



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 26th July

Aldeburgh	11am	Holy Communion	Revd Sarah du Boulay
Aldringham	11am	Holy Communion	Revd Martin Percival
Friston	9.30am	Holy Communion	The Very Revd Christopher Lewis
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

Dear friends,

I've heard through the grapevine that some other churches have a quiet summer where all regular activity ceases and people have August off completely. This has never been the case here in Alde Sandlings as we play host to thousands of people on their summer holidays and continue to worship and praise God together throughout the whole year.

This summer, do look out for extra activities and events, from the 50th anniversary of the Friday Markets at Aldeburgh (7th, 14th, 21st and 28th August, through a celebration of St Mary's at Friston (15th and 16th August), to an outdoor Taize service at Knodishall (30th August) and our annual pet service at Aldringham (9th August) – all this is amongst other things and our usual service pattern.

Isn't it wonderful to be in a place so alive with love for God and our community?

With prayers as always
Sarah

Readings for Sunday 26th July 2026

Collect

Almighty Lord and everlasting God,
we beseech you to direct, sanctify and govern
both our hearts and bodies
in the ways of your laws
and the works of your commandments;
that through your most mighty protection, both here and ever,
we may be preserved in body and soul;
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 29:15-28

15 Then Laban said to Jacob, 'Because you are my kinsman, should you therefore serve me for nothing? Tell me, what shall your wages be?' ¹⁶Now Laban had two daughters; the name of the elder was Leah, and the name of the younger was Rachel. ¹⁷Leah's eyes were lovely, and Rachel was graceful and beautiful. ¹⁸Jacob loved Rachel; so he said, 'I will serve you seven years for your younger daughter Rachel.' ¹⁹Laban said, 'It is better that I give her to you than that I should give her to any other man; stay with me.' ²⁰So Jacob served seven years for Rachel, and they seemed to him but a few days because of the love he had for her.

21 Then Jacob said to Laban, 'Give me my wife that I may go in to her, for my time is completed.' ²²So Laban gathered together all the people of the place, and made a feast. ²³But in the evening he took his daughter Leah and brought her to Jacob; and he went in to her. ²⁴(Laban gave his maid Zilpah to his daughter Leah to be her maid.) ²⁵When morning came, it was Leah! And Jacob said to Laban, 'What is this you have done to me? Did I not serve with you for Rachel? Why then have you deceived me?' ²⁶Laban said, 'This is not done in our country—giving the younger before the firstborn. ²⁷Complete the week of this one, and we will give you the other also in return for serving me for another seven years.' ²⁸Jacob did so and completed her week; then Laban gave him his daughter Rachel as a wife.

Romans 8:26-end

26 Likewise the Spirit helps us in our weakness; for we do not know how to pray as we ought, but that very Spirit intercedes with sighs too deep for words. ²⁷And God, who searches the heart, knows what is the mind of the Spirit, because the Spirit intercedes for the saints according to the will of God.

28 We know that all things work together for good for those who love God, who are called according to his purpose. ²⁹For those whom he foreknew he also predestined to be conformed to the image of his Son, in order that he might be the firstborn within a large family. ³⁰And those whom he predestined he also called; and those whom he called he also justified; and those whom he justified he also glorified.

31 What then are we to say about these things? If God is for us, who is against us? ³²He who did not withhold his own Son, but gave him up for all of us, will he not with him also give us everything else? ³³Who will bring any charge against God's elect? It is God who justifies. ³⁴Who is to condemn? It is Christ Jesus, who died, yes, who was raised, who is at the right hand of God, who indeed intercedes for us. ³⁵Who will separate us from the love of Christ? Will hardship, or distress, or persecution, or famine, or nakedness, or peril, or sword? ³⁶As it is written, 'For your sake we are being killed all day long; we are accounted as sheep to be slaughtered.'

³⁷No, in all these things we are more than conquerors through him who loved us. ³⁸For I am convinced that neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, ³⁹nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.

Matthew 13:31-33, 44-52

31 He put before them another parable: 'The kingdom of heaven is like a mustard seed that someone took and sowed in his field; ³²it is the smallest of all the seeds, but when it has grown it is the greatest of shrubs and becomes a tree, so that the birds of the air come and make nests in its branches.'

