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Sunday 24th August Tenth Sunday after Trinity



Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	I I.00am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Family Service	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

A message from our Rector, Revd Sarah du Boulay

Dear friends,

Hello all, it's been lovely to be 'back in business' for this last week. We have enjoyed the carnival weekend in Aldeburgh, our Friday market, and lots of other activities and events within the benefice since last weekend – busy as always!

I have enjoyed catching up and looking forward with the team and communities, but my month off has really made me think even more than normal about the necessity of 'keeping the main thing the main thing' – that is, keeping God and our faith at the centre of all we are and all we do. Of remembering that we are called to Love God, Love Each Other, and to Make Disciples. It's been such a wonderful thing to have time to recalibrate and reconnect – I now have a big sign next to my computer saying 'Does it EXPLICITLY: Show love for God? Show love for other people?' and this is

how I will be living my life and living out my ministry going forward – even more intentionally than before.

I wonder – if you had a similar sign next to your computer (or similar), what would it say?

With my prayers as always

Sarah

Collect

Let your merciful ears, O Lord, be open to the prayers of your humble servants; and that they may obtain their petitions make them to ask such things as shall please you; 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 Jeremiah 1.4-10

Now the word of the Lord came to me saying, 'Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.' Then I said, 'Ah, Lord God! Truly I do not know how to speak, for I am only a boy.' But the Lord said to me, 'Do not say, "I am only a boy"; for you shall go to all to whom I send you, and you shall speak whatever I command you. Do not be afraid of them, for I am with you to deliver you, says the Lord.' Then the Lord put out his hand and touched my mouth; and the Lord said to me, 'Now I have put my words in your mouth. See, today I appoint you over nations and over kingdoms, to pluck up and to pull down, to destroy and to overthrow, to build and to plant.'

Second Reading Hebrews 12.18-end

You have not come to something that can be touched, a blazing fire, and darkness, and gloom, and a tempest, and the sound of a trumpet, and a voice whose words made the hearers beg that not another word be spoken to them. (For they could not endure the order that was given, 'If even an animal touches the mountain, it shall be stoned to death.' Indeed, so terrifying was the sight that Moses said, 'I tremble with fear.') But you have come to Mount Zion and to the city of the living God, the heavenly lerusalem, and to innumerable angels in festal gathering, and to the assembly of the firstborn who are enrolled in heaven, and to God the judge of all, and to the spirits of the righteous made perfect, and to lesus, the mediator of a new covenant, and to the sprinkled blood that speaks a better word than the blood of Abel. See that you do not refuse the one who is speaking; for if they did not escape when they refused the one who warned them on earth, how much less will we escape if we reject the one who warns from heaven! At that time his voice shook the earth: but now he has promised, 'Yet once more I will shake not only the earth but also the heaven.' This phrase 'Yet once more' indicates the removal of what is shaken-that is, created things-so that what cannot be shaken may remain. Therefore, since we are receiving a kingdom that cannot be shaken, let us give thanks, by which we offer to God an acceptable worship with reverence and awe; for indeed our God is a consuming fire.

Gospel Reading Luke 13.10-17

Now he was teaching in one of the synagogues on the sabbath. And just then there appeared a woman with a spirit that had crippled her for eighteen years. She was bent over and was quite unable to stand up straight. When Jesus saw her, he called her over and said, 'Woman, you are set free from your ailment.' When he laid his hands on her, immediately she stood up straight and began praising God. But the leader of the synagogue, indignant because Jesus had cured on the sabbath, kept saying to the crowd, 'There are six days on which work ought to be done; come on those days and be cured, and not on the sabbath day.' But the Lord answered him and said, 'You hypocrites! Does not each of you on the sabbath untie his ox or his donkey from the manger, and lead it away to give it water? And ought not this woman, a daughter of Abraham whom Satan bound for eighteen long years, be set free from this bondage on the sabbath day?' When he said this, all his opponents were put to shame; and the entire crowd was rejoicing at all the wonderful things that he was doing.

Sermon by The Canon Bruce Gillingham, 17th August – Ninth Sunday after Trinity

THE CALL AND THE COST OF FAITH (from Hebrews II:29-I2:2)

Introduction.

All our lives we have been told that faith is declining in the west, with statistics on church attendance sliding downhill.

This has been aptly summarised in the poem by Matthew Arnold, "Dover Beach". Here is an extract:

The sea of faith
Was once too, at the full, and round earth's shore
Lay like the folds of a bright girdle furl'd;
But now I only hear
Its melancholy, long withdrawing roar,
Retreating to the breath
Of the night wind down the vast edges drear
And naked shingles of the world.

Thoughtful people were starting to lose their faith due to the rising impact of the natural sciences, notably geology, anthropology & astronomy. But recently we are being told that there is a fresh interest in the Christian faith, especially among the younger age group: 18-35.

