



## 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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## Sunday 29<sup>th</sup> June Second Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	11.00am	Benefice Holy Communion St Peter & St Paul Patronal Festival	Revd Sarah du Boulay & Revd Mary Brown
Aldringham	11.00am	Service of the Word	Led by Elders

### A message from our Rector, Revd Sarah du Boulay

Dear Friends,

Other churches may have a quieter time in the summer, but not Alde Sandlings! This is when we welcome a lot of visitors to our benefice, and what a joy it is to have them here. I have already noticed many new faces during our services, and also enjoying the church buildings and church yards we call home. Let's pray together that we can provide the welcome they need, and that they find God here in our corner of Suffolk.

This is the last newsletter for a fortnight as our wonderful administrator Claire is having a well deserved holiday. All the information you will need for the next few weeks is in here, so settle down with a cuppa and enjoy a bumper read!

You may remember when I first started, we held a benefice-wide questionnaire about worship, which has helped to shape our patterns and offerings over the past 3 years. It's time for another chance to give your feedback, not just on services, but on all we do and are as a benefice. From this Sunday, we are asking you to complete another questionnaire (either printing off your own, or by picking up a hard copy in church and popping the completed forms in the boxes which will be in each church porch). These are anonymous (unless you wish to sign them) and will be collated by me when I return from my study leave. This is a chance for us to go back to the benefice profile you put together during the last vacancy, and see where we are and what our next steps together should be. Exciting times!

On a similar note, this weekend it has been 3 years since I came to live and serve amongst you all. And what a privilege it is.

With my love and prayers

Sarah

### **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** The 3 concerts which have been held in the church building as part of the Festival program. What glorious music to enjoy and how lovely to have the building used to its full capacity.
- Aldringham** The human history of the church building. For such a small village, it always amazes me how many people have a personal connection with St Andrews.
- Friston** The wonderful success of Friston Open Gardens where over £2,000 was raised for the work of the church. Huge thanks to all who were involved!
- Knodishall** Another beautiful service on Sunday where we welcomed friends from across the benefice to worship with us.

## **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**

### **Zechariah 4.1-6a, 10b-end**

The angel who talked with me came again, and wakened me, as one is wakened from sleep. He said to me, 'What do you see?' And I said, 'I see a lampstand all of gold, with a bowl on the top of it; there are seven lamps on it, with seven lips on each of the lamps that are on the top of it. And by it there are two olive trees, one on the right of the bowl and the other on its left.' I said to the angel who talked with me, 'What are these, my lord?' Then the angel who talked with me answered me, 'Do you not know what these are?' I said, 'No, my lord.' He said to me, 'This is the word of the Lord to Zerubbabel: Not by might, nor by power, but by my spirit, says the Lord of hosts. For whoever has despised the day of small things shall rejoice, and shall see the plummet in the hand of Zerubbabel. 'These seven are the eyes of the Lord, which range through the whole earth.' Then I said to him, 'What are these two olive trees on the right and the left of the lampstand?' And a second time I said to him, 'What are these two branches of the olive trees, which pour out the oil through the two golden pipes?' He said to me, 'Do you not know what these are?' I said, 'No, my lord.' Then he said, 'These are the two anointed ones who stand by the Lord of the whole earth.'

## **Second Reading**

### **Acts 12.1-11**

About that time King Herod laid violent hands upon some who belonged to the church. He had James, the brother of John, killed with the sword. After he saw that it pleased the Jews, he proceeded to arrest Peter also. (This was during the festival of Unleavened Bread.) When he had seized him, he put him in prison and handed him over to four squads of soldiers to guard him, intending to bring him out to the people after the Passover. While Peter was kept in prison, the church prayed fervently to God for him. The very night before Herod was going to bring him out, Peter, bound with two chains, was sleeping between two soldiers, while guards in

front of the door were keeping watch over the prison. Suddenly an angel of the Lord appeared and a light shone in the cell. He tapped Peter on the side and woke him, saying, 'Get up quickly.' And the chains fell off his wrists. The angel said to him, 'Fasten your belt and put on your sandals.' He did so. Then he said to him, 'Wrap your cloak around you and follow me.' Peter went out and followed him; he did not realize that what was happening with the angel's help was real; he thought he was seeing a vision. After they had passed the first and the second guard, they came before the iron gate leading into the city. It opened for them of its own accord, and they went outside and walked along a lane, when suddenly the angel left him. Then Peter came to himself and said, 'Now I am sure that the Lord has sent his angel and rescued me from the hands of Herod and from all that the Jewish people were expecting.'

