



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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Sunday 7th July Fifth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Family Service	Led by The Elders
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	10.00am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Morning Prayer	Led by Elder Tim Haxell

A Message from Rev'd Mary Brown

Dear Friends,

What a delight it was to celebrate my priesting and first presiding at Holy Communion with you. It was a joyful experience to distribute communion to parishioners who were strangers only a year ago, and who I now know and love. I found myself reflecting on a topic that Sarah has been talking to you about - the idea of generous hospitality.

I want to thank you for the generous hospitality you have shown me, in welcoming me and making me feel like part of this community. We were able as a benefice on Sunday to extend that same generous hospitality to one another as we gathered, with people from all four parishes joining together in worship. At that service we were also able to extend generous hospitality to people who live within our benefice but don't usually worship with us.

Thank you to everyone who greeted and directed our guests, ran activities in the children's corner, decorated the church beautifully with flowers, sang in the choir, hosted tea and coffee after the service, read the readings, said our intercessions, served, cleaned the church in preparation, and all the other things which make generous hospitality possible.

I'd also like to say thank you for the wonderful ordination gifts you gave me as a Benefice, which were presented to me at the end of the service. I was given a set of oil stocks (for keeping oil in for various sorts of anointing), and a generous book token.

I am looking forward to presiding at communion in Knodishall, Aldringham and Friston in the coming month, and to being with each church more regularly now that I am a priest.

With love and prayers,

Mary



The Alde Sandlings Benefice Celebrates with Rev'd 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

2 Samuel 5.1-5, 9-10

Then all the tribes of Israel came to David at Hebron, and said, 'Look, we are your bone and flesh. For some time, while Saul was king over us, it was you who led out Israel and brought it in. The Lord said to you: It is you who shall be shepherd of my people Israel, you who shall be ruler over Israel.' So all the elders of Israel came to the king at Hebron; and King David made a covenant with them at Hebron before the Lord, and they anointed David king over Israel. David was thirty years old when he began to reign, and he reigned for forty years. At Hebron he reigned over Judah for seven years and six months; and at Jerusalem he reigned over all Israel and Judah for thirty-three years. David occupied the stronghold, and named it the city of David. David built the city all around from the Millo inwards. And David became greater and greater, for the Lord, the God of hosts, was with him.

Second Reading

2 Corinthians 12.2-10

I know a person in Christ who fourteen years ago was caught up to the third heaven-whether in the body or out of the body I do not know; God knows. And I know that such a person-whether in the body or out of the body I do not know; God knows-was caught up into Paradise and heard things that are not to be told, that no mortal is permitted to repeat. On behalf of such a one I will boast, but on my own behalf I will not boast, except of my weaknesses. But if I wish to boast, I will not be a fool, for I will be speaking the truth. But I refrain from it, so that no one may think better of me than what is seen in me or heard from me, even considering the exceptional character of the revelations. Therefore, to keep me from being too elated, a thorn was given to me in the flesh, a messenger of Satan to torment me, to keep me from being too elated. Three times I appealed to the Lord about this, that it would leave me, but he said to me,

'My grace is sufficient for you, for power is made perfect in weakness.' So, I will boast all the more gladly of my weaknesses, so that the power of Christ may dwell in me. Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.

Gospel Reading

Mark 6.1-13

He left that place and came to his home town, and his disciples followed him. On the sabbath he began to teach in the synagogue, and many who heard him were astounded. They said, 'Where did this man get all this? What is this wisdom that has been given to him? What deeds of power are being done by his hands! Is not this the carpenter, the son of Mary and brother of James and Joses and Judas and Simon, and are not his sisters here with us?' And they took offence at him. Then Jesus said to them, 'Prophets are not without honour, except in their home town, and among their own kin, and in their own house.' And he could do no deed of power there, except that he laid his hands on a few sick people and cured them. And he was amazed at their unbelief. Then he went about among the villages teaching. He called the twelve and began to send them out two by two, and gave them authority over the unclean spirits. He ordered them to take nothing for their journey except a staff; no bread, no bag, no money in their belts; but to wear sandals and not to put on two tunics. He said to them, 'Wherever you enter a house, stay there until you leave the place. If any place will not welcome you and they refuse to hear you, as you leave, shake off the dust that is on your feet as a testimony against them.' So they went out and proclaimed that all should repent. They cast out many demons, and anointed with oil many who were sick and cured them.

