



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 28th June

Aldeburgh	11am	Holy Communion Patronal Festival	Revd Sarah du Boulay
	6pm	Aldeburgh Churches Joint Service	
Aldringham	11am	Holy Communion	Revd Martin Percival
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

Dear friends,

Many of you will know that I do some voluntary work for the Diocese as Assistant Diocesan Director of Ordinands, accompanying people through their journey to discern whether they are called to ordained ministry, and through their training and ordinations themselves. It doesn't take up much of my time and is something which I really enjoy – it is such a privilege to be alongside these faithful, obedient and courageous people as they seek (often later in life) to fulfil what it is that God is calling them to.

I'm writing this introduction during the retreat at St Edmundsbury Cathedral for all those being ordained as Priest or Deacon this Saturday (28th June). Please do pray for them, and for the staff, friends and family who are supporting them. It is always exciting as people discern a new calling – whether it is to ordained ministry or to something else. If anybody has an inkling that God is calling them and would value a chat, please do contact either myself or Mary and we would be very pleased to talk to you!

And finally, Friston has done it again! Open Gardens was an absolute delight again this year, and we beat our previous record by making a huge £2,324.25! Massive thank you to all who were involved (either in the kitchens, the preparation, or by opening their beautiful gardens). What a way to be missional and hospitable to so many people. Well done all.

With prayers as always, Sarah

Readings for Sunday 28th June 2026

Collect

O God, the protector of all who trust in you,
without whom nothing is strong, nothing is holy:
increase and multiply upon us your mercy;
that with you as our ruler and guide
we may so pass through things temporal
that we lose not our hold on things eternal;
grant this, heavenly Father,
for our Lord 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 22:1-14

22After these things God tested Abraham. He said to him, 'Abraham!' And he said, 'Here I am.' ²He said, 'Take your son, your only son Isaac, whom you love, and go to the land of Moriah, and offer him there as a burnt-offering on one of the mountains that I shall show you.' ³So Abraham rose early in the morning, saddled his donkey, and took two of his young men with him, and his son Isaac; he cut the wood for the burnt-offering, and set out and went to the place in the distance that God had shown him. ⁴On the third day Abraham looked up and saw the place far away. ⁵Then Abraham said to his young men, 'Stay here with the donkey; the boy and I will go over there; we will worship, and then we will come back to you.' ⁶Abraham took the wood of the burnt-offering and laid it on his son Isaac, and he himself carried the fire and the knife. So the two of them walked on together. ⁷Isaac said to his father Abraham, 'Father!' And he said, 'Here I am, my son.' He said, 'The fire and the wood are here, but where is the lamb for a burnt-offering?' ⁸Abraham said, 'God himself will provide the lamb for a burnt-offering, my son.' So the two of them walked on together.

9 When they came to the place that God had shown him, Abraham built an altar there and laid the wood in order. He bound his son Isaac, and laid him on the altar, on top of the wood. ¹⁰Then Abraham reached out his hand and took the knife to kill his son. ¹¹But the angel of the Lord called to him from heaven, and said, 'Abraham, Abraham!' And he said, 'Here I am.' ¹²He said, 'Do not lay your hand on the boy or do anything to him; for now I know that

you fear God, since you have not withheld your son, your only son, from me.’¹³And Abraham looked up and saw a ram, caught in a thicket by its horns. Abraham went and took the ram and offered it up as a burnt-offering instead of his son. ¹⁴So Abraham called that place ‘The Lord will provide’; as it is said to this day, ‘On the mount of the Lord it shall be provided

Romans 6:12-end

12 Therefore, do not let sin exercise dominion in your mortal bodies, to make you obey their passions. ¹³No longer present your members to sin as instruments of wickedness, but present yourselves to God as those who have been brought from death to life, and present your members to God as instruments of righteousness. ¹⁴For sin will have no dominion over you, since you are not under law but under grace.

15 What then? Should we sin because we are not under law but under grace? By no means! ¹⁶Do you not know that if you present yourselves to anyone as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness? ¹⁷But thanks be to God that you, having once been slaves of sin, have become obedient from the heart to the form of teaching to which you were entrusted, ¹⁸and that you, having been set free from sin, have become slaves of righteousness. ¹⁹I am speaking in human terms because of your natural limitations. For just as you once presented your members as slaves to impurity and to greater and greater iniquity, so now present your members as slaves to righteousness for sanctification.

20 When you were slaves of sin, you were free in regard to righteousness. ²¹So what advantage did you then get from the things of which you now are ashamed? The end of those things is death. ²²But now that you have been freed from sin and enslaved to God, the advantage you get is sanctification. The end is eternal life. ²³For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Matthew 10:40-end

40 ‘Whoever welcomes you welcomes me, and whoever welcomes me welcomes the one who sent me. ⁴¹Whoever welcomes a prophet in the name of a prophet will receive a prophet’s reward; and whoever welcomes a righteous person in the name of a righteous person will receive the reward of the righteous; ⁴²and whoever gives even a cup of cold water to one of these little ones in the name of a disciple—truly I tell you, none of these will lose their reward.’

