



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 9th August

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,

Some of you will know that I am currently discerning whether to join a new monastic community called the Order of the Mustard Seed. It is a way of living and praying which would provide a further 'spiritual scaffold' to my life and give me more tools and support to continue in my ministry and my life as a disciple of Christ.

The OMS 'Rule of Life' which all members follow is broken into 3 core values and 6 practices designed to help Christians follow Jesus. They are:

To be true to Christ: Through living prayerfully

Through celebrating creativity

To be kind to people: Through practising hospitality

Through expressing God's mercy and justice

To take the Gospel to the nations: Through committing to lifelong learning

Through engaging in mission and evangelism

I wonder whether this rule of life might also be helpful to any of you, both to 'audit' your life as a Christian, and to further develop and deepen your relationship with God? If you have any questions, just let me know!

With prayers as always

Sarah

Readings for Sunday 9th August 2026

Collect

Let your merciful ears, O Lord,
be open to the prayers of your humble servants;
and that they may obtain their petitions
make them to ask such things as shall please you;
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 37:1-4, 12-28

37 Jacob settled in the land where his father had lived as an alien, the land of Canaan. ²This is the story of the family of Jacob.

Joseph, being seventeen years old, was shepherding the flock with his brothers; he was a helper to the sons of Bilhah and Zilpah, his father's wives; and Joseph brought a bad report of them to their father. ³Now Israel loved Joseph more than any other of his children, because he was the son of his old age; and he had made him a long robe with sleeves. ⁴But when his brothers saw that their father loved him more than all his brothers, they hated him and could not speak peaceably to him.

12 Now his brothers went to pasture their father's flock near Shechem. ¹³And Israel said to Joseph, 'Are not your brothers pasturing the flock at Shechem? Come, I will send you to them.' He answered, 'Here I am.' ¹⁴So he said to him, 'Go now, see if it is well with your brothers and with the flock; and bring word back to me.' So, he sent him from the valley of Hebron.

He came to Shechem, ¹⁵and a man found him wandering in the fields; the man asked him, 'What are you seeking?' ¹⁶'I am seeking my brothers,' he said; 'tell me, please, where they are pasturing the flock.' ¹⁷The man said, 'They have gone away, for I heard them say, "Let us go to Dothan." So, Joseph went after his brothers and found them at Dothan. ¹⁸They saw him from a distance, and before he came near to them, they conspired to kill him. ¹⁹They said to one another, 'Here comes this dreamer. ²⁰Come now, let us kill him and throw him into one of the pits; then we shall say that a wild animal has devoured him, and we shall see what will become of his dreams.' ²¹But when Reuben heard it, he delivered him out of their hands, saying, 'Let us not take his life.' ²²Reuben said to them, 'Shed no blood; throw him into this pit here in the wilderness, but lay no hand on him' —

that he might rescue him out of their hand and restore him to his father. ²³So when Joseph came to his brothers, they stripped him of his robe, the long robe with sleeves that he wore; ²⁴and they took him and threw him into a pit. The pit was empty; there was no water in it.

25 Then they sat down to eat; and looking up they saw a caravan of Ishmaelites coming from Gilead, with their camels carrying gum, balm, and resin, on their way to carry it down to Egypt. ²⁶Then Judah said to his brothers, 'What profit is there if we kill our brother and conceal his blood? ²⁷Come, let us sell him to the Ishmaelites, and not lay our hands on him, for he is our brother, our own flesh.' And his brothers agreed. ²⁸When some Midianite traders passed by, they drew Joseph up, lifting him out of the pit, and sold him to the Ishmaelites for twenty pieces of silver. And they took Joseph to Egypt.

Romans 10:5-15

5 Moses writes concerning the righteousness that comes from the law, that 'the person who does these things will live by them.' ⁶But the righteousness that comes from faith says, 'Do not say in your heart, "Who will ascend into heaven?" ' (that is, to bring Christ down) ⁷or "Who will descend into the abyss?" ' (that is, to bring Christ up from the dead). ⁸But what does it say?

'The word is near you,
on your lips and in your heart'

(that is, the word of faith that we proclaim); ⁹because if you confess with your lips that Jesus is Lord and believe in your heart that God raised him from the dead, you will be saved. ¹⁰For one believes with the heart and so is justified, and one confesses with the mouth and so is saved. ¹¹The scripture says, 'No one who believes in him will be put to shame.' ¹²For there is no distinction between Jew and Greek; the same Lord is Lord of all and is generous to all who call on him. ¹³For, 'Everyone who calls on the name of the Lord shall be saved.'

14 But how are they to call on one in whom they have not believed? And how are they to believe in one of whom they have never heard? And how are they to hear without someone to proclaim him? ¹⁵And how are they to proclaim him unless they are sent? As it is written, 'How beautiful are the feet of those who bring good news!'

Matthew 14:22-33

22 Immediately he made the disciples get into the boat and go on ahead to the other side, while he dismissed the crowds. ²³And after he had dismissed the crowds, he went up the mountain by himself to pray. When evening came, he was there alone, ²⁴but by this time the boat, battered by the waves, was far from the land, for the wind was against them. ²⁵And early in the morning he came walking towards them on the lake. ²⁶But when the disciples saw him walking on the lake, they were terrified, saying, 'It is a ghost!' And they cried out in fear. ²⁷But immediately Jesus spoke to them and said, 'Take heart, it is I; do not be afraid.'

