



## **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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The Revd Johanna Mabey  
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## **Sunday 17<sup>th</sup> August Ninth Sunday after Trinity**

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	8.00am	Holy Communion	Revd Celia Cook
	11.00am	Holy Communion	Revd Mary Brown
	6.00pm	Carnival Songs of Praise	Moot Hall Greens
Aldringham	11.00am	Holy Communion	Canon Bruce Gillingham
Friston	<u>11.00am</u>	Service of the Word	Revd Nichola Winter &
		<i>Patronal Service</i>	Elder Marie Szpak
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

### **A message from Revd Mary Brown**

Dear Friends,

I had a wonderful day last Sunday welcoming visitors in different forms. My first service was a baptism to which the family brought 40 guests! The second was the pet service where we welcomed 17 animals and their humans, as well as some humans who came representing their pets past, present, or hoped for. (There are some pictures below). I've been reflecting on that day, and on the upcoming events in the rest of August: the Friday Markets, Carnival Weekend in Aldeburgh, Regatta Weekend in

Thorpeness, the blessing of the new RNLI boat, various weddings and further baptisms. All of these events give us, as the church in Alde Sandlings, the opportunity to offer the hospitality and love of Christ to visitors to the area, as well as visitors to our church buildings.

I've been thinking a lot lately about the Parable of the Prodigal Son (Luke 15), reflecting on the extravagance of God's love for us, his welcome and hospitality towards us, as represented by the father in the parable. God loves us in such an abundant way. Like the son in the story that Jesus told, we come to God and find ourselves welcomed as beloved sons and daughters, clothed in the best robes, with a family ring of belonging on our hand. God's hospitality is such that a feast is had in celebration of each one of us when we turn back to him.

In Matthew 25 Jesus tells his disciples that when they offer hospitality to strangers, they are actually offering hospitality to Christ himself. For you, in your particular circumstances during the month of August, what might it look like to allow yourself to receive God's loving welcome? And what might it look like to offer that same hospitality to those around you?

With love and prayers,

Mary

### **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.

## **First Reading**

### **Isaiah 5.1-7**

Let me sing for my beloved my love-song concerning his vineyard: My beloved had a vineyard on a very fertile hill. He dug it and cleared it of stones, and planted it with choice vines; he built a watch-tower in the midst of it, and hewed out a wine vat in it; he expected it to yield grapes, but it yielded wild grapes. And now, inhabitants of Jerusalem and people of Judah, judge between me and my vineyard. What more was there to do for my vineyard that I have not done in it? When I expected it to yield grapes, why did it yield wild grapes? And now I will tell you what I will do to my vineyard. I will remove its hedge, and it shall be devoured; I will break down its wall, and it shall be trampled down. I will make it a waste; it shall not be pruned or hoed, and it shall be overgrown with briars and thorns; I will also command the clouds that they rain no rain upon it. For the vineyard of the Lord of hosts is the house of Israel, and the people of Judah are his pleasant planting; he expected justice, but saw bloodshed; righteousness, but heard a cry!

## **Second Reading**

### **Hebrews 11.29-12.2**

By faith the people passed through the Red Sea as if it were dry land, but when the Egyptians attempted to do so they were drowned. By faith the walls of Jericho fell after they had been encircled for seven days. By faith Rahab the prostitute did not perish with those who were disobedient, because she had received the spies in peace. And what more should I say? For time would fail me to tell of Gideon, Barak, Samson, Jephthah, of David and Samuel and the prophets-who through faith conquered kingdoms, administered justice, obtained promises, shut the mouths of lions, quenched raging fire, escaped the edge of the sword, won strength out of weakness, became mighty in war, put foreign armies to flight. Women received their dead by resurrection. Others were tortured, refusing to accept release, in order to obtain a better resurrection. Others suffered mocking and flogging, and even chains and imprisonment. They were stoned to death, they were sawn in two, they were killed by the sword; they went about in skins of sheep and goats, destitute, persecuted, tormented-of whom the world was not worthy. They wandered in deserts and mountains, and in caves and holes in the ground. Yet all these, though they were commended for their faith, did not receive what was promised, since God had provided something better so that they would not, without us, be made perfect. Therefore, since we are surrounded by so great a

cloud of witnesses, let us also lay aside every weight and the sin that clings so closely, and let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the sake of the joy that was set before him endured the cross, disregarding its shame, and has taken his seat at the right hand of the throne of God.

