



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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Tel: 01728 582213

The Revd Nichola Winter
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Curate: The Revd Mary Brown
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The Revd Johanna Mabey
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Services in The Alde Sandlings Benefice – Sunday 12th July

Aldeburgh	11am	Holy Communion	Revd Mary Brown
Aldringham	11am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

Dear friends,

I do hope that you are all coping in this heat? It makes me laugh, because I moan as much as the next person about it being just too hot, and then the opposite will happen again in winter when it's simply too cold and wet to do anything at all! We aren't very good with extreme weather conditions in this country are we?!

I wonder whether part of our privilege is that we enjoy being comfortable. Comfortable in our weather. Comfortable in our luxuries and our lives. Nothing wrong with this of course, but sometimes it is good to challenge ourselves and step beyond our comfort zones into what we might call a 'learning zone' or even a 'growth zone'. Good to read our Bibles carefully and really take seriously what Jesus teaches us. He, as we know, did not teach comfort and status quo. He taught a radical discipleship where we are called to challenge injustice and inequality. To love unconditionally and to spread the Good News of the Gospels so that all might know God as our Creator and our Redeemer.

It's a time in our world where I believe people need this message now more than ever. A time when we need to stop being merely comfortable, and to challenge ourselves in our faith.

So, my challenge to you is to pull up a fan, grab a glass of water and start reading your Bibles, paying particular attention to the *words of Christ*. The Sermon on the Mount is a great place to start. It's a helpful discipline and I'd be very interested to hear what strikes you and where you think God is speaking directly to us as a benefice.

With prayers as always

Sarah

Readings for Sunday 12th July 2026

Collect

Merciful God,
you have prepared for those who love you
such good things as pass our understanding:
pour into our hearts such love toward you
that we, loving you in all things and above all things,
may obtain your promises,
which exceed all that we can desire;
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 25:19-end

19 These are the descendants of Isaac, Abraham's son: Abraham was the father of Isaac, ²⁰and Isaac was forty years old when he married Rebekah, daughter of Bethuel the Aramean of Paddan-aram, sister of Laban the Aramean. ²¹Isaac prayed to the Lord for his wife, because she was barren; and the Lord granted his prayer, and his wife Rebekah conceived. ²²The children struggled together within her; and she said, 'If it is to be this way, why do I live?' So she went to inquire of the Lord. ²³And the Lord said to her,
'Two nations are in your womb,
and two peoples born of you shall be divided;
one shall be stronger than the other,

the elder shall serve the younger.’

²⁴When her time to give birth was at hand, there were twins in her womb. ²⁵The first came out red, all his body like a hairy mantle; so they named him Esau. ²⁶Afterwards his brother came out, with his hand gripping Esau’s heel; so he was named Jacob. Isaac was sixty years old when she bore them.

²⁷ When the boys grew up, Esau was a skilful hunter, a man of the field, while Jacob was a quiet man, living in tents. ²⁸Isaac loved Esau, because he was fond of game; but Rebekah loved Jacob.

²⁹ Once when Jacob was cooking a stew, Esau came in from the field, and he was famished. ³⁰Esau said to Jacob, ‘Let me eat some of that red stuff, for I am famished!’ (Therefore he was called Edom.) ³¹Jacob said, ‘First sell me your birthright.’ ³²Esau said, ‘I am about to die; of what use is a birthright to me?’ ³³Jacob said, ‘Swear to me first.’ So he swore to him, and sold his birthright to Jacob. ³⁴Then Jacob gave Esau bread and lentil stew, and he ate and drank, and rose and went his way. Thus Esau despised his birthright.

Romans 8:1-11

⁸ There is therefore now no condemnation for those who are in Christ Jesus. ²For the law of the Spirit of life in Christ Jesus has set you free from the law of sin and of death. ³For God has done what the law, weakened by the flesh, could not do: by sending his own Son in the likeness of sinful flesh, and to deal with sin, he condemned sin in the flesh, ⁴so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh but according to the Spirit. ⁵For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit set their minds on the things of the Spirit. ⁶To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace. ⁷For this reason the mind that is set on the flesh is hostile to God; it does not submit to God’s law—indeed it cannot, ⁸and those who are in the flesh cannot please God.

⁹ But you are not in the flesh; you are in the Spirit, since the Spirit of God dwells in you. Anyone who does not have the Spirit of Christ does not belong to him. ¹⁰But if Christ is in you, though the body is dead because of sin, the Spirit is life because of righteousness. ¹¹If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ from the dead will give life to your mortal bodies also through his Spirit that dwells in you.

Matthew 13:1-9, 18-23

13 That same day Jesus went out of the house and sat beside the lake. ²Such great crowds gathered around him that he got into a boat and sat there, while the whole crowd stood on the beach. ³And he told them many things in parables, saying: 'Listen! A sower went out to sow. ⁴And as he sowed, some seeds fell on the path, and the birds came and ate them up. ⁵Other seeds fell on rocky ground, where they did not have much soil, and they sprang up quickly, since they had no depth of soil. ⁶But when the sun rose, they were scorched; and since they had no root, they withered away. ⁷Other seeds fell among thorns, and the thorns grew up and choked them. ⁸Other seeds fell on good soil and brought forth grain, some a hundredfold, some sixty, some thirty. ⁹Let anyone with ears listen!'

