



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

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Sunday 16th October **Eighteenth Sunday after** **Trinity**

Services this Sunday for The Alde Sandlings Benefice

Aldeburgh	8.00am	Holy Communion
	10.30am	Morning Prayer
Aldringham	11.00am	Holy Communion
Knodishall	9.00am	Holy Communion

Message from our priest in charge – **The Rev'd Sarah du Boulay**

Dear Friends,

I attended the Ipswich Deanery Synod last night as a guest, and Bishop Mike spoke about inspiration. He told of an ex-Archbishop of Canterbury, Michael Ramsey, who once preached an entire sermon in Cambridge using only three words.

God. Is. Love.

He repeated these words for ten minutes, each time placing a different emphasis. Then he sat down.

In a busy world, full of words and noise, I'm going to leave you with this challenge. God. Is. Love. What does this mean to you? How does this inspire you? How does it change your day today?

With every blessing,

Sarah

Prayer for October

***Loving God,
you are always with us,
and give us all we need to be your church in Suffolk.
In these challenging times, as we respond in loving
action to those in great need,
help us, we pray, to give as we have received:
abundantly, generously, and joyfully,
that our worship and our service
may bear witness to your Kingdom of unfailing love.
In the name of your Son who gave himself for us,
Jesus Christ our Lord.
Amen.***

Collect

Almighty and everlasting God,
increase in us your gift of faith
that, forsaking what lies behind
and reaching out to that which is before,
we may run the way of your commandments
and win the crown of everlasting joy;
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

Genesis 32.22-31

The same night he got up and took his two wives, his two maids, and his eleven children, and crossed the ford of the Jabbok. He took them and sent them across the stream, and likewise everything that he had. Jacob was left alone; and a man wrestled with him until daybreak. When the man saw that he did not prevail against Jacob, he struck him on the hip socket; and Jacob's hip was put out of joint as he wrestled with him. Then he said, 'Let me go, for the day is breaking.' But Jacob said, 'I will not let you go, unless you bless me.' So he said to him, 'What is your name?' And he said, 'Jacob.' Then the man said, 'You shall no longer be called Jacob, but Israel, for you have striven with God and with humans, and have prevailed.' Then Jacob asked him, 'Please tell me your name.' But he said, 'Why is it that you ask my name?' And there he blessed him. So Jacob called the place Peniel, saying, 'For I have seen God face to face, and yet my life is preserved.' The sun rose upon him as he passed Peniel, limping because of his hip.

Second Reading

2 Timothy 3.14-4.5

But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work. In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

Gospel Reading

Luke 18.1-8

Then Jesus told them a parable about their need to pray always and not to lose heart. He said, 'In a certain city there was a judge who neither feared God nor had respect for people. In that city there was a widow who kept coming to him and saying, "Grant me justice against my opponent." For a while he refused; but later he said to himself, "Though I have no fear of God and no respect for anyone, yet because this widow keeps bothering me, I will grant her justice, so that she may not wear me out by continually coming.'" And the Lord said, 'Listen to what the unjust judge says. And will not God grant justice to his chosen ones who cry to him day and night? Will he delay long in helping them? I tell you, he will quickly grant justice to them. And yet, when the Son of Man comes, will he find faith on earth?'

Reflection from Revd Sarah du Boulay

I have always believed that stories are incredibly important to our learning and application, and the story we heard last week of the ten lepers (Luke 17.11-19) who were healed certainly gives credence to this belief. After they were healed, they were told to go and show themselves to the priest, who could then proclaim them 'clean' and enable them to come back into society (from which they had been ostracised because of their illness). One recognised Jesus' part in this and came back to thank him.

Last week, I encouraged the congregation at Friston to spend time telling each other their testimonies, or stories of their faith journey. Where God has acted in their lives, and what he is doing right now. We all need to recognise God's involvement in our lives, and hindsight is a wonderful gift in this regard.

Sharing our stories is a huge inspiration to others, and is a gift we don't often share – whether out of shyness, humility, or lack of confidence. So, I'd like to challenge you all – this week, share your story of faith with at least one other person, and see how they react. I think you will be surprised!

Post Communion

We praise and thank you,
O Christ, for this sacred feast:
for here we receive you,
here the memory of your passion is renewed,
here our minds are filled with grace,
and here a pledge of future glory is given,
when we shall feast at that table where you reign
with all your saints for ever.

Next week
Sunday 23rd October
Last Sunday after Trinity

NOTICES

† Morning Prayer across the Benefice with Revd Sarah †

Revd Sarah will be bringing the benefice together in prayer each morning from 9 -9.30am. People are very welcome to join Sarah, no regular commitment required, just pop along when you wish.

Monday – Friston

Tuesday - Knodishall

Wednesday - Aldringham

Thursday - Aldeburgh

Harvest Festival Services in The Alde Sandlings Benefice

Aldringham 11am – 23rd October

Thank God for the Harvest

† 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.

Youth Club – We need your help!

The Youth Club is back! 7pm to 9pm on Monday evenings during term time for 10–14-year-olds. We are thankful that the Youth Club is as popular as ever. We **really need** some more volunteers to help on these evenings. There is a rota in the west porch that you can add your name to, if you can help (after the summer holidays) or you can contact Fran Smith at admin@aldeburghparishchurch.org.uk

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

Saturday 5th November Community Breakfast and Local Ramble starting 9.30 @ The Parrot

As before, a delicious breakfast bap and coffee / tea combo for £6.50 is on offer at the Parrot, before we head out to explore local paths. Come just for breakfast and a catch-up with folk, come for just the ramble or come and enjoy both. (You don't need to book in advance, you can decide on the morning.)

To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

Remembering the Loved Benefice Service

2nd November at 6pm

You are all invited to join us at Aldeburgh Parish Church to remember those who we love but see no more. Say a gentle prayer and light a candle. There will be refreshment and a time of reflection after the service in church.

Lunchtime Classical Concert Series

Aldeburgh Parish Church

Tuesday 18th October at 12noon

The highly successful series of the 2022 Classical Concerts organised by **Save the Children** in collaboration with Nadia Lasserson continue.

The third concert will take place on Tuesday 18th October at 12 noon with trios for Clarinet, Cello, and Piano.

Masumi Ogura (Clarinet)

Janet Coles (Cello)

Nadia Lasserson (Piano)

All Welcome

Coffee Morning

The local Committee of The Children's Society are holding a Coffee Morning at the Outside Inn, The Parrot, Aldringham (entrance from the rear carpark) **Saturday 29th October from 10am - 11.30am.**

Admission £2 including coffee and biscuits.

All welcome.

"Join us and change a child's story".