



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 23rd October **Last Sunday after** **Trinity**

Services this Sunday for The Alde Sandlings Benefice

Aldeburgh	10.30am	Holy Communion
	6.00pm	Evening Prayer
Aldringham	11.00am	Harvest Festival Service
Friston	9.00am	Holy Communion
Knodishall	9.00am	Service of the Word

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

Dear Friends,

This week, I have mostly been inspired. Inspired by the weather, inspired by the people around me, inspired by seemingly small things, and inspired by God.

Inspired for what, you might well ask? Well inspired to be thankful, certainly, but also inspired to make a difference. It's what we're all called to after all. So, what are we, as a benefice inspired by, and what are we inspired to do?

I really appreciate the completed questionnaires which are steadily being returned and are helping to answer the question as to what inspires us in our benefice.

Another possible source of inspiration is the Family Service/Service of the Word, held monthly in Aldeburgh (next one being held on 6th November). Please note that we are doing things slightly differently (for these services only) – coffee will be served in church before the service, starting at 9.30. Do come along and see how it works for you – we'll try it for 3 months, and then review. (Nothing to do with your vicar needing extra caffeine on a Sunday morning, I promise!)

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

Blessed Lord, who caused all holy Scriptures to be written for our learning: help us so to hear them, to read, mark, learn and inwardly digest them that, through patience, and the comfort of your holy word, we may embrace and for ever hold fast the hope of everlasting life, which you have given us in our Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

First Reading

Isaiah 45.22-end

Turn to me and be saved, all the ends of the earth!

For I am God, and there is no other. By myself I have sworn, from my mouth has gone forth in righteousness a word that shall not return: 'To me every knee shall bow, every tongue shall swear.' Only in the Lord, it shall be said of me, are righteousness and strength; all who were incensed against him shall come to him and be ashamed. In the Lord all the offspring of Israel shall triumph and glory.

Second Reading

Romans 15.1-6

We who are strong ought to put up with the failings of the weak, and not to please ourselves. Each of us must please our neighbour for the good purpose of building up the neighbour. For Christ did not please himself; but, as it is written, 'The insults of those who insult you have fallen on me.' For whatever was written in former days was written for our instruction, so that by steadfastness and by the encouragement of the scriptures we might have hope. May the God of steadfastness and encouragement grant you to live in harmony with one another, in accordance with Christ Jesus, so that together you may with one voice glorify the God and Father of our Lord Jesus Christ.

Gospel Reading

Luke 4.16-24

When he came to Nazareth, where he had been brought up, he went to the synagogue on the sabbath day, as was his custom. He stood up to read, and the scroll of the prophet Isaiah was given to him. He unrolled the scroll and found the place where it was written: 'The Spirit of the Lord is upon me, because he has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour.' And he rolled up the scroll, gave it back to the attendant, and sat down. The eyes of all in the synagogue were fixed on him. Then he began to say to them, 'Today this scripture has been fulfilled in your hearing.' All spoke well of him and were amazed at the gracious words that came from his mouth. They said, 'Is not this Joseph's son?' He said to them, 'Doubtless you will quote to me this proverb, "Doctor, cure yourself!" And you will say, "Do here also in your home town the things that we have heard you did at Capernaum."' And he said, 'Truly I tell you, no prophet is accepted in the prophet's home town.

Sermon preached by The Revd James Marston at Aldeburgh Parish Church, 16th October

And will not God grant justice to his chosen ones who cry to him day and night?

According to one biblical commentator: “The parable of the widow’s persistence is introduced as a parable about prayer and not losing heart, then moves into a story about justice, and ends with a question about faith.”

According to another: “The parable assumes that God’s people are like litigants in a lawsuit waiting for God’s verdict.” This theologian goes on to provide some detail of the administration of justice in first century Palestine. A rather dry subject which, frankly, bored me and I shan’t inflict on you this morning.

Suffice to say that the parable of the persistent widow is, it seems to me, a reminder less of vindication through faith but more about the power and necessity of prayer.

