



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 11th August **Eleventh Sunday after Trinity**

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Morning Prayer	Led by Elder Sheila Brechin
	5.30pm	Evensong	Revd Mary Brown
Friston	10.00am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Mary Brown

A Message from Rev'd Mary Brown

Dear Friends,

I spent my recent time away at New Wine, a Christian festival. There were 16,000 Christians gathered to spend five days worshipping together. In Ephesians Paul uses two different metaphors to describe the church. The first is the church as a body, with Christ as the head and each believer one of the parts of the body. The second is the church a building - a Holy Temple in the Lord - with Christ as the cornerstone, and each believer forming part of that building. Worshipping with that many others brought Paul's two pictures of the church to mind, every one of those 16,000 believers is part of the same body, the same building; the body and building that we here in Alde Sandlings are also part of.

In Ephesians Paul prays bold prayers, modelling to his readers that prayer is effective and powerful. As we in Alde Sandlings Benefice reflect on what

it means to be the body of Christ together, to be a Holy Temple to the Lord together, I'd love to call us to pray bold prayers together.

Starting in September we will be having a monthly prayer meeting to pray for specific things around the Benefice. Each month there will be an update for those who want to join us in prayer but are unable to come and meet us in person. The time, place, and format of this meeting is to be confirmed. For now, please let me know if you would like to be included in this group of people committed to regularly praying for the work of God in our Benefice. Prayer Warriors Gather!

With love and prayers,

Mary

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

2 Samuel 18.5-9, 15, 31-33

The king gave orders to Joab and Abishai and Ittai, saying, 'Deal gently for my sake with the young man Absalom.' And all the people heard when the king gave orders to all the commanders concerning Absalom. So the army went out into the field against Israel; and the battle was fought in the forest of Ephraim. The men of Israel were defeated there by the servants of David, and the slaughter there was great on that day, twenty thousand men. The battle spread over the face of all the country; and the forest claimed more victims that day than the sword. Absalom happened to meet the servants of David. Absalom was riding on his mule, and the mule went under the thick branches of a great oak. His head caught fast in the oak, and he was left hanging between heaven and earth, while the mule that was under him went on. And ten young men, Joab's armour-bearers, surrounded Absalom and struck him, and killed him. Then the Cushite came; and the Cushite said, 'Good tidings for my lord the king! For the

Lord has vindicated you this day, delivering you from the power of all who rose up against you.’ The king said to the Cushite, ‘Is it well with the young man Absalom?’ The Cushite answered, ‘May the enemies of my lord the king, and all who rise up to do you harm, be like that young man.’ The king was deeply moved, and went up to the chamber over the gate, and wept; and as he went, he said, ‘O my son Absalom, my son, my son Absalom! Would that I had died instead of you, O Absalom, my son, my son!’

Second Reading

Ephesians 4.25-5.2

So then, putting away falsehood, let all of us speak the truth to our neighbours, for we are members of one another. Be angry but do not sin; do not let the sun go down on your anger, and do not make room for the devil. Thieves must give up stealing; rather let them labour and work honestly with their own hands, so as to have something to share with the needy. Let no evil talk come out of your mouths, but only what is useful for building up, as there is need, so that your words may give grace to those who hear. And do not grieve the Holy Spirit of God, with which you were marked with a seal for the day of redemption. Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tender-hearted, forgiving one another, as God in Christ has forgiven you. Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.

Gospel Reading

John 6.35, 41-51

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. Then the Jews began to complain about him because he said, ‘I am the bread that came down from heaven.’ They were saying, ‘Is not this Jesus, the son of Joseph, whose father and mother we know? How can he now say, “I have come down from heaven”?’ Jesus answered them, ‘Do not complain among yourselves. No one can come to me unless drawn by the Father who sent me; and I will raise that person up on the last day. It is written in the prophets, “And they shall all be taught by God.” Everyone who has heard and learned from the Father comes to me. Not that anyone has seen the Father except the one who is from God; he has seen the Father. Very truly, I tell you, whoever believes has eternal life. I am the bread of life. Your ancestors ate the manna in the wilderness, and they died. This is the bread that comes down from heaven, so that one

may eat of it and not die. I am the living bread that came down from heaven. Whoever eats of this bread will live for ever; and the bread that I will give for the life of the world is my flesh.'

