



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 15th June Trinity Sunday

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Revd Mary Brown
	<u>10.30am</u>	Festival Service	Revd Sarah du Boulay & Bishop Joanne Grenfell
Aldringham	11.00am	Said Morning Service	Led by Elders
	5.00pm	Evensong	Revd Mary Brown
Knodishall	9.30am	Service of the Word	Led by Elder Ros Macallister

A message from our Rector, Revd Sarah du Boulay

Dear Friends,

Well, suddenly it's summer again and thought turn to holidays and time away from our everyday normal lives. One of the most helpful things I have ever been taught (theologically) is to think of the term 'sabbath' as a verb, rather than a noun. A sabbath day is when one stops for the whole day, and concentrates on their relationship with God, with no other distractions such as work or cleaning or shopping etc. If we look at it as a verb, then to sabbath is something we do on a more regular basis. We rest in the presence of God. It might be for a whole day. It might be in the garden with a cup of tea. It might be listening to a favourite piece of music. The point is that it is restful, restorative and replenishing. I believe both ways of sabbathing are important, but would love to know which you find most helpful – or indeed, achievable?

With this in mind, I need to let you all know that I will be taking an extended period of sabbath from 18th July for a month to do just that – to rest, recuperate, restore and replenish myself and my relationship with God. Cover has been arranged, and support is in place – for you all and for the rest of the team. I'll miss you all but am excited to see what God has in store for me during that month!

With 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.

In the Alde Sandlings benefice, this week we are grateful for Pentecost – for all our celebrations and for the wider Deanery celebration held at Whitehouse Farm in Great Glemham. It was wonderful to all be together to celebrate the gift of the Holy Spirit.

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

Proverbs 8.1-4, 22-31

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. The
Lord created me at the beginning of his work, the first of his acts of long
ago. Ages ago I was set up, at the first, before the beginning of the earth.
When there were no depths I was brought forth, when there were no
springs abounding with water. Before the mountains had been shaped,
before the hills, I was brought forth-when he had not yet made earth and
fields, or the world's first bits of soil. When he established the heavens, I
was there, when he drew a circle on the face of the deep, when he made
firm the skies above, when he established the fountains of the deep, when
he assigned to the sea its limit, so that the waters might not transgress his
command, when he marked out the foundations of the earth, then I was
beside him, like a master worker; and I was daily his delight, rejoicing
before him always, rejoicing in his inhabited world and delighting in the
human race.

Second Reading

Romans 5.1-5

Therefore, since we are justified by faith, we have peace with God through
our Lord Jesus Christ, through whom we have obtained access to this
grace in which we stand; and we boast in our hope of sharing the glory of
God. And not only that, but we also boast in our sufferings, knowing that
suffering produces endurance, and endurance produces character, and
character produces hope, and hope does not disappoint us, because God's
love has been poured into our hearts through the Holy Spirit that has
been given to us.

Gospel Reading

John 16.12-15

'I still have many things to say to you, but you cannot bear them now.
When the Spirit of truth comes, he will guide you into all the truth; for he
will not speak on his own, but will speak whatever he hears, and he will
declare to you the things that are to come. He will glorify me, because he
will take what is mine and declare it to you. All that the Father has is
mine. For this reason I said that he will take what is mine and declare it to
you.

Sermon by Bishop Sandy Millar at Aldeburgh, 8th June - Pentecost

The people of God had had no word from God for 400 years until John the Baptist came with his message “Get cleaned up, the King is coming...NOW. John got them cleaned up - baptism a sacrament, an outward, physical event with an inward and spiritual meaning. As Peter puts it, to get a clean conscience. But John knew that his baptism was not a permanent cure, it deals with the past but how do you keep them clean then? How can they avoid getting dirty again? You’ll need another baptism and there is a man coming after me who can do that. You need future power, I can’t do that, He will. Before Jesus was baptised John didn’t know who the one coming after him was but when Jesus got baptised (out of obedience to God) the dove descended, and God’s voice said This is my beloved Son, and then he knew, God said THAT is the Man. It is same in all four gospels, two baptisms required.

Forgiveness the work of Jesus and **Holiness** the work of the Holy Spirit, ie preparation for heaven. You can worship as you are but getting you to heaven is the work of the Holy Spirit. You need two baptisms to be a Christian and you can have one without the other.

