



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 25th August Thirteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Nichola Winter
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Meare, Thorpeness	10.00am	Holy Communion	Revd Sarah & The Pilgrims
Friston	10.00am	Holy Communion	Very Revd Christopher Lewis
Knodishall	9.30am	Service of the Word	Led by Elder Tim Haxell

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

Dear friends,

Well, Aldeburgh Carnival is well and truly over now and what a great weekend it was! From our annual Songs of Praise service by the Moot Hall to taking part in the carnival for the first time since Covid! Huge thanks to everybody who worked so hard to make it happen – it's great to remind the town that the Church is well and truly part of it, and we had a wonderful response from everybody who saw us. Next year the plan is for a benefice float so get your thinking caps on!

On 11th September this year we will be starting an Alpha course in Aldeburgh. It runs every Wednesday evening for 11 weeks (there are more details later on in this newsletter) and is a wonderful chance to revisit your

own faith, to further investigate if you are 'not sure or invite somebody who has never even set foot in a church. It's all very relaxed and is centred around food and conversation. Do contact me or Rev'd Mary if you would like to chat about it – sign up sheets will be coming out soon. We will hold a few courses throughout the next year, so if you can't make this one, do look out for the one after Christmas at Aldringham.

With prayers,

Sarah

Collect

Almighty God, who called your Church to bear witness that you were in Christ reconciling the world to yourself: help us to proclaim the good news of your love, that all who hear it may be drawn to you; through him who was lifted up on the cross, and reigns with you in the unity of the Holy Spirit, one God, now and for ever.

First Reading

1 Kings 8:22-30

Then Solomon stood before the altar of the Lord in the presence of all the assembly of Israel, and spread out his hands to heaven. He said, 'O Lord, God of Israel, there is no God like you in heaven above or on earth beneath, keeping covenant and steadfast love for your servants who walk before you with all their heart, the covenant that you kept for your servant my father David as you declared to him; you promised with your mouth and have this day fulfilled with your hand. Therefore, O Lord, God of Israel, keep for your servant my father David that which you promised him, saying, "There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way, to walk before me as you have walked before me." Therefore, O God of Israel, let your word be confirmed, which you promised to your servant my father David. 'But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built! Have regard to your servant's prayer and his plea, O Lord my God, heeding the cry and the prayer that your servant prays to you today; that your eyes may be open night and day towards this house, the place of which you said, "My name shall be there", that you may heed the prayer that your servant prays towards this place. Hear the plea of your servant and of your people Israel when they pray towards this place; O hear in heaven your dwelling-place; heed and forgive.

Second Reading

Ephesians 6.10-20

Finally, be strong in the Lord and in the strength of his power. Put on the whole armour of God, so that you may be able to stand against the wiles of the devil. For our struggle is not against enemies of blood and flesh, but against the rulers, against the authorities, against the cosmic powers of this present darkness, against the spiritual forces of evil in the heavenly places. Therefore take up the whole armour of God, so that you may be able to withstand on that evil day, and having done everything, to stand firm. Stand therefore, and fasten the belt of truth around your waist, and put on the breastplate of righteousness. As shoes for your feet put on whatever will make you ready to proclaim the gospel of peace. With all of these, take the shield of faith, with which you will be able to quench all the flaming arrows of the evil one. Take the helmet of salvation, and the sword of the Spirit, which is the word of God. Pray in the Spirit at all times in every prayer and supplication. To that end keep alert and always persevere in supplication for all the saints. Pray also for me, so that when I speak, a message may be given to me to make known with boldness the mystery of the gospel, for which I am an ambassador in chains. Pray that I may declare it boldly, as I must speak.

