



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 4th August Tenth 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 |
| | 3.00pm | Animal Service | Revd Sarah & Revd Mary |
| Friston | 10.00am | Holy Communion | Revd Mary Brown |
| Knodishall | 9.30am | Morning Prayer | Led by Elder Tim Haxell |

A Message from our Rector, Rev'd Sarah du Boulay

Dear friends,

Another date for your diary! Ros, Ian, Mary, Fran and I will be giving a short presentation to the whole benefice about our findings from the Leading Your Church Into Growth Course. We will meet on 1st September at 6pm in Aldeburgh Church Hall (wine and nibbles for all). Everybody who is interested in the life of the Church and spreading the Good News of the Gospel is very welcome to attend (especially if you are a PCC member!). We will present our findings and then have a chance for questions, group chats, worship and prayer, and ideas as a benefice – what a wonderful chance for us all to get together to think about our future!

In other news – is everybody enjoying the Olympics as much as I am? How glorious to see people so gifted in many different sports gathered together

to celebrate and compete. I'm particularly enjoying those who are open and enthusiastic about their faith and relationship with God – what a witness to the whole world.

With prayers,

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

2 Samuel 11.26-12.13a

When the wife of Uriah heard that her husband was dead, she made lamentation for him. When the mourning was over, David sent and brought her to his house, and she became his wife, and bore him a son. But the thing that David had done displeased the Lord, I and the Lord sent Nathan to David. He came to him, and said to him, 'There were two men in a certain city, one rich and the other poor. The rich man had very many flocks and herds; but the poor man had nothing but one little ewe lamb, which he had bought. He brought it up, and it grew up with him and with his children; it used to eat of his meagre fare, and drink from his cup, and lie in his bosom, and it was like a daughter to him. Now there came a traveller to the rich man, and he was loath to take one of his own flock or herd to prepare for the wayfarer who had come to him, but he took the poor man's lamb, and prepared that for the guest who had come to him.' Then David's anger was greatly kindled against the man. He said to Nathan, 'As the Lord lives, the man who has done this deserves to die; he shall restore the lamb fourfold, because he did this thing, and because he had no pity.' Nathan said to David, 'You are the man! Thus says the Lord, the God of Israel: I anointed you king over Israel, and I rescued you from the hand of Saul; I gave you your master's house, and your master's wives into your bosom, and gave you the house of Israel and of Judah; and if that had been too little, I would have added as much more. Why have

you despised the word of the Lord, to do what is evil in his sight? You have struck down Uriah the Hittite with the sword, and have taken his wife to be your wife, and have killed him with the sword of the Ammonites. Now therefore the sword shall never depart from your house, for you have despised me, and have taken the wife of Uriah the Hittite to be your wife. Thus says the Lord: I will raise up trouble against you from within your own house; and I will take your wives before your eyes, and give them to your neighbour, and he shall lie with your wives in the sight of this very sun. For you did it secretly; but I will do this thing before all Israel, and before the sun.' David said to Nathan, 'I have sinned against the Lord .' Nathan said to David, 'Now the Lord has put away your sin; you shall not die.

Second Reading

Ephesians 4.1-16

I therefore, the prisoner in the Lord, beg you to lead a life worthy of the calling to which you have been called, with all humility and gentleness, with patience, bearing with one another in love, making every effort to maintain the unity of the Spirit in the bond of peace. There is one body and one Spirit, just as you were called to the one hope of your calling, one Lord, one faith, one baptism, one God and Father of all, who is above all and through all and in all. But each of us was given grace according to the measure of Christ's gift. Therefore it is said, 'When he ascended on high he made captivity itself a captive; he gave gifts to his people.' (When it says, 'He ascended', what does it mean but that he had also descended into the lower parts of the earth? He who descended is the same one who ascended far above all the heavens, so that he might fill all things.) The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ, until all of us come to the unity of the faith and of the knowledge of the Son of God, to maturity, to the measure of the full stature of Christ. We must no longer be children, tossed to and fro and blown about by every wind of doctrine, by people's trickery, by their craftiness in deceitful scheming. But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knitted together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love.