18 'Hear then the parable of the sower. ¹⁹When anyone hears the word of the kingdom and does not understand it, the evil one comes and snatches away what is sown in the heart; this is what was sown on the path. ²⁰As for what was sown on rocky ground, this is the one who hears the word and immediately receives it with joy; ²¹yet such a person has no root, but endures only for a while, and when trouble or persecution arises on account of the word, that person immediately falls away. ²²As for what was sown among thorns, this is the one who hears the word, but the cares of the world and the lure of wealth choke the word, and it yields nothing. ²³But as for what was sown on good soil, this is the one who hears the word and understands it, who indeed bears fruit and yields, in one case a hundredfold, in another sixty, and in another thirty.'

† 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>

Sermon by The Very Revd Christopher Lewis
Friston Church, Sunday 5th July 2026

The uncertainties of life. There is St Paul writing to the Romans about his daily life and saying 'I do not understand my own actions' and then: 'I do not do what I want to do, but I do the very thing that I hate ...I can will what is right, but I cannot do it' and then he says.....'Now if I do what I do not want, it is no longer I that do it, but the evil I do not want is what I do.'

That is St Paul being honest and as clear as he can, to those who are turning to Christ or who might turn to Christ. He has freedom and is free to mis-use it, but hopes and prays that he will use it rightly. Later-on he even says that in himself there is a law of sin that lives in him and makes him feel wretched. He is trying to delve into his own nature and to describe what it is in himself that needs to be rescued and by whom. So the passage ends with a firm statement: 'Thanks be to God through Jesus Christ our Lord'.

And then in today's Gospel is the answer, as it were, from Jesus. What is it that he says about the state in which we are ...or into which we get ourselves? Maybe I am sorry to say so, but when I read the papers, I wonder why it is that men drink too much and beat each other up...or why nurses work in maternity hospitals and have such a reputation for **not** being kind and conscientious to the mothers and their babies.

Then in the Gospel, there is Jesus saying that the state of things is not ideal. His comment is that people cannot react properly: 'We played the flute for you, and you did not dance; we wailed and you did not mourn.' And then Jesus thanks God the Father for the fact that He seems to have hidden the truth from the so-called wise and intelligent and have revealed the truth to the more straightforward and simple. A great reversal which we should attend to. He says 'Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden light'

How do we follow the teaching of Jesus? In the bible we are brought up sharply by strange reversals represented by John the Baptist and by Jesus. The first will be last. Those who think themselves holy and righteous are perhaps those who are not. Those whom the world (maybe the USA or at times the UK) – would prefer out of sight and out of mind - maybe asylum seekers - are those in whom we may meet the will of God. There's politics for you...politics challenged by Jesus! I met a family of father, mother and two children - from Iran ...who had travelled here because they had become Christians there and joined a small gathering in Tehran – what is often called a 'house church'. The father's brother had joined also, but he was

discovered to be a Christian and he was shot dead. The little family of four decided to get out and they had then escaped from Iran in a truck and eventually got to the UK where they were appealing for asylum. May the Lord protect them!

Reversals for moral purposes...or maybe use other examples from the Bible. Take the account of the woman caught in what was disobeying a law of the land, which said that they could stone a particular woman: the woman brought along by the Scribes and the Pharisees, caught in adultery. (St John's Gospel Chapter 8) Jesus refused to say that they could stone the woman. He says: 'Let anyone who is without sin be the first to throw a stone at her'. When the Scribes and Pharisees heard this, they went away'; they were men wanting to punish a woman. Jesus then had a conversation with the woman which ended saying that He did not condemn her but instead pointed her to a better future: 'Go your way, and from now on do not sin again'. We are being taught what is called 'morality'....by Jesus and also by Paul. It is with Paul saying that at times he does not really understand what is going on in Paul himself and sometimes does not understand the power of sin inside himself. It is the woman having stones thrown at her who can go home and lead a better – a good – life after a conversation with Jesus. It is the Scribes and Pharisees who were self-righteous and haughty.

And here in the Gospel, we have the teaching of Jesus which sums up a straightforward morality which is to respond to Him and to God the Father. He sees that life is often hard and misleading, but he teaches that the way of righting ourselves is for us to follow him when weary and carrying a heavy burden. The answer is simple – or in Jesus' terms the yoke is easy and the burden is light. It defeats what St Paul calls 'the sin that dwells within me'. He asks 'Who will rescue me from this body...' And Paul's answer is simple: "Thanks be to God through Jesus Christ our Lord".

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

ALL 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/>

† 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.

The Church of St Peter and
St Paul, ALDEBURGH



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! ←←



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

🕒 **6pm on the First Sunday of Every Month**

NEXT EVENSONG

Sunday 2nd August 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

Alde Sandlings Benefice

August Friday Markets will be on the 7th, 14th, 21st and 28th August

10 -12pm

Aldeburgh Church Hall and Car Park.

We need the following items for the markets:

Bric a Brac, toys & games, household items, jewellery, paintings, scarves & fancy goods, tombola prizes.

Please bring items for sale to the Church Hall on Monday 3rd August, Wednesday 5th August and Thursday 6th August between 10am and 1pm.

Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, bring on the day, please.

SANDRA RALPH, FRAN SMITH, JULIAN WORSTER

† 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

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>

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

Thursday 9th July

Classics on the Green

Friston from 2.30pm

Friday 10th July

Fun Quiz Night at 7pm

In aid of Knodishall Church funds

Knodishall Village Hall

Monday 27th July at 12pm

Lunchtime Classical Concert Series

In aid of Save the Children

Aldeburgh Parish Church

Sunday 2nd August at 6pm

Evensong

Aldeburgh Parish Church

Sunday 16th August at 6pm

Carnival United Songs of Praise Service

Moot Hall Green (or Aldeburgh Parish Church in the event of wet weather!)

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