† 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.

Sermon by Revd Sarah du Boulay, Sunday 21st June 2026 Third Sunday after Trinity

Goodness we have heard three very challenging passages of scripture today!

I want to start by reflecting on our flower festival last weekend. I wonder whether you had a favourite display? I wonder whether you have a favourite saint? And if so, why? (any examples?)

Right now, I find I am being drawn to Saint Francis of Assisi. Partly because of his link with creation – my goodness how beautiful is the world around us right now – my garden is absolutely glorious. And partly because of the vision he had at Saint Damiano, where an icon of Christ crucified spoke to him and said ‘Francis, Francis, go and repair My church which, as you can see, is falling into ruins.’ As a priest in the Church of England, I believe that

part of my job is to work in the mission of God to help build His church. And with the ordinations later this week, I'm thinking more now than ever about my calling, and that of others around me.

You see, my favourite saint depends on my mood and what is happening in my life at the time – just like if you were to ask my favourite disciple. And I think the joy of this is that at different points I find I am able to identify with each of them. But this isn't the traditional viewpoint of disciples or saints, is it?

There was an American theologian named Frederick Buechner (BEEKner), who in his book 'The Clown in the Belfry' said: "Imagine setting out consciously to write a novel about a saint. How could you avoid falling flat on your face? Nothing is harder to make real than holiness. Certainly nothing is harder to make appealing or attractive. The danger, I suppose, is that you start out with the idea that sainthood is something people achieve, that you get to be more holy more or less the way you get to be an Eagle Scout. To create a saint from that point of view would be to end up with something on the order of Little Nell. The truth is of course that holiness is not a human quality like virtue. If there is such a thing at all, holiness is Godness and as such is not something people do but something that God does in them . . . It is something God seems especially apt to do in people who not virtuous at all, at least not to start with"

This is something the Bible knows too. Saints aren't people different from you or me or who are made out of plastic. Saints in the Bible are warts-and-all people with foibles and failures in whom and through whom God manages to do amazing things despite the long odds of it being otherwise. I guess this is why we all identify with different saints and disciples at different times – it is their very human-ness that is so appealing. The fact that we can recognise aspects of ourselves in them and YET. And yet, God still works through them and with them and sometimes despite them. How incredibly inspiring is that?

And gosh do we see that in this story of Abraham and Sarah in Genesis. Neither one of them comes out of this story looking good. Remember – when Sarah and Abraham couldn't have a child of their own, it was Sarah who told Abraham to go and have a child with her servant, Hagar. This, of course, produced a son, Ishmael. However, Sarah and Abraham now have their own son, Isaac, and they don't need Hagar and Ishmael around anymore. Their life and family is complete and it seems that any sign or reminder of what had gone before is painful for them.

At this family gathering, we're told that Ishmael (who was only a young child himself) was acting up. All children act up at some point we know this. But

Sarah reacted strongly and demanded that Abraham 'cast out' Hagar and Ishmael – a sentence which could easily have meant death to them. Even though God told Abraham that he would look after them, Abraham still does the absolute minimum, and sends them packing with minimal provisions, no directions, no hope. Sarah and Abraham have acted in what we might consider to be a very human way, but it doesn't sit well, does it?

This story we know has a happy ending as wherever they ended up, they were still under the gaze of God, who provided for them and saved the life of young Ishmael. Who did, indeed go on to have a people of his own, the Ishmaelites (who ironically pop up again in the story of Joseph – grandson of Isaac – when he was sold into slavery to a group of descendants of Ishmael).

But where does this leave Sarah and Abraham? Well, we see them in the bible, warts and all. When they are incredibly faithful and in tune with God and inspirational to us all, and also when they mess up. When they really mess up. Just like all of us.

But this is never an excuse for us to act badly. It's not a license for us to be unloving and does not give us a pass when we fail. It reminds us that we do and will fail, and sometimes our failures lead to severe and unhappy consequences for other people.

BUT. God is always present. God works through all circumstances. There's an old saying that 'if life gives you lemons, make lemonade.' That's what God does – on a much bigger and more important scale, obviously. But he is always greater than the sum of our parts. It is never up to us to make sure that the purpose of God moves forward in this world. Thanks goodness. God works through imperfect people. He never waits until we have all of our ducks in a row (does this ever actually happen?). Only God is ever perfect. We are all called to become more Christ-like and to work as part of God's mission here on earth, but we can be assured that like Abraham and Sarah, like the saints and disciples before us, we can be assured that when we fall down, God will pick us up, dust us off, and let us try again.

