



## 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

Priest in charge: The Revd Sarah du Boulay

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## Sunday 4<sup>th</sup> June Trinity Sunday

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion
	10.30am	Family Service
Aldringham	11.00am	Holy Communion
	5.30pm	Evensong
Friston	10.00am	Holy Communion
Knodishall	9.30am	Morning Prayer

### A Message from Revd Sarah du Boulay

Dear Friends,

It's 1<sup>st</sup> June – where did the time go? How is it summer already? I've recently become very aware of just how many visitors we get to all four of our parishes. When we are lucky enough to live in such a beautiful area, we must expect to share it! What I have been wondering, however, is just how we go about sharing it, and more specifically, how we provide a Christian welcome to all the visitors we will receive over the summer months.

Welcome and hospitality are ongoing themes of our faith – Jesus himself spent a lot of time eating with people and as part of a larger group. How

are we the most welcoming and hospitable that we possibly can be? To each other, and to strangers? We have already started the conversation, so let's continue it – I look forward to all suggestions!

With prayers,

Sarah

### **Collect**

Almighty and everlasting God,  
you have given us your servants grace,  
by the confession of a true faith,  
to acknowledge the glory of the eternal Trinity  
and in the power of the divine majesty to worship the Unity:  
keep us steadfast in this faith,  
that we may evermore be defended from all adversities;  
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 40.12-17, 27-end**

Who has measured the waters in the hollow of his hand  
and marked off the heavens with a span, enclosed the dust of the  
earth in a measure, and weighed the mountains in scales and the  
hills in a balance? Who has directed the spirit of the Lord, or as his  
counsellor has instructed him? Whom did he consult for his  
enlightenment, and who taught him the path of justice? Who taught him  
knowledge, and showed him the way of understanding? Even the nations  
are like a drop from a bucket, and are accounted as dust on the scales;  
see, he takes up the isles like fine dust. Lebanon would not provide fuel  
enough, nor are its animals enough for a burnt-offering. All the nations are  
as nothing before him; they are accounted by him as less than nothing and  
emptiness. Why do you say, O Jacob, and speak, O Israel, 'My way is  
hidden from the Lord, and my right is disregarded by my God'? Have you  
not known? Have you not heard? The Lord is the everlasting God,  
the Creator of the ends of the earth. He does not faint or grow weary;  
his understanding is unsearchable. He gives power to the faint, and  
strengthens the powerless. Even youths will faint and be weary,  
and the young will fall exhausted; but those who wait for the Lord shall  
renew their strength, they shall mount up with wings like eagles,  
they shall run and not be weary, they shall walk and not faint.

## **Second Reading**

### **2 Corinthians 13.11-end**

Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you. Greet one another with a holy kiss. All the saints greet you. The grace of the Lord Jesus Christ, the love of God, and the communion of the Holy Spirit be with all of you.

## **Gospel Reading**

### **Matthew 28.16-end**

Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. When they saw him, they worshipped him; but some doubted. And Jesus came and said to them, 'All authority in heaven and on earth has been given to me. Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age.'

## **Sermon by The Revd Sarah du Boulay, Pentecost, 28<sup>th</sup> May, at Aldeburgh**

There is a legend, passed down at theological college, of the priest who, having prepared his sermon, stood up at the pulpit, and announced to his congregation that the Holy Spirit had told him to just be quiet. So, the entire church sat in silence for the next 10 minutes, praying and contemplating. Legend doesn't record the results of this action...

I don't know if you'll be pleased or not to hear that this morning the Holy Spirit has told me no such thing, so I'm going to plough ahead with what I have prepared...

When preparing for this morning, I came across Nadim Nassar, who is an Anglican Priest and theologian, and found that he once said, '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.'

Talking about the reading we have just heard from Acts, Nadim says; 'When Luke wanted to describe the Holy Spirit descending on the disciples, the best way he found was to depict it as tongues, as of fire, because he was conscious that fire represents both power and warmth. As Christians, we

have continued to receive this gift of the Spirit of the Lord in order to carry on our mission to amaze the world by reflecting the love of God in Jesus Christ and living in it with the power of the resurrection.'

He says; 'Sometimes, we lose this ability to amaze the world when we get too busy with our little selves, shifting the focus away from the risen Lord, exactly like Peter when he shifted his gaze from the Lord to the storm and he began to sink. If we want to continue as the force for love and for the transformation of the world and if we want to keep receiving the gift of the Spirit, then we must make sure that our focus is on the Lord himself. Only then can we continue to receive the very same gift of the same Holy Spirit that worked in the disciples to amaze the world at Pentecost.'

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.

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. He told them that it is completely ok to have a haircut and to eat a bacon sandwich! I'm being facetious, yes, but it's true, and it was completely shocking for the people of the time to hear. 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.