That is why Pentecost is such an important Festival in the life of the Church, a reminder of what God gives us, all we have to do is ASK and RECEIVE.

Paul in Ephesus, Acts 19 disciples, but none had received the H/S Jesus didn’t baptise with the H/S on earth. He talked about it but apart from whatever happened in John 20:21, He didn’t do it. When they were baptised with the H/S at Pentecost, the Jewish Festival of Pentecost when they celebrated receiving the Commandments at Sinai, the Law, ie there was Pentecost before Pentecost! What was in their hearts began to pour out of their mouths, began to worship and praise, in languages that they didn’t know as predicted by Joel, the Spirit of prophecy being poured out regardless of age/sex or class – ALL, the foundation of the Christian Church and Christian living with an EXPERIENCE. They knew when it happened and so did everyone else. Peter justifies having baptised those at Cornelius’ house because “they have received the Holy Spirit just as we have.” The same. Per Paul to Titus:

Titus 3:5 He saved us, not because of righteous things we had done, but because of His mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit whom He poured out generously (copiously) through Jesus Christ our Saviour

Jesus told a story about a Feast that God prepared, come! Free! What a generous, kind God, everything we need, provided.

Jan Padereski became prime minister of Poland, also a great pianist, a mother wanted to inspire her 5 yr old to learn the piano so she bought two tickets to one of his concerts. She arrived early and they took their seats in the vast auditorium. While they were waiting she got talking to the person sitting next to her and didn't notice her son wandering off. When the lights began to dim she suddenly realised he had gone and she began to panic. At that moment the curtains on the stage opened and she saw the figure of her 5 year old son sitting at the Steinway Grand. He was unaware of the audience who had by now gone quiet and with one finger he began to play the only tune he knew "Twinkle twinkle little star". She froze with fear and then she saw the great master appear. He tiptoed across the stage and came up behind the boy and whispered in his ear "don't stop, keep playing!" And then crouching down with his right hand he reached round the child and began to play the most beautiful obligato and with his left hand he played smooth arpeggios, all the time whispering "don't stop, keep playing." And so he augmented and supplemented the simple tune in such a way that when the little boy finished playing the audience rose to its feet with thunderous applause. The great master and the young apprentice making music together.

And this is what the Holy Spirit whispers into the heart of every person here today.

Shortly we shall be offered Holy Communion and as you kneel at the rail, I would love to encourage you silently to open your heart to God and ask Him to fill you with His Spirit either for the first time or to renew afresh your experience of His love and power...ask and you will receive.

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.

† 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>

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.

† 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, bring a picnic lunch. There is no need to rush to have a quick cup of coffee and get back.

A great opportunity for fellowship and enjoy a meal together after worship. Tea and coffee served in the church hall.

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
- Aldringham – Monday 16th June – 7.30pm Archdeacon's Visitation
- Friston Open Gardens – Sunday 15th June from 11.30am. Wander around gardens in the village, visit the specially decorated church and enjoy refreshments in the Village Hall. Proceeds to St Mary the Virgin Church.
- Aldeburgh – Sunday 29th June 11am – 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 11am.

Aldringham Churchyard Picnic Time

Can we be brave enough to say that the warmer weather has now arrived?

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!**

† **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 to receive a copy, be added to our mailing list or for the Zoom links.

Saturday 21st June Encounter, Pilgrims' Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts.

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.

WHEELHOUSE

**Faith, Fellowship & Creative Hands at
Aldeburgh Parish Church**



at Aldeburgh Church Hall

**Held every second Tuesday of the month
from 12-3pm – Starting 11th March**

The Alde Sandlings Benefice **Welcome you all.**
A safe space to share your creativity and love for
crafting as we share in fellowship, faith, talking, and
hands-on creativity!

Build your Wheelhouse of Skills,

whether it be:

Art

Crochet

Knitting

Calligraphy and much more....

*"For we are God's handiwork, created in Christ Jesus to do good works."
Ephesians 2:10*



Bring your lunch with you too.



**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!

Friston Open Gardens

**Sunday 15th 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

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*

**Next Sunday – 22nd June,
First Sunday after Trinity**