



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 15th September Sixteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	10.30am	Morning Prayer	Led by Elder Fran Smith
Aldringham	11.00am	Battle of Britain Service	Led by Elder David Gordon & Revd Mary Brown
Friston	10.00am	Harvest Festival Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Morning Prayer	Led by Elder Ros Macallister

A Message from Rev'd Mary Brown

Dear friends,

We are excited to have started Alpha this week. It was a joy to gather to eat together, to watch the talk, and to discuss our reactions to it. We have a few people joining us from week two, so if you didn't make it this week, but are still thinking about coming, do have a chat with Sarah or me. We'd love to have you join in.

Next week the PCCs will be meeting in each parish. We will be discussing the application for funding for a Children and Families' Worker for the Benefice, and making a final decision on this. If you want to offer your opinion or add something to the discussion we had as a Benefice on 1st September, please speak to a member of your PCC, or to Sarah or myself.

As Claire is taking a well deserved holiday, there will not be an edition of Pew News next week, readings, prayers, and dates for the next fortnight are included in this edition.

With prayers for the fortnight ahead,

Mary

† RIP CANON ARTHUR PHELPS †

It is with sadness that we announce the death of Canon Arthur Charles Phelps on Friday, 6th September, at the age of 98. He was friend, mentor and priest to many and will be much missed. There will be a private family cremation, and this will later be followed by a service of thanksgiving at a date to be announced.

Collect

○ Lord, we beseech you mercifully to hear the prayers of your people who call upon you; and grant that they may both perceive and know what things they ought to do, and also may have grace and power faithfully to fulfil them; 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

Proverbs 1.20-33

Wisdom cries out in the street; in the squares she raises her voice. At the busiest corner she cries out; at the entrance of the city gates she speaks: 'How long, O simple ones, will you love being simple? How long will scoffers delight in their scoffing and fools hate knowledge? Give heed to my reproof; I will pour out my thoughts to you; I will make my words known to you. Because I have called and you refused, have stretched out my hand and no one heeded, and because you have ignored all my counsel and would have none of my reproof, I also will laugh at your calamity; I will mock when panic strikes you, when panic strikes you like a storm, and your calamity comes like a whirlwind, when distress and anguish come upon you. Then they will call upon me, but I will not answer; they will seek me diligently, but will not find me. Because they hated knowledge and did not choose the fear of the Lord, would have none of my counsel, and despised all my reproof, therefore they shall eat the fruit of their way

and be sated with their own devices. For