33 He told them another parable: 'The kingdom of heaven is like yeast that a woman took and mixed in with three measures of flour until all of it was leavened.'

44 'The kingdom of heaven is like treasure hidden in a field, which someone found and hid; then in his joy he goes and sells all that he has and buys that field.

45 'Again, the kingdom of heaven is like a merchant in search of fine pearls; ⁴⁶on finding one pearl of great value, he went and sold all that he had and bought it.

47 'Again, the kingdom of heaven is like a net that was thrown into the sea and caught fish of every kind; ⁴⁸when it was full, they drew it ashore, sat down, and put the good into baskets but threw out the bad. ⁴⁹So it will be at the end of the age. The angels will come out and separate the evil from the righteous ⁵⁰and throw them into the furnace of fire, where there will be weeping and gnashing of teeth.

51 'Have you understood all this?' They answered, 'Yes.' ⁵²And he said to them, 'Therefore every scribe who has been trained for the kingdom of heaven is like the master of a household who brings out of his treasure what is new and what is old.'

Readings for Sunday 2nd August 2026

Collect

Almighty God,
who sent your Holy Spirit
to be the life and light of your Church:
open our hearts to the riches of your grace,
that we may bring forth the fruit of the Spirit
in love and joy and peace;
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 32:22-31

22 The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. ²³He took them and sent them across the stream, and likewise everything that he had. ²⁴Jacob was left alone; and a man wrestled with him until daybreak. ²⁵When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. ²⁶Then

he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' ²⁷So he said to him, 'What is your name?' And he said, 'Jacob.' ²⁸Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' ²⁹Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. ³⁰So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' ³¹The sun rose upon him as he passed Peniel, limping because of his hip.

Romans 9:1-5

9 I am speaking the truth in Christ—I am not lying; my conscience confirms it by the Holy Spirit— ²I have great sorrow and unceasing anguish in my heart. ³For I could wish that I myself were accursed and cut off from Christ for the sake of my own people, my kindred according to the flesh. ⁴They are Israelites, and to them belong the adoption, the glory, the covenants, the giving of the law, the worship, and the promises; ⁵to them belong the patriarchs, and from them, according to the flesh, comes the Messiah, who is over all, God blessed for ever. Amen.

Matthew 14:13-21

13 Now when Jesus heard this, he withdrew from there in a boat to a deserted place by himself. But when the crowds heard it, they followed him on foot from the towns. ¹⁴When he went ashore, he saw a great crowd; and he had compassion for them and cured their sick. ¹⁵When it was evening, the disciples came to him and said, 'This is a deserted place, and the hour is now late; send the crowds away so that they may go into the villages and buy food for themselves.' ¹⁶Jesus said to them, 'They need not go away; you give them something to eat.' ¹⁷They replied, 'We have nothing here but five loaves and two fish.' ¹⁸And he said, 'Bring them here to me.' ¹⁹Then he ordered the crowds to sit down on the grass. Taking the five loaves and the two fish, he looked up to heaven, and blessed and broke the loaves, and gave them to the disciples, and the disciples gave them to the crowds. ²⁰And all ate and were filled; and they took up what was left over of the broken pieces, twelve baskets full. ²¹And those who ate were about five thousand men, besides women and children.

✠ 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 Revd Sarah du Boulay

19th July – Seventh Sunday after Trinity

I don't know about you, but parables are one of my least favourite ways of learning! I'm much more straightforward and I would just like people to say exactly what they mean with no game playing or messing around. Come on Jesus, just tell it like it is! Fortunately (or unfortunately), the people Jesus was speaking to would have had a much easier time understanding his parables than I do. Last week I used a theologian named Michael Green's explanation of why Jesus so often taught using parables:

He said: "We are reminded that a parable is the comparison of two subjects for the purpose of teaching. It proceeds from the known to the unknown. It is an every day story with a spiritual meaning. Jesus taught in parables for at least three good reasons:

