



## 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 30<sup>th</sup> October** **Fourth Sunday before** **Advent/All Saints Day**

### **Services this Sunday for The Alde Sandlings Benefice**

#### **Benefice Holy Communion for All Saints' Day** **Aldeburgh Parish Church - 10.30am**

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

Dear Friends,

It's a week of endings and a week of new beginnings. We prepare to say goodbye to Rev'd James tomorrow, as he finishes his curacy with us and moves on to his new position in London. We will miss him greatly – his faithfulness, his sense of humour, his kindness, and his little blue car. I for one, am hugely grateful for his generosity, wisdom, and support during the time we have worked together in Alde Sandlings – we've come a long way since first meeting 7 years ago in Stowupland Village Hall. We both thought we might be called to priesthood, but weren't really sure if it was a good idea or not!

I'm sure we will receive regular updates, and look forward to hearing all about James' new adventures – he will be a massive blessing to his new benefice. Go well James.

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 God,  
you have knit together your elect  
in one communion and fellowship  
in the mystical body of your Son Christ our Lord:  
grant us grace so to follow your blessed saints  
in all virtuous and godly living  
that we may come to those inexpressible joys  
that you have prepared for those who truly love you;  
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**

### **Daniel 7.1-3, 15-18**

In the first year of King Belshazzar of Babylon, Daniel had a dream and visions of his head as he lay in bed. Then he wrote down the dream: I, Daniel, saw in my vision by night the four winds of heaven stirring up the great sea, and four great beasts came up out of the sea, different from one another. As for me, Daniel, my spirit was troubled within me, and the visions of my head terrified me. I approached one of the attendants to ask him the truth concerning all this. So he said that he would disclose to me the interpretation of the matter: 'As for these four great beasts, four kings shall arise out of the earth. But the holy ones of the Most High shall receive the kingdom and possess the kingdom for ever—for ever and ever.'

## **Second Reading**

### **Ephesians 1.11-end**

In Christ we have also obtained an inheritance, having been destined according to the purpose of him who accomplishes all things according to his counsel and will, so that we, who were the first to set our hope on Christ, might live for the praise of his glory. In him you also, when you had heard the word of truth, the gospel of your salvation, and had believed in him, were marked with the seal of the promised Holy Spirit; this is the pledge of our inheritance towards redemption as God's own people, to the praise of his glory. I have heard of your faith in the Lord Jesus and your love towards all the saints, and for this reason I do not cease to give thanks for you as I remember you in my prayers. I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation as you come to know him, so that, with the eyes of your heart enlightened, you may know what is the hope to which he has called you, what are the riches of his glorious inheritance among the saints, and what is the immeasurable greatness of his power for us who believe, according to the working of his great power. God put this power to work in Christ when he raised him from the dead and seated him at his right hand in the heavenly places, far above all rule and authority and power and dominion, and above every name that is named, not only in this age but also in the age to come. And he has put all things under his feet and has made him the head over all things for the church, which is his body, the fullness of him who fills all in all.

## **Gospel Reading**

### **Luke 6.20-31**

Then he looked up at his disciples and said:

‘Blessed are you who are poor, for yours is the kingdom of God.

‘Blessed are you who are hungry now, for you will be filled.

‘Blessed are you who weep now, for you will laugh.

‘Blessed are you when people hate you, and when they exclude you, revile you, and defame you on account of the Son of Man. Rejoice on that day and leap for joy, for surely your reward is great in heaven; for that is what their ancestors did to the prophets. ‘But woe to you who are rich, for you have received your consolation. ‘Woe to you who are full now, for you will be hungry. ‘Woe to you who are laughing now, for you will mourn and weep. ‘Woe to you when all speak well of you, for that is what their ancestors did to the false prophets. ‘But I say to you that listen, Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt. Give to everyone who begs from you; and if anyone takes away your goods, do not ask for them again. Do to others as you would have them do to you.

### **Sermon preached by The Revd Sarah du Boulay at Aldeburgh Parish Church, 23<sup>rd</sup> October**

**Bible Sunday**  
**Isaiah 45:22-end**  
**Romans 15:1-6**  
**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.

You may (or not) remember that in my first ever sermon here, I clearly said that I was setting out my manifesto – letting you know exactly what my own ministry is all about and what I feel I am called to.