## **Gospel Reading**

### **Matthew 16.13-19**

Now when Jesus came into the district of Caesarea Philippi, he asked his disciples, 'Who do people say that the Son of Man is?' And they said, 'Some say John the Baptist, but others Elijah, and still others Jeremiah or one of the prophets.' He said to them, 'But who do you say that I am?' Simon Peter answered, 'You are the Messiah, the Son of the living God.' And Jesus answered him, 'Blessed are you, Simon son of Jonah! For flesh and blood has not revealed this to you, but my Father in heaven. And I tell you, you are Peter, and on this rock I will build my church, and the gates of Hades will not prevail against it. I will give you the keys of the kingdom of heaven, and whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.'

### **Sermon by Sarah du Boulay, 22<sup>nd</sup> June – First Sunday after Trinity**

The last time I was here, I spoke about being outrageous for God. If you remember, the I repeated the sentence written by Nadim Nassar which says: 'When the world stops being amazed by what we offer to it, by what we do and by what we say as Christians, that is a sure sign that we need to reconsider our baptism of fire.'

And then I added:

I find this a completely extraordinary statement. The world can, and should, be amazed by what we offer. By what we do, and by what we say. Our faith is amazing. Our faith is extraordinary. Our faith is challenging. Our faith should knock our socks off! The Gospel is shocking. Hearing it and seeing it in action should offend our senses.

The Gospel tells us that Jesus said completely outrageous things! He said that the law of God is more important than the law of man – he told people that he had come to fulfil the law and the prophecy of the Old Testament. And then... then he broke open scripture in a way people hadn't heard or understood before. He taught us how we are to live out of our faith. He instructed us on social justice and equality, and he explicitly told us that we are to do everything we possibly can to see these things happen. We are to clothe the naked, feed the hungry and defend the weak. These are not optional. These are fundamental to Christianity. To living a God-filled, faithful, life.

We are to transcend politics – engage, yes, but not get bogged down with the ways of humankind. We are to live outrageously – generously, mercifully, humbly. We are to give of ourselves and our resources, freely and lovingly. We are to think, speak and act out of love – what is seen publicly to reflect our innermost beings, not from a place of showing off, but from complete and utter authenticity.

We are to be innovative, creative, unconstrained by social norms of what is cultural acceptable. We should stand as staggering, scandalous beacons of love, in a world which often lacks.

Our passage today from Galatians expands on this theme. Often people talk about how they feel the God of the Old Testament is different from the God of the New Testament. This passage goes some way to explaining how this isn't true – God does not change, but what does change is our own understanding. Old Testament is, obviously, pre-Christ. The New Testament is written in the knowledge of Christ. We then have the privilege of approaching all of scripture through the window of the resurrection. And more than that, the privilege of living in faith in Christ.

You see, before faith in Christ, the law served as a 'tutor' or guardian, leading people to recognise their sinfulness and need for a saviour. Now, through faith, believers are justified (declared righteous) by God, not by their own works or adherence to the law. We hear time and time again that we are not justified by works, but by faith alone. All God asks of us is to trust. This is a massive change from what went before. It goes back to the teaching that Christ died and was risen again for absolutely everybody. We don't have to do anything to deserve this, it comes from the depths of God's love for us and is open to absolutely everybody. This is radical. Even today, this is radical.

Galatians 3:26 states 'For in Christ Jesus you are all children of God through faith.' This verse signifies a profound change in status. Believers are no longer seen as slaves or servants, but as beloved children of God, with all the rights and privileges that entails. Galatians 3:28 then goes even further and declares, 'There is neither Jew nor Gentile, neither slave nor free, nor is there male and female, for you are all one in Christ Jesus.' This verse emphasises the radical unity that exists among believers in Christ, transcending cultural, social and gender distinctions.

As children of God, believers are also heirs of God's promises, just as Abraham was. This means we are entitled to the blessings and inheritance that God has promised to those who are in Christ. Understanding that believers are no longer under the law's condemnation but are free in Christ should motivate us to live lives pleasing to God, not out of obligation but out of love and gratitude. It goes back to the most important two commandments – love God and love one another. And if we love, we want to please.