Gospel Reading

John 6.56-69

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.’ He said these things while he was teaching in the synagogue at Capernaum. When many of his disciples heard it, they said, ‘This teaching is difficult; who can accept it?’ But Jesus, being aware that his disciples were complaining about it, said to them, ‘Does this offend you? Then what if you were to see the Son of Man ascending to where he was before? It is the spirit that gives life; the flesh is useless. The words that I have spoken to you are spirit and life. But among you there are some who do not believe.’ For Jesus knew from the first who were the ones that did not believe, and who was the one that would betray him. And he said, ‘For this reason I have told you that no one can come to me unless it is granted by the Father.’ Because of this many of his disciples turned back and no longer went about with him. So Jesus asked the twelve, ‘Do you also wish to go away?’ Simon Peter answered him, ‘Lord, to whom can we go? You have the words of eternal life. We have come to believe and know that you are the Holy One of God.’

Summary of Sermon from Canon Bruce Gillingham, on Sunday 18th August at Aldringham

SIGNS OF A PROVOCATIVE CHURCH

Introduction

The Archbishop of Canterbury has commissioned Bishop Graham Tomlin to form a Centre of Cultural Witness to help the church to engage more credibly with current attitudes in our society today. So Bishop Graham has set up a website “Seen and Unseen” in which he invites comments, stories and reviews that throw light on the hope of the Christian gospel in our contemporary culture. He wrote a thoughtful book asking what a creative and engaged church might look like to provoke deep questions and wistful admiration in a watching world. He called it “The Provocative Church”. I believe that our 3 readings today reveal three signs which would inspire St Andrews to become a provocative church. The internet works with www. And so do we!

(1) The first W stands for Wisdom.

In our Old Testament Reading (1 Kings 3:3-14) we saw how God was pleased that Solomon had asked for the gift of wisdom above everything else: “I will do what you have asked. I will give you a wise and discerning heart” (1 Kings 3:12). He was known as a wise and discerning king, and the wisdom of Solomon became proverbial in Israel and the surrounding nations.

If we want to tap into the wisdom literature of the Old Testament, we could look at that section of scripture that includes Job, Psalms, Proverbs, Ecclesiastes and Song of Solomon. If that sounds a bit much, why not turn to Jesus’s Sermon on the Mount, the summary of new covenant wisdom, and read Matthew 5-7? Instead of being worldly wise or repeating conventional wisdom, we might be granted the godly gift of divine wisdom for challenges facing the church, or for pastoral insight on real life issues facing members of our parishes.

(2) The second W stands for Worship

In our Epistle Reading (Ephesians 5:15-20) we saw how Paul was urging young believers in Ephesus to live distinctive and attractive lives in the compromised culture of a trading seaport, and that was inspired by renewed worship: “Speak to one another with psalms, hymns and spiritual songs. Sing and make music in your heart to the Lord” (Ephesians 5:19). They were called to live not as unwise, but as wise believers, making the most of every opportunity. Their Sunday worship would flow into their weekly witness in the world, not inspired by human distilled spirit but by God’s divine Spirit.

It is good that this Sunday we have moved outside the church walls to celebrate our faith in the open air. Our first hymn rang out: “Let all the world in every corner sing, My God and King”. Our worship includes attention to the holy scriptures, nourishment through the holy sacrament, and encounter with God in the power of the Holy Spirit. We are called to worship the Lord in the beauty of holiness, so together we can take heed to the apostolic command: “Do not get drunk on wine, which leads to debauchery. Instead, be filled with the Spirit” (Ephesians 5:18).

(3) Our third W stands for Witness

In our Gospel Reading (John 6:51-58) we saw how Jesus was a powerful witness to the wonderful gift of eternal life that God was offering the world through his Son: “I am the living bread that came down from heaven. If anyone eats of this bread, he will live for ever” (John 6:51). Many people are working hard to find a fulfilling and satisfying life, but even in material success they remain thirsty for more. Here Jesus holds out that extra dimension, the free gift of life with God: a purposeful life now and an eternal life forever. And this gift is for everyone, Jews and Gentiles alike: “This is the bread that came down from heaven. Your forefathers ate manna and died, but he who feeds on this bread will live for ever” (John 6:58).

