



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

Email: revd.sarah@btinternet.com

Tel: 01728 582213

The Revd Nichola Winter

Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown

Email: revd@mary-brown.co.uk

Tel: 01728 467454

The Revd Johanna Mabey

Email: rev.johannamabey@gmail.com

Sunday 18th August Twelfth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
	6.00pm	Carnival Songs of Praise	at Moot Hall Green
Aldringham	11.00am	Holy Communion	Canon Bruce Gillingham
Friston	10.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Ros Macallister

A Message from Rev'd Mary Brown

Dear Friends,

As you will have seen in Pew News last week, we are holding a gathering on Sunday 1st September at 6pm in Aldeburgh Church Hall. This meeting will be in two parts, and will be an exciting opportunity to hear about, and discuss, what is going on across the Benefice at the moment. There will also be refreshments in the form of cheese and wine.

The first part of the evening will be an opportunity for the Benefice team who attended the Leading Your Church into Growth course to feed back their learning, and invite others from across the Benefice to join in with next steps. The second part of the evening will be dedicated to discussing

our Benefice 'Plan for Growth' and application for funding for a Children and Families Worker.

If you would like to hear more about either of these things, or to offer your thoughts on the Plan for Growth, and the Children and Families Worker, please do come along and join in. We would love to see as many of you there as possible. The Plan for Growth is attached to this email, so that you can read it in advance.

With prayers,

Mary

Collect

Almighty and everlasting God, you are always more ready to hear than we to pray and to give more than either we desire or deserve: pour down upon us the abundance of your mercy, forgiving us those things of which our conscience is afraid and giving us those good things which we are not worthy to ask but through the merits and mediation of 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

1 Kings 2.10-12, 3.3-14

Then David slept with his ancestors, and was buried in the city of David. The time that David reigned over Israel was forty years; he reigned for seven years in Hebron, and thirty-three years in Jerusalem. So Solomon sat on the throne of his father David; and his kingdom was firmly established. Solomon loved the Lord, walking in the statutes of his father David; only, he sacrificed and offered incense at the high places. The king went to Gibeon to sacrifice there, for that was the principal high place; Solomon used to offer a thousand burnt-offerings on that altar. At Gibeon the Lord appeared to Solomon in a dream by night; and God said, 'Ask what I should give you.' And Solomon said, 'You have shown great and steadfast love to your servant my father David, because he walked before you in faithfulness, in righteousness, and in uprightness of heart towards you; and you have kept for him this great and steadfast love, and have given him a son to sit on his throne today. And now, O Lord my God, you have made your servant king in place of my father David, although I am only a little child; I do not know how to go out or come in. And your servant is in the midst of the people whom you have chosen, a great people, so numerous they cannot be numbered or counted. Give your servant therefore an understanding mind to govern your people, able to

discern between good and evil; for who can govern this your great people?’ It pleased the Lord that Solomon had asked this. God said to him, ‘Because you have asked this, and have not asked for yourself long life or riches, or for the life of your enemies, but have asked for yourself understanding to discern what is right, I now do according to your word. Indeed I give you a wise and discerning mind; no one like you has been before you and no one like you shall arise after you. I give you also what you have not asked, both riches and honour all your life; no other king shall compare with you. If you will walk in my ways, keeping my statutes and my commandments, as your father David walked, then I will lengthen your life.’

Second Reading

Ephesians 5.15-20

Be careful then how you live, not as unwise people but as wise, making the most of the time, because the days are evil. So do not be foolish, but understand what the will of the Lord is. Do not get drunk with wine, for that is debauchery; but be filled with the Spirit, as you sing psalms and hymns and spiritual songs among yourselves, singing and making melody to the Lord in your hearts, giving thanks to God the Father at all times and for everything in the name of our Lord Jesus Christ.

Gospel Reading

John 6.51-58

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.’ The Jews then disputed among themselves, saying, ‘How can this man give us his flesh to eat?’ So Jesus said to them, ‘Very truly, I tell you, unless you eat the flesh of the Son of Man and drink his blood, you have no life in you. Those who eat my flesh and drink my blood have eternal life, and I will raise them up on the last day; for my flesh is true food and my blood is true drink. Those who eat my flesh and drink my blood abide in me, and I in them. Just as the living Father sent me, and I live because of the Father, so whoever eats me will live because of me. This is the bread that came down from heaven, not like that which your ancestors ate, and they died. But the one who eats this bread will live for ever.’

