



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 14th June

Aldeburgh	10.30am	Holy Communion Festival Service	The Rt Revd Sandy Millar Revd Sarah du Boulay
Aldringham	11am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	TBC

Dear All,

We enjoyed a wonderful joyful Archdeacon's Visitation service last Thursday at St John's Saxmundham. This is the annual service when the Archdeacon comes to the Deanery to admit the churchwardens to office. Churchwardens from across the deanery were there, alongside their supporters, and one churchwarden who had travelled down from another deanery.

It was a moving occasion as we heard the churchwardens make commitments to serving God and his kingdom through their roles and committed to supporting them.

Instead of a sermon from the Benefice this week we are including Archdeacon Rich's sermon so that we can all read it and each be reminded of our own calling within the body of Christ.

Last week Rev'd Sarah asked us to commit to praying for our churchwardens, let's continue to do so, and to pray for workers for the harvest.

With love and prayers,
Mary

Readings for Sunday 14th June 2026

Collect

Lord, you have taught us
that all our doings without love are nothing worth:
send your Holy Spirit
and pour into our hearts that most excellent gift of love,
the true bond of peace and of all virtues,
without which whoever lives is counted dead before you.
Grant this for your only Son Jesus Christ's sake,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Genesis 18:1-15

18 The Lord appeared to Abraham by the oaks of Mamre, as he sat at the entrance of his tent in the heat of the day. ²He looked up and saw three men standing near him. When he saw them, he ran from the tent entrance to meet them, and bowed down to the ground. ³He said, 'My lord, if I find favour with you, do not pass by your servant. ⁴Let a little water be brought, and wash your feet, and rest yourselves under the tree. ⁵Let me bring a little bread, that you may refresh yourselves, and after that you may pass on—since you have come to your servant.' So they said, 'Do as you have said.' ⁶And Abraham hastened into the tent to Sarah, and said, 'Make ready quickly three measures of choice flour, knead it, and make cakes.' ⁷Abraham ran to the herd, and took a calf, tender and good, and gave it to the servant, who hastened to prepare it. ⁸Then he took curds and milk and the calf that he had prepared, and set it before them; and he stood by them under the tree while they ate.

9 They said to him, 'Where is your wife Sarah?' And he said, 'There, in the tent.' ¹⁰Then one said, 'I will surely return to you in due season, and your wife Sarah shall have a son.' And Sarah was listening at the tent entrance behind him. ¹¹Now Abraham and Sarah were old, advanced in age; it had ceased to be with Sarah after the manner of women. ¹²So Sarah laughed to herself, saying, 'After I have grown old, and my husband is old, shall I have pleasure?' ¹³The Lord said to Abraham, 'Why did Sarah laugh, and say, "Shall I indeed bear a child, now that I am old?" ¹⁴Is anything too wonderful for the Lord? At the set time I will return to you, in due season, and Sarah

shall have a son.’¹⁵ But Sarah denied, saying, ‘I did not laugh’; for she was afraid. He said, ‘Oh yes, you did laugh.’

[21 The Lord dealt with Sarah as he had said, and the Lord did for Sarah as he had promised.² Sarah conceived and bore Abraham a son in his old age, at the time of which God had spoken to him.³ Abraham gave the name Isaac to his son whom Sarah bore him.⁴ And Abraham circumcised his son Isaac when he was eight days old, as God had commanded him.⁵ Abraham was a hundred years old when his son Isaac was born to him.⁶ Now Sarah said, ‘God has brought laughter for me; everyone who hears will laugh with me.’⁷ And she said, ‘Who would ever have said to Abraham that Sarah would nurse children? Yet I have borne him a son in his old age.’]

Romans 5: 1-8

5 Therefore, since we are justified by faith, we have peace with God through our Lord Jesus Christ,² through whom we have obtained access to this grace in which we stand; and we boast in our hope of sharing the glory of God.³ And not only that, but we also boast in our sufferings, knowing that suffering produces endurance,⁴ and endurance produces character, and character produces hope,⁵ and hope does not disappoint us, because God’s love has been poured into our hearts through the Holy Spirit that has been given to us.