It's an old trick for anybody beginning a new job, and Jesus was no exception. This is exactly what we have just heard about in our Gospel reading today. It's the first thing Jesus did after his 40 days of trial and temptation in the desert, and he is now launching his public ministry. This passage of scripture is Jesus' manifesto. His core beliefs, aims and policies. And because it is Jesus, this then becomes about the core values of God himself – what it means to be living in God's Kingdom. What it means to be church. What it means to be a disciple of Jesus.

Jesus picks out a very well-known piece of scripture from Isaiah and reads it. People listening would have then expected to hear him begin to discuss the passage – to offer his thoughts on it, but instead, he gave back the scroll to the attendant, sat down, and said 'today this scripture has been fulfilled in your hearing'.

How extraordinary! He was saying that the Kingdom of God was there. God's liberation was happening. The Messiah was among them.

Despite this, the country was in turmoil. The Romans were still in occupation; disruption and abuse and poverty and injustice and hatred and suffering and oppression. And yet. God was among them. God's chosen one, his anointed, was there. The freedom promised by God was with them – they were living in God's kingdom. The here and the now.

When I was preparing for this sermon, this passage really hit home. We too are living in a country of turmoil. From the problems with our government, and governance, to poverty, increase in living costs, hate crimes, anxiety, injustice, suffering and oppression. The circumstances and the context have changed, but many situations are the same. And yet. Jesus came to proclaim God's freedom. To proclaim God's kingdom. To set us free.

Today, this scripture has been fulfilled.

Today.

And we are living in the afterward of the resurrection. We are living after the events of Jesus' life have come to pass. We are living after our redemption and salvation. We are living in the Kingdom of God.

So what does this mean for us? God has set us free, and we know that Jesus is coming again, when the day of judgement will be before us, and, having come once as the suffering servant, Christ will be the conquering King, arriving with the armies of heaven by his side.

This brings an urgency to our lives – to our mission. We don't know when he will be coming back, but we know he is.

Today, this scripture has been fulfilled.

We are free. You are free. We are free from sin so that we can live out Christ's manifesto. To live in God's kingdom. To live for God's kingdom. To live out God's kingdom. What does this look like in Aldeburgh?

I often say that faith, that theology is simple – we are called to love God and to love one another. Everything else, everything else, is just an outworking of this. Well, might I humbly suggest that here, Jesus has given us that exact outworking. That his manifesto is our manifesto:

'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.'

Just like Israel 2,000 years ago, the world we live in today needs to hear this. Needs Jesus. Needs us as his hands and his feet here on earth. Let the Revival start here!

### **Post Communion**

God, the source of all holiness and giver of all good things:  
may we who have shared at this table  
as strangers and pilgrims here on earth  
be welcomed with all your saints  
to the heavenly feast on the day of your kingdom;  
through Jesus Christ our Lord.

**Next week**  
**Sunday 6<sup>th</sup> November**  
**Third Sunday before Advent**

**Remembering the Loved Benefice Service**

**2<sup>nd</sup> 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.

**Harvest Festival at St Andrew's**

Conducted by the Very Reverend Christopher Lewis, the annual Harvest festival was held at St Andrews on Sunday 23<sup>rd</sup> October. The service which was designed by our own Rev Jo Mabey was very well attended by a congregation of 60 worshippers.

As usual Rita Browne and her flower arranging colleagues created some stunning floral displays and arrangements which made the church look absolutely superb, and for which they received a spontaneous round of applause from the congregation at the beginning of the service.

The choir, under the direction of Liz Page, was in very good voice and following a beautiful introit, led the congregation in the singing of traditional harvest-time hymns.



## 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

### † 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](mailto: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](mailto: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.

### **† 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.

### **£££ Aldeburgh Friday Markets Update £££**

Money has still been coming in from the August Friday markets. The final total is now an amazing £3331.20. Many thanks to the team once again for their hard work in raising money for our churches.