



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
Email: revd.sarah@btinternet.com
Tel: 01728 582213

The Revd Nichola Winter
Email: njwinter@whd.co.uk

Curate: The Revd Mary Brown
Email: revd@mary-brown.co.uk
Tel: 01728 467454

The Revd Johanna Mabey
Email: rev.johannamabey@gmail.com

Sunday 22nd June First Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

| | | | |
|------------|---------|----------------|----------------------|
| Aldeburgh | 11.00am | Holy Communion | Revd Sarah du Boulay |
| | 11.00am | Family Service | In the Church Hall |
| Aldringham | 11.00am | Family Service | Revd Mary Brown |
| Friston | 9.30am | Holy Communion | Revd Nichola Winter |
| Knodishall | 9.30am | Holy Communion | Revd Sarah du Boulay |

A message from Revd Mary Brown

Dear Friends,

It is great to be back with you. For those who don't know, I have been away for a couple of weeks doing a placement with an Anglican Church in Kampala, Uganda. This is part of my curacy training; the diocese asks curates to go on placement in a 'significantly contrasting context' for six weeks during their second year of training. I visited St Stephen's Church of Uganda, Kisgugu with a team of eight people from the UK. We worked alongside the staff team there, supporting them with all aspects of ministry, but with a particular focus on children and youth ministry. During the week we delivered 14 assemblies to 10,000 children and young people! On the second Saturday we ran a youth conference at the church which was attended by 730 young people, talking to them about who God is and what he has done for us in Christ Jesus, as well as playing lots of raucous games, and giving them opportunities to receive prayer ministry.

I also preached at the mid-week evening communion service, if you would like to see what a service is like there, the whole service can be watched here: <https://www.youtube.com/watch?v=a6st83lfnx4>

I could say a lot more about my experience in Uganda, and you will probably find that aspects of my trip make their way into my sermons for the next few weeks at least. But in thinking about what I can offer you from what I learnt from our sisters and brothers in Uganda, I landed on this: Those I met, even those in the most dire of circumstances, had a deep trust in God's goodness. This trust in God was not shaken by hard times. Their lives modelled what Paul tells us in Philippians chapter 4: 'I have learned the secret of being content in any and every situation' and as Paul says - that secret is trusting in God, rejoicing in him, and giving thanks, whatever is going on.

With love and prayers,

Mary

The Alde Sandlings Saturday Gratitude

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

Aldeburgh for a wonderful festival service, for those who provided the music - organist, choir, composer, etc. For the Bishop Stepney who preached and presided. For all our wonderful team of volunteers who welcomed people, provided refreshments, made the church beautiful, and everything else that was done to make it a joyful morning.

Aldringham for the second fabulous evensong this summer. For the choir and organists, for the refreshments, for the weather and the beautiful churchyard which were enjoyed with outside refreshments after the service.

Friston for a beautiful new votive candle stand which has been generously gifted to the church by a local craftsman. For each step we are taking towards making St Mary's a place of calm, peace and refuge for all those in the village and beyond.

Knodishall for increasing connections between St Lawrence and Coldfair Green Primary School - recently Ros has accompanied the school on a trip to the beach, and welcomed them to the church, and Sarah and Mary have been invited to attend anniversary celebrations and the leavers assembly.

Collect

O God, the strength of all those who put their trust in you, mercifully accept our prayers and, because through the weakness of our mortal nature we can do no good thing without you, grant us the help of your grace, that in the keeping of your commandments we may please you both in will and deed; 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.

First Reading

1 Kings 19.1-4 5-7 8-15a

Ahab told Jezebel all that Elijah had done, and how he had killed all the prophets with the sword. Then Jezebel sent a messenger to Elijah, saying, 'So may the gods do to me, and more also, if I do not make your life like the life of one of them by this time tomorrow.' Then he was afraid; he got up and fled for his life, and came to Beer-sheba, which belongs to Judah; he left his servant there. But he himself went a day's journey into the wilderness and came and sat down under a solitary broom tree. He asked that he might die: 'It is enough; now, O Lord, take away my life, for I am no better than my ancestors.' Then he lay down under the broom tree and fell asleep. Suddenly an angel touched him and said to him, 'Get up and eat.' He looked, and there at his head was a cake baked on hot stones, and a jar of water. He ate and drank, and lay down again. The angel of the Lord came a second time, touched him, and said, 'Get up and eat, otherwise the journey will be too much for you.' He got up, and ate and drank; then he went in the strength of that food for forty days and forty nights to Horeb the mount of God. At that place he came to a cave, and spent the night there. Then the word of the Lord came to him, saying, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' He said, 'Go out and stand on the mountain before the Lord, for the Lord is about to pass by.' Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the Lord, but the Lord was not in the wind; and after the wind an earthquake, but the Lord was not in the earthquake; and after the earthquake a fire, but the Lord was not in the fire; and after the fire a sound of sheer silence. When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, 'What are you doing here, Elijah?' He answered, 'I have been very zealous for the Lord, the God of hosts; for the Israelites have forsaken