Gospel Reading

John 6.24-35

So when the crowd saw that neither Jesus nor his disciples were there, they themselves got into the boats and went to Capernaum looking for Jesus. When they found him on the other side of the lake, they said to him, ‘Rabbi, when did you come here?’ Jesus answered them, ‘Very truly, I tell you, you are looking for me, not because you saw signs, but because you ate your fill of the loaves. Do not work for the food that perishes, but for the food that endures for eternal life, which the Son of Man will give you. For it is on him that God the Father has set his seal.’ Then they said to him, ‘What must we do to perform the works of God?’ Jesus answered them, ‘This is the work of God, that you believe in him whom he has sent.’ So they said to him, ‘What sign are you going to give us then, so that we may see it and believe you? What work are you performing? Our ancestors ate the manna in the wilderness; as it is written, “He gave them bread from heaven to eat.”’ Then Jesus said to them, ‘Very truly, I tell you, it was not Moses who gave you the bread from heaven, but it is my Father who gives you the true bread from heaven. For the bread of God is that which comes down from heaven and gives life to the world. They said to him, ‘Sir, give us this bread always.’ Jesus said to them, ‘I am the bread of life. Whoever comes to me will never be hungry, and whoever believes in me will never be thirsty.’

Sermon from Rev'd Nichola Winter, on Sunday 28th July at Aldeburgh

2 Samuel 11.1-15

Ephesians 3.14-end

John 6.1-21

A former Archdeacon once said, in a sermon here in Aldeburgh, ‘the lectionary can be very odd at times.’ Today’s readings provide a case in point. From the Old Testament we hear the story of David’s adultery with Bathsheba; Ephesians then brings Paul’s exhortation to be filled with the fullness of God; and the gospel takes us through two incredible demonstrations of the power of Jesus over the natural order.

Each of these extracts deserves more than a cursory glance; there is much to ponder but little time in the slot appointed for the sermon in which to do it all justice. So, I offer these thoughts...

There can be little doubt that what David did was wrong. Not only did he satisfy his own desires with another man’s wife, but he tried to pass the resulting child off as legitimate offspring of the father, Uriah. Note how crafty David is. He sends for Uriah to return from the battle and

encourages him to sleep with his wife ('wash your feet' was a euphemism for having sexual intercourse) so that the Bathsheba's pregnancy would not be considered anything untoward. But Uriah has more of a conscience - the law requires him to keep himself ritually pure and to refrain from marital relations during battle. So, Uriah refuses to go and enjoy the domestic bliss that would give David a way out. A desperate David then has to take the extreme measure of having Uriah killed once he returns to the battlefield. The extract stops there - we have to read on to find out what happens next. Suffice it to say there is more to come and this episode will, in due course, be a sign of God's mercy - although it may seem a strange way to show it here.

Let's fast forward to the gospel reading... Here, the message that comes through is that, with God, all things are possible and perhaps we don't always need to understand the physical principles behind the miracles and wonders that he performs...

What is remarkable here, though, is the reality that God can take us out of our comfort zone and place us in a position of uncertainty and unpredictability. After the feeding of the five thousand Jesus needed to withdraw. Presumably it was up to his disciples to do the clearing up - but by evening they set off to find Jesus. It wasn't a peaceful evening, a pleasant row on the lake, a chance to wind down as they set off in search of their extraordinary friend. We might imagine that they were feeling pretty exhausted - by the time they'd rowed three or four miles the wind was getting up and the sea was pretty choppy - not exactly Thorpeness Mere. Although they were probably used to the sea in all its moods, used to dealing with the sudden squalls and unpredictable conditions, they probably longed to get to the other side and find Jesus. They weren't looking for him just off the starboard bow. And they certainly wouldn't have been expecting to see him actually walking on the sea. That idea simply flies in the face of all that is reasonable and conventional. And yet, suddenly, there he was. Sometimes, it is in the unexpected and totally outlandish places that we find Jesus. And sometimes we have to be completely out of our comfort zone for the encounter to really matter. God comes to us where we are - but it may not always be a comfortable encounter. The disciples expected to find Jesus on dry land - but God was in the chaos, in the turbulence, in the uncontrollable.

Thich Nhat Hanh, the Vietnamese Buddhist monk and peace activist, wrote that 'people say that walking on water is a miracle, but to me, walking peacefully on the earth is the real miracle.'

Walking peacefully on earth. In the troubled and turbulent 21st century how are we to walk peacefully on earth? The apostle Paul gives us two amazingly powerful prayers. 'I pray' he writes, that according to the riches of God's glory, he may grant that you may be strengthened in your inner being with power through his Spirit, and that Christ may dwell in your hearts through faith, as you are being rooted and grounded in love.'

And then, 'I pray that you may have the power to comprehend, with all the saints, what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge.'

These are powerful petitions indeed. We need to echo them in our own prayer lives as we face the uncertainties, the twists and turns of fast-paced events that confront us in so many aspects of our lives. It's often said that the church is dying and becoming increasingly irrelevant. But that is to ignore the many green shoots that are appearing. Some of our church folk have been involved with the 'Leading your Church into Growth' initiative and they offer us this prayer:

'God of mission, who alone brings growth to your church; send your Holy Spirit to give vision to our planning, wisdom to our actions; joy to our worship, and power to our witness. Help our church to grow in numbers, in spiritual commitment to you, and in service to our local community...'