Testimony from Rev'd Mark Booth, on Sunday 11th August at Aldeburgh

I can't remember a time when I didn't believe in God. My parents were not churchgoers. My Mum said she couldn't believe, and didn't want me, number one son, to suffer disbelief as she did, so always put me in the way of believing:

- She had me baptised at the Parish Church. I remember crawling on the green grass between the white tables and chairs at a Vicarage garden party.
- She sent me to Sunday School in the upstairs chapel at the Women's Institute building, on our side of the tracks, where I took a cabbage bigger than my head for Harvest, and where I was never given a turn to snuff out the candles.
- While my parents were at work, I was daily minded by an ancient lady called Grandma Connolly, who lived up the next entry. She dressed in black and blue from top to toe, wore lace-up boots and looked like Old Mother Riley. She was a devout Catholic and had a picture-postcard of God on her sideboard. Every day she took me on two pilgrimages: one, to the outdoor for her jug of Mackeson, the other, to Mass. I held her hand, looking up at the huge Crucifix in the cloister and, in the sanctuary, all that red and gold and the strange smell of incense.
- Our Birmingham home was a two-up, two-down, back-to-back terraced house in a bomb-damaged row. We had no bathroom, no room for a tin bath by the fire, so every week I was taken to Aunty Olive's and plonked in the bath with her daughter Helen . . . More of Aunty Olive later . . .
- Slum clearance moved us to a brand-new council house. Anyone walking past our house on a Sunday Morning, reasonably well-dressed and carrying a book was assumed to be going to Church or Sunday School and was dragooned by Mum into taking me with them: David Hirst took me to George Rd Baptists, David Parker took me to High St Methodists and Steven Edgley took me to Stockland Green Methodists, where I stuck. Faith grew with friendship. I was some kid from down the road whose parent's never darkened the door . . .

I took to reading prayers and Bible at school assemblies and at Cubs and Scouts - where I was happy to “do my duty to God and the Queen”.

Back at Church, in the Sunday Morning Young People's Fellowship, I asked my class teacher, Janet Williams, how was it that the Bible said this about certain things and 'science' said something else. I can't now recall her reply, but whatever it was, it helped me to keep an open mind and to keep on asking and wondering . . .

The Stockland Fellowship treated us like young adults. I started worshipping on Sunday evenings, and going along afterwards to the 'Youth Squashes', at the Manse and at the homes of stalwart Church members. I was perhaps younger than most, but big for my age and welcomed, accepted, engaged with. One night, at the annual Youth Weekend Service, I heard Robert Saunders give his testimony about coming to church to 'admire the architecture, especially Jennifer Micklewright's architecture.’ Robert later became, and remains, a very dear friend. An evangelical appeal was made and, all of a tremble, I stood up in answer to the call. This was no Damascus Road or Aldersgate Street 'conversion experience'. It was more a personal confirmation, and public declaration, of faith; a compulsion to make explicit something previously implicit; a step along the way; part of a still unfolding process.

My avowedly Christian life, and work, thereafter was not always easy, but then, who said it would be?

Wondering what to do with my life after school, at 17 I thought I wanted to be a Methodist minister. I began Local Preaching and went to Methodism's Cliff College for what became a period of 'vocational exploration'. It was basically a school for evangelists, but please don't hold that against me. Robert Saunders told me to look out for 'a beautiful girl with long blonde hair, purple corduroy trousers and a sister called 'Mo' '. So Kath and I met and later married.

It didn't take me long to realise that what I thought I wanted and what God wanted were not necessarily the same. I felt called instead into some sort of work with children and was taken on by the Poplars Children's Home in Lichfield. Kath and I returned from honeymoon to a house full of deprived, difficult and, in some cases, precocious children. This was not the most auspicious start to our married life, but we survived. Kath started teaching and I moved to work in the community as a Child Care Officer.

I carried on Local Preaching and we followed the progress of friends who had become ministers. After 10 years, I began to feel dissatisfied not with Social Work, but with my place in it, and cast about for something else.

One day we heard from two friends in the ministry: Robert had suffered his first heart attack and Peter his latest nervous breakdown. That night I got home from walking the dog and staring at the floodlit spires of Lichfield Cathedral, where I had discovered evening prayer. Kath and I talked about what else I could do and all of a sudden it occurred to each of us that I could now offer for the ministry. When I saw my minister to “talk about something”, he already had the book of procedures open on his desk. He had, he said, “seen it coming”.