This unity in Christ should encourage believers to break down barriers and build relationships with one another, celebrating our shared identity as children of God. Knowing that believers are heirs of God's promises should inspire us to live with hope and expectancy, trusting in God's provision and fulfilling our roles as co-heirs with Christ. It's radical. It's outrageous.

So I say again: Jesus instructed us on social justice and equality, and he explicitly told us that we are to do everything we possibly can to see these things happen. We are to clothe the naked, feed the hungry and defend the weak. These are not optional. These are fundamental to Christianity. To living a God-filled, faithful, life. We are to transcend politics – engage, yes, but not get bogged down with the ways of humankind. We are to live outrageously – generously, mercifully, humbly. We are to give of ourselves and our resources, freely and lovingly. We are to think, speak and act out of love – what is seen publicly to reflect our innermost beings, not from a place of showing off, but from complete and utter authenticity.

We are to be innovative, creative, unconstrained by social norms of what is cultural acceptable. We should stand as staggering, scandalous beacons of love, in a world which often lacks. Let this be our battle cry!

## Post Communion

Almighty God,  
who on the day of Pentecost  
sent your Holy Spirit to the apostles  
with the wind from heaven and in tongues of flame,  
filling them with joy and boldness to preach the gospel:  
by the power of the same Spirit  
strengthen us to witness to your truth  
and to draw everyone to the fire of your love;  
through Jesus Christ our Lord.

## Next Sunday – 6<sup>th</sup> July, Third Sunday after Trinity

Aldeburgh	8.00am	Holy Communion	Revd Sarah du Boulay
	11.00am	Family Holy Communion <i>Followed by BYO picnic in Church Hall</i>	Revd Sarah the Elders
Aldringham	6.00pm	Evensong	Revd Sarah du Boulay
	11.00am	Holy Communion	Very Revd Christopher Lewis
Friston	9.30am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Ros Macallister

## Collect

Almighty God, you have broken the tyranny of sin  
and have sent the Spirit of your Son into our hearts whereby we call you  
Father: give us grace to dedicate our freedom to your service,  
that we and all creation may be brought to the glorious liberty of the  
children of God; 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

### 2 Kings 5.1-14

Naaman, commander of the army of the king of Aram, was a great man  
and in high favour with his master, because by him the Lord had given  
victory to Aram. The man, though a mighty warrior, suffered from leprosy.  
Now the Arameans on one of their raids had taken a young girl captive  
from the land of Israel, and she served Naaman's wife. She said to her  
mistress, 'If only my lord were with the prophet who is in Samaria! He  
would cure him of his leprosy.' So Naaman went in and told his lord just  
what the girl from the land of Israel had said. And the king of Aram said,  
'Go then, and I will send along a letter to the king of Israel.' He went,

taking with him ten talents of silver, six thousand shekels of gold, and ten sets of garments. He brought the letter to the king of Israel, which read, 'When this letter reaches you, know that I have sent to you my servant Naaman, that you may cure him of his leprosy.' When the king of Israel read the letter, he tore his clothes and said, 'Am I God, to give death or life, that this man sends word to me to cure a man of his leprosy? Just look and see how he is trying to pick a quarrel with me.' But when Elisha the man of God heard that the king of Israel had torn his clothes, he sent a message to the king, 'Why have you torn your clothes? Let him come to me, that he may learn that there is a prophet in Israel.' So Naaman came with his horses and chariots, and halted at the entrance of Elisha's house. Elisha sent a messenger to him, saying, 'Go, wash in the Jordan seven times, and your flesh shall be restored and you shall be clean.' But Naaman became angry and went away, saying, 'I thought that for me he would surely come out, and stand and call on the name of the Lord his God, and would wave his hand over the spot, and cure the leprosy! Are not Abana and Pharpar, the rivers of Damascus, better than all the waters of Israel? Could I not wash in them, and be clean?' He turned and went away in a rage. But his servants approached and said to him, 'Father, if the prophet had commanded you to do something difficult, would you not have done it? How much more, when all he said to you was, "Wash, and be clean"?' So he went down and immersed himself seven times in the Jordan, according to the word of the man of God; his flesh was restored like the flesh of a young boy, and he was clean.