Did you see the headline in the Sunday Express, dated 27 July 2025? It reads: GLOBAL CRISES SENDING GEN Z TO CHURCH.

This is based on research from the Bible Society which suggests that many more Bibles are being bought & many more now attend church.

On Easter Day in Oxford, people were queuing up the street to get into church, and some churches were holding 4 services to receive them. So it seems right to respond to Matthew Arnold's "Dover Beach" with a fresh poem called "Disciple Beach" drawn from John 21:1-14:

The lake of hope,
Where once disciples walked, were called and taught,
Lay still and overshadowed by dark hills.
No catch to haul to shore.
But Jesus came and many fish were caught.
They need no longer cope
Alone, but trust his power. The Spirit fills
All those who long for more.

So today our faith can be strengthened by a closer look at our second reading from Hebrews 11 & 12.

Who do you think wrote Hebrews? I believe it was Apollos, guided by Priscilla & Aquila, who were close friends with Paul as leatherworkers. They wanted to support young believers in Rome who faced double pressure on faith: from a Jewish group within and the cult of Caesar without.

Hebrews II starts with a powerful definition of faith: "Faith is being sure of what we hope for and certain of what we do not see" (Hebrews II:I) Faith provides us with a confident purpose in this life and a calm assurance of eternal life stretching into the next.

So faith can make all the difference in grounding our present worldview and granting us real evidence for our future hope.

Hebrews goes on: "This is what the ancients were commended for" (Hebrews 11:2): a resilient faith that grew stronger under pressure. What about us in the modern world? Can we respond to the witness of our ancestors to KEEP THE FAITH? Or will we give up under pressure? We will investigate this topic of FAITH together under two headings: (1) Following the Call of Faith, and (2) Facing the Cost of Faith.

FOLLOWING THE CALL OF FAITH (Hebrews 12: 1-2)

Do you remember the film "Chariots of Fire" which told the story of the brave witness of Eric Liddell in the Paris Olympics of 1924? He had decided not to race on a Sunday since that conflicted with his faith that Sunday was a special day for refreshment in faith & family. He was inspired by God's call to "run with perseverance the race marked out for us, and to fix our eyes on Jesus" (Hebrews 12:2). But HOW?

Let Go What Hinders. "Let us throw off everything that hinders and the sin that so easily entangles" (Hebrews 12:1).

As athletes remove their tracksuits to run more effectively, let us throw off our indifference to God in mind & our independence of God indeed. I expect you have come across books by Richard Dawkins like "The God Delusion" which has influenced many to abandon any trust in God. But do you know another book called "Coming to Faith Through Dawkins" edited by Denis Alexander (Cambridge) and Alister McGrath (Oxford)? I encourage you to read these 12 essays of those who have travelled from "new atheism" to Christian faith, sparked by the claims of Dawkins. Look particularly at the witness of Professor Andrew Gosler who was made curious about faith by two conflicting ideas in Dawkins' thought:

"Do not proceed beyond what the evidence allows". And "Avoid churches because science has buried God long ago". This seemed odd. What scientific experiment can prove the non-existence of a spirit? This reveals a category error in the scope of scientific enquiry. Gosler was baptised on Easter Day 2000, was ordained as an Anglican priest, and works in the department where Dawkins once researched.

Look Closely at the Evidence. "Let us fix our eyes on Jesus, the author and perfecter of our faith" (Hebrews 12:2)

The author of Hebrews has clearly become persuaded of the central evidence of Jesus as the foundation and focus of Christian faith. We too need to be reassured that the claims of Jesus in the gospels are true, and that the experience of encounter with God through Christ is real.

Let me introduce you to Amy Orr-Ewing who got a first in Theology at Christ Church Oxford and who has written on the Reliability of the Bible. Her original work addressed 10 common objections to the Christian faith under the title "But Is It Real?" (IVP, 2008). You will find it helpful.

Love the Courage of Jesus. "For the joy set before him, he endured the cross, scorning its shame, and sat down by the throne of God (12:2) Despite the emotional strain and the physical pain of the passion that lay before him, Jesus did not flinch from the call he heard from God. He persevered right to the end. He never gave up. That is the message of this chapter. Hebrew Christians in Rome are urged to do the same. All the gospel writers point to the purpose of forgiveness achieved at the cross, and its vindication in the resurrection & ascension of Jesus. Take time to read the passion narrative of your favourite gospel, and admire the fusion of human anxiety with divine purpose, shaped by courage.

So do we feel ready to follow the Call Of Faith? Maybe we are wondering what might be involved? What about the Cost of Faith?

FACING THE COST OF FAITH (Hebrews 11:29-40)

In this chapter, the heroes of faith are honoured for their faithful witness in staying true to their Lord despite the terrible pressures around them. Gideon trusted God's power in a small army. Samson was granted special strength to fulfil his task. David achieved military victory by grace. What encouragement can we find from witnesses today as we contemplate the cost of faith? And what costs might we be asked to face?