## **Gospel Reading**

### **Luke 12.49-56**

‘I came to bring fire to the earth, and how I wish it were already kindled! I have a baptism with which to be baptized, and what stress I am under until it is completed! Do you think that I have come to bring peace to the earth? No, I tell you, but rather division! From now on, five in one household will be divided, three against two and two against three; they will be divided: father against son and son against father, mother against daughter and daughter against mother, mother-in-law against her daughter-in-law and daughter-in-law against mother-in-law.’ He also said to the crowds, ‘When you see a cloud rising in the west, you immediately say, “It is going to rain”; and so it happens. And when you see the south wind blowing, you say, “There will be scorching heat”; and it happens. You hypocrites! You know how to interpret the appearance of earth and sky, but why do you not know how to interpret the present time?’

## **† 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 The Very Revd Christopher Lewis, 10<sup>th</sup> August – Eighth Sunday after Trinity**

Heaven! You expect to hear about it in church when we sing and pray. But elsewhere it is not exactly common coinage. The occasional experience described as 'heavenly'. But beyond that, heaven seen as a diversion from the real things of the world right now: family, finances, crises in the world.

Of course, the idea of heaven can be misused. Heaven as a kind of compensation for suffering in this world; one can see how it can be said that life is tough for people at present, but the world to come will redress the balance. So it becomes a kind of encouragement to endure suffering: heaven as 'opium of the people' and a justification for living with exploitation.

Then for others, heaven features as a kind of joke: those jokes about Peter standing at the pearly gates confronting a queue of supplicants, giving them entry tests, asking for pass-words and so on, while in the background people in white night-clothes sit on clouds, playing harps.

I'm not sure how the cartoon idea of heaven came to be. It is probably something to do with a misunderstanding of art of the middle ages, where a vivid pictorial imagination was used in order to convey to people the urgency of right conduct on earth. I have seen similar pictures on modern Buddhist temples. Those medieval pictures show heaven and also hell: on the one hand paradise and on the other, devils with pitchforks prodding people while fanning the flames: the wicked suffering eternally; is that what God is happy with...people getting what they deserve?

That seems to me as odd as the opposite extreme – very popular these days – which is to think that everyone goes immediately from death to a happy retirement home, as it were 'up there'. I heard that idea of heaven mocked as being a 'kind of transcendental hotel, with nothing to do in the evenings', although actually the popular vision seems to include friends, relations, pets and maybe even possessions. A cartoon once pictured two men on clouds, carrying their golf clubs, with an onlooker saying: 'So you ...can take it with you'.

So many jokes; so much imagination and speculation. Best to go on to firmer ground. The words of Jesus in today's Gospel reading: 'Sell your possessions and give alms. Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there will your heart be also'. And that backed up by the reading from Hebrews which is a kind of discourse on faith in God. That most beautiful of verses: 'Faith is the assurance of things hoped for, the conviction of things not seen'. And

then the passage sees these people of faith as seeking a homeland: 'they desire a better country, that is, a heavenly one. Therefore God is not ashamed to be called their God; indeed, he has prepared a city for them.'

What do we learn? From Jesus, that we need to prepare here and now for life beyond death, which should be a better life, without moths and thieves. The secret is one of the heart. As we would say today.... whether your heart is in the right place. If our hearts are shackled only to material things, then they are in the wrong place ... they are not hearts prepared for heaven.

That picture fits with the one from the letter to the Hebrews. Those people of faith had their eyes and hearts set on a better place: they desire a 'better country' and have a conviction of things not seen. They are seeking a homeland, and God has prepared one for them.