28 Peter answered him, 'Lord, if it is you, command me to come to you on the water.' ²⁹He said, 'Come.' So, Peter got out of the boat, started walking on the water, and came towards Jesus. ³⁰But when he noticed the strong wind, he became frightened, and beginning to sink, he cried out, 'Lord, save me!' ³¹Jesus immediately reached out his hand and caught him, saying to him, 'You of little faith, why did you doubt?' ³²When they got into the boat, the wind ceased. ³³And those in the boat worshipped him, saying, 'Truly you are the Son of God.'

✠ 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/UCLeck8GovYoaYzlgyOEIKZg>

St Edmundsbury Cathedral Facebook Page

<https://www.facebook.com/stedscathedral>

Sermon by Revd Sarah du Boulay, Friston Parish Church
2nd August – Ninth Sunday after Trinity

I adore CS Lewis. I grew up reading the Chronicles of Narnia series, and as I have got older, I have found and devoured both his theological books, and his other, more adult novels and poetry. Reading even a small section of his work about his wife is guaranteed to reduce me to tears, and I think Mere Christianity is one of the most helpful books to give anybody who may be interested in Christianity. Even if one doesn't always agree exactly with everything he says.

There is a perhaps lesser-known CS Lewis book called 'The Weight of Glory', which is a compilation of some of his best addresses, given throughout his life. In one address he says: "Next to the Blessed Sacrament itself, your neighbour is the holiest object presented to your senses." I'll say that again: "Next to the Blessed Sacrament itself (that is, the consecrated wine and water which for us represents the body and blood of Jesus Christ himself), "Next to the Blessed Sacrament, your neighbour is the holiest object presented to your senses."

You will have often heard me talk about searching for, and seeing the holiness; the deity in other people. We are after all, created in the image of God, and the Holy Spirit resides in each one of us. Sometimes, we might feel we have to look particularly hard to find any trace of God in somebody. But it is always there. And remember, that God loves each and every one of us, exactly the same.

So, other people are the most holy things on earth (second only to the consecrated elements of the Eucharist).

What does this tell us about the Transfiguration? Well, a number of things. The transfiguration happened, chronologically at what is perhaps a turning point in Jesus' ministry. He went to the top of the mountain, was transfigured and then came down again with his face turned to Jerusalem. This was his final journey towards death and then of course resurrection. He told us that he didn't come to teach or to perform miracles. Jesus came to earth to die for us. That was the main purpose of his life. The others were good and true and incredibly helpful for us yes. But Jesus came to die. And this incident marks the turning point of that journey for him.

So, people are not only the holiest object we have access to on earth (after the consecrated elements), we are also the thing which God loved so much that he gave his only son to die for us. For all of us.

The second thing this tells us about in line with the transfiguration, is that it reminds us again of the promise of eternal life. That we too will be resurrected, and live for all of eternity

alongside God – our Creator and our Redeemer. And what if, as Jesus was transfigured, Peter and John and James were given a preview of what our resurrected bodies will also look like? Jesus still looked like himself – they still recognised him, but he was also so much MORE. His appearance changed, and he shone with power and energy and, well, God. Both Daniel in his vision, and Luke in the gospel seem to struggle to find appropriate words to describe Jesus as fully revealed.

Now, we are not Jesus. We are fully human, and not part of the Holy Trinity, but I just wonder whether we will be changed too in a similar way?

In Jesus, God becomes like us, so that we might become like God. God becomes like us, so that we might become more like God. THAT is our calling as Christians, to become more Christlike. So search for the divinity in ourselves, and to polish it up.

Because, if we have met with Christ, how can we help but be changed for ever? If we know Christ, how can we do anything other than want to be more like him? If we have experienced God, then how can we do anything other than worship and adore him for the rest of eternity?

If we too go up to a literal or figurative mountaintop and experience God, will we not also be transfigured (or changed) in some way? Because if we are not changed throughout faith, then what is the point? We'd come back down from the mountaintop into our everyday lives and be just like everybody else. But we are NOT like everybody else. So, what is it that sets us apart? We all have this divinity inside us after all.

Well, I would argue that it is our faith which sets us apart from everybody else. Just that. We have met with God and recognised Him. And allowed Him to recognise us and to love us.

The question, as always, is what we chose to do with it? In our reading from 2 Peter, he says "So we have the prophetic message more fully confirmed. You will do well to be attentive to this as to a lamp shining in a dark place, until the day dawns and the morning star rises in your hearts.". Be attentive to this as to a lamp shining in a dark place.

We are those lamps, shining in the world. Shining with the same love and holiness as Jesus shone during his transfiguration. So go out from church today, and shine. Shine in Friston, shine in Suffolk, shine in the world! Because you are loved, and because you are called to love others.

Postponement of the Animal Service

Unfortunately, due to the forecasted high temperatures and the lack of shade in the churchyard, the Animal Service scheduled to take place on Sunday 9th August at Aldringham Parish Church has been postponed. The safety and wellbeing of everyone attending, including our animal companions, is our priority. A new date will be announced in due course. Thank you for your understanding.

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/>

† 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>

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

† 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! →→



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

Dates for Your Diary

Sunday 16th August at 6pm

Carnival United Songs of Praise Service

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

Sunday 23rd August at 11am

Benefice Holy Communion

Aldeburgh Parish Church

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

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