



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 5th July

Aldeburgh	8am	Holy Communion CW2	Prebendary Derek Johnson
	11am	Family Service of the Word	Led by Elders
	6pm	Evensong	Revd Mary Brown
Aldringham	11am	Holy Communion	Revd Mary Brown
Friston	9.30am	Holy Communion	The Very Revd Christopher Lewis
Knodishall	9.30am	BCP Morning Prayer	Revd Mary Brown

Dear Friends,

In Morning Prayer this morning, we read from Luke 18, where a blind man is told that Jesus is passing by, and he cries out twice 'Jesus, Son of David, have mercy on me!' Jesus turns to the man and asks 'What do you want me to do for you?' The man replies 'Lord, I want to see!' In this moment Jesus doesn't assume that he knows what the man wants, he takes the time to see the man, to speak to him, to ask what he wants.

We live in a beautiful part of the world, I imagine it might be quite easy for those who don't know us to assume that life here is all hunky-dory. The reality is that many of us are carrying hurts and sufferings that aren't obvious to those around us. The good news for us today from this Bible reading - is that Jesus cares, he takes the time to stop and ask what we want, he does not make assumptions, Jesus sees each one of us, as we really are.

Today, would you have the courage to cry out 'Jesus, have mercy on me'? Would you hear him asking you 'What do you want me to do you for?' And would you be brave enough to answer honestly, telling our merciful Lord

and Saviour, who sees, hears, and loves every one of us, how you really are, and trusting in him for help and healing and restoration.

With love and prayers,
Mary

Readings for Sunday 5th July 2026

Collect

Almighty and everlasting God,
by whose Spirit the whole body of the Church
is governed and sanctified:
hear our prayer which we offer for all your faithful people,
that in their vocation and ministry
they may serve you in holiness and truth
to the glory of your name;
through our Lord and Saviour Jesus Christ,
who is alive and reigns with you,
in the unity of the Holy Spirit,
one God, now and for ever.

Genesis 24:34-38, 42-49, 58-end

34 So he said, 'I am Abraham's servant. ³⁵The Lord has greatly blessed my master, and he has become wealthy; he has given him flocks and herds, silver and gold, male and female slaves, camels and donkeys. ³⁶And Sarah my master's wife bore a son to my master when she was old; and he has given him all that he has. ³⁷My master made me swear, saying, "You shall not take a wife for my son from the daughters of the Canaanites, in whose land I live; ³⁸but you shall go to my father's house, to my kindred, and get a wife for my son."

42 'I came today to the spring, and said, "O Lord, the God of my master Abraham, if now you will only make successful the way I am going! ⁴³I am standing here by the spring of water; let the young woman who comes out to draw, to whom I shall say, 'Please give me a little water from your jar to drink,' ⁴⁴and who will say to me, 'Drink, and I will draw for your camels also'—let her be the woman whom the Lord has appointed for my master's son."

45 'Before I had finished speaking in my heart, there was Rebekah coming out with her water-jar on her shoulder; and she went down to the spring,

and drew. I said to her, "Please let me drink." ⁴⁶She quickly let down her jar from her shoulder, and said, "Drink, and I will also water your camels." So I drank, and she also watered the camels. ⁴⁷Then I asked her, "Whose daughter are you?" She said, "The daughter of Bethuel, Nahor's son, whom Milcah bore to him." So I put the ring on her nose, and the bracelets on her arms. ⁴⁸Then I bowed my head and worshipped the Lord, and blessed the Lord, the God of my master Abraham, who had led me by the right way to obtain the daughter of my master's kinsman for his son. ⁴⁹Now then, if you will deal loyally and truly with my master, tell me; and if not, tell me, so that I may turn either to the right hand or to the left.' ⁵⁸And they called Rebekah, and said to her, 'Will you go with this man?' She said, 'I will.' ⁵⁹So they sent away their sister Rebekah and her nurse along with Abraham's servant and his men. ⁶⁰And they blessed Rebekah and said to her, 'May you, our sister, become thousands of myriads; may your offspring gain possession of the gates of their foes.'