Today we are celebrating Holy Communion in our sunny churchyard. We want to extend the Lord’s invitation to come and eat and drink with him today, as a foretaste of our eternal destiny. “Whoever eats my flesh and drinks my blood remains in me and I in him” (John 6:56). Let’s start to imagine how we could hold out the generosity and hospitality of God to a hungry and hurting world.

Conclusion

The Lord is calling us to become a provocative church, both local and global. And we can play our part as we draw on the wisdom of God, engage in the worship of God, and participate in the witness of God. Taken together, these signs reflect the peace of God, the presence of Christ and the power of the Spirit active in the church, God’s authentic Christian community. This is real, eternal life from God, for the world. We cannot keep it to ourselves, can we?

Post Communion

God our creator, you feed your children with the true manna, the living bread from heaven: let this holy food sustain us through our earthly pilgrimage until we come to that place where hunger and thirst are no more; through Jesus Christ our Lord.

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
- 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 1st September at 6pm
- Alpha 11 week Course starting 11th September – 6pm-8pm in the Church Hall. Every Wednesday thereafter.
- The 2024 Suffolk Historic Churches Ride and Stride Saturday 14th September 9am-5pm
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am
- Knodishall will be hosting the next Benefice Service at 9.30am on the 29th September. ALL WELCOME.
- 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
 - Aldeburgh Harvest Family Service at 10.30am – 6th October
 - Aldringham Harvest Festival Service 11am – 20th October

Benefice Leading Your Church into Growth

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!). There will be a presentation of our findings from a recent LyCIG Course, 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!

YOU ARE ALL MOST WELCOME

The Alde Sandlings out and about!

Well, what a weekend we had. After our usual Sunday morning services throughout the benefice, we then joined in with the carnival fun. Starting on Sunday evening with the Songs of Praise Service. Then on Monday, Aldeburgh Parish Church took part in the carnival procession. HUGE THANKS to all that made this happen. A lot of planning goes into these events to show our churches and God's presence to our beautiful town and villages.



Revd Sarah & Revd Mary



Aldeburgh's Mayor - TJ



Our wonderful Eve Calvert



The Carnival Procession



Songs of Praise photos kindly shared by David Calvert

The Kingfisher Strings in Friston

On Sunday 18th August, Friston was treated to a late-afternoon of music in St Mary's churchyard. As the day mellowed, the sun warm and the sky a beautiful cornflower blue, people began to arrive at the Church: villagers, music-lovers, friends and family, all with chairs, rugs, picnic baskets and dogs too. I definitely heard a couple of bottles popping before the concert began! With a background accompaniment from drowsy bees and singing grasshoppers the Kingfisher Strings entertained us with music from Vivaldi and Rutter to Disney favourites and clever medleys arranged by members of the group; all played beautifully with vitality and warmth. At the end we left with hearts lifted and smiles on our faces. 'I just wish it had been longer, I feel so relaxed I could have sat here all evening' said a friend. Thank you Beth and all your talented musicians, who generously gave up their time and shared their music with us in aid of The St Elizabeth Hospice, which was a grand total of £445.55. Please come back again next year.

Briony Sones



† 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>

† 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!



† 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 or be added to our mailing list.

Pilgrims @ The Meare, Thorpeness 'Sing Praises to God, Sing Praises!'

The last of our 2024 outdoor Celtic Style Worship gatherings, Sunday 25th August 10am by the Duck Pond next to the Meare, please bring your own chair. For this gathering, we are joined by the church family of St Andrews, Aldringham and our Benefice Rector Rev Sarah who will lead Communion as part of our usual worship pattern.

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.

Saturday 5th October Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £7 is on offer at the Parrot, before we head out to explore local paths.

Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

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!

Talk by Elder Ros Macallister from the 18th August at Knodishall

This week I am continuing the theme of Growing in God by thinking about Growing Younger.

So, Growing Younger.