your covenant, thrown down your altars, and killed your prophets with the sword. I alone am left, and they are seeking my life, to take it away.' Then the Lord said to him, 'Go, return on your way to the wilderness of Damascus; when you arrive, you shall anoint Hazael as king over Aram.'

Second Reading

Galatians 3.23-end

Now before faith came, we were imprisoned and guarded under the law until faith would be revealed. Therefore the law was our disciplinarian until Christ came, so that we might be justified by faith. But now that faith has come, we are no longer subject to a disciplinarian, for in Christ Jesus you are all children of God through faith. As many of you as were baptized into Christ have clothed yourselves with Christ. There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. And if you belong to Christ, then you are Abraham's offspring, heirs according to the promise.

Gospel Reading

Luke 8.26-39

Then they arrived at the country of the Gerasenes, which is opposite Galilee. As he stepped out on land, a man of the city who had demons met him. For a long time he had worn no clothes, and he did not live in a house but in the tombs. When he saw Jesus, he fell down before him and shouted at the top of his voice, 'What have you to do with me, Jesus, Son of the Most High God? I beg you, do not torment me'- for Jesus had commanded the unclean spirit to come out of the man. (For many times it had seized him; he was kept under guard and bound with chains and shackles, but he would break the bonds and be driven by the demon into the wilds.). Jesus then asked him, 'What is your name?' He said, 'Legion'; for many demons had entered him. They begged him not to order them to go back into the abyss. Now there on the hillside a large herd of swine was feeding; and the demons begged Jesus to let them enter these. So he gave them permission. Then the demons came out of the man and entered the swine, and the herd rushed down the steep bank into the lake and was drowned. When the swineherds saw what had happened, they ran off and told it in the city and in the country. Then people came out to see what had happened, and when they came to Jesus, they found the man from whom the demons had gone sitting at the feet of Jesus, clothed and in his right mind. And they were afraid. Those who had seen it told them how the one who had been possessed by demons had been healed. Then all the people of the surrounding country of the Gerasenes asked Jesus to leave them; for they were seized with great fear. So he got into the boat and returned. The man from whom the demons had gone begged that he

might be with him; but Jesus sent him away, saying, 'Return to your home, and declare how much God has done for you.' So he went away, proclaiming throughout the city how much Jesus had done for him.

**Sermon by The Rt Revd Dr Joanne Grenfell,
Bishop of Stepney at Aldeburgh,
15th June – Trintiy Sunday Festival Service**

“Does not wisdom call, and does not understanding raise her voice? On the heights, beside the way, at the crossroads she takes her stand; beside the gates in front of the town, at the entrance of the portals she cries out: ‘To you, O people, I call, and my cry is to all that live.’”

Whether you live here in beautiful Aldeburgh, or near one of Bury St Edmund’s city gates, or at Suffolk’s highest peak on Great Wood Hill, or, like me, at a busy crossroads in London’s East End, those rhetorical questions in the opening verses of chapter 8 speak to us.

Wisdom is real and gritty. It is played out in the myriad conversations that are held and decisions that are made at busy thoroughfares and intersections, in government departments and public institutions, under the watchful eye of CCTV and traffic cameras. Wisdom isn’t theoretical or speculative, or set apart. It is practical, ethical, grounded, the stuff of emerging character and genuine discernment.

Likewise understanding. Understanding isn’t just data or knowledge. Understanding is weighing up the options; it’s what we do with what we know. We recognize wisdom and understanding both by their presence and by their absence. In recent days, we know what we are not seeing in Jerusalem and Palestine, Kyiv and Moscow, Tehran and Tel Aviv, Washington and Los Angeles. There is no wisdom in bombs, hostage taking, or the blocking of humanitarian aid.