And of course, our readings today remind us that we do not do this alone. We are given the gifts of the Spirit – wisdom, knowledge, faith, healing, miracles, prophecy, discernment, language – and we are all to work together to promote these gifts and to use them in the name of God, our creator and redeemer.

And we are not just reliant on gifts. We are imbued with the Holy Spirit itself! The Holy Spirit is here, right here, right now, amongst and inside us. Enabling us. Advocating for us. Counselling us. Our God – Father Son and Holy Spirit – is a living God. A present God. An active God. And we are called to have a living, present, active faith.

So we are called today and always to spend time with the Holy Spirit. To think and to pray and to work out how we are outrageous for God! How are we scandalous for God? How are we offensive, for God? Offending people's sensibilities, (not just name-calling and hair-pulling I mean!). How are we innovative? How are we creative and obedient and extraordinary for Jesus?

Remember, 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.

We have just held our APCM. We find ourselves in a particular place and time, with a particular set of circumstances and a particular amount and type of resources. All God-given. So, this is the year. This is the year that we are amazing. This is the year we are outrageous for God. Think BIG. Pray BIG. Discern BIG. Let's spend this year living out our baptism of fire. Let's remember Pentecost every single day.

As Nadim Nassar said; As Christians, we have continued to receive this gift of the Spirit of the Lord in order to carry on our mission to amaze the world by reflecting the love of God in Jesus Christ and living in it with the power of the resurrection.'

## **Post Communion**

Almighty and eternal God,  
you have revealed yourself as Father, Son and Holy Spirit,  
and live and reign in the perfect unity of love:  
hold us firm in this faith,  
that we may know you in all your ways  
and evermore rejoice in your eternal glory,  
who are three Persons yet one God,  
now and for ever.

## **Meet The People - Our Unsung Heroes by Jenny Digby**

### **Canon Arthur Phelps**



Where do you begin to tell the story of our beloved and respected retired Canon Arthur Phelps, who was ordained seventy years ago and known by most parishioners, by sight if not by name.

On Sunday, 4<sup>th</sup> June 2023, Arthur will be celebrating seventy years since his ordination as a minister and will be assisting Prebendary Derek Johnson at the 8.00am service at St Peter & St Paul's Church, Aldeburgh.

Nothing strange about that you may think, except Arthur is retired clergy and will be 97 years old in June.

It wasn't easy catching up with Arthur to have a chat, he is often out and about or gardening. I had tried ringing several times before catching Arthur at home and arranging to pop over to find out more about his long career within the church.

Sitting in Arthur's sunlounge with a cup of coffee and the biscuit tin open, Arthur told me that being a minister of the church was not his chosen career, but somehow, it found him.

Born in 1926, Arthur was brought up in Twickenham and trained to be an accountant when he left school. Priesthood was not in his family, so it wasn't a case of following in his father's footsteps.

Arthur joined the Fleet Air Arm at Gosport and it was during this time, when his comrades would jokingly turn his collar around and suggest that 'he would make a good vicar' that possibly the seeds were sown and the steppingstones built, to how Arthur would spend the rest of his life. Yes, God does work in mysterious ways, indeed.

Arthur's career soon took a dramatic turn and he found himself before a selection board and conceded that his experience as an accountant was dealing with figures and not with people. However, that wasn't an obstacle that Arthur couldn't overcome, and his determination finally took him to Theological College in Cambridge, and he's never looked back.

### **John 15:16**

*You have not chosen me, but I have chosen you, and ordained you, that you should go and bring forth fruit, and that your fruit should remain: that whatsoever you shall ask of the Father in my name, he may give it you.*

Arthur remembers his ordination so clearly. He says, "it was the Sunday after the Coronation of Queen Elizabeth II in 1953 and took place in Liverpool", where he remained for his first three years.

Arthur met and married his wife there and they were blessed with a daughter and then a son.

Over the years, Arthur moved with his family to various parts of the country, built up the congregation in several areas, saw the building of a new church in another location and a new church hall elsewhere. He was progressive and provided spiritual guidance and support to the members of his congregation, whilst leading worship services, administering sacraments, and providing pastoral care to those in need.

### **Timothy 4:14**

*Do not neglect the spiritual gift within you, [that special endowment] which was intentionally bestowed on you [by the Holy Spirit] through prophetic utterance when the elders laid their hands on you [at your ordination].*

Arthur finally arrived in Suffolk with his family in 1975 where he presided in various parishes. A county that he and his family came to love, although "there is something special about suburbia" he tells me.

Having spent two hours with Arthur, he talked freely about his life within the church. He's had such an interesting and varied life compared to the route he started out on many years ago as an accountant.