⁶¹Then Rebekah and her maids rose up, mounted the camels, and followed the man; thus the servant took Rebekah, and went his way.

⁶² Now Isaac had come from Beer-lahai-roi, and was settled in the Negeb. ⁶³Isaac went out in the evening to walk in the field; and looking up, he saw camels coming. ⁶⁴And Rebekah looked up, and when she saw Isaac, she slipped quickly from the camel, ⁶⁵and said to the servant, 'Who is the man over there, walking in the field to meet us?' The servant said, 'It is my master.' So she took her veil and covered herself. ⁶⁶And the servant told Isaac all the things that he had done. ⁶⁷Then Isaac brought her into his mother Sarah's tent. He took Rebekah, and she became his wife; and he loved her. So Isaac was comforted after his mother's death.

Romans 7.15 – 25a

¹⁵I do not understand my own actions. For I do not do what I want, but I do the very thing I hate. ¹⁶Now if I do what I do not want, I agree that the law is good. ¹⁷But in fact it is no longer I that do it, but sin that dwells within me. ¹⁸For I know that nothing good dwells within me, that is, in my flesh. I can will what is right, but I cannot do it. ¹⁹For I do not do the good I want, but the evil I do not want is what I do. ²⁰Now if I do what I do not want, it is no longer I that do it, but sin that dwells within me.

²¹ So I find it to be a law that when I want to do what is good, evil lies close at hand. ²²For I delight in the law of God in my inmost self, ²³but I see in my

members another law at war with the law of my mind, making me captive to the law of sin that dwells in my members. ²⁴Wretched man that I am! Who will rescue me from this body of death? ²⁵Thanks be to God through Jesus Christ our Lord!

Matthew 11:16-19, 25-end

16 'But to what will I compare this generation? It is like children sitting in the market-places and calling to one another,

¹⁷ "We played the flute for you, and you did not dance; we wailed, and you did not mourn."

¹⁸For John came neither eating nor drinking, and they say, "He has a demon"; ¹⁹the Son of Man came eating and drinking, and they say, "Look, a glutton and a drunkard, a friend of tax-collectors and sinners!" Yet wisdom is vindicated by her deeds.'

25 At that time Jesus said, 'I thank you, Father, Lord of heaven and earth, because you have hidden these things from the wise and the intelligent and have revealed them to infants; ²⁶yes, Father, for such was your gracious will. ²⁷All things have been handed over to me by my Father; and no one knows the Son except the Father, and no one knows the Father except the Son and anyone to whom the Son chooses to reveal him.

28 'Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. ²⁹Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. ³⁰For my yoke is easy, and my burden is light.'

† 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 Martin Pervical, Aldringham Church, Sunday 28th June 2026 - Fourth Sunday after Trinity

‘Whoever does not take his cross and follow me is not worthy of me.’ This is one of those hard sayings of Jesus. He reminds his disciples, and us his followers today, that each of us has a cross to carry. There is no need to make one, or look for one. The cross we have is hard enough for us. The challenge seems to be whether we are willing to take it up, to accept it as our cross. Our Lord certainly took up his cross. What we have to do is to take up our cross. Our cross is not made from wood. We are not nailed to it with iron nails. Our cross is made up of our burdens - worries, problems, illnesses, conflict within the family...the list can be endless. Perhaps there is no big cross, only a multiplicity of little crosses. However, enough drops eventually fill the cup to overflowing. The cross we carry may not be visible to others. It may not be an outward thing, but something inside. It may be anxiety, depression or guilt. These are heavy crosses though we cannot weigh them on scales. The most painful cross of all, however, is the one over which we have no choice. The cross of living with a difficult person. The cross of a terminal illness in ourselves or a loved one. The cross of dementia. It’s a lot easier to choose a cross for oneself than to accept the ones that come, so to speak, in the line of duty. Over and above these crosses, which come to everyone, are the crosses which come to us because we are disciples of Christ. The most common reasons for giving up the practice of faith are not intellectual but moral. People know that to follow Christ would sometimes subvert their plans, which are often mercenary, selfish and vain-glorious, and would mean saying no to themselves in certain things. There is no getting away from the fact that following Christ involves dying to self. The process of dying to self begins at Baptism. Here is how St. Paul explains it for us: Do you not know that all of us who have been baptized into Christ

