



## 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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### Services in The Alde Sandlings Benefice – Sunday 7<sup>th</sup> June

Aldeburgh	8am	Holy Communion CW2	Prebendary Derek Johnson
	11am	Family Holy Communion	Revd Sarah du Boulay and Elders
Aldringham	11am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	BCP Morning Prayer	Revd Mary Brown

Dear Friends,

This evening, Thursday 4th June, we will be attending the Archdeacon's Visitation service (held for our deanery in Saxmundham) where our Church Wardens will officially be sworn in as Officers of the Bishop. Please do join me in thanking and praying for:

Aldeburgh: Ken Smith  
Ash Thomas  
Ros Blackburn (Deputy)

Aldringham: Dorothy Walker

Friston: Caroline Spendlove

Knodishall: Richard Laws-Smith

I am so looking forward to working alongside them all and look forward to a wonderful year together.

With prayers as always  
Sarah

## Readings for Sunday 7<sup>th</sup> June 2026

### Collect

O God,  
the strength of all those who put their trust in you,  
mercifully accept our prayers  
and, because through the weakness of our mortal nature  
we can do no good thing without you,  
grant us the help of your grace,  
that in the keeping of your commandments  
we may please you both in will and deed;  
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.

### Genesis 12:1-9

12 Now the Lord said to Abram, 'Go from your country and your kindred and your father's house to the land that I will show you. <sup>2</sup>I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing. <sup>3</sup>I will bless those who bless you, and the one who curses you I will curse; and in you all the families of the earth shall be blessed.'

4 So Abram went, as the Lord had told him; and Lot went with him. Abram was seventy-five years old when he departed from Haran. <sup>5</sup>Abram took his wife Sarai and his brother's son Lot, and all the possessions that they had gathered, and the persons whom they had acquired in Haran; and they set forth to go to the land of Canaan. When they had come to the land of Canaan, <sup>6</sup>Abram passed through the land to the place at Shechem, to the oak of Moreh. At that time the Canaanites were in the land. <sup>7</sup>Then the Lord appeared to Abram, and said, 'To your offspring I will give this land.' So he built there an altar to the Lord, who had appeared to him. <sup>8</sup>From there he moved on to the hill country on the east of Bethel, and pitched his tent, with Bethel on the west and Ai on the east; and there he built an altar to the Lord and invoked the name of the Lord. <sup>9</sup>And Abram journeyed on by stages towards the Negeb.

### **Romans 4:13-end**

13 For the promise that he would inherit the world did not come to Abraham or to his descendants through the law but through the righteousness of faith. <sup>14</sup>If it is the adherents of the law who are to be the heirs, faith is null and the promise is void. <sup>15</sup>For the law brings wrath; but where there is no law, neither is there violation.

16 For this reason it depends on faith, in order that the promise may rest on grace and be guaranteed to all his descendants, not only to the adherents of the law but also to those who share the faith of Abraham (for he is the father of all of us, <sup>17</sup>as it is written, 'I have made you the father of many nations')—in the presence of the God in whom he believed, who gives life to the dead and calls into existence the things that do not exist. <sup>18</sup>Hoping against hope, he believed that he would become 'the father of many nations', according to what was said, 'So numerous shall your descendants be.' <sup>19</sup>He did not weaken in faith when he considered his own body, which was already as good as dead (for he was about a hundred years old), or when he considered the barrenness of Sarah's womb. <sup>20</sup>No distrust made him waver concerning the promise of God, but he grew strong in his faith as he gave glory to God, <sup>21</sup>being fully convinced that God was able to do what he had promised. <sup>22</sup>Therefore his faith 'was reckoned to him as righteousness.' <sup>23</sup>Now the words, 'it was reckoned to him', were written not for his sake alone, <sup>24</sup>but for ours also. It will be reckoned to us who believe in him who raised Jesus our Lord from the dead, <sup>25</sup>who was handed over to death for our trespasses and was raised for our justification.

### **Matthew 9:9-13, 18-26**

9 As Jesus was walking along, he saw a man called Matthew sitting at the tax booth; and he said to him, 'Follow me.' And he got up and followed him.

10 And as he sat at dinner in the house, many tax-collectors and sinners came and were sitting with him and his disciples. <sup>11</sup>When the Pharisees saw this, they said to his disciples, 'Why does your teacher eat with tax-collectors and sinners?' <sup>12</sup>But when he heard this, he said, 'Those who are well have no need of a physician, but those who are sick. <sup>13</sup>Go and learn what this means, "I desire mercy, not sacrifice." For I have come to call not the righteous but sinners.'

