



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

Priest in charge: The Revd Sarah du Boulay

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Sunday 28th August Eleventh Sunday after Trinity

Services this Sunday for The Alde Sandlings Benefice

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|------------|---------|---------------------|
| Aldeburgh | 10.30am | Holy Communion |
| | 6.00pm | Evening Prayer |
| Aldringham | 11.00am | Service of the Word |
| Friston | 9.00am | Morning Prayer |
| Knodishall | 9.00am | Morning Prayer |

Message from Revd Sarah du Boulay

Dear Friends,

I recently re-read the prayer which is popularly attributed to St Francis of Assisi, and it struck me once again just how apt it is for all us, in our current culture, climate and communities. I have decided to use the prayer, expectantly, every day, for a week, and see what happens. Do join me – I'd love to know how God is working in and through you all right now.

Lord, make me an instrument of your peace:
where there is hatred, let me sow love;
where there is injury, pardon;
where there is doubt, faith;
where there is despair, hope;
where there is darkness, light;
where there is sadness, joy.

O divine Master, grant that I may not so much seek
to be consoled as to console,
to be understood as to understand,
to be loved as to love.

For it is in giving that we receive,
it is in pardoning that we are pardoned,
and it is in dying that we are born to eternal life.

Amen.

With continued prayers,

Sarah

**Picnic at Aldringham Churchyard
Sunday 28 August, 3pm**

**Revd Sarah invites you all to a Benefice picnic to be held
in Aldringham churchyard on
Sunday 28 August at 3pm onwards.**

A chance to get together for chat and laughter

Please bring your own picnic and a rug or chairs.

Tea, coffee, and soft drinks will be available.

**There will be a “hunt the grave” quiz which
will involve people finding the answers to clues by
searching the gravestones**

EVERYONE WELCOME

Collect

O God, you declare your almighty power
most chiefly in showing mercy and pity:
mercifully grant to us such a measure of your grace,
that we, running the way of your commandments,
may receive your gracious promises,
and be made partakers of your heavenly treasure;
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

Ecclesiasticus 10.12-18

The beginning of human pride is to forsake the Lord; the heart has withdrawn from its Maker. For the beginning of pride is sin, and the one who clings to it pours out abominations. Therefore the Lord brings upon them unheard-of calamities, and destroys them completely.

The Lord overthrows the thrones of rulers, and enthrones the lowly in their place. The Lord plucks up the roots of the nations, and plants the humble in their place. The Lord lays waste the lands of the nations, and destroys them to the foundations of the earth. He removes some of them and destroys them, and erases the memory of them from the earth.

Pride was not created for human beings, or violent anger for those born of women.

Second Reading

Hebrews 13.1-8, 15-16

Let mutual love continue. Do not neglect to show hospitality to strangers, for by doing that some have entertained angels without knowing it.

Remember those who are in prison, as though you were in prison with them; those who are being tortured, as though you yourselves were being tortured. Let marriage be held in honour by all, and let the marriage bed be kept undefiled; for God will judge fornicators and adulterers. Keep your lives free from the love of money, and be content with what you have; for he has said, 'I will never leave you or forsake you.' So we can say with confidence, 'The Lord is my helper; I will not be afraid. What can anyone do to me?' Remember your leaders, those who spoke the word of God to you; consider the outcome of their way of life, and imitate their faith. Jesus Christ is the same yesterday and today and for ever. Through him, then, let us continually offer a sacrifice of praise to God, that is, the fruit of lips that confess his name. Do not neglect to do good and to share what you have, for such sacrifices are pleasing to God.

Gospel Reading

Luke 14.1, 7-14

On one occasion when Jesus was going to the house of a leader of the Pharisees to eat a meal on the sabbath, they were watching him closely. When he noticed how the guests chose the places of honour, he told them a parable. 'When you are invited by someone to a wedding banquet, do not sit down at the place of honour, in case someone more distinguished than you has been invited by your host; and the host who invited both of you may come and say to you, "Give this person your place", and then in disgrace you would start to take the lowest place. But

when you are invited, go and sit down at the lowest place, so that when your host comes, he may say to you, “Friend, move up higher”; then you will be honoured in the presence of all who sit at the table with you. For all who exalt themselves will be humbled, and those who humble themselves will be exalted.’ He said also to the one who had invited him, ‘When you give a luncheon or a dinner, do not invite your friends or your brothers or your relatives or rich neighbours, in case they may invite you in return, and you would be repaid. But when you give a banquet, invite the poor, the crippled, the lame, and the blind. And you will be blessed, because they cannot repay you, for you will be repaid at the resurrection of the righteous.’

Sermon preached by The Rev’d Sarah du Boulay at Aldeburgh on the 21st August

In our readings today, I have been drawn to one word in particular – in verse 14, of our Gospel reading. It is the word ‘sabbath’.

