



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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Services in The Alde Sandlings Benefice – Sunday 19th July

Aldeburgh	8am 11am	Holy Communion CW2 Holy Communion	Prebendary Derek Johnson Revd Sarah du Boulay
Aldringham	11am	Family Service	Revd Mary Brown and Elders
Friston	9.30am	Service of the Word	Led by Elder Marie Szpak
Knodishall	9.30am	Morning Praise	Led by Elder Ros Macallister

Dear Friends,

This week has been the week of our PCC meetings across the Benefice. As always an enormous thank you to all those who give their time and energy to running our churches.

One thing that came up in our discussions this week was the idea of each parish seeing the rest of the Benefice as a blessing and a resource. We already share services at key times in the year, but are there ways in which we can lean into the idea of being one church across our four parishes? We talked about the ways in which each of the four parishes can offer something particular to the rest of the Benefice. So here is an *non-exhaustive* list of some of the distinctive offerings of each parish:

- In Friston the church is unlocked each day with reflective music playing, it is a lovely quiet place to go and pray throughout the week, if you need space with your thoughts, or a cool refuge from this heat, why not go and spend some time sitting in St Mary's this week.
- In Knodishall on the first Sunday of the month there is a BCP service of sung Morning Prayer, if you have been looking for a BCP Morning Prayer fix, that's the place to go.

- In Aldringham on the third Sunday of the month there is an informal family service of the word, this service includes activities for all. Similarly in Aldeburgh on the first Sunday of the month there is an all-age service of Holy Communion. If you have visiting family, or neighbours with young children who you would like to invite to church, consider attending one of these services.

- In Aldeburgh on the first and third Sundays of the month there is an 8am BCP service of Holy Communion, and there is a weekly BCP Holy Communion at 10am on a Wednesday in the side chapel. Again, if it is BCP you are after, please see these services as a resource for the whole Benefice.

Each of our parishes has many more blessings than I can list here to offer to the whole Benefice. Our strength as a Benefice will continue to grow as we move deeper into thinking of ourselves as one church.

With love and prayers,
Mary

Readings for Sunday 19th July 2026

Collect

Lord of all power and might,
the author and giver of all good things:
graft in our hearts the love of your name,
increase in us true religion,
nourish us with all goodness,
and of your great mercy keep us in the same;
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.

Genesis 28:10-19a

10 Jacob left Beer-sheba and went towards Haran. ¹¹He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. ¹²And he dreamed that there was a ladder set up on the earth, the

top of it reaching to heaven; and the angels of God were ascending and descending on it. ¹³And the Lord stood beside him and said, 'I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; ¹⁴and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. ¹⁵Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you.' ¹⁶Then Jacob woke from his sleep and said, 'Surely the Lord is in this place—and I did not know it!' ¹⁷And he was afraid, and said, 'How awesome is this place! This is none other than the house of God, and this is the gate of heaven.'

18 So Jacob rose early in the morning, and he took the stone that he had put under his head and set it up for a pillar and poured oil on the top of it. ¹⁹He called that place Bethel.

Romans 8:12-25

12 So then, brothers and sisters, we are debtors, not to the flesh, to live according to the flesh— ¹³for if you live according to the flesh, you will die; but if by the Spirit you put to death the deeds of the body, you will live. ¹⁴For all who are led by the Spirit of God are children of God. ¹⁵For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, 'Abba! Father!' ¹⁶it is that very Spirit bearing witness with our spirit that we are children of God, ¹⁷and if children, then heirs, heirs of God and joint heirs with Christ—if, in fact, we suffer with him so that we may also be glorified with him.

18 I consider that the sufferings of this present time are not worth comparing with the glory about to be revealed to us. ¹⁹For the creation waits with eager longing for the revealing of the children of God; ²⁰for the creation was subjected to futility, not of its own will but by the will of the one who subjected it, in hope ²¹that the creation itself will be set free from its bondage to decay and will obtain the freedom of the glory of the children of God. ²²We know that the whole creation has been groaning in labour pains until now; ²³and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly while we wait for adoption, the redemption of our bodies. ²⁴For in hope we were saved. Now hope that is seen is not hope. For who hopes for what is seen? ²⁵But if we hope for what we do not see, we wait for it with patience.