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

ALDEBURGH CHURCHES

Joint Service



Uniting together in faith,
hope and love for Aldeburgh



SUNDAY
28TH JUNE



6PM



St Peter and St Paul's Church,
Victoria Road, Aldeburgh,
Suffolk, IP15 5DY

TOGETHER AS ONE COMMUNITY



St Peter and
St Paul's Church



Catholic Parish Church
of Our Lady and
St Peter



Aldeburgh
Baptist Church

All are 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 two tables left,

please phone Pat on 832653 to book your table
Food provided ("Posh" Ploughmans) – but bring
your own drinks!

iao Knodishall Church funds

🎵 ✨ EVENSONG ✨ 🎵

A Moment of Beauty, Peace and Reflection

Join us for the ancient and much-loved service of

EVENSONG

at

ALDEBURGH PARISH CHURCH

🕒 **6.00pm on the First Sunday of Every Month**

NEXT EVENSONG

Sunday 5th July 2026 at 6pm

Enjoy uplifting choral music, scripture, prayer and a time of quiet reflection in the beauty of our parish church.

All are warmly welcome.

Whether you come regularly, are visiting Aldeburgh, or simply wish to experience this treasured Anglican tradition, we look forward to welcoming you.



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 £££

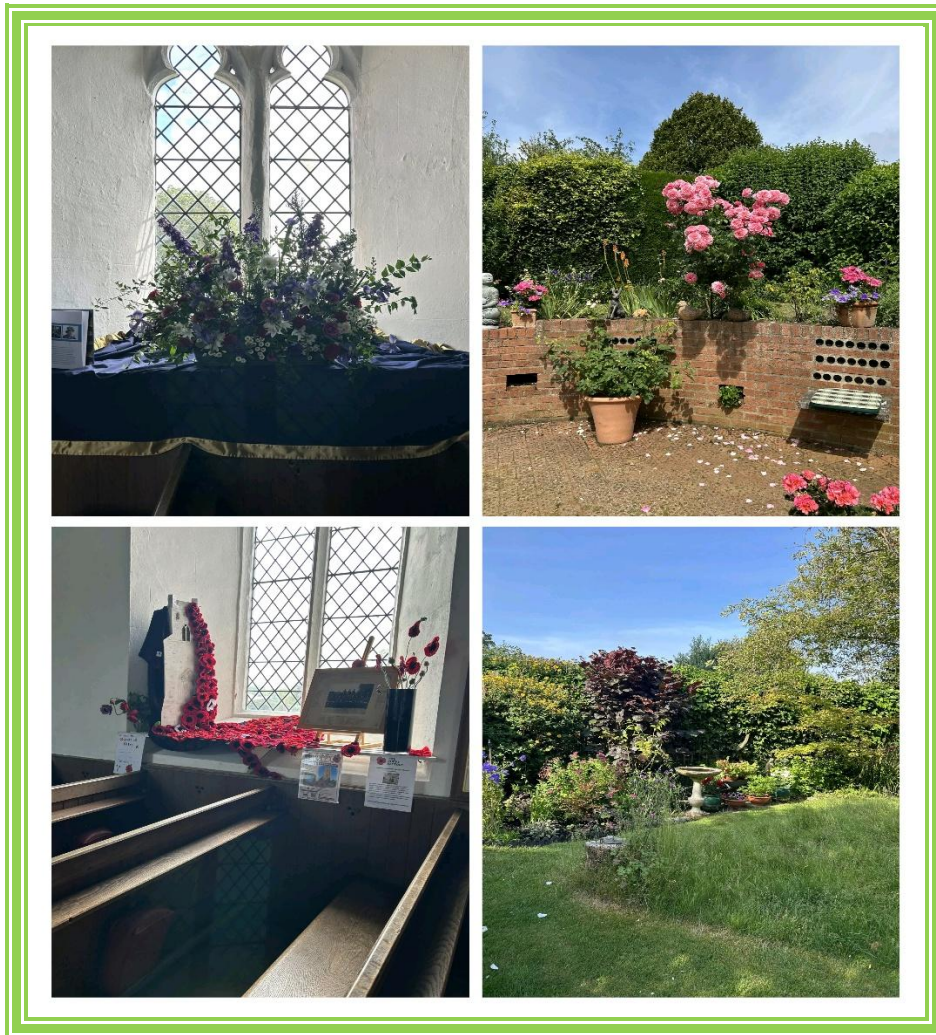
Alde Sandlings Benefice

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/>



What a day it was!

Our annual Open Gardens event was a tremendous success, raising **just over £2,300!**

A huge **thank you** to everyone who helped in every way to make the day such a memorable occasion.

We were delighted to welcome so many visitors who enjoyed exploring the beautiful gardens, the floral displays in the church, and the warm hospitality that Friston is known for.

Thank you also to everyone who came along and supported the day. Your generosity and enthusiasm helped make it such a wonderful community event.

With thanks to Caroline Spendlove for the photographs.

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
- 28th June – Holy Communion Patronal Festival at Aldeburgh Parish Church at 11am
- 28th June – Aldeburgh Churches Joint Service at Aldeburgh Parish Church at 6pm
- 5th July – Evensong at Aldeburgh Parish Church at 6pm
- 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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