Yet wisdom continues to call to us, beside the gates and at the entrance of the portals: “To you, O people, I call, and my cry is to all that live.” As people of faith, as the people of life whom she calls, we don’t have the option of retreating from the world and all its difficult realities. We will need to find our wisdom and understanding in the thick of things.

Today’s Scripture readings give us some clues as to where we might start. And God’s Spirit is surely also present in the music, literature, and art that are all around us in this Festival, and indeed within our worship on this Trinity Sunday. So, in that Spirit, let’s reflect on how we’re called to grow as individuals, as disciples of Christ, and also how we might better relate

to each other as human beings, even people from very different faith and cultural backgrounds.

We've already heard Wisdom's clarion call to cut through noise and distraction and to find a better way to live well with each other and God. Wisdom in the couple of verses after verse 4 is really quite directive: she tells us to abandon our simple mindedness (our wilful stupidity, not our lack of capacity, just to be clear), and to live and to walk, or, more literally, to go straight. This is about more than survival; instead, it's about making good moral choices, seeking goodness and joy, not only for ourselves but for those around us too – seeking the common good.

And then there are St Paul's words in the Letter to the Romans, where, through the lens of being a follower of Jesus Christ, Paul tries to explain how very different people can belong in Christ, through the love of God being poured into us by the Holy Spirit. Of course, theologians later went on to unfold the language of the Trinity to describe these three persons. But what St Paul is getting at here is that each of us is called into relationship with God the Father, God the Son, and God the Holy Spirit. Their identity flows in and out of one another, and their interdependence reminds us that we also have and depend on God: we need each other. As in the passage from Proverbs, who we are in relationship to God will then change who we are as human beings: by sharing in Christ's obedience and suffering, we can develop a different kind of character, one which is better suited to service and more aware of human frailty.

Two questions follow.

First, what kind of God is it whom we meet first at wisdom's heights, crossroads, and city gates and then again through our identity in Jesus Christ? In a moment, we'll hear Daniel Kidane's setting of the motet, *Christus factus est*. Kidane is a young composer who champions diversity and inclusion and who lets all the challenging energy of the cities where he has lived flow through his music. You'd probably say that his influences are more *grime music* than *Helen Grime* or *Peter Grimes*, but I think that the pacifist Benjamin Britten would have appreciated Daniel's way of giving musical life to Scripture that sets Christ apart from the world's endless cycles of violence. The text is of course derived from Philippians 2, "Christ became obedient for us even unto death, death on the cross. Therefore, God exalted Him and gave Him a name which is above all names."

The God whom we meet here in Jesus Christ holds a different kind of power. Instead of might and domination, he shows us vulnerability, submission, and obedience to God, pouring out himself on the cross to

reveal the true glory of God. And this surely is the God who speaks into our age, to the power and posturing of global leaders who have might but not wisdom, information but not understanding, power but not love. This is the God who accompanies us today.

And second, what kind of Christians are we called to be in response? The people St Paul was writing to had little reason to boast. They were poor outsiders. Yet St Paul tells them to be people who do boast that they know God in Jesus Christ through the power of the Holy Spirit. He tells them to boast of a God on whom they can depend. He tells them also to be people who know their dependence on God, and their unshakeable connection to all of God's people, their brothers and sisters, who are also dependent on God in and through Christ.

These are words for us too. In an age when we're taught self-interest and self-reliance, how radical – and how liberating – it is to know that we need each other and need God. St Paul reminds us that it's character building too, being caught up in Christ's suffering and endurance. And how greatly do we need character in a world where there is not only war, but ideology that is narrow, mean, and dehumanizing.

So, what are we doing to answer those questions in Aldeburgh, today, on Trinity Sunday?

When we come together for a festival of music and culture, and when we celebrate the Eucharist within that, enriched by the work of composers bringing new treasures out of the storehouse of God's creation, we are participating in the rich, interdependent, collaborative life of the Holy Trinity. We're taking a step away from isolation, division, and hierarchy and we're walking towards a different kind of character and community, where playfulness, fluidity, and creativity show us the truth of our relationship with God. Perhaps we're also dismantling some of the boundaries that keep us hostile and separate, and learning how to delight through what is challenging or even subversive in the glorious creativity of our Creator God.