Matthew 13:24-30, 36-43

24 Jesus put before his disciples another parable: 'The kingdom of heaven may be compared to someone who sowed good seed in his field; ²⁵but while everybody was asleep, an enemy came and sowed weeds among the wheat, and then went away. ²⁶So when the plants came up and bore grain, then the weeds appeared as well. ²⁷And the slaves of the householder came and said to him, "Master, did you not sow good seed in your field? Where, then, did these weeds come from?" ²⁸He answered, "An enemy has done this." The slaves said to him, "Then do you want us to go and gather them?" ²⁹But he replied, "No; for in gathering the weeds you would uproot the wheat along with them. ³⁰Let both of them grow together until the harvest; and at harvest time I will tell the reapers, Collect the weeds first and bind them in bundles to be burned, but gather the wheat into my barn." '

36 Then he left the crowds and went into the house. And his disciples approached him, saying, 'Explain to us the parable of the weeds of the field.' ³⁷He answered, 'The one who sows the good seed is the Son of Man; ³⁸the field is the world, and the good seed are the children of the kingdom; the weeds are the children of the evil one, ³⁹and the enemy who sowed them is the devil; the harvest is the end of the age, and the reapers are angels. ⁴⁰Just as the weeds are collected and burned up with fire, so will it be at the end of the age. ⁴¹The Son of Man will send his angels, and they will collect out of his kingdom all causes of sin and all evildoers, ⁴²and they will throw them into the furnace of fire, where there will be weeping and gnashing of teeth. ⁴³Then the righteous will shine like the sun in the kingdom of their Father. Let anyone with ears listen!'

† 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>

Sermon by Revd Mary Brown, Sunday 12th July 2026

On Friday, that the longest serving actor in a soap opera in any medium, Patricia Green, died at the age of 95. She had played Jill Archer for 69 years.

I don't often listen to the Archers, only catching it if I happen to be driving between duties when it is on. But I have heard enough, to know that like any soap opera, or any drama, it is chock-a-block full of condemnation: people being judged, criticised, rejected, ostracised, outcast. This can happen with or without due cause. Why are soap operas full of these things? Because human life is full of these things.

We see this in the story of Abraham's family, which we have been following in Genesis over the Sundays since Trinity. Their story is one of love, kindness, loyalty...and...favouritism, competition, back handed deals, trickery, deceit, intrigue, and violence. They are, we could say, a typical family!

And yet - in God's grace, he chose them to carry the knowledge and the hope of God to the whole world. The story of the Old Testament is the story of Abraham's expanding family being given chance after chance to live as God was calling them within his good kingdom. Where all the backstabbing and looking out for number one, could have been laid down in exchange for God's unconditional love freely given.

But this never happened. Paul tells us elsewhere that instead of bringing the people of God into God's good kingdom, the law led them to try and save themselves. They added law upon law, to try and make themselves good people, worthy of God's love.

It is a bit like if today Marie was given a wonderful birthday present (which I hope she will be), but instead of accepting it she turned to the person giving it to her and said 'well I need to earn this, I need to do something to prove that I am worthy of this present before I will take it from you.'

God offering his people unconditional love, offering them a way to live in his good kingdom, and them turning around and saying 'well we'll sort it out ourselves actually...'

But they couldn't sort it out themselves. Sometimes they tried, and sometimes they didn't try. Either way it didn't work. So, the cycle continued generation after generation. God's love offered, the invitation extended, and both rejected, again and again.

Without accepting God's love, all the law could do was condemn those who were under it. This is what Paul tells us in our Romans reading.

But before explaining this, Paul began with the good news!

This reading begins with one of my favourite lines in the Bible:

'There is therefore, now, no condemnation for those who are in Christ Jesus.'

Let's hear that again:

'There is therefore, now, no condemnation for those who are in Christ Jesus.'

The condemnation that the law gives us, by showing us how we have failed. The condemnation that we know we deserve because we know what we have done to one another, we know our secret thoughts, and the actions we take when no one is looking. All of this is wiped away in Christ Jesus.

In Christ Jesus there is no condemnation - that soap opera cycle is ended. In Christ Jesus the Spirit has set us from from sin and from death.

Let's listen to Paul telling us how God saved us:

'For God has done what the law, weakened by the flesh, could not do, by sending his own Son, in the likeness of sinful flesh, to deal with sin. He condemned sin in the flesh, so that the just requirement of the law might be fulfilled in us, who walk not according to the flesh, but according to the Spirit.'

God sent his Son, in the likeness of sinful flesh. Jesus came and lived among us. Lived under that condemnation of the law on our behalf. But unlike us, he was able to fulfil the law. And as we sung in that first hymn, he went to the cross on our behalf, he took on the weight of all sin, he was condemned for us, so that in him we could now be completely free from condemnation.

We are given new life and freedom in Christ.

New life and freedom from having Christ's Spirit dwell in us.

Last week our gospel reading was the beautiful words of Christ: come to me all who are weary and I will give you rest. Take my yoke upon you and I will give you rest, for I am gentle and humble in heart.

And that is what we are hearing again hear in Romans. That Jesus takes our heavy burdens and our hard yokes, he takes them onto himself, and he gives us in exchange his easy yoke and light burden. He gives us in exchange freedom.

And Paul says that this is true for all those who are in Christ Jesus. If we are in Christ Jesus, we are free from condemnation. No one gets to condemn us. If God, the one who has the right to condemn us, doesn't condemn us, no one has the right to condemn us.