6 For while we were still weak, at the right time Christ died for the ungodly.⁷ Indeed, rarely will anyone die for a righteous person—though perhaps for a good person someone might actually dare to die.⁸ But God proves his love for us in that while we still were sinners Christ died for us.

Matthew 9:35-10:8

35 Jesus went about all the cities and villages, teaching in their synagogues, and proclaiming the good news of the kingdom, and curing every disease and every sickness.³⁶ When he saw the crowds, he had compassion for them, because they were harassed and helpless, like sheep without a shepherd.³⁷ Then he said to his disciples, ‘The harvest is plentiful, but the labourers are few;³⁸ therefore ask the Lord of the harvest to send out labourers into his harvest.’

10 Then Jesus summoned his twelve disciples and gave them authority over unclean spirits, to cast them out, and to cure every disease and every sickness.² These are the names of the twelve apostles: first, Simon, also known as Peter, and his brother Andrew; James son of Zebedee, and his brother John;³ Philip and Bartholomew; Thomas and Matthew the tax-

collector; James son of Alphaeus, and Thaddaeus;⁴ Simon the Cananaean, and Judas Iscariot, the one who betrayed him.

5 These twelve Jesus sent out with the following instructions: 'Go nowhere among the Gentiles, and enter no town of the Samaritans, ⁶but go rather to the lost sheep of the house of Israel. ⁷As you go, proclaim the good news, "The kingdom of heaven has come near."⁸ Cure the sick, raise the dead, cleanse the lepers, cast out demons. You received without payment; give without payment.

[⁹'Take no gold, or silver, or copper in your belts, ¹⁰no bag for your journey, or two tunics, or sandals, or a staff; for labourers deserve their food. ¹¹Whatever town or village you enter, find out who in it is worthy, and stay there until you leave. ¹²As you enter the house, greet it. ¹³If the house is worthy, let your peace come upon it; but if it is not worthy, let your peace return to you. ¹⁴If anyone will not welcome you or listen to your words, shake off the dust from your feet as you leave that house or town. ¹⁵Truly I tell you, it will be more tolerable for the land of Sodom and Gomorrah on the day of judgement than for that town.

16 'See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. ¹⁷Beware of them, for they will hand you over to councils and flog you in their synagogues; ¹⁸and you will be dragged before governors and kings because of me, as a testimony to them and the Gentiles. ¹⁹When they hand you over, do not worry about how you are to speak or what you are to say; for what you are to say will be given to you at that time; ²⁰for it is not you who speak, but the Spirit of your Father speaking through you. ²¹Brother will betray brother to death, and a father his child, and children will rise against parents and have them put to death; ²²and you will be hated by all because of my name. But the one who endures to the end will be saved. ²³When they persecute you in one town, flee to the next; for truly I tell you, you will not have gone through all the towns of Israel before the Son of Man comes.']

† 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 and we will do our utmost to arrange a visit.

Admission of Churchwardens: Archdeacons Charge 2026

“See, I am doing a new thing”

Isaiah 43:1–25

Dear friends in Christ, Churchwardens, clergy, and all gathered here this evening,

It is a joy to gather for this Visitation, and especially to welcome those who are being admitted or continuing in the office of Churchwarden. Before anything else, I want simply to say thank you.

Churchwardens, thank you for your faithfulness, your generosity, your patience, your wisdom, and your willingness to serve. Thank you for the many things you do that are seen, and the many more that are not. Thank you for the practical tasks, the pastoral conversations, the difficult decisions, the quiet encouragement, and the faithful presence that helps sustain the life and witness of your parish church.

The office of Churchwarden is one of great trust and great privilege. It stands at the intersection of worship and witness, tradition and mission, pastoral care and practical leadership. It is not simply a role to be performed; it is a calling to be lived.