Sadly, Arthur has lost his beloved wife and his much-loved son from an

illness. So many questions to ask especially how his faith carried him through those sad times. His daughter has had an interesting career working for Cancer Research for many years and keeps an eye on Arthur.

After our long chat I've come to the conclusion, don't ever think the working life of a parish priest is a cushy number, it can take you through an enormous range of emotions, where the priest needs to be compassionate, approachable, and available to listen to their parishioners' concerns. They are also expected to be knowledgeable and to be able to provide guidance on moral and ethical issues. It also involves being responsible for managing the day-to-day operations of their church, including overseeing staff and volunteers. A tall order. They are challenged daily.

Arthur finally took retirement at the age of sixty four, but we all know that retired clergy are the main stay of our parishes and keep getting hauled back to assist. Arthur is a fine example, caring for your community is such a hard profession to step away from.

I asked Arthur, how he saw the future of the Church of England. He took no time in saying with a huge smile on his face, "we need another Billy Graham".

Billy Graham was an American evangelist and an ordained Southern Baptist minister who became well known internationally. In addition to his religious aims, he helped shape the world view of a vast number of people who came from diverse backgrounds, leading them to find a relationship between the Bible and contemporary secular viewpoints. He was among one of the most influential Christian leaders of the 20<sup>th</sup> century.

### **Canon Arthur Phelps 70-year Ordination Anniversary**

Our dear friend Arthur will be marking this incredible milestone on Sunday 4<sup>th</sup> June. We invite you to join us after the 8am Holy Communion Service for a light breakfast to celebrate with Arthur.

**MANY CONGRATUALIONS CANON ARTHUR PHELPS**

### **Archdeacon's Visitation Service**

Will be held at Friston Parish Church, 7<sup>th</sup> June at 7.30pm, followed by refreshments at the village hall. The church car park is small, and we would like to give priority to those less able and mobile. There will be plenty of parking on the village green, signposted and a short walk from the church and village hall where there are toilets available. We wish to avoid congestion and inconvenience to residents in the Church Close.

**ALL VERY WELCOME**



## **Come and meet our new Curate**

As Revd Sarah said last week, Mary will be joining us on the 2<sup>nd</sup> July. We thought it would be a nice idea to welcome Mary in gently with a bring and share lunch on the 2<sup>nd</sup> July around 12.30pm, at Aldeburgh Church Hall. Do check your notice boards in church to add your name, and, if you would like to bring a plate of food as a contribution towards the lunch.

## **† Baptism Family Holy Communion Service †**

On 25<sup>th</sup> June, at the Aldeburgh 10.30am service, we will be inviting the families that have been baptised at Aldeburgh to come along and reaffirm their baptism vows. Anyone else that wishes to reaffirm their vows are also most welcome.



**Friston  
Open Gardens**

**Sunday 18th June  
11.30am - 5.30pm**

**Tickets £5 admit  
to all gardens  
(last sold 4. 15pm)**

**Please park on  
Village Green**

**Village Hall open  
for light lunches  
and refreshments**

**In aid of Church Funds**

# St Andrew's Parish Church Aldringham



## CHORAL EVENSONG

First Sunday of Every Month  
at 5.30pm, from 7<sup>th</sup> May  
*(which will form part of our  
King's Coronation Celebrations)*

YOU ARE ALL MOST  
WELCOME



### † 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>

## **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>

## **£££ Ways to donate to our churches within the £££ Alde Sandlings Benefice**

Your donations REALLY mean so much to us at this challenging time. 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/>

## **† 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 – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Daily at Aldeburgh, Monday to Saturday

## **† Fairfield Centre Prayers †**

The united churches hold prayers at the Fairfield Centre at Aldeburgh, every third Sunday of the month at 6pm. **All very welcome**

## **Weekly Benefice Newsletter**

If you would like something added to the weekly newsletter that is relevant to the Benefice, please do let Claire know and we will do our best to include it the following week.

**All requests by 4pm on Thursday please**

† **Pilgrims Together on Wednesdays on Zoom** †

The worship starts at 6.30pm (Zoom call opens from 6.10pm) and the call is then left open after the worship time for people to catch up. People are welcome to email [pilgrimstogether473@gmail.com](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list or for the Zoom links.

**Saturday 17th June Community Good News Faith Cafe @  
The Outside Inn, Parrot Pub 9.30 - 10.30**

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

**Pilgrims @ Thorpeness Outdoor Summer Celtic  
Worship Gatherings coming soon!**

Sundays throughout July and August starting Sunday 2nd July, 10 am by the Duck Pond next to the Meare in the centre of the village. All are welcome!

**Next Sunday, 11<sup>th</sup> June – First Sunday after Trinity  
Festival Service at Aldeburgh**

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