



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 1st September **Fourteenth Sunday after Trinity**

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Family Service	Led by The Elders
Aldringham	11.00am	Holy Communion	Revd Sarah du Boulay
Friston	10.00am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Morning Prayer	Led by Elder Tim Haxell

A Message from our Rector, Rev'd Sarah du Boulay

Dear friends,

Well, September is here, and we are ready for it! Please check out the dates for your diary section of this newsletter – we have so much happening this month, from our LyCiG feedback evening on 1st, to our Alpha course starting on 11th (both at Aldeburgh) to our annual Battle of Britain Service at Aldringham (15th) and a Harvest Festival at Friston (15th) and a village Harvest Lunch at Knodishall (22nd). That's as well as all our usual activities!

If you haven't already signed up for our Alpha course, please do consider it – even if you can't make all the dates. It will be a wonderful time together exploring the BIG questions, and supporting each other as we do so. And if you can't make this one, we will be repeating the course throughout next year at different venues in the benefice – watch this space.

In the meantime, enjoy what we have left of the summer, and I look forward to catching up with you soon (although please note that I am on annual leave from 4th – 14th September – Claire and Rev'd Mary will both be here during that time).

With prayers,

Sarah

Collect

Almighty God, whose only Son has opened for us a new and living way into your presence:
give us pure hearts and steadfast wills
to worship you in spirit and in truth;
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

Song of Solomon 2.8-13

The voice of my beloved! Look, he comes, leaping upon the mountains, bounding over the hills. My beloved is like a gazelle or a young stag. Look, there he stands behind our wall, gazing in at the windows, looking through the lattice. My beloved speaks and says to me: 'Arise, my love, my fair one, and come away; for now the winter is past, the rain is over and gone. The flowers appear on the earth; the time of singing has come, and the voice of the turtle-dove is heard in our land. The fig tree puts forth its figs, and the vines are in blossom; they give forth fragrance. Arise, my love, my fair one, and come away.'

Second Reading

James 1.17-end

Every generous act of giving, with every perfect gift, is from above, coming down from the Father of lights, with whom there is no variation or shadow due to change. In fulfilment of his own purpose he gave us birth by the word of truth, so that we would become a kind of first fruits of his creatures. You must understand this, my beloved: let everyone be quick to listen, slow to speak, slow to anger; for your anger does not produce God's righteousness. Therefore rid yourselves of all sordidness and rank growth of wickedness, and welcome with meekness the implanted word

that has the power to save your souls. But be doers of the word, and not merely hearers who deceive themselves. For if any are hearers of the word and not doers, they are like those who look at themselves in a mirror; for they look at themselves and, on going away, immediately forget what they were like. But those who look into the perfect law, the law of liberty, and persevere, being not hearers who forget but doers who act—they will be blessed in their doing. If any think they are religious, and do not bridle their tongues but deceive their hearts, their religion is worthless. Religion that is pure and undefiled before God, the Father, is this: to care for orphans and widows in their distress, and to keep oneself unstained by the world.

Gospel Reading

Mark 7.1-8, 14-15, 21-23

Now when the Pharisees and some of the scribes who had come from Jerusalem gathered around him, they noticed that some of his disciples were eating with defiled hands, that is, without washing them. (For the Pharisees, and all the Jews, do not eat unless they thoroughly wash their hands, thus observing the tradition of the elders; and they do not eat anything from the market unless they wash it; and there are also many other traditions that they observe, the washing of cups, pots, and bronze kettles.) So the Pharisees and the scribes asked him, ‘Why do your disciples not live according to the tradition of the elders, but eat with defiled hands?’ He said to them, ‘Isaiah prophesied rightly about you hypocrites, as it is written, “This people honours me with their lips, but their hearts are far from me; in vain do they worship me, teaching human precepts as doctrines.” You abandon the commandment of God and hold to human tradition.’ Then he called the crowd again and said to them, ‘Listen to me, all of you, and understand: there is nothing outside a person that by going in can defile, but the things that come out are what defile.’ For it is from within, from the human heart, that evil intentions come: fornication, theft, murder, adultery, avarice, wickedness, deceit, licentiousness, envy, slander, pride, folly. All these evil things come from within, and they defile a person.’

Sermon from The Very Revd Christopher Lewis, on Sunday 25th August at Friston

1 Kings 8:22-30

It is special to be gathered here in this building which is so much loved. Fascinating to read about its history going back, as you know, to the 14th Century...there also being alterations, like the rebuilding of the tower in 1900 under the direction of a certain Edward Bisshopp; his name must be unique, being spelled Bisshopp. He made sure that the tower is a careful copy of the original. Mortlock's church guide calls the interior simple and homely. He concentrates on the modern font cover with its figure of Christ and the carvings of young children. Then of course there is the great Royal Arms of James Ist. If you read the Pevsner guide, it refers of course to much the same things, adding references to the decoration of walls and ceiling.