Sermon from Rev'd Sarah du Boulay, on Sunday 4th August at Aldringham

Last week I left you with the advice of Paul, given in Ephesians, together with our Gospel reading. How do we lead our churches into growth? We pray. We listen. We look for Jesus (especially in unexpected ways). We take small steps, we give time to the small things. We trust in God's Promises. We make sure we are joyful and we keep the faith. And we love.

And this will work because of the thing Paul speaks about in today's lesson. This will work because of the promise of God's Grace.

Grace is a wonderful thing. I'd like to read to you from a book written in 1997 called 'What's So Amazing About Grace?'. Actually – this is the blurb from the book, interspersed with my thoughts.

“In 1987, an IRA bomb buried Gordon Wilson and his twenty year old daughter beneath five feet of rubble. Gordon alone survived. He said of the bombers, ‘I have lost my daughter, but I bear no grudge ... I shall pray, tonight and every night, that God will forgive them.’

His words caught the media's ear – and out of one man's grief the world got a glimpse of grace.”

I'm sure we can all think of examples, either from our own lives or from the news, where people have shown incredible grace under unimaginable strain. When I took a youth group to Rwanda, we met widows of men who had been murdered during the Genocide of 1994. Widows who not only forgave the men who had killed their husbands, but were living alongside them (after the criminals had served their jail sentences). It's important here to remember that forgiveness is different to grace. Forgiveness is an intentional decision to let go of resentment and anger. God's Grace is defined as undeserved favour. It cannot be earned. It must be freely given. And it is. Time and time again. In our Old Testament reading, we see God showing grace to King David. After David had ordered an innocent man's death because he had had an affair with his wife, God punishes David, but he also shows him incredible grace. ‘Nathan said to David, ‘Now the Lord has put away your sin; you shall not die.’

“Grace is the church’s great distinctive. It’s the one thing the world cannot duplicate and the one thing it craves above all else – for only grace can bring hope and transformation to a jaded world.

In *What’s So Amazing About Grace?* Award winning author Philip Yancey explores grace at street level. If grace is God’s love for the undeserving, he asks, then what does it look like in action? And if Christians are its sole dispensers, then how are we doing at lavishing grace on a world that knows far more of cruelty and unforgiveness than it does of mercy?”

Hopefully, nobody here will ever experience what those Rwanda widows or Gordon Wilson went through. But there are many other opportunities for us to show grace – or more accurately, to reflect God’s Grace out into the world. I repeat – if grace is God’s love for the undeserving, then what does it look like in action? We are all undeserving. We are created and redeemed by God for no reason other than love. We have done nothing to deserve his grace. And Ephesians today tells us how we can show that Grace. Paul says:

But each of us was given grace according to the measure of Christ’s gift. ⁸ Therefore it is said, ‘When he ascended on high he made captivity itself a captive: he gave gifts to his people.’ ¹¹ The gifts he gave were that some would be apostles, some prophets, some evangelists, some pastors and teachers, ¹² to equip the saints for the work of ministry, for building up the body of Christ, ¹³ 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 are to love each other. We are to offer generous hospitality. We are to use the gifts given to us to work together – as apostles, prophets, evangelists, pastors and teachers – scary words, but things we all do naturally. We are to work until everybody comes to know God.

“Yancey sets grace in the midst of life’s stark images, tests its mettle against horrific ‘un-grace’. Can grace survive in the midst of such atrocities as the Nazi holocaust? Can it triumph over the brutality of the Ku Klux Klan? Should any grace at all be shown to the likes of Jeffrey Dahmer, who killed and cannibalised seventeen young men?

Grace does not excuse wrong, says Yancey, but it treasures the wrongdoer. True grace is shocking, scandalous. It shakes our conventions with its insistence on getting close to evil and touching it with mercy and hope. It forgives and it loves. How can Christians contend graciously with moral issues that threaten all they hold dear?”

