour the thief was coming, he would not have let his house be broken into. You also must be ready, for the Son of Man is coming at an unexpected hour.’

† 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/UCLeckK8GovYoaYzlgYOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

**Sermon by Revd Alan Perry,
3rd August – Seventh Sunday after Trinity**

May I speak in the name of the living God: who is Father, Son and Holy Spirit. Amen.

Joe really fell head over hills for his new girlfriend called Sarah. He knew Sarah had been in several relationships already when they met, but he really believed she was the one for him. After a short time living together they got married but it was not long before Joe began to doubt whether Sarah was being faithful. She often stayed out late after work and didn't come home until the early hours. It wasn't long before Joe realised Sarah was seeing someone else. They split up and Joe began divorce proceedings. In time Sarah was very sad that Joe and her had split up and over several months they began to see each other on an informal basis and before the divorce went through they decided to give their marriage another try. Joe even paid off Sarah's debts to give them a proper fresh start. In time Sarah became pregnant and Joe and Sarah decided to do their best to put the past behind them.

This narrative could be the script of any modern soap opera and yet it is the plot line for the life of the Prophet Hosea who lived in the 8th Century BC, and preached sometime between 760 and 720 BC.

Hosea's relationship with his wife Gomer like Joe's and Sarah's was equally problematic. We are told that Gomer had many lovers and Hosea, after several abortive attempts to reconcile, decided to divorce her. However, after a period of contrition Hosea took Gomer back, paying for her to be released from slavery, to be his wife one again.

God used the difficult personal relationship of his Prophet to illustrate the way that Israel had been unfaithful to Him and despite constant attempts to give them a fresh chance they had continued to worship pagan gods and reject the covenant relationship. Hosea prophesied this would bring disaster to the Northern Kingdom.

Despite the verses in the book that are full of foreboding it remains for me one of the most tender portraits of God's relationship with his people. In the verses we have heard today God is not described in any sense as distant but tender, and all forgiving like a parent continuing to care for a wayward son. The Hebrew word for love in Hosea is '(c) hesed' which means constant OR steadfast love.

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; And 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.

How can I give you up, Ephraim? How can I hand you over, O Israel? 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.

You will find it hard to read more tender words in the entire canon of scripture.

Through his own relationship with his wife, Hosea reveals that the love of God is undeserved and extravagant. God's love is beyond our understanding and human capacity for love.

Hesed is the sort of thing we see in the best of friendships, in the most-enduring marriages, in athletic teams that band together to achieve a goal, in soldiers who stick together through hell and high water, and honest partnerships in business or politics that are built on honesty and integrity. It should also be something that we aspire to in our Christian communities.

In Hosea chapter 2, we're told that God's hesed is so great and strong that He will not ultimately forsake His people but will faithfully love them forever and loyally care for them based on the promises of His covenants with Abraham, Moses, and David.

Even though Israel is a faltering and weak partner in those promises, God will be faithful. In fact, God is saying that because of Israel's inability to exhibit hesed, God will pick up the slack, so to speak, and bring it all to fruition because He is a hesed sort of God. He is merciful. He is faithful. He is loving.

God shows us what true love is like, what faithfulness is like, what mercy is like. It begins with Him and it changes His people Israel – and all of us who encounter God.

Hopefully all of us know what it is like to be loved with an enduring, tender, faithful love.

Perhaps you have had a friend who has stuck with you in difficult times. Perhaps you have had a family member – who has been there for you when no one else has. Perhaps you have experienced unwarranted mercy from a colleague at work, a teacher at school, a business partner, or neighbour. All of these experiences of love, mercy, and faithfulness change us. When you have that on your side, it helps you stand up again, brush yourself off, get going, and feel supported in whatever may come.

Hosea's prophecy did come true when the Northern Kingdom of Israel was destroyed in 722 BC by the Assyrians. The Kingdom of Judah continued to exist for another 136 years until Jerusalem fell to the Babylonians in 586 BC. It was during this period of political unrest that prophecies concerning God's anointed, his Messiah began to be preached by Isaiah and other later prophets.

God himself would send his anointed, of the house of David who would free the people from their sins.

Today's Gospel reading is really about faithfulness and getting our priorities right. Wealth is not wrong in itself as long as we don't turn money into an idol and become obsessed with material comfort.

When we encounter the love, mercy, and faithfulness of God, it changes us. God's love – his hesed – is so strong for His people that He will do whatever it takes to recapture them with His love. And when we begin with that love, mercy, and faithfulness of God it should change who we are and how we live.

In a world at the current time where there is so much uncertainty, both at home and abroad, we should put our trust in God and like Hosea believe that God will never abandon us and like the Parable of the Prodigal son always waits with outstretched arms and a warm embrace to forgive our sins and welcome us home.

Amen

Next Week
Sunday 17th August
Ninth Sunday after Trinity

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.

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
- 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

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 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.



**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