- surely an echo of Paul's plea that we might be strengthened in our inner being, rooted and grounded in love and passionately filled with wonder at all God offer us. And, you may have noticed already, this odd combination of readings does make sense and creates a kind of mission statement when we read them in this context and pray again the words of the Collect today:

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of your grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ your Son our Lord...

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.

Next Sunday – August 11th Eleventh Sunday after Trinity

ALDEBURGH PARISH CHURCH WELCOMES YOU



Coffee Fellowship

PLEASE COME AND JOIN US FOR OUR
AUGUST COFFEE MORNINGS
ON SATURDAY 10TH & 24TH AUGUST
FROM 10AM - 12 NOON AT THE CHURCH



Coffee & Chat

A CHANCE TO CATCH UP WITH OLD FRIENDS AND MEET NEW ONES.

CALLING FOR VOLUNTEERS FOR THESE TWO MORNINGS.
CAN YOU SPARE SOME TIME TO WELCOME ALL OF OUR VISITORS
AND PROVIDE REFRESHMENTS? PLEASE LET A
MEMBER OF CLERGY/SIDESPERSION KNOW, OR
EMAIL admin@aldeburghparishchurch.org.uk



† 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.

† 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

- Aldringham Parish Church Animal Service – August 4th at 3pm
- Alde Sandlings Benefice August Friday Markets, 9th, 23rd and 30th August – 10-12pm.
- Aldeburgh Coffee Mornings – Saturday 10th & 24th August 10-12 noon
- Luceat Choir Lunchtime Concert – Tuesday 13th August at 12.30pm at Aldeburgh Parish Church
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18th at 6pm.
- Aldeburgh Church Hall - Benefice Leading Your Church into Growth Course 1st September at 6pm
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am
- The Alde Sandlings Thanks God for the Harvest. The services start with.
Friston Harvest Festival Service at 10am – 15th September
Knodishall Harvest Service at 9.30am – 22nd September
More dates to follow soon!!

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/>

St Andrew's Aldringham

ANNUAL PETS SERVICE

Sunday 4th August 2024 at 3pm.

Join us for our Annual Pet Service. All pets be they large or small, dogs, cats, rabbits, ponies, sheep, goldfish, stick insects or whatever



are welcome to bring their well behaved owners to this annual outdoor service. Weather permitting this service will be held outdoors, however if the weather is inclement then we will retire into the church

'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

LET ALL MORTAL FLESH

STANFORD, BAIRSTOW AND BRUCKNER
EAST ANGLIA TOUR 2024



SATURDAY 10 AUGUST

7.30pm, Holy Trinity, Blythburgh

SUNDAY 11 AUGUST

10am, Sung Eucharist
5.30pm, Concert
St Mary's Woodbridge

TUESDAY 13 AUGUST

12.30pm, St Peter and St Paul, Aldeburgh

WEDNESDAY 14 AUGUST

7pm, St Bartholomew, Orford

THURSDAY 15 AUGUST

12.30pm, Concert
7pm, 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



† **Pilgrims Together on Wednesdays on Zoom** †

RE-STARTS 18TH SEPTEMBER

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.

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!

Pilgrims @ The Parrot Pub

Saturday 21st September Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

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 - 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 Served, & Other
Refreshments Available**

ALL MOST WELCOME

Cash only please!

UPDATE

YOUR CHURCH NEEDS YOU

The Church of St Peter and St Paul

IT IS CARNIVAL TIME IN ALDEBURGH

We want to show God's presence in our town, and the church as the heart of the Aldeburgh Community, **BUT** we need **YOUR** help to make this happen. As you will have previously read the theme this year is the 1980's. So we will be wearing painted cardboard Rubik cubes. The Rubik Cubes are well on their way with our creative people (inc our Revd Sarah). But we need more & more cardboard.

Can you help make some more?



Do you have family, friends of all ages staying with you this summer? They could join in the fun of the carnival, and be part of the procession for Aldeburgh Church! ALL VERY WELCOME.

PLEASE PLEASE PLEASE spread the word to your friends, families, and neighbours, as this is a joint effort with the people of Aldeburgh. **COME AND JOIN US FOR THIS ONCE A YEAR COMMUNITY EVENT on Monday 19th August!**

**If you can help at all, please contact Claire:
admin@aldeburghparishchurch.org.uk**

St Andrew's Parish Church Aldringham



CHORAL EVENSONG

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

YOU ARE ALL MOST
WELCOME



Clipart.com images Source

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