I LOVE the bit in this paragraph that says ‘True Grace is shocking, scandalous.’ It does not mean being a doormat. It does not mean letting people off the hook. It does not mean being blind. However, it does mean that we are set apart from others. We, who know and love Jesus look different to those who don’t know him. We act differently. We speak differently. We love differently. It means we act in ways which are counter-cultural. We challenge the unjust. We follow Jesus and not social media. We are enabled to show the world God’s grace.

Grace is a gift, given to us freely by God. And it is a gift which we can give to others – even and especially when we feel they don’t deserve it. After all – if God can give it to us who don’t deserve it, who are we to withhold the gift of grace from others?

In Gordon Wilson’s circumstances, most people would want vengeance. Would want to retaliate. Would hold on to hatred and loathing. How wonderful then to be remembered instead for being incredibly gracious. The grace he showed was both scandalous and shocking because it went against these reactions. Because of this, it was widely reported in the media. This is the message we are called to spread. How wonderful to have a reputation for grace. A reputation for scandalous, shocking, grace.

And how do we do this? Well, We pray. We listen. We look for Jesus (especially in unexpected ways). We take small steps, we give time to the small things. We trust in God’s Promises. We make sure we are joyful and we keep the faith. And we love.

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.

**Next Sunday – August 18th
Twelfth Sunday after Trinity**

† 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.

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



Aldringham Church joins The Pilgrims Together at The Meare, Thorpeness

We share communion with the Pilgrims Together on Sunday 25th
August at 10am. Please do bring a chair.

YOU ARE ALL MOST WELCOME!

PLEASE NOTE THERE WILL BE NO SERVICE AT
ST ANDREWS ON THE 25th!

† 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>

The Alde Sandlings, Dates for your Diary

- 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
- Friston Parish Church – Kingfisher Strings Concert – Sunday 18th August at 4pm
- Aldeburgh Carnival Songs of Praise (Green at Moot Hall) Sunday 18th at 6pm.
- Sharing Communion along with The Pilgrims Together at the Meare, Thorpeness – Bring a Chair – Sunday 25th August at 10am.

All very welcome. PLEASE NOTE THERE WILL BE NO SERVICE AT ALDRINGHAM ON 25TH AUGUST

- 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!!

St Andrew's, Aldringham

Annual Pets Service

4th August 2024

A wide variety of pets accompanied by their well behaved owners attended the Annual Animal Service at St Andrew's, Aldringham on Sunday 4th August.

16 Dogs, 2 cats, 3 sheep, a very active tortoise and even a visit by our local Aldringham Buzzard , were joined by a congregation of 37 owners and friends at the outdoor service conducted by Reverend Sarah in the churchyard on a warm if a little overcast afternoon.



HELP PLEASE!

At the first Friday Market yesterday (Friday 9th) a pink zipped cardigan was sold in error. The owner would really appreciate it back as it was bought as a gift.

It is a Joules pink zipped cardigan. Please contact admin@aldeburghparishchurch.org.uk if you bought it.

THANK YOU

† 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.

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/>

The 2024 Suffolk Historic Churches Ride and Stride Saturday 14th 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 either:

Email admin@aldeburghparishchurch.org.uk and Claire will pass on your details to the SHCT organiser at each church. Or see the SHCT organiser at the church you worship in. Good Luck Everyone!



'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



Open-Air Music for a Sunday afternoon

An Hour or so of Light & Popular Music

on a Sunday at 4pm outside
St Mary's Church, Friston
(inside if weather inclement)

Sunday 18th August

programme to include movements from
well-know classical music plus
lighter works from TV & Disney favourites!

**Kingfisher
Strings**

*Beth Spendlove, Isobel Connell,
Yan Yi Li, Claire Watts,
Paul Davis, Jean Hudson,
Chris Slatter & Louise Vincent*



Park on Friston Green
Bring your own chair & picnic!

Admission free - collection for St Elizabeth Hospice

For all Kingfisher Concerts go to www.kingfisherensemble.co.uk or contact kingfisherensemble@gmail.com

† **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 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!

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