We are, I trust, following wisdom's call to find a good and true path through and yet still in the hubbub of daily life. Faith has something to bring to the public square, in particular a call to be more human, to rejoice in our connectedness, and to see and resist all that diminishes or destroys our brothers and sisters, whatever their faith, culture, ethnicity, gender, or sexuality. In the words from *Peter Grimes*, set on Maggi Hambling's Scallop sculpture just down on the beach here, to "hear those voices that will not be drowned."

In that context, faith has something to boast about too, not that we are mighty, but that we are in Christ, who taught us a different way to hold power, with humility and gentleness.

It takes prayer, community, and the ever-present grace of God to find these things deep within us, and to develop the patience and resilience of character that are needed to withstand the brutality of the world. And worship, music, and culture also draw us through play, creativity, and collaboration into the heart of God the Holy Trinity, who joyfully dances with us.

May we hear today wisdom's call and understanding's raised voice, even in the midst of war: *'To you, O people, I call, and my cry is to all that live.'*

Post Communion

Eternal Father,
we thank you for nourishing us
with these heavenly gifts:
may our communion strengthen us in faith,
build us up in hope,
and make us grow in love;
for the sake of Jesus Christ our Lord.

**Next Sunday – 29th June,
Second Sunday after Trinity**

† 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

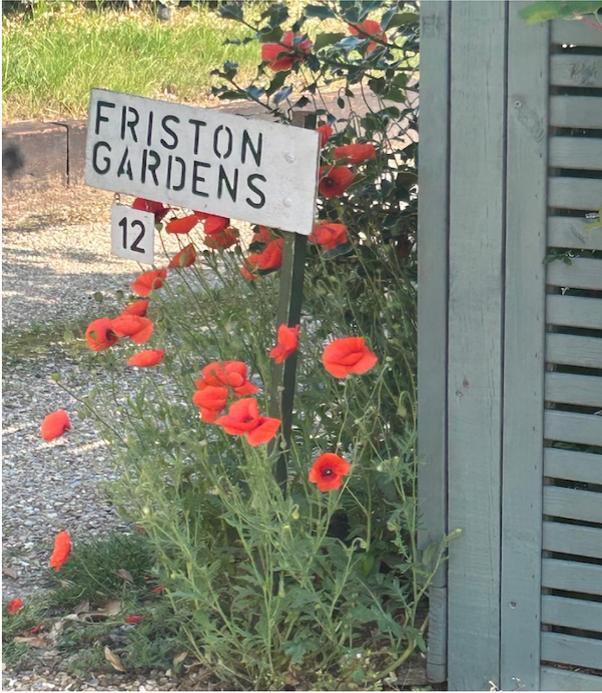
<https://www.facebook.com/stedscathedral>

Friston Open Gardens 2025 – They’ve done it again!

The Friston Team held their annual Open Gardens Day on Sunday 15th June. They raised just over **£2000.00** for Friston church and they would like to say how grateful they are to so many people who supported, helped and donated to make this event a huge success.

As well as the 16 gardens, the church was decorated, and the theme was Village Life through the decades. Here are a few photos courtesy of Caroline Spendlove (Friston Treasurer)

What a team and what a community! Congratulations to all.



A Poem “Friston Village Sign” by Paul Spendlove.

The Friesian **cow**, good milk it yields.
Three ears of **wheat** from fresh farm fields
To post **mill**, flour, by donkey’s yolk.
Our ancient woods, the English **Oak**.
A **horseshoe** tells of smith and wright.
St Mary’s Church, our **cross**, our light.



CONGRATULATIONS ALDEBURGH BELL RINGING TEAM

The North East District of the build of Ringers held its annual striking competition at Rumburgh on Saturday 14th June. Aldeburgh was in the very fortunate position of having just about everyone who rings regularly at Aldeburgh available on that day so we were able to field two teams, one ringing "method" and the other slightly less experienced ringing "call changes". We were also very pleased with the results.