18 While he was saying these things to them, suddenly a leader of the synagogue came in and knelt before him, saying, 'My daughter has just died; but come and lay your hand on her, and she will live.' <sup>19</sup>And Jesus got up and followed him, with his disciples. <sup>20</sup>Then suddenly a woman who had been suffering from haemorrhages for twelve years came up behind him

and touched the fringe of his cloak, <sup>21</sup>for she said to herself, 'If I only touch his cloak, I will be made well.' <sup>22</sup>Jesus turned, and seeing her he said, 'Take heart, daughter; your faith has made you well.' And instantly the woman was made well. <sup>23</sup>When Jesus came to the leader's house and saw the flute-players and the crowd making a commotion, <sup>24</sup>he said, 'Go away; for the girl is not dead but sleeping.' And they laughed at him. <sup>25</sup>But when the crowd had been put outside, he went in and took her by the hand, and the girl got up. <sup>26</sup>And the report of this spread throughout that district.

### † 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 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

[aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com) and we will do our utmost to arrange a visit.

## Sermon by Revd Sarah du Boulay, Sunday 31<sup>st</sup> May 2026

Trinity Sunday (Civic Service)

On Thursday I had an adventure. Together with a few friends, I went to the Royal Opera House in Covent Garden to see the final performance of their production of Peter Grimes. Now, this isn't a usual occurrence for me – I don't often go to see operas, but when I first saw it advertised it seemed a really good way to learn more about Benjamin Britten and his work. It was absolutely incredible – the staging, the singing, the atmosphere – just a wonderful evening. And it even gave me the basis for my sermon today – who knew?!

If you don't know the story of Peter Grimes – the opera is based on a poem by George Crabbe who was born here in Aldeburgh in the mid-1700s. The story is set in 'The Borough' (which is based on Aldeburgh) and is about a fisherman called Peter Grimes. His apprentice dies when out on a fishing trip, and although he is found innocent of any wrongdoing during the following trial, the 'Borough Gossips' decide there is no smoke without fire, and spend their time gossiping, spreading malicious rumours, ganging up against Grimes and generally making his life very difficult. When his second apprentice also dies, well, there isn't going to be a happy ending.

These Borough Gossips are the antagonists of the piece. Grimes himself is a loner and so stands separate from the community of Gossips and therefore is an easy target. In this production, we even saw them hunting him down with flaming torches and pitchforks. The Borough Gossips are powerful, terrifying and show us what can happen (to a greater or lesser extent) when crowd mentality takes over. They are a close community, yes, but a very unhealthy, selfish and corrupt community. They stand as a warning to us all. An example of community gone wrong.

Happily, in celebrating Trinity Sunday today, we are shown a different way of doing community. Trinity Sunday is the day when Christians celebrate our Triune God – that is God the Father, God the Son and God the Holy Spirit – three separate entities who are at the same time one and the same.

We believe that humans are created in the image of God, and therefore we are inherently wired to be in relationship with others. That our communities will flourish when we reflect this divine connection and suffer when we isolate or 'other' people.

We believe that God is love. And love is shown through relationship. The Holy Trinity models a life of equality, mutuality and outward facing love. There is a famous painting of the Trinity of three figures sat around a table. The fourth space at the table is empty and just happens to be the position

taken by the person viewing the painting. You may hear us talking about the divine dance of the Trinity – where they exist in perfect unison, and where we – that’s all of us – are invited to join.

We are encouraged not only to join in with the dance of the Trinity, but to live it and to show it. We do this by leaning into collaboration, equity and shared decision making with other organisations and people in our community. Even when we might not like an individual or struggle with them or their organisation, as Christians we are still called to love them and to work alongside them. To be kind. To include them and to give them true respect and honour the fact that they are created in the image of God, just as we are.

We do this by fostering hospitality and radical welcome to strangers. Here in Aldeburgh, we have so many opportunities to do this as we welcome tourists throughout the year.

And we do this by reaching out to those who are isolated in our community. These people may be isolated by choice, by circumstance or by situation. We – that’s all of us, whether we consider ourselves Christians or not – are called to look out for these people and to reach out to them in love.

This is the opposite of the Borough Gossips – a healthy community who loves and respects one another. Who is inclusive and open to all. Who actively works to foster good relationships. Who only speaks well of other people – no gossiping or complaining because these things are not of God. Who thinks, acts and speaks from a position of love, and love alone. Who serves each other first and foremost. To act as that picture of the Trinity I described – to keep inviting others in to enjoy this wonderful, loving, joyful community together.

A Christian would describe this as God’s Kingdom here on earth. So, as we move forward with this year, let’s keep this image in our hearts and minds. As we serve our community as Town Council, as Church, as individuals, let’s aim for the very best we can be and the very best we can do. Let’s work together and hold each other accountable and support and love each other. In the name of God the Father, God the Son and God the Holy Spirit.

Amen.