Now, I wonder what that word means to you? Would you give a dictionary definition? The Sabbath is a day of religious observance and abstinence from work, kept by Jewish people from Friday evening to Saturday evening, and by most Christians on a Sunday.

What does a day of rest mean? Does it mean no shopping? No housework? Does it mean family time? I suspect it will mean something different for each of us. Certainly for the leader of the synagogue in this passage of scripture, the sabbath is deeply holy. He quotes from the book of Genesis, when God, creating the world, worked for 6 days, then on the 7th, rested. This is what shapes the traditional idea of Sabbath and is a faithful reading of the Torah.

But Jesus turns this on its head. ‘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?’ He is, of course, using this a teaching point. The woman was delivered of her affliction. She is set free, on the sabbath day. And what better day to receive healing than the sabbath? Jesus is not rejecting the Torah’s ruling about Sabbath. He is arguing from the legitimate allowance of restricted work (in this case watering animals).

Rather than violating sabbath law, freeing this woman is consistent with sabbath intention and enhances, rather than diminishes sabbath observance.

So, what is this sabbath intention, then, if not just to rest?

Well, a long time ago, I was taught to see Sabbath as a verb, not a noun. And if sabbath becomes a verb, then what is its purpose? Well, the purpose of the sabbath is to rest. But specifically, the purpose of the sabbath is to rest in God. When we sabbath, we reconnect. We rejuvenate. We pray. We are healed. We are saved. We spend good, quality time with our Lord and Saviour. We sabbath.

And I put it to you that to sabbath can be for any length of time. Yes, God's best is that we sabbath for 24 hours every week. But we can also sabbath while we walk the dog. Or garden. Or sit quietly listening to music. All things through which we can pray, and rest in God's presence.

I feel like I am preaching to myself today. I am now in my 8th week with you all, and given that I only have one rest day a week, I have already managed to work through that day twice since starting. That's only a 75% success rate! That's not good enough. It's not good for me physically, or mentally. It's certainly not good for me spiritually. And that means it's not good for all of you either.

So, my challenge to myself, and to you all, is to pay attention to how you rest. How and when do you stop. When do you spend purposeful, intentional time with God. When all you are concentrating on, is God? When you don't get distracted, or are not time-limited, when all you have to focus on, is God? When do you rest in Him? When do you allow God to heal you? And if you become more intentional in sabbathing, how might it change you? How might you be set free?

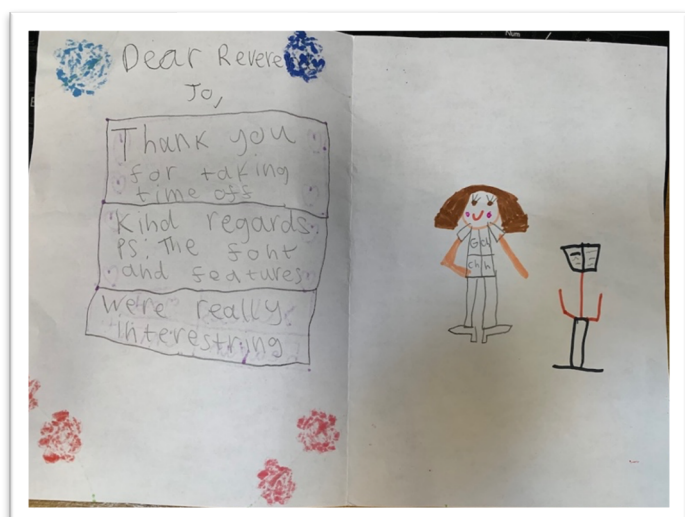
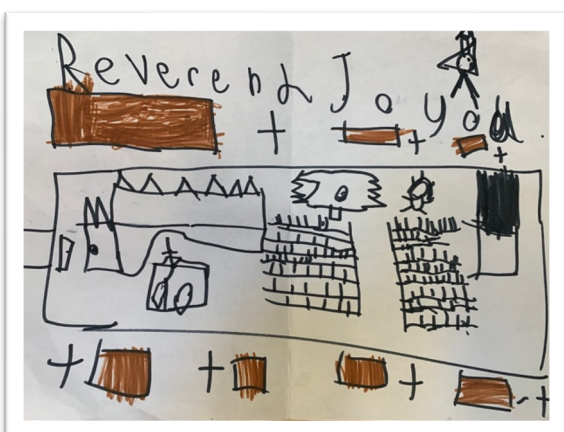
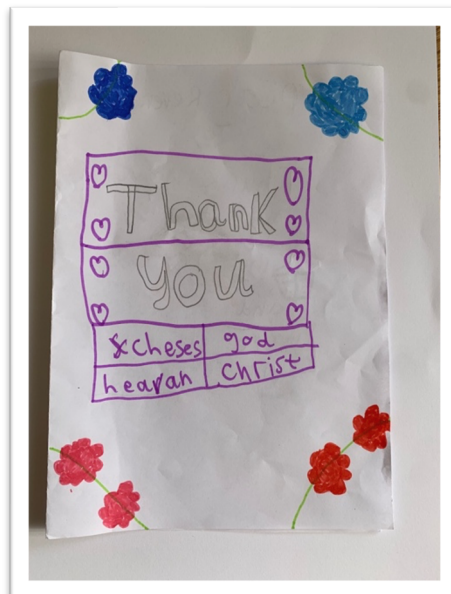
Post Communion