My Christian proclivities and thoughts about ministry had been no secret at Scouts and at school, where one of my classmates said “It's alright for you, sitting cross-legged in front of a candle for the rest of your life, some of us have got to work for a living.” When I announced my departure from Social Work, the only negative reaction was from one of the few colleagues who also had a church connection who asked, with a pained look on her face, “What do you want to go and do that for?”

Having expressed a preference for ministerial training at the ecumenical Queens College in Birmingham, Kath, four-year old Philippa and I sold up and were sent to Wesley College in Bristol. I was surprised and disappointed at the rampant conservative evangelicalism of many of my fellow students. Yet they elected me as student Chair and supporter-in - chief of the college football team.

My first appointment was to Marlow-on-Thames: 'five churches, two with fairly strong charismatic elements' . . . where I felt hung-out to dry.

After 5 years I started again and we moved to Cheltenham, where my predecessor had left his wife and run off with the caretaker, but was still loved and missed by many . . . and where the congregation had taken in the wounded from a failed Anglican-Methodist endeavour. We would have stayed longer, but it was not to be.

I was sent to Finchley, where the main church was over the road from what had been Margaret Thatcher's constituency office and hosted a notorious 'Soup Ministry', in co-operation with local Synagogues. There I chaired a group which set up a purpose-built Day Centre for Homeless People, Asylum Seekers and Refugees. I also experienced what was diagnosed as 'an extended period of vocational disturbance' which led to my

misguided enrollment on a day-release course in 'Management for Ministry' and a failed application to the 'School for Social Entrepreneurs'. A Clergy Support Group and Spiritual Direction became much more helpful. Oh yes, and I also took over running the Circuit as a whole, when the Superintendent became President of the Methodist Conference, (that's vaguely equivalent to your Archbishop of Canterbury), with Kath as his Personal Assistant.

We moved to even more cosmopolitan Wandsworth, south of the river, where the folk were lovely but the traffic drove me crackers, and, again, I became over-extended.

We didn't settle and moved early, to Suffolk, to a part-time appointment and ongoing training in 'Ignatian Spirituality and the Art of Spiritual Direction'. I began to practice as a Spiritual Director and became a member of your Diocesan Spirituality Group.

The Sandlings saw me at my calmest, wandering up dusty lanes, looking for Methodists, avoiding extra-mural involvements, learning to 'pray as you can, not as you can't', attending more to the inner life.

Over the years I served as chaplain in prisons, colleges and a multi-faith Hospice, to two Mayors and in various ecumenical, interfaith, Local Authority and local community engagements. I had my fill of building schemes, closures, selling-off redundant properties and other such material activities for which I had no training and less disposition.

- In my retirement I am somewhat semi-detached from Methodism, but remain 'one of Mr Wesley's travelling preachers', committed to my ongoing ministry of word and sacrament, the priesthood of all believers, the communion of saints and 'the social gospel' of freedom, justice and peace.
- I am grateful for family, friends, fellow-pilgrims and all the folk who have helped in my formation as a man, a Methodist and a minister.
- I am thankful especially to Kath and Philippa.
- Most of all, I am grateful to God in Christ who wants for me rather than from me, who continues to call me, even me:

to love, to serve,
to pray, to heal,
to preach, to teach,

to reconcile and restore,
to suffer and even to die
in order that I may rise again,
in faith, hope and love,

with my heart, even mine, 'strangely warmed'.

Remember Aunty Olive, who put me in her bath when I was a toddler? Many years later, I discovered she had been a devout Baptist and thought she might like to know about my call to the ministry. I told her all about it. She said “Well, it must have been because of all those prayers when I scrubbed your back in my bath” . . .

. . . Perhaps it was . . .

Rev Mark R. Booth
Methodist Minister

Post Communion

God of all mercy, in this eucharist you have set aside our sins and given us your healing: grant that we who are made whole in Christ may bring that healing to this broken world, in the name of Jesus Christ our Lord.

**Next Sunday – August 25th
Thirteenth Sunday after Trinity**

IT'S CARNIVAL TIME

On Monday 19th August at 2pm, can all walkers that are taking part in the Aldeburgh Parish Church carnival float, meet at the Vicarage please.

All welcome to join in the carnival fun! See you there.

† 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
- 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
- The 2024 Suffolk Historic Churches Ride and Stride Saturday 14th September 9am-5pm
- 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!!

† 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!



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 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!

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