**Always wanted to sing?**

**Why not join Friston Community Choir!**

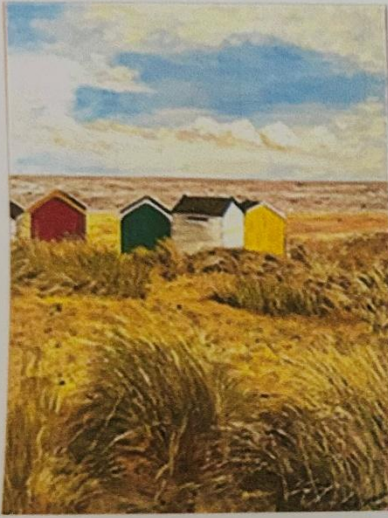
Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: [fristonvillage@gmail.com](mailto:fristonvillage@gmail.com)

**ALL WELCOME**



*Paul Spendlove 'A Retrospective'*

*Caroline is mounting an exhibition  
of some of Paul's artwork  
on Saturday 6th & Sunday 7th June  
noon 'til 4pm*

*Friston Village Hall, IP17 1PU*

*Donations to Friston Parish Church*

*"What better year to show you some of his watercolours,  
early acrylics and oil paintings than in a Big O Year!"*

*Caroline Spendlove: [cas2spendlove@gmail.com](mailto:cas2spendlove@gmail.com)*

**Can You Help? Jumble Sale Volunteers Needed**

The Fairfield Centre is seeking volunteers to support a Jumble Sale in aid of Aldeburgh Primary School on Saturday 13th June.

Help is needed from 11.00am to 1.00pm with serving teas, coffees, and refreshments, as well as setting out stalls. Volunteers are also welcome to assist with setting up in the morning and tidying away afterwards.

In addition, help is needed on Friday 12th June between 11.00am and 2.00pm to receive donations at the Fairfield Centre.

If you are able to help in any way, please contact Elly on 07761 152206 or via email at [info@thefairfieldcentre.co.uk](mailto:info@thefairfieldcentre.co.uk).

Donations of clothes, toys, books, and cakes would be greatly appreciated.

**St Andrew's Church Flower Festival**  
***Spectacular Floral Tributes to the Saints***



Join us at St Andrew's Church, Aldringham, for a beautiful display of floral arrangements inspired by the saints.

**Dates & Times**

**Saturday 13 June — 10am to 4pm**

**Sunday 14 June — 12pm to 4pm**

**Admission is free**

Refreshments available throughout the event.

Everyone is warmly welcome.



**Friston  
Open Gardens**

**Sunday 21st June  
11.30am - 5.30pm**

**Tickets £7.50 admit  
to all gardens  
(last sold 4. 15pm)**

**Please park on  
Village Green**

**Village Hall open  
for light lunches  
and refreshments**

**In aid of Church Funds**



**Save the Children**  
100 YEARS

## Lunchtime Classical Concert Series

Aldeburgh Parish Church

Monday 27 July 2026, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2026 with the welcome return of:

Masumi Ogura – Clarinet

Helen Stanley – Viola

Nadia Lasserson – Piano.

Admission is free, with a retiring collection in support of Save the Children.

**All are very welcome**

The Church of St Peter and  
St Paul, ALDEBURGH

**40<sup>th</sup>**  
ANNIVERSARY  
OF THE FRIDAY MARKETS!

**FRIDAY**  
**MARKETS**

*in August 2026*

7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> August  
**10-12pm**  
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 & Refreshments Served

**ALL MOST WELCOME**  
Cash only please!

A great morning out for everyone!

FRESH LOCAL LOVELY!

Homemade with love

## **£££ 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, 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/>

## **Food Banks at the East of England Co-op**

Foodbanks provide a valuable service to those in need in our communities.

The Aldeburgh & Leiston Co-op supermarkets 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>

## **† Pilgrims Together †**

### **Pilgrims Online Wednesdays**

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

**All are welcome to any of the Pilgrim's events.**

## The Alde Sandlings, Dates for your Diary

- Morning Prayer throughout The Alde Sandlings Benefice weekly at 9am.  
Aldeburgh – Every Monday, Wednesday and Friday.  
Aldringham – Every Thursday.  
Friston – Every Monday.  
Knodishall\_– Every Tuesday.
- Evensong – Aldeburgh – Sunday 7<sup>th</sup> June at 6pm (and every first Sunday of the month)
- 4<sup>th</sup> June - 7.30pm Archdeacon's Visitation Service at St John's Church, Saxmundham
- 6<sup>th</sup> and 7<sup>th</sup> June, 12pm – 4pm - Paul Spendlove 'A Retrospective' exhibition at Friston Village Hall
- 14<sup>th</sup> June – 77<sup>th</sup> Aldeburgh Festival of Music and the Arts Service at Aldeburgh Parish Church at 10.30am
- 21<sup>st</sup> June – Friston Open Gardens
- 28<sup>th</sup> June – Holy Communion Patronal Festival at Aldeburgh Parish Church at 11am
- 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup> and 28<sup>th</sup> August - Friday Markets at Aldeburgh Parish Church – 40<sup>th</sup> Anniversary!

### 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-  
[safeguarding.aldesandlings@outlook.com](mailto:safeguarding.aldesandlings@outlook.com)

***You have been sent this newsletter as you requested to be included in the weekly distribution. If you ever wish to stop receiving the newsletter, please do email [aldesandlingsbenefice@outlook.com](mailto:aldesandlingsbenefice@outlook.com)***