Lord of all mercy, we your faithful people have celebrated that one true sacrifice which takes away our sins and brings pardon and peace: by our communion keep us firm on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord.

Back to School

As we are approaching the end of the school summer holidays, Autumn term will soon begin. At Aldeburgh Parish Church before the end of term we welcomed Miss Brown's year 2 pupils from Leiston Primary School. Rev'd Jo gave a guided tour of the church to some very keen listeners. It was lovely to have God's children visit our church with such enthusiasm.

A few photos of the visit and some wonderful thank you pictures.
Look out for Rev'd Jo at the font.



Ride and Stride News

Striding for Friston

Suffolk Historic Churches Trust

40th "Ride and Stride" - Saturday 10th September



Ian & Mary Shipman are long-standing participants in this event, which raises funds for Suffolk Churches by sponsorship of cyclists and walkers. Last year Ian & Mary raised £1,800, and also raised awareness of the threat of the Energy Projects in this part of Suffolk by cycling around the affected towns and villages.

This year they plan to continue the same theme by walking the footpaths in proximity of Friston, which may be lost to the Energy Projects. The plan is to walk to Snape and from there to Sternfield, where many of the footpaths may be affected by the Nautilus proposals. The walk will continue to Benhall and Saxmundham churches and return to Friston via the Pilgrims Way which is planned to be lost in perpetuity to the Scottish Power projects.

To be clear all is far from lost on the energy projects. SASES is challenging Kwasi Kwarteng's decision through judicial review and its case has been accepted by the High Court. The case is due to be heard in November.

If anybody would like to join us on any leg(s) of the walk, please let Mary know on 01728 688698 or by email to mary@foreburyestates.co.uk. We will be leaving from Friston Church at approximately 9am.

So, this year Ian & Mary will be 'Striding for Friston' rather than riding and please support them with your sponsorship. Ian is already knocking on doors and remember that half of the money raised will be returned directly to Friston Church with the remainder used by Suffolk Historic Churches Trust for grants to churches for repair and restoration costs.

Donations can also be made via Just Giving at:
<https://www.justgiving.com/fundraising/St-Mary-Friston>

NOTICES

† Morning Prayer across the Benefice with Revd Sarah †

Revd Sarah will be bringing the benefice together in prayer each morning from 9 -9.30am. People are very welcome to join Sarah, no regular commitment required, just pop along when you wish.

Monday – BANK HOLIDAY

Tuesday - Knodishall

Wednesday - Aldringham

Thursday - Aldeburgh

Dates for your Diary

28th August 3pm onwards – Benefice Picnic at Aldringham Churchyard

10th September – Ride and Stride Day

17th September – Harvest Messy Church 10-12 Noon

Harvest Festival Services

Friston and Knodishall 9am – September 25th

Aldeburgh – 10.30am and Aldringham 11am – 2nd October

† 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>

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.

Youth Club – We need your help!

The Youth Club is back! 7pm to 9pm on Monday evenings during term time for 10–14-year-olds. We are thankful that the Youth Club is as popular as ever. We **really need** some more volunteers to help on these evenings. There is a rota in the west porch that you can add your name to, if you can help (after the summer holidays) or you can contact

Fran Smith at admin@aldeburghparishchurch.org.uk

Weekly Benefice Newsletter

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

All requests by 4pm on Thursday please

† Pilgrims Together on Wednesdays on Zoom †

The worship starts at 6.30pm (Zoom call opens from 6.10pm) and the call is then left open after the worship time for people to catch up. People are welcome to email pilgrimstogether473@gmail.com to receive a copy, be added to our mailing list or for the Zoom links.

Saturday 3rd September Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.) To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am.

Please do invite friends along.

The 2022 Suffolk Historic Churches Ride and Stride

Saturday 10th September 9am-5pm

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

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 either: Email admin@aldeburghparishchurch.org.uk and Claire will pass on your details to the team organiser at each church.

Or see the organiser at the church you worship
(Fran Smith, Aldeburgh, David Copp, Aldringham, Simon Ive, Friston, Ros MacAllister, Knodishall)