## **Second Reading**

### **Galatians 6. 1-6 7-16**

My friends, if anyone is detected in a transgression, you who have received the Spirit should restore such a one in a spirit of gentleness. Take care that you yourselves are not tempted. Bear one another's burdens, and in this way you will fulfil the law of Christ. For if those who are nothing think they are something, they deceive themselves. All must test their own work; then that work, rather than their neighbour's work, will become a cause for pride. For all must carry their own loads. Those who are taught the word must share in all good things with their teacher. Do not be deceived; God is not mocked, for you reap whatever you sow. If you sow to your own flesh, you will reap corruption from the flesh; but if you sow to the Spirit, you will reap eternal life from the Spirit. So let us not grow weary in doing what is right, for we will reap at harvest time, if we do not give up. So then, whenever we have an opportunity, let us work for the good of all, and especially for those of the family of faith. See what large letters I make when I am writing in my own hand! It is those who want to make a good showing in the flesh that try to compel you to be circumcised

only that they may not be persecuted for the cross of Christ. Even the circumcised do not themselves obey the law, but they want you to be circumcised so that they may boast about your flesh. May I never boast of anything except the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world. For neither circumcision nor uncircumcision is anything; but a new creation is everything! As for those who will follow this rule-peace be upon them, and mercy, and upon the Israel of God.

## **Gospel Reading**

### **Luke 10.1-11, 16-20**

After this the Lord appointed seventy others and sent them on ahead of him in pairs to every town and place where he himself intended to go. He said to them, 'The harvest is plentiful, but the labourers are few; therefore ask the Lord of the harvest to send out labourers into his harvest. Go on your way. See, I am sending you out like lambs into the midst of wolves. Carry no purse, no bag, no sandals; and greet no one on the road. Whatever house you enter, first say, "Peace to this house!" And if anyone is there who shares in peace, your peace will rest on that person; but if not, it will return to you. Remain in the same house, eating and drinking whatever they provide, for the labourer deserves to be paid. Do not move about from house to house. Whenever you enter a town and its people welcome you, eat what is set before you; cure the sick who are there, and say to them, "The kingdom of God has come near to you." But whenever you enter a town and they do not welcome you, go out into its streets and say, "Even the dust of your town that clings to our feet, we wipe off in protest against you. Yet know this: the kingdom of God has come near." 'Whoever listens to you listens to me, and whoever rejects you rejects me, and whoever rejects me rejects the one who sent me.' The seventy returned with joy, saying, 'Lord, in your name even the demons submit to us!' He said to them, 'I watched Satan fall from heaven like a flash of lightning. See, I have given you authority to tread on snakes and scorpions, and over all the power of the enemy; and nothing will hurt you. Nevertheless, do not rejoice at this, that the spirits submit to you, but rejoice that your names are written in heaven.'

## **Post Communion**

O God, whose beauty is beyond our imagining  
and whose power we cannot comprehend:  
show us your glory as far as we can grasp it,  
and shield us from knowing more than we can bear  
until we may look upon you without fear;  
through Jesus Christ our Saviour.

## Sunday 13<sup>th</sup> July – Fourth Sunday after Trinity

Aldeburgh	11.00am	Holy Communion	Revd Nichola Winter
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	9.30am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Sarah du Boulay

### Collect

O God, the protector of all who trust in you,  
without whom nothing is strong, nothing is holy:  
increase and multiply upon us your mercy;  
that with you as our ruler and guide  
we may so pass through things temporal  
that we lose not our hold on things eternal;  
grant this, heavenly Father, for our Lord Jesus Christ's sake,  
who is alive and reigns with you, in the unity of the Holy Spirit,  
one God, now and for ever.

### First Reading

#### Amos 7.7-end

This is what he showed me: the Lord was standing beside a wall built with a plumb-line, with a plumb-line in his hand. And the Lord said to me, 'Amos, what do you see?' And I said, 'A plumb-line.' Then the Lord said, 'See, I am setting a plumb-line in the midst of my people Israel; I will never again pass them by; the high places of Isaac shall be made desolate, and the sanctuaries of Israel shall be laid waste, and I will rise against the house of Jeroboam with the sword.' Then Amaziah, the priest of Bethel, sent to King Jeroboam of Israel, saying, 'Amos has conspired against you in the very centre of the house of Israel; the land is not able to bear all his words. For thus Amos has said, "Jeroboam shall die by the sword, and Israel must go into exile away from his land." 'And Amaziah said to Amos, 'O seer, go, flee away to the land of Judah, earn your bread there, and prophesy there; but never again prophesy at Bethel, for it is the king's sanctuary, and it is a temple of the kingdom.' Then Amos answered Amaziah, 'I am no prophet, nor a prophet's son; but I am a herdsman, and a dresser of sycamore trees, and the Lord took me from following the flock, and the Lord said to me, "Go, prophesy to my people Israel." 'Now therefore hear the word of the Lord . You say, "Do not prophesy against Israel, and do not preach against the house of Isaac."Therefore, thus says the Lord : "Your wife shall become a prostitute in the city, and your sons and your daughters shall fall by the sword, and your land shall be parcelled out by line; you yourself shall die in an unclean land, and Israel shall surely go into exile away from its land." '