And into that calling, we hear these extraordinary words from the prophet Isaiah:

“Do not remember the former things, or consider the things of old... See, I am doing a new thing; now it springs forth, do you not perceive it?”
— Isaiah 43:18–19

These words were spoken to a people who knew uncertainty, change, and challenge. A people who had memories of better days, and questions about what the future might hold.

Perhaps that feels familiar.

And so tonight I want to leave you with three simple reflections.

First: Remember whose you are

Before God speaks of doing a new thing, He says:

“Do not fear, for I have redeemed you; I have called you by name, you are mine.”

Before you are leaders... before you are organisers... before you are keyholders, meeting attenders, policy readers, budget watchers, building managers—

You are beloved children of God.

When ministry feels demanding, when decisions are difficult, when energy feels low, remember this: you are called by name, known by God, and held in His grace.

The work of the Church must never crowd out the life of faith that sustains the Church.

So, stay rooted in prayer. Stay rooted in worship. Stay rooted in Christ.

Second: Perceive what God is doing

God says:

“See, I am doing a new thing.”

Not I once did.

Not I might one day.

But I am doing.

I have a real privilege as archdeacon to see and hear about new things across the Archdeaconry; young people walking in to churches, wanting to know about Jesus or get hold of a bible, new opportunities to worship and new ways of serving communities.

God is already at work in our communities.

In new people arriving.

In fresh conversations.

In children and families.

In schools and care homes.

In acts of service.

In quiet invitations.

In unexpected opportunities.

Our calling is not simply to preserve what has been, but to discern what God is doing now.

That may require courage.

It may require letting go of familiar patterns.

It may require trying something new.

But the God who made a way in the wilderness still makes a way today.

So be people of hope. People of imagination. People who expect God to surprise you.

Third: Build churches that are safe, faithful, and well-governed

If God is doing a new thing, it must be built on strong foundations.

And among the most important responsibilities entrusted to Churchwardens is ensuring that our churches are places of safety, integrity, and trust.

Safeguarding is not an administrative burden. It is gospel ministry.

Every child matters.

Every young person matters.

Every vulnerable adult matters.

Every survivor matters.

Every person who enters our churches matters.

And alongside safeguarding comes the wider call to good governance—wise stewardship, transparent leadership, healthy decision-making, responsible finances, and faithful care of the resources entrusted to us.

These things may not always feel dramatic, but they are holy work.

Because trust is the soil in which mission grows.

And so, dear Churchwardens, as I conclude, this is your charge:

Remember whose you are—called by name and held in the love of God.

Perceive what God is doing—and do not be afraid to follow where the Spirit leads.

Build churches that are safe, faithful, and well-governed—places where all may flourish in the love of Christ.

And in all things:

Be prayerful in leadership.

Be courageous in change.

Be vigilant in safeguarding.

Be wise in governance.

Be generous in service.

And be joyful in hope.

For the Lord says:

“See, I am doing a new thing; now it springs forth—do you not perceive it?”

May God give you eyes to see it, faith to trust it, and courage to serve Him in it.

Amen.

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.

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.

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

ALL WELCOME



*with fun, food,
spot prizes,
raffle, etc.*

FUN QUIZ

Come and have a fun evening at Knodishall Village Hall

Friday 10 July - 7pm start

£8 per person - Quiz teams maximum of 6 people

With only four tables left,

please phone Pat on 832653 to book your table

Food provided ("Posh" Ploughmans) – but bring your own drinks!

In aid of Knodishall Church funds



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

87511 Friston Open Gardens A4.indd 1

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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



£££ 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 – First Sunday of the month at 6pm
- 14th June – 77th Aldeburgh Festival of Music and the Arts Service at Aldeburgh Parish Church at 10.30am
- 21st June – Friston Open Gardens
- 28th June – Holy Communion Patronal Festival at Aldeburgh Parish Church at 11am
- 10th July – Fun Quiz in aid of Knodishall Church funds at Knodishall Village Hall at 7pm
- 7th, 14th, 21st and 28th August - Friday Markets at Aldeburgh Parish Church – 50th 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

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