So heavenly life is not something which starts at some future date, for it is to do with the heart and with a life of faith in God now. Indeed with Jesus himself, life with the Father was not something deferred, but was experienced all through his life and then beyond his death. So the mark of heaven is life with God, both now and then. That does not remove us from the everyday business of life, any more than it did with Jesus; indeed it immerses us (as it did him) even more in the struggles of the day. But at the same time, it brings a whole transcendent dimension to what we are and what we do. God's purpose for us is that we walk with him now, and then continue life with him in a better country, without worldly horrors. We do not have the material with which to give precise descriptions of that country. In the words of that verse from the first letter of John (3;2) 'Beloved, we are God's children now; what we will be has not yet been revealed.'

Heavenly life is life open to God's love, open to receive his grace as we do at this Eucharist, responding in love to God and to others. Of course not all worship is exactly heavenly, but that is certainly the aim. Not all love of others is exactly heavenly either – look at the life of Jesus and of Christians down the ages.

If that is heaven now, then what of it beyond death? We do not know, but what we do learn is that it depends on life with God and that it extends beyond death and for ever, indeed in a better and fuller form than we can experience on earth. If we walk with God now, our faith and hope tells us that God would not allow something so apparently random and strange as death suddenly to cut off our life with him.

And what of hell? Sermons once majored on hell, but these days they tend to avoid it like the devil. Again, we do not know detail. But if heaven is a matter of where our heart is and of walking with God and being ready for life with him, then the logic points to saying that if our

hearts are in the wrong place and we have not been walking with God, it will be a very hard experience (a hellish one) to meet God, as it were, face to face. If I think of the times when I am at my most selfish and I turn away from God's kind of love, then I cannot imagine myself in his presence. If it is like that now, perhaps it will be like that beyond.

So I reckon that we can forget the candy-floss clouds on the one hand, and the pitchforks on the other. Yet it would be wrong also to let those jokes and all that art ....divert us from seeing that heaven and hell are indeed a kind of reality, for they are a part of the teaching of Jesus and therefore of the Christian faith. They should not depress us, for we have the boundless grace of God, if we will but respond to it. And we have that promise of a better country, of life more fully lived with God and stretching into the future. In the words of Jesus: 'Make purses for yourselves that do not wear out, an unfailing treasure in heaven, where no thief comes near and no moth destroys. For where your treasure is, there your heart will be also.'

### **Post Communion**

Holy Father, who gathered us here around the table of your Son to share this meal with the whole household of God:  
in that new world where you reveal the fullness of your peace,  
gather people of every race and language  
to share in the eternal banquet of Jesus Christ our Lord.



### **The 2025 Suffolk Historic Churches Ride and Stride**



**Saturday 13<sup>th</sup> September 9am-5pm**



The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust.

The Alde Sandlings communities always contribute hugely.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please contact you SHCT organiser:

Aldeburgh – Fran Smith – [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

Aldringham – Sara Newman – 01394 385463

Friston – [admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)

Knodishall – John & Ros Macallister -  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)



**Good Luck Everyone!**

## Summer Catch up with The Alde Sandlings Benefice

Well, what have we been up to?

The Benefice Friday Markets have started in full flow, with delicious homemade cakes, bric a brac, games, fruit, veg, & plants. Unfortunately, the first week we had a very rainy August Friday, so everyone was inside the church hall. But that didn't stop the fun and people visiting. The second week, we were back outside to glorious sunshine. **So, the grand total so far is £2092.45!!!**

The wonderful team are having this week off, but back in business again on the 22<sup>nd</sup> and 29<sup>th</sup>. Do come along for a browse and refreshments and a good ole catch up with old friends and new.



**\*\*\*\*\*STAR BUY\*\*\*\*\*** Can you give Dobbin his forever new home?

No home checks needed. All he wants is a loving new owner to care for him.

No mucking out, and he doesn't even eat - much!!! Cheap to maintain.

Offers starting over £50.