† Morning Prayer across the Benefice †

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

Monday – Aldeburgh & **Friston

Tuesday – **Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh

** Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

**Sermon from Rev'd Alanna Harris,
on Sunday 30th June at Aldeburgh**

Feast of St. Peter and St. Paul & Mary's First Communion

Acts 12:1-11, 2 Timothy 4:6-8, 17-18, Matthew 16:13-19

Today is a special day! Today we mark the feast of St. Peter and St. Paul, two towering figures in the history of the Church. Their lives, and ministries were instrumental in the spread of the Gospel, and in building and establishing the early church. And of course they are also the two Saint's for whom this church is named and dedicated so thank you for having me as a guest for your patronal festival- it is a joy to be here!

The remarkable thing, I find, when I stop and think about the history of a church like this one we're sitting in today, is that, whilst this church building was built (parts rebuilt) and dedicated 600 years ago, the Christian community it was built for has a history that goes back much further. The church is not just a building but those gathered within and connected to it. And so the church we read about in Acts - the church of Peter and Paul - is the very same church gathered here today. There is an unbroken line of Christian women and men, stretching back through 2000 years from us today to the church of Peter and Paul's day that we've just heard about in our readings.

Ordinary people, across a span of two millennia have been living out their Christian faith and passing it onto the next generation, and the next, and the next right through to today..... And amongst those ordinary disciples there have always been Christian ministers in the church, individuals recognised by the Christian community as having a particular calling to serve and lead the church. On the one hand, figures like Peter and Paul are no more special or holy than anyone else who seeks to follow Jesus, ordained or not (except we can read about some of the ups and downs and unholy moments recorded for all eternity in Scripture!) But the reason we remember them is that they were amongst the first disciples Jesus chose to build his church through. And their faith was absolutely key to that. Did you hear in our Gospel passage how Jesus' response to Peter's declaration of faith was this: "You are Peter, and on this rock I will build my church."

And this is why it's on the feast of St Peter and St Paul every year that the church traditionally ordains new priests and deacons to serve in the church today. I know many of you will have been at the Cathedral yesterday to witness and celebrate the ordinations taking place and among them our dear friend Mary, who was ordained a priest in the church of

God. This is a wonderful milestone to celebrate together, and today brings us another moment of profound joy and gratitude as we have the opportunity to share communion, at which Mary will preside for the first time: This is one of her new responsibilities as a priest, it is a gift for the whole church, something we all share in. This is a special day.

So today marks milestone moments: in the life of God's church, in the life of this particular church, and also in Mary's life as a priest.

And in our Bible readings today, we also witness some milestone moments in the life of the early church too - some snapshots, if you will - that give us insight not only into the lives and faith of the early apostles, but also, offer us encouragement and inspiration today for our own journey of faith.

Acts 12:1-11

In the Acts of the Apostles, the first snapshot, we hear about a perilous time for the early Church. These events are taking place roughly 15 years after the death and resurrection of Jesus, in a time of phenomenal growth and development in the early Church. It was also a time marked by significant persecution from the authorities.

King Herod, as we've heard, has already had James, another of Jesus' apostles, killed, and now he's arrested and imprisoned Peter, intending to bring him to trial after Passover. Peter's situation at this point seemed quite bleak: he is chained between soldiers and guarded by sentries, it is looking like he might meet a similar fate to his friend James. And yet, in the midst of this darkness, an angel of the Lord appears, and a miraculous escape unfolds... Peter's chains fall off, and he walks free from prison, realizing only afterwards that he's not dreaming. He is in fact a free man once again! We get a sense that he's stood at the city gate bewildered by this divine encounter... which takes him from imprisonment to a new lease of life. And we know from elsewhere that Peter went on to live and minister and play a leading role in the early church for another 20 years. That is quite an intervention!

This snapshot story from Acts is a story of God's power. Power to transform seemingly dead-end situations, and to transform lives. We are reminded that God is at work, even in the most desperate of circumstances.

Some of us need to hear this today: what was true for Peter is true for us today too: there is no darkness beyond God's reach. There is no darkness beyond his reach. I hope this story of Peter's rescue might spark a little faith and hope in all of us, about whatever situations we might be facing.

It certainly was a major encouragement to the Christian community of Peter's day! Their leader was imprisoned. They're praying fervently for him, and then their prayers are answered in the most miraculous way and he is restored to them. The church keeps growing and flourishing, and now they have yet another experience of Jesus' love and power, building their faith and spurring them on.