I expect that in all the ways that we are being asked to grow in our parishes and as a benefice, growing younger is the one on which we focus the most and which produces some of the deepest sighs at PCC meetings. Perhaps that is because we can all see the apparent “problem”- we as a church congregation are not getting any younger! I think it would appear to lots of younger people who have no regular contact with “the Church” that it is an old fashioned, out of touch institution which has no relevance to their modern life. Much of this assumption is based on limited contact with anyone from church, reports in the media about safeguarding scandals or the occasional reporting of an archbishop saying something. The Church has a long (and sometimes troubled) history. However, this does not mean that it has no future.

As congregations and PCCs we look to maintaining our church buildings, offering regular services and keeping the community and church family together, as a way of protecting the church for the next generations.

We have been challenged by the bishops in this diocese to think about how we can Grow Younger. So, is it just to get some younger members on the PCC that we are thinking about this? Although that would be a useful result, I think that as Christians our most important mission is to bring people nearer to God and to help them grow in their faith.

If we are thinking of attracting younger people to come to know God, we must start where they are. It may be that they were baptized as babies and that they feel a link, however tenuous, with the church. A starting point from which they can find out more. Many younger people feel that they are seeking “something”, feel a need to protect the environment, to protect the world. They may be looking for a secure moral framework which gives them the security that is missing from their own particular circumstances. To believe in something.

As Christians we know that having a relationship with God is the most wonderful and special thing which enriches our lives. It is unlike anything else. But I think that being Christian, needs to be seen as normal too-not ordinary or without meaning, but not unusual or weird either. It's great when Sarah and Mary get the chance to meet people outside what is seen

as a Church space. At the Youth Club, Friday Markets, the Flower Show or walking the dogs around the village. Setting someone off on their faith journey doesn't have to start in a church building, hopefully growing their faith through worship will follow on.

So, what about us.

We can help our benefice to grow younger by supporting Sarah in her efforts to bring a Children's and Families worker to minister here.

The contact this person will have with families means it's not just the children they can support. Being involved in Church services and in youth activities in the community will bring chances to grow relationships between our church family and those children and parents they work with. However, we can do the most important thing. We can pray. Even if we can no longer move tables, mow churchyards, or do so much practical stuff.

We can pray about how to Grow in God in our church here.

We are called in Scripture to be like children. If not in years, in attitude, we can be younger and more childlike. John and I have two small children living next door to us. Seeing their trust in their parents when they are exploring the world, their curiosity in every new thing, reminds me to be outward looking, to seek new opportunities to foster faith in others. We can be curious about how to do God's will here in our small rural churches and we can display that childlike trust in Him that will be a beacon to others who observe it.

Lord, help us to trust in you as we plan to Grow Younger

We pray that we may find the right person to work with children and families here.

Help us to recognize opportunities to bring others of whatever age nearer to You.

May our faith, our words and actions be beacons shining out to young people.

And may we grow in our own faith as we come to know and love you better.

Amen

WHERE ARE YOU WITH GOD?

- I DON'T THINK I BELIEVE?
- I AM ANXIOUS TO WALK INTO A CHURCH SERVICE, BUT I DO WANT TO!
- I HAVE LOTS OF QUESTIONS ABOUT MY FEELINGS TOWARDS MY FAITH!
- I REALLY WANT TO EXPLORE MY FAITH FURTHER, EVEN THOUGH I AM A REGULAR WORSHIPPER!

SOUNDS LIKE ALPHA IS JUST FOR YOU



ALDEBURGH PARISH CHURCH
is running a 11 week Alpha course
starting weekly from
11TH SEPTEMBER AT ALDEBURGH
CHURCH HALL FROM 6.00pm to 8.00pm
Continuing every Wednesday thereafter.

SO, WHAT WILL I LEARN AT ALPHA?

- **Talk with others about their faith journey**
- **Find out that just as many people have the same questions as you do! They really do.**
- **Time for reflection & prayer – Time to think!**
- **An opportunity to make new lifetime friends in the church communities.**
- **Develop and continue your connection with God.**

YOU ARE MOST WELCOME TO JOIN.
ALL FREE! NO PRESSURE TO STAY.
LIGHT SUPPER INCLUDED! COME AND SAY HELLO.

Next Sunday – September 1st
Fourteenth Sunday after Trinity