**Aldringham** had a busy Sunday (10<sup>th</sup>) with a special I Iam service which included the joys of a baptism, then at 3pm the popular annual Animal service was held in the beautiful surroundings of the churchyard of which 17 animals and their friends/owners attended.



On 11<sup>th</sup> August, Aldeburgh welcomed the Luceat Choir. Sixteen voices sang in perfect harmony, filling every corner of the church to a captivated audience.





## **Job Vacancy**

### **Children and Families' Worker**

### **The Alde Sandlings Benefice**

The Alde Sandlings Benefice, in the Diocese of St. Edmundsbury and Ipswich, are pleased to announce an exciting opportunity for a children and families' worker based in the four parishes of Aldeburgh, Aldringham, Friston and Knodishall.

The successful candidate will be responsible for the development of a mission and ministry programme for children and families within the benefice, enabling them to develop their faith and participate fully in the life of the church. The role includes overseeing the existing work with children and families across the benefice and may include some youth work. You will work in consultation with the Rector, PCCs and ministry teams.

This is a full-time role (37.5 hours per week) with a salary of £30,000 per annum, plus agreed expenses. Own transport essential. Formal training in children's ministry preferred.

For more information and an application pack, please contact:  
Revd. Mary Brown: [admin@aldeparishchurch.org.uk](mailto:admin@aldeparishchurch.org.uk) - Closing date: 31/08/2025

**Safeguarding: conditional offers will be made pending the successful completion of an enhanced DBS check.**

### **£££ 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>

### **The Alde Sandlings, Dates for your Diary**

- Morning Prayer throughout The Alde Sandlings Benefice Weekly at 9am - Aldeburgh – Every Monday – Wednesday and Friday. Aldringham – Every Thursday – Friston – Every Monday Knodishall – Every Tuesday.
- 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 – AUGUST CANCELLED
- Aldeburgh - Benefice Friday Markets – 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup> & 29<sup>th</sup> August
- Aldeburgh – Tuesday 26<sup>th</sup> at 12 noon. Nadia & Friends Concert
- Aldringham – Benefice Service, 31<sup>st</sup> August at 11am.
- All Benefice – Suffolk Historic Churches Trust, Ride & Stride – Saturday 13<sup>th</sup> September – more details to follow.
- Friston – Harvest Festival Service, September 14<sup>th</sup> at 9.30am
- Aldringham – Battle of Britain Service, September 14<sup>th</sup> at 11am
- Knodishall – Harvest Festival Service, September 21<sup>st</sup> at 9.30am
- Aldringham – Harvest Festival Service, September 28<sup>th</sup> at 11.00am
- Aldeburgh – Messy Church – October 4<sup>th</sup> 10-12 noon
- Aldeburgh – Harvest Festival Service, October 5<sup>th</sup> at 11.00am

### **† 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. **ALDRINGHAM AUGUST EVENSONG CANCELLED.**

### **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**

### **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!**

### **† Pilgrims Together †**

#### **10 am Sundays in July & August**

Celtic style worship by the Fish Pond by the Meare

**All are welcome to any of the Pilgrims events.**

**Next Week  
Sunday 24<sup>th</sup> August  
Tenth Sunday after Trinity**



## **August Friday Markets 2025 at Aldeburgh Parish Church**

This year the popular Alde Sandlings Benefice Friday Markets will be on the 1st, 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.**



**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!**



**Lunchtime Classical  
Concert Series  
Aldeburgh Parish Church**

**Tuesday 26<sup>th</sup> August  
at 12 noon**

The highly successful Lunchtime Classics Concert  
Series in aid of Save the Children continue into August 2025,  
with the return of:

Helen Stanley (Violin)  
Nadia Lasserson (Piano)  
*with local musicians*  
Tom Hodgkinson (Guitar)  
Theodor Nisbet (Bass)  
Anneka Vetter (Soprano)

to include works by Schubert and Mozart

**Looking forward to welcoming you all.  
Admission is free- with a retiring collection for  
Save the Children**

**ALL VERY WELCOME**



**Save the Children**  
**100 YEARS**

**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!**