2 Timothy 4:6-8, 17-18

Our next snapshot is taken from Paul's second letter to Timothy, where Paul is reflecting on his own life and ministry as anticipates its end. Paul, like Peter, was martyred, killed, for his faith, and we have the sense in this letter that Paul knows this end is coming, and thinks it will be soon.

And what does he say to his young apprentice, Timothy? He has no regrets. Paul speaks with a profound sense of fulfilment, having "fought the good fight, finished the race, and kept the faith." He recalls the Lord's presence with him in times of trial, giving him strength and rescuing him every time the going got tough.

Paul's words resonate deeply today as we remember both his legacy and that of Peter: Their unwavering commitment to Christ and the Gospel, even to the point of death, is really challenging to us today. It's almost unimaginable to us - in this part of the world at least - that following Jesus could be so ultimately costly. And yet Paul's was a context where the persecution and murder of Christians were very common. Indeed before his own conversion Paul had been among the chief perpetrators! So he knew this was likely his fate. Yet he didn't flinch, but followed Jesus to the end. The prospect of martyrdom fuelled his faith, rather than quelling it.

Paul's ministry was fraught with hardships: imprisonments, beatings, shipwrecks, and constant opposition. Yet, he managed to persevere - his faith in Jesus carried him through - and in these final reflections to Timothy, Paul acknowledges that it was not his own doing but the Lord's work. It was the Lord who stood by him, giving him strength to endure and to complete the work he was called to do.

Who among us might need some encouragement to persevere this morning? There is a gift of encouragement here for us too: when we follow Christ, we discover that it is okay to acknowledge that our resources, our own resilience, our own strength is limited. Better than okay: it is a relief! In fact, the sooner we get to the end of ourselves, and begin to depend, by faith on Jesus, the easier things get: we discover the gift of faith that grows the more it is stretched! We discover an unconditional acceptance and an identity that is based not on our

achievements or capabilities, but on God's love, and we find ourselves planted amongst the community of Jesus followers, placed into a family - where we can support and encourage one another, cheering each other on.

Matthew 16:13-19

In our third reading, the Gospel of Matthew, we have our third snapshot. This is another key moment that paved the way for the formation of the very first church. Matthew recalls a profound exchange between Jesus and His disciples at Caesarea Philippi. You will notice the chronology of events, this Gospel text is recalling a scene taking place a couple of decades before our other passages, whilst Jesus is still alive and with his disciples.

A few of Jesus closest companions, have traveled to Caesaria Philipi, in the North of Israel, about 2 days hike from their usual patch - and here Jesus has some risky questions for them - perhaps this is why he's taken them to this location where they won't be overheard:

"Who do people say the son of man is?" It's a reference to himself of course and I think Jesus very well knows the answer, but he's creating space for his disciples to talk about it out loud in safety. "Who do people say I am?" Their answer: people recognise you are a great prophet: like John the baptist, Jeremiah, Elijah.

And then comes the killer question: "Who do you say that I am?" And without skipping a beat, Peter responds with this remarkable declaration, "You are the Messiah, the Son of the living God."

It's a courageous declaration, and one that set the foundation for Peter's important role in the early Church hereafter. Jesus affirms him, and gives him a new name and new role: "You are Peter, and on this rock, I will build my church".

The name Peter in their native Aramaic language is a word play meaning rock, or stone. And he is painting a picture that reveals to the disciples even more of his divine plan:

This declaration of faith is like a foundation stone - upon which Jesus is going to build and establish his church. As more and more people grow in faith in Jesus, this church will be built, living stone by living stone, into a community of faith that stretches through time right through to this church today.

So, these are three milestone moments in the life of the early church. They show us God's power to rescue and Peter's faithfulness; Paul's perseverance, trusting the Lord; Peter's declaration of who Jesus is: the promised one who saves and builds.

To all of us gathered here today, the lives of Peter and Paul invite us to reflect on our own faith. Let us be inspired by their courage and their faith in following Jesus. And let us also celebrate and support our dear friend Mary, as she begins her priestly ministry with the same spirit of dedication and love.

Mary, today we are thankful for you. And for your dedication, faith, and the call that God has placed on your heart. As you preside over your first communion, know that you are surrounded by a community that loves you, and believes in you. Your journey has been one of preparation, prayer, and profound commitment, and this weekend marks the beginning of a new chapter in your ministry. We are grateful for the gifts you offer to the church.