Richard Rapor – Aldeburgh Bell Ringing Team Captain

Results

| Position | Tower | Faults |
|--|--------------|---------------|
| 1st and winners of the Trevor Hughes Trophy | Aldeburgh | 22½ |
| 2nd and winners of the Call Change Trophy | Reydon * | 32 |
| 3rd | Halesworth | 43 |
| 4th | Aldeburgh * | 45½ |
| 5th | Beccles * | 60 |
| 6th | Yoxford | 69 |
| 7th and winners of the Harry Archer Trophy | Rumburgh | 87½ |
| 8th | Beccles | 96 |
| 9th | Chediston | DNF |

* = call change band

The Harry Archer Trophy is awarded to the most improved band. The judges were Ann and David Webb from Loddon.

† Morning Prayer across the Benefice †

Revd Sarah is bringing the benefice together in prayer each morning from 9-9.30am. People are very welcome to join, no regular commitment required, just pop along when you wish.

Monday – Aldeburgh & **Friston

Tuesday – **Knodishall

Wednesday – Aldeburgh

Thursday – Aldringham

Friday – Aldeburgh

** Weather permitting, we are prayer walking around Friston and Knodishall. Please speak to Revd Sarah and Revd Mary for more info.

£££ 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 Co-op and Solar in Leiston 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

admin@aldeburghparishchurch.org.uk and we will do our utmost to arrange a visit.

Evensong Services

We are pleased to inform you that the Evensong services are returning to Aldeburgh and Aldringham. Aldeburgh's will be the first Sunday of the month starting in June at 6pm and Aldringham's will be every 3rd Sunday of the month

Summer Gatherings at Aldeburgh Parish Church Hall

Every first Sunday after the I I am Family Service, do bring a picnic lunch with you to enjoy in the Church Hall where tea and coffee will also be served. A great opportunity for fellowship and enjoy a meal together after worship.

ALL WELCOME

The Alde Sandlings, Dates for your Diary

- Wheelhouse at Aldeburgh Church Hall – Second Tuesday of the month 12-3pm
- Evensong – Aldeburgh Every first Sunday at 6pm
- Evensong – Aldringham Every third Sunday at 5pm
- Aldeburgh – Sunday 29th June I I am – Benefice Patronal Service
- Friston Classics on The Green – Thursday 10th July 2.30pm - A dazzling display of classic cars. Teas and cakes available in the Village Hall, BBQ and Bar on the Green. Proceeds to St Mary the Virgin Church.
- Aldeburgh Church – Benefice Friday Markets – 1st, 8th, 22nd, and 29th August 10-12 noon.
- Aldringham Church – Animal Service, August 10th at 3pm
- Aldeburgh Carnival Songs of Praise – Sunday 17th August 6pm
- Aldringham – Benefice Service, 31st August at I I am.

Aldringham Churchyard Picnic Time

Every fourth Sunday of the month after Aldringham's I I am family service we invite you to bring along a picnic and a chair.

This will give everyone the perfect opportunity to get together for some fellowship conversation. **Weather permitting!**

The Alde Sandlings Benefice Newsletter

If you would like something added that is relevant to the Alde Sandlings Benefice, please send to Claire at

admin@aldeburghparishchurch.org.uk by

Midday on the Thursday beforehand. Thank you.



**The Church of St Peter and
St Paul, ALDEBURGH**

FRIDAY MARKETS in August 2025

**1st - 8th - 22nd & 29th 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!



August Friday Markets 2025 at Aldeburgh Parish Church

This year the popular Alde Sandlings Benefice Friday Markets will be on the 1st, 8th, 22nd and 29th August - 10 -12pm

Please start having those de-clutter sessions at home and in the garage for items for the various stalls:

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

Please bring items to the church hall, the week of the Friday Markets, as we have nowhere to store them unfortunately. Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, bring on the day, please.

Always wanted to sing?

Why not join Friston Community Choir!

Did you know singing can enhance your mood, immune system, blood pressure and reduce feelings of depression, anxiety or chronic pain? It may be just the thing we all need in these challenging times.

This will be held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session (we are hoping to be able to reduce the charge if there is enough interest) There will be a break for refreshments.

To register an interest or for more information contact: Briony Sones

email: fristonvillage@gmail.com

We look forward to seeing you!

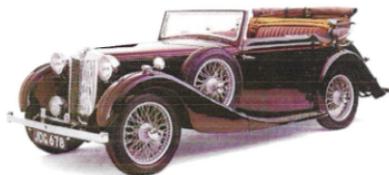
CLASSICS ON THE GREEN

FRISTON

NEAR SAXMUNDHAM SUFFOLK

THURSDAY 10TH 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*