In our service this morning we pray together the lord’s prayer- taught to us by Jesus himself when asked by his disciples how to pray.

And prayer, in whichever form it takes, is at the root of all our relationships with God.

It is through prayer we appeal to almighty God, listen to God, cry out to God, thank God and ultimately, through this mysterious medium, we have our faith in God deepened and our souls are saved.

What is prayer is a harder question to answer.

Sometimes prayer comes easily, other times not so easily. Sometimes I think it is less about us and what we do and more about the Holy Spirit working through us as we pray.

Prayer is liturgical it is about words; it is also about silence and reflection.

Pray is about gratitude but also asking for help and guidance.

Prayer is something we do together and something we do alone. Prayer is communal and individual – often both at the same time.

Prayer is often the Christian response to difficult or unpleasant situations that seem to require more than sitting in silence or saying something together. Yet joining the river of prayer is action, and prayer the fitting response all Christians should turn to.

Prayer isn’t exclusive to the church setting, but it is often easier to pray in a certain prayerful place.

Silent prayer is probably about communing with God, but often the shopping list, or other anxieties fill our minds instead of the holy thoughts we think we ought to be engaged with.

People often ask me to keep them in their prayers – it is something we can do for others – but also it is something we can do for ourselves. We pray to Jesus, to the Holy Spirit and to God the father. We ask the saints to pray for us too.

Prayer is something of a mystery and a paradox.

Perhaps one of things it does do is calm us down, a moment of prayer can often still us and change our perspective to beyond that of our selfish concerns.

As one commentator puts it “Perhaps the parable suggests that a sign of faith will be a willingness to persist in prayer, as we see in this widow who persists against all odds in her fight for justice against the powerful judge. Another sign (of faith) may be in what we pray for: daily bread, the Holy Spirit, the kingdom, justice — or something altogether different.”

Putting prayer at the root of our faith and at the root of our lives changes us and transforms us as we deepen our relationship with God. Indeed, we can often sense if someone is prayerful because of an inner calmness they exhibit or show us. Indeed, we often know who those people are in our own church communities.

My challenge to you this week – and I never like to leave you without one – is to remember prayer in your own lives. As the 17th century clergyman Jeremy Taylor said: “Teach us to pray often, that we may pray oftener.” Dig prayer into your routine. Pray in those moments of difficulty and pray in those moments when things are going well.

Pray in all we do. Pray in whatever form works for you, after all God has given us a few ways of prayer in which to maintain and develop a relationship with him.

In the final analysis everything in life is prayer and everything about us is an offering to God.

Let us bow our heads and pray together for the spirit of prayer: Heavenly father, grant in us a prayerful souls. Give us your grace as we deepen our faith. Strengthen us in our understanding, guide us on our journey of faith, Teach us to love you. Be with us in all we do and all that we are. “Teach us to pray often, that we may pray oftener.”

We ask this in the name of your son our Lord, Jesus Christ.

Amen

Post Communion

God of all grace,
your Son Jesus Christ fed the hungry
with the bread of his life
and the word of his kingdom:
renew your people with your heavenly grace,
and in all our weakness
sustain us by your true and living bread;
who is alive and reigns, now and for ever.

Next week
Sunday 30th October
Fourth Sunday before Advent/All Saints Day
Benefice Holy Communion at 10.30am, Aldeburgh

NOTICES

Bible Sunday 23rd October

Collections this Sunday at Aldeburgh will be given to
The Bible Society.

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

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.

Alde Sandlings Remembrance Day

All churches will have their RD service starting at 10.50am. Aldeburgh will be having a Holy Communion service at 8am followed by coffee in the church hall. **All welcome.** The 10.50am service will take place at the Aldeburgh Town war memorial.

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".

Ride and Stride Aldeburgh 2022

The totals raised from Aldeburgh was £1,125.00. A HUGE thanks must go to all those who took part in all forms – riding, striding, recording and of course the donators.

Fran Smith – Aldeburgh Organiser