Your faith to follow God's call to ordination encourages all of us to step further into the call God has put on each of us to follow Jesus where he leads. As we were reminded in the ordination service yesterday:

"You cannot bear the weight of this calling in your own strength, but only by the grace and power of God"

So pray daily for this grace and power, and we too - as your friends, your congregation, your community, your family - will pray for you and support you, just as I know you do for us.

Trust in God's guidance and depend on His strength, and you will see Him work through you, and those you are called to serve, in incredible ways.

And for all of us - may the Lord who delivered Peter from his chains, who strengthened Paul in his trials, and who called Mary to this holy vocation, continue to guide and bless us all. May we all make the daily choice to follow Jesus, knowing that through faith, God can do incredible things.

Amen

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 Sunday – July 14th 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>

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness or 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.

The Alde Sandlings, Dates for your Diary

- Friston Classics on the Green, Thursday 11th July
- Fund Raising Fun Quiz at Knodishall Village Hall for Church Funds, 12th July at 7pm
- Save the Children Concert with Nadia Lasserson and Friends – Monday 22nd July at 12 noon at Aldeburgh Parish Church
- Aldringham Parish Church Animal Service – August 4th at 3pm
- Alde Sandlings Benefice August Friday Markets, 9th, 23rd and 30th August – 10-12pm.
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18th at 6pm.
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am

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>

£££ 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 this Christmas, 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/>

† 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 link.

Pilgrims @ The Meare, Thorpeness

'Sing Praises to God, Sing Praises!'

Outdoor Celtic Style Worship, starting Sunday 7th July 10am by the Duck Pond next to the Meare, please bring your own chair.

Continuing each Sunday throughout July and August (starting 7th July through to 25th August), 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

August Friday Markets 2024 at Aldeburgh Parish Church

This year the popular Alde Sandlings Benefice Friday Markets will be on the 9th, 23rd and 30th 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.

Please bring items to the church hall, Monday 5th and Wednesday 7th, 10 to 1pm. Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, on the day.

Let's make it our best fundraising year yet for the churches of the Alde Sandlings Benefice.



The Church of St Peter and St Paul ALDEBURGH

FRIDAY MARKETS in August 2024

9th & 23rd and 30th August 10-12pm

to be held 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 Served, & Other
Refreshments Available**

ALL MOST WELCOME

Cash only please!

Knodishall Church Fund Raising Quiz

Fun Quiz at **Knodishall Village Hall** on the
12th July, starting promptly at 7pm.

Supper provided but do bring your own drinks.

£7 per person, max 6 per team. Meet up and enjoy a fun evening with friends, raffle, spot prizes, laughs - oh, and a few questions to answer!

All money raised goes to St Lawrence,
Knodishall Church.

Lunchtime Classical

Concert Series

Aldeburgh Parish Church

Monday 22nd July 2024
at 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continue into July 2024, with the return of:

Helen Stanley (Violin)

Nadia Lasserson (Piano)

who join forces with young musician

Tom Hodgkinson (Guitar)

Winner of 2022 Essex Young Musician Award

In a programme of Bach, Beethoven, Antonio José and Kreisler

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

CLASSICS ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 11TH JULY FROM 2.30PM

*Bring your VETERAN,
VINTAGE or CLASSIC CAR
or BIKE - or just bring
your friends and family
along to see the classics*



*Tea, coffee and cakes will be
available in the Village Hall.
There will be a Bar and BBQ
on the Green and food and
drink at The Old Chequers.*

*All types of vehicle that were in
production before 1970 are welcome.
Arrive anytime from 2.30pm and depart
whenever you wish.*



*FREE designated parking and entry - all donations to Friston Church
Sat navs: [IP17 1NP](#)*

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

Second Sunday of Every
Month at 5.30pm (May - August)

YOU ARE ALL MOST
WELCOME



Safeguarding at The Alde Sandlings Benefice

The care and protection of children, young people and adults involved in church activities is the responsibility of everyone who participates in the life of the Church. If you are concerned that someone you know is at risk of, or is being abused, or presents a risk to others, please seek advice from a Safeguarding Adviser or if necessary, report the matter to the Local Authority Social Care Services or the Police without delay.

The Alde Sandlings Safeguarding Officer: Mrs Fran Smith – admin@aldeburghparishchurch.org.uk