- 1) The teaching in parables comes after widespread rejection of Jesus' message and his person by the rulers at the time. Its use enables him to continue to hold and intrigue the hearers at a time of great opposition. No doubt he had spoken in parables before, but now, against a background of sharpened claims and consequent polarization, the parables form an ideal vehicle for his continued ministry.
- 2) Secondly, Jesus valued parables because they were an instrument of revelation. The parable revealed truth to those who were hungry, and concealed it from those who were too lazy to look for it, or too blinded by hatred and prejudice to discern it.
- 3) The third reason Jesus taught in parables was that they were a spur towards decision. The kingdom cannot be understood from the outside. The parable was meant to challenge people to think again. It was meant to be a

mirror in which they could see what they really looked like. It was intended to draw the hearers to decision, and to give them room to do so – precisely like the incarnation itself

The parable we have just heard addresses the frustrating reality of evil in the world and God's patience. In the parable, a sower plants good seed. However, while the workers are asleep, an enemy sneaks in and sows weeds among the wheat. In the ancient agricultural world, this is a picture of dandelion, a weed that looks exactly like wheat in its early stages. When the plants mature, both the wheat and the weeds appear. The servants are shocked. They ask, "Did you not sow good seed in your field?" The servants want to immediately rip out the weeds to fix the problem.

However, The master tells his workers, "No, lest in gathering the weeds you root up the wheat along with them". The reason being that if God immediately destroyed all evil and evildoers, the faithful—who are imperfect and still growing—would likely be destroyed in the crossfire. Jesus clarifies that we are currently living in a mixed reality. The good seed represents the "children of the kingdom," and the weeds represent the "children of the evil one". God's grace gives both time and space to grow side-by-side.

Jesus then goes on to explain further, providing the sobering and glorious explanation in verses 36-43. The harvest represents the end of the age, and the reapers are the angels. The angels will gather all causes of sin and lawbreakers out of God's kingdom.

After the weeds are burned in the furnace, Jesus promises that "the righteous will shine like the sun in the kingdom of their Father". Ultimately, perfect justice will prevail at the final harvest.

Although when we break it down, it all makes perfect sense – God is protecting the righteous in terms of eternity – this still really challenges me. One of the questions I am asked the most by people outside the church is about suffering – why would a loving God allow such bad things to happen in the world?

The honest answer is that I don't know. I can't know – after all, I'm not God. I have some ideas. I believe that God is with us every step of the way, suffering when we suffer. I believe that we have free choice and in order for us to truly choose love, there must also be an alternative. And I do believe, as this parable tells us, that God is Just. And that being just is different to being fair. And that in the end, justice will prevail.

I still struggle with wanting to 'play judge' in certain situations instead of waiting for God's appointed time. I still struggle with my own personal view of an imperfect and unfair world, even knowing that God has a deliberate

plan and timeline for ultimate justice. I believe that God is good and that he doesn't abandon us. I believe that God uses each and every one of us to work towards his kingdom, if we are open and ready to respond. And that this means we are to bear good fruit in the field where both righteous and unrighteous people and things interact.

I want to finish by reminding us all of the third reason Michael Green gives us for Jesus speaking in parables:

The third reason Jesus taught in parables was that they were a spur towards decision. The kingdom cannot be understood from the outside. The parable was meant to challenge people to think again. It was meant to be a mirror in which they could see what they really looked like. It was intended to draw the hearers to decision, and to give them room to do so – precisely like the incarnation itself.

I wonder what that means for us? How we translate this knowledge and this belief into the broken world in which we live. It's a very real and a very present challenge to us all.

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/>

Classics on the Green – A Heartfelt Thank You

We had a tremendous amount of support from so many people both in the weeks leading up to Classics on the Green, on the day and clearing up afterwards.

This enormous effort from so many people made sure that the event ran smoothly and safely and much enjoyment was had by everyone who attended.

We raised just over £4500.00!

Thank you to everyone who contributed.

Caroline Spendlove



Photos taken by Wendy Ireland

† 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>

† 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

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

FRESH
LOCAL
LOVELY!
♡

♡ **ALL MOST WELCOME** ♡

→→ Cash only please! →→





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.

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



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

Helen Stanley – Violin

Nadia Lasserson – Piano

and the return visit of Tom Hodgkinson (Guitar)

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

All are very welcome

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

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 9th August at 3pm
Annual Pet Service
Aldringham 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