## **Second Reading**

### **Colossians 1.1-14**

Paul, an apostle of Christ Jesus by the will of God, and Timothy our brother, to the saints and faithful brothers and sisters in Christ in Colossae: Grace to you and peace from God our Father. In our prayers for you we always thank God, the Father of our Lord Jesus Christ, for we have heard of your faith in Christ Jesus and of the love that you have for all the saints, because of the hope laid up for you in heaven. You have heard of this hope before in the word of the truth, the gospel that has come to you. Just as it is bearing fruit and growing in the whole world, so it has been bearing fruit among yourselves from the day you heard it and truly comprehended the grace of God. This you learned from Epaphras, our beloved fellow-servant. He is a faithful minister of Christ on your behalf, and he has made known to us your love in the Spirit. For this reason, since the day we heard it, we have not ceased praying for you and asking that you may be filled with the knowledge of God's will in all spiritual wisdom and understanding, so that you may lead lives worthy of the Lord, fully pleasing to him, as you bear fruit in every good work and as you grow in the knowledge of God. May you be made strong with all the strength that comes from his glorious power, and may you be prepared to endure everything with patience, while joyfully giving thanks to the Father, who has enabled you to share in the inheritance of the saints in the light. He has rescued us from the power of darkness and transferred us into the kingdom of his beloved Son, in whom we have redemption, the forgiveness of sins.

## **Gospel Reading**

### **Luke 10.25-37**

Just then a lawyer stood up to test Jesus. 'Teacher,' he said, 'what must I do to inherit eternal life?' He said to him, 'What is written in the law? What do you read there?' He answered, 'You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbour as yourself.' And he said to him, 'You have given the right answer; do this, and you will live.' But wanting to justify himself, he asked Jesus, 'And who is my neighbour?' Jesus replied, 'A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while travelling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal,

brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, "Take care of him; and when I come back, I will repay you whatever more you spend." Which of these three, do you think, was a neighbour to the man who fell into the hands of the robbers?' He said, 'The one who showed him mercy.' Jesus said to him, 'Go and do likewise.'

### **Post Communion**

Eternal God, comfort of the afflicted and healer of the broken,  
you have fed us at the table of life and hope:  
teach us the ways of gentleness and peace,  
that all the world may acknowledge  
the kingdom of your Son Jesus Christ our Lord.

### **† 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>

### **† 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](mailto: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 3<sup>rd</sup> Sunday of the month

## **Summer Gatherings at Aldeburgh Parish Church Hall**

Every first Sunday after the 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 29<sup>th</sup> June 11am – Benefice Patronal Service
- Friston Classics on The Green – Thursday 10<sup>th</sup> 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.
- Knodishall Village Hall – July, 11<sup>th</sup> 7pm – Fun Quiz – See notice
- Aldeburgh Church – Benefice Friday Markets – 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> August 10-12 noon.
- Aldringham Church – Animal Service, August 10<sup>th</sup> at 3pm
- Aldeburgh Carnival Songs of Praise – Sunday 17<sup>th</sup> August 6pm
- Aldringham – Benefice Service, 31<sup>st</sup> August at 11am.

## **Aldringham Churchyard Picnic Time**

Every fourth Sunday of the month after Aldringham's 11am 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](mailto: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**

**1<sup>st</sup> - 8<sup>th</sup> - 22<sup>nd</sup> & 29<sup>th</sup> 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 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> 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.

Books and puzzles, please take to the Knodishall stall on  
the morning of the market.

**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.**

## FUN QUIZ

Come and have a fun evening at Knodishall Village Hall  
Friday 11 July - 7pm start  
£8 per person - Quiz teams - maximum of 6 people, with fun, spot prizes, raffle, etc  
Phone Pat on 832653 to book your table  
Food provided – but bring your own drinks!  
iao Knodishall Church funds

## 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. There will be a break for refreshments.

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

email: [fristonvillage@gmail.com](mailto: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*