Some here today might be thinking - I am not sure I am in Christ. I don't think I have accepted that gift. I think I have left it wrapped up on the side, whilst I try and earn it. If that is you, may today be the day to take it, to unwrap it, to rejoice in knowing that you are worthy of God's love, not because of anything you have done, but because God has decided you are. There is nothing you can do to lessen his love for you. His love is his love - your job is to accept the gift.

Or maybe you do know that you are in Christ, that the Spirit lives in you, but you have forgotten the freedom that that brings, and today is the day to step into that freedom, to rejoice again that you are no longer condemned, because you are in Christ Jesus.

Always wanted to sing?

Why not join Friston Community Choir!

Held fortnightly on Wednesdays 6.00pm – 7.30pm

Friston Village Hall, Church Path, Friston IP17 1PU

£5 per session. For more info email

Briony Sones: fristonvillage@gmail.com

ALL WELCOME

£££ 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/>

† Pilgrims Together †

Pilgrims Online Wednesdays

Wednesday Gathering to Worship, Reflect and Pray

6.30pm (open from 6.10) - Zoom link

<https://us02web.zoom.us/j/376110700?pwd=Q0Q3TUNya08zVGNoUkl2aUc5a0hVZz09>

All are welcome to any of the Pilgrim's events

† 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

aldesandlingsbenefice@outlook.com and we will do our utmost to arrange a visit.

The Church of St Peter and
St Paul, ALDEBURGH

50th

ANNIVERSARY

OF THE FRIDAY MARKETS!

FRIDAY MARKETS

in August 2026

7th, 14th, 21st and 28th 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

FRESH
LOCAL
LOVELY!
♡

♡ **ALL MOST WELCOME** ♡

↗ Cash only please! ↖

Food Banks at the East of England Co-op

Foodbanks provide a valuable service to those in need in our communities.

The Aldeburgh & Leiston Co-op supermarkets 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>



A Moment of Beauty, Peace and Reflection

Join us for the ancient and much-loved service of

EVENSONG

at

ALDEBURGH PARISH CHURCH

 **6pm on the First Sunday of Every Month**

NEXT EVENSONG

Sunday 2nd August 2026 at 6pm

Enjoy uplifting choral music, scripture, prayer and a time of quiet reflection in the beauty of our parish church.

All are warmly welcome.

Whether you come regularly, are visiting Aldeburgh, or simply wish to experience this treasured Anglican tradition, we look forward to welcoming you.

Alde Sandlings Benefice
August Friday Markets will be on the 7th, 14th, 21st and 28th August
10 -12pm
Aldeburgh Church Hall and Car Park.

We need the following items for the markets:

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

Please bring items for sale to the Church Hall on Monday 3rd August, Wednesday 5th August and Thursday 6th August between 10am and 1pm.

Plants, flowers, fruit, vegetables, jams, chutneys, cakes, and savouries, bring on the day, please.

SANDRA RALPH, FRAN SMITH, JULIAN WORSTER



Save the Children
100 YEARS

Lunchtime Classical Concert Series

Aldeburgh Parish Church
Monday 27 July 2026, 12 noon

The highly successful Lunchtime Classics Concert Series in aid of Save the Children continues in 2026

Helen Stanley – Violin

Nadia Lasserson – Piano

and the return visit of Tom Hodgkinson (Guitar)

Admission is free, with a retiring collection in support of Save the Children.

All are very welcome

What's On Across The Alde Sandlings Benefice

Weekly Worship

Morning Prayer at 9am

Monday

- Aldeburgh
- Friston

Tuesday

- Knodishall

Wednesday

- Aldeburgh

Thursday

- Aldringham

Friday

- Aldeburgh

Holy Communion Service every Wednesday at 10am
Aldeburgh Parish Church

Evensong at 6pm - First Sunday of the month
Aldeburgh Parish Church

Dates for Your Diary

Monday 27th July at 12pm
Lunchtime Classical Concert Series
In aid of Save the Children
Aldeburgh Parish Church

Sunday 2nd August at 6pm
Evensong
Aldeburgh Parish Church

Sunday 16th August at 6pm

Carnival United Songs of Praise Service

Moot Hall Green (or Aldeburgh Parish Church in the event of wet weather!)

7th, 14th, 21st & 28th August

Friday Markets 10am – 12pm

Aldeburgh Parish Church



Celebrating our 50th Anniversary!

Friday 28 August - 7pm & 9pm

A Coldplay Candlelight Experience

Aldeburgh Parish Church

[Book your tickets online.](#)

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-
safeguarding.aldesandlings@outlook.com

You have been sent this newsletter as you requested to be included in the weekly distribution. If you ever wish to stop receiving the newsletter, please do email aldesandlingsbenefice@outlook.com