Why am I starting like this? It is because today is about the only chance given to us (with its reading about Solomon from the book of Kings) to reflect on the actual building in which we worship and the profound meaning which it has. When I was working in a cathedral, I learned of a Dean who once received a letter beginning 'I understand that you are the keeper of an ancient monument...'; he sent a very rude reply. And cathedrals can be over-proud; in Canterbury we had ridiculously lavish vestments, but one colleague had a little badge under the edge of his cope which said 'Underneath all this, I'm a nudist'.

Today is a good day because Sunday Scripture readings rarely refer to holy buildings, and yet here is Solomon in all his glory. The ark of the covenant was a large golden chest which held the 10 commandments representing Israel's duties in the alliance of God and Moses on Sinai. The ark or chest showed the overpowering sense of God's presence with his people.

Solomon stands before the altar and prays to God. He refers to his father David saying "O Lord, God of Israel, keep for your servant my father David that which you promised saying 'There shall never fail you a successor before me to sit on the throne of Israel, if only your children look to their way. ...'" Concerning the Temple he asks: 'But will God indeed dwell on the earth? Even heaven and the highest heaven cannot contain you, much less this house that I have built!' Solomon speaks to the people whose building it is and then refers to visitors. He says: 'when a foreigner comes and prays' in the temple, 'then hear in heaven your dwelling place...so that they may know that your name has been invoked on this house that I have built'.

There is irony today, of course, with the ghastly happenings in Gaza and the West Bank. Whoever thinks he is in charge of Israel should read some of the book of Kings. And our part is to pray for and help the people of Gaza and of Israel.

In the light of Solomon's people and temple, it is worth reflecting on this lovely building and its place and use. This time not so much its history and architecture, but its significance and purpose. Who is it for? Three answers:

First the church is God's as with Solomon's people and building. As it says in the New Testament (1 Peter 2;1-10) we ourselves are to become a spiritual temple, acceptable to God through Jesus Christ. Through Jesus, we are to be transformed by his love. As Solomon's temple is for God's presence and for all, so a church is for Jesus Christ's transforming love and for all. Each of us is a spiritual brick, so to speak, in God's spiritual temple where we can together praise, thank and worship God.

So, secondly the church is for us – at the most basic level, the place where in community with each other, we can praise, thank and worship God. Other things happen in church when people meet. Sometimes we may be told that the church is not a club or society... well, maybe... yet it is a place designed to gather people and there is no need to be ashamed that things that go on as in lots of other groups – anywhere.... weight watchers... local news, campaigns, disagreements. Here is a gathering of people with its own joys and sorrows.

Then thirdly, it is a very particular kind of building which has always been set apart. In John's Gospel, expensive ointment is poured on Jesus' feet, and Judas complains that it is a waste of good money. Yet Jesus objects because the pouring of the ointment points to something which the apostles needed to understand: the anointing was a sign of Jesus' own death and resurrection and therefore of profound matters of life on earth and beyond. The same might be said of a church building: money spent for this and that; what is the point? Answer: to tell of God's unfailing love, "keeping covenant and steadfast love", in God's humanity in Jesus Christ. It is to tell of Jesus Christ.

Churches often do have a mysterious powerful role. It is good if they can be left open. In Aldeburgh, maybe someone sits in front of the Piper window which is a Britten memorial, or by the war memorial with its Rupert Brooke poem concerning world war dead: 'These laid the world away; poured out the red sweet wine of youth; gave up the years of work and joy, and that unhop'd serene that men call age.'..... People sit and reflect.

So these special places have their uses. The very fact that they are set apart and strange, points beyond us and among us to God. One can introduce people to a place where the very lack of everyday functions points to the God who comes to meet us both in Jesus and in the daily work of the Holy Spirit.

The church is for God, it is for us, and it is for other people: visitors of every sort. Another cathedral story. A man appeared shouting loudly in one of the aisles, pursued by a security guard who was uncertain quite what to do. It was some kind of demonstration, but a lot more peaceful than the ones we have been experiencing recently. Not the only experience that we had in that cathedral. Perhaps rather more people than we think reckon that the church is a place where they can express themselves. Maybe loudly... or maybe quietly where, too, we may be open to listening to God. Strange, but all sorts of people have views about what to be and do in churches.

This sermon is founded on Solomon's view of the vital role of a sacred building, a place where people can pour their hearts out ...to God in prayerand where people can be/are welcome to enter

Of the temple Solomon asked of God 'But will God indeed dwell on the earth? Even heaven and highest heaven cannot contain you, much less this house that I have built'. Although Church buildings can be an obsession and their upkeep a burden, yet they are true signs. No wonder there is disagreement about them....For they are for God, for us and for all: 3 points. May the Holy Spirit give us help to understand and use them.