Jesus were baptized into his death? We were buried therefore with him by baptism into death... At Baptism we let go of the old life of sin, and became a new creature able to live in the freedom of the children of God. This is, of course, a lifelong process which we can embark upon, and persevere in, only with the grace of Christ. St Paul goes on: We were buried therefore with him by baptism into death, in order that, just as Christ was raised for the dead by the glory of the Father, we too might walk in newness of life. For if we have been united in a death like his, we shall be united with him in a resurrection like his. The purpose of this death is resurrection. The death of the old, sin-ridden self results in the birth of the new self, modelled on Christ. The person who does not take up their cross, but selfishly grasps at personal self-fulfilment will only see it slip away, while the one who sacrifices themselves for the Lord Jesus (and others) will find true fulfilment. Our Lord did not choose the way of ease or evasion. He chose the way of self-sacrifice and suffering. It wasn't that he was in love with suffering. Rather, it was because he chose the way of love. And love inevitably results in sacrifice and suffering. But then love is the only thing that makes suffering bearable and fruitful. The crucified-and-risen Christ knows the crosses that you bear as his own. The crucified-and-risen Christ knows the wounds caused by those crosses as his own. He comes, again and again, to touch them with his own and raise us up with him. For if we have been united in a death like his, we shall be united with him in a resurrection like his. The Good News is that we are saved not by Christ's suffering but by his love. And it was through his suffering that he attained to glory. If we suffer with him on earth we will be crowned with him in heaven. The road of suffering is a narrow and difficult one. It is a great comfort to know that our Lord, the innocent and sinless One, has gone down this road before us, and gone down it to the end. The road is not the same since he travelled it, A bright light illuminates it. It does not end at Calvary. It ends at Easter.

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

CLASSICS ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 9TH JULY FROM 2.30PM

*Bring your VETERAN,
VINTAGE or CLASSIC CAR
or BIKE - or just bring
your friends and family
along to see the classics*



*Tea, coffee and cakes will be
available in the Village Hall.
There will be a Bar and BBQ
on the Green and food and
drink at The Old Chequers.*

*All types of vehicle that were in
production before 1970 are welcome.
Arrive anytime from 2.30pm and depart
whenever you wish.*



*FREE designated parking and entry - all donations to Friston Church
Sat navs: [IP17 1NP](#)*



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.

Sizewell *Creative*

BRITTENPEARS
ARTS



An invitation to

King Arthur Reimagined

**Snape Maltings, Suffolk
Wednesday 8 July, 2:00pm**

Join us for a joyful celebration
featuring professional singers and
dancers with a vibrant community cast.

**Use the code INVITED to get your
free tickets.**



brittenpearsarts.org

Brought to you by Sizewell Creative. Produced by First Light Festival CIC. In partnership with Britten Pears Arts.



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

50th
ANNIVERSARY
OF THE FRIDAY MARKETS!

FRIDAY
MARKETS

in August 2026

7th, 14th, 21st and 28th 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

What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh
- Friston

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

**Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church**

**Evensong at 6pm - First Sunday of the month
Aldeburgh Parish Church**

Dates for Your Diary

Sunday 5th July

Evensong at 6pm

Aldeburgh Parish Church

Friday 10th July

Fun Quiz Night at 7pm

In aid of Knodishall Church funds

Knodishall Village Hall

7th, 14th, 21st & 28th August

Friday Markets 10am – 12pm

Aldeburgh Parish Church

 Celebrating our 50th Anniversary!

Friday 28 August - 7pm & 9pm

A Coldplay Candlelight Experience

Aldeburgh Parish Church

[Book your tickets online.](#)

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

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