Exploring a New Purity: The Moral Cost.

To be a credible follower of Jesus, we may need to review our moral behaviour: our purple language, our financial honesty, and our hypocrisy. This may sound tough, but it is nothing compared to "Alice" (not her real name) who gave up her old life as a sex worker to follow Christ. She, like many others in London & Amsterdam, is finding support in her new life of faith, training in theology and Christian leadership.

Engaging in New Priorities: The Social Cost.

Some people face opposition at home and work for their stand as followers of Jesus. Some have faced rejection by friends and family. This is very hard, but it is nothing compared to Azita, who could not return to Iran after her baptism. She found a new family in faith. She trained in theology, became ordained and is now an Anglican priest in the Diocese of Oxford, helping at a hospice in her spare time.

Enduring New Persecution: The Personal Cost.

Some may be called to endure institutional pressure where Christian faith is interpreted as hostile to a company, a college or a community. This is a huge burden to bear, but it is nothing compared to "Joo Min" (not her real name) who was brought up an atheist in North Korea. She escaped and found faith in Jesus at a safe house run by Open Doors, serving the most persecuted believers in the world. That's not all. She could have stayed free, but she felt God's call to return to North Korea to share the Christian faith through the underground church. You can read her story in the current handbook on global prayer for the 50 most dangerous countries for faith around the world (in the office).

CONCLUSION

We are not left as orphans. God has sent his Holy Spirit so we can cry out "Abba", Father, in our isolation or concern.

The Lord is longing to speak personally to us, to invite us to come, find faith and follow Jesus, today, wherever we may be in our spiritual quest. So two closing thoughts:

- (I) Hear God's Call of Faith today: Either to deepen your faith, Or to discover a personal faith yourself. Consider a course to grow in faith and trust.
- (2) Face the Cost of Faith today: Either to be challenged to stand firm under pressure, Or to be changed by God's Holy Spirit, his power in you.

Post Communion

God of our pilgrimage, you have willed that the gate of mercy should stand open for those who trust in you: look upon us with your favour that we who follow the path of your will may never wander from the way of life; through Jesus Christ our Lord.

The Alde Sandlings Summer Catch up Continues

On Sunday 17th August Friston Parish Church celebrated their patronal service for The Festival of The Blessed Virgin Mary. This was also the perfect opportunity to invite and thank all the wonderful team and volunteers that had helped with the Friston fund raising events this summer. As you will have seen in previous newsletters, the money raised was just amazing. This doesn't just happen all by itself. The community and church family really show faith, and friendship can achieve the most wonderful results. Well done, Friston.

And then we move to Aldeburgh for the Carnival Songs of Praise......

This service is always one of our favourites. A chance to take our chairs down the hill and sit on the greens at Moot Hall and be part of the carnival atmosphere as church. This year The Royal British Legion band supplied the music for the hymns chosen by hand picked friends that the clergy from the Aldeburgh united churches interviewed. This year we had Rosie the carnival queen and her attendants. TJ - the mayor of Aldeburgh. Two air cadets from Leiston and Aldeburgh, Ella from the Red House, and Monica from Aldeburgh church. As you can see from the photos below, we had a great attendance.



A huge thank you to Moira Andrews and Adrian Neville from the Aldeburgh photography group for allowing us to use these photos.









Next Week Sunday 31st August Eleventh Sunday after Trinity BENEFICE SERVICE AT ALDRINGHAM

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!



Job Vacancy Children and Families' Worker The Alde Sandlings Benefice

The Alde Sandlings Benefice, in the Diocese of St. Edmundsbury and Ipswich, are pleased to announce an exciting opportunity for a children and families' worker based in the four parishes of Aldeburgh, Aldringham, Friston and Knodishall.

The successful candidate will be responsible for the development of a mission and ministry programme for children and families within the benefice, enabling them to develop their faith and participate fully in the life of the church. The role includes overseeing the existing work with children and families across the benefice and may include some youth work. You will work in consultation with the Rector, PCCs and ministry teams.

This is a full-time role (37.5 hours per week) with a salary of £30,000 per annum, plus agreed expenses.

Own transport essential. Formal training in children's ministry preferred.

For more information and an application pack, please contact: Revd. Mary Brown: admin@aldeparishchurch.org.uk - Closing date:31/08/2025

Safeguarding: conditional offers will be made pending the successful completion of an enhanced DBS check.

£££ 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

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 Ist, 8th, 22nd & 29th August
- 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

† 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 Iam 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 Iam 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

Ist - 8th- 22nd & 29th August I0-I2pm

in the CHURCH HALL - IPI5 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 IPU

£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!