Post Communion

Father of light, in whom is no change or shadow of turning,
you give us every good and perfect gift
and have brought us to birth by your word of truth:
may we be a living sign of that kingdom
where your whole creation will be made perfect
in Jesus Christ our Lord.

St Andrew's Church, Aldringham in September

St Andrew's welcome you all to join them for two special services this September. The first on the 15th September at 11am is to mark The Battle of Britain. The Leiston Squadron Air Training Corps will be joining in the service.

The second is on the 22nd September where Chris and Anji Dawkins (The Diocese Kagera Link Coordinators) will be giving a talk and providing service material relating to Kagera.

All welcome to all services

The Alde Sandlings, Dates for your Diary

- Aldeburgh Church Hall - Benefice Leading Your Church into Growth 1st September at 6pm
- Alpha 11 week Course starting 11th September – 6pm-8pm in the Church Hall. Every Wednesday thereafter.
- The 2024 Suffolk Historic Churches Ride and Stride Saturday 14th September 9am-5pm
- Aldringham Parish Church Battle of Britain Service – 15th September at 11am
- Aldringham Parish Church – Service and talk for Kagera – 22nd September at 11am.
- Knodishall will be hosting the next Benefice Service at 9.30am on the 29th September. ALL WELCOME.
- The Alde Sandlings Thanks God for the Harvest.
The services start with.
 - Friston Harvest Festival Service at 10am – 15th September
 - Knodishall Harvest Service at 9.30am – 22nd September
 - Aldeburgh Harvest Family Service at 10.30am – 6th October
 - Aldringham Harvest Festival Service 11am – 13th October

Benefice Leading Your Church into Growth

1st September at 6pm in Aldeburgh Church Hall (wine and nibbles for all). Everybody who is interested in the life of the Church and spreading the Good News of the Gospel is very welcome to attend (especially if you are a PCC member!). There will be a presentation of our findings from a recent LyCIG Course, and then have a chance for questions, group chats, worship and prayer, and ideas as a benefice – what a wonderful chance for us all to get together to think about our future!

YOU ARE ALL MOST WELCOME

† 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.

† 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>

† Home Visits †

Not everyone can get to church as they were once able to, due to an illness or 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.

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>

£££ 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 this Christmas, 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/>

The 2024 Suffolk Historic Churches Ride and Stride Saturday 14th September 9am-5pm

The Annual Sponsored Ride and Stride is a national event, and every second Saturday in September cyclists and walkers all around the country are out making money for their local county Churches Trust.

The Alde Sandlings communities always contribute hugely.

If you would like to take part, you can either walk, cycle or be a recorder on the day, or of course, you might like to sponsor one of the team, please either:

Email admin@aldeburghparishchurch.org.uk and Claire will pass on your details to the SHCT organiser at each church. Or see the SHCT organiser at the church you worship in. Good Luck Everyone!



† **Pilgrims Together on Wednesdays on Zoom** †

RE-STARTS 18TH SEPTEMBER

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.

Pilgrims @ The Parrot Pub

Saturday 21st September Community Good News Faith Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

A time for conversation, a hot drink and a croissant. A time to share and offer our thoughts and stories. Acts of kindness and good news within the Outside Inn and taken out into the outside world.

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

As before, a delicious breakfast bap and coffee / tea combo for £7 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. To help with timing, if coming only to ramble then we generally head from The Parrot around 10.30am. Please do invite friends along.

WHERE ARE YOU WITH GOD?

- I DON'T THINK I BELIEVE?
- I AM ANXIOUS TO WALK INTO A CHURCH SERVICE, BUT I DO WANT TO!
- I HAVE LOTS OF QUESTIONS ABOUT MY FEELINGS TOWARDS MY FAITH!
- I REALLY WANT TO EXPLORE MY FAITH FURTHER, EVEN THOUGH I AM A REGULAR WORSHIPPER!

SOUNDS LIKE ALPHA IS JUST FOR YOU



ALDEBURGH PARISH CHURCH
is running a 11 week Alpha course
starting weekly from
11TH SEPTEMBER AT ALDEBURGH
CHURCH HALL FROM 6.00pm to 8.00pm
Continuing every Wednesday thereafter.

SO, WHAT WILL I LEARN AT ALPHA?

- Talk with others about their faith journey
- Find out that just as many people have the same questions as you do! They really do.
- Time for reflection & prayer – Time to think!
- An opportunity to make new lifetime friends in the church communities.
- Develop and continue your connection with God.

YOU ARE MOST WELCOME TO JOIN.
ALL FREE! NO PRESSURE TO STAY.
LIGHT SUPPER INCLUDED! COME AND SAY HELLO.

**IF YOU WOULD LIKE TO JOIN THE ALPHA GROUP –
PLEASE SIGN UP IN THE MAIN PORCH OF ALDEBURGH
CHURCH OR email: admin@aldeburghparishchurch.org.uk
Next Sunday – September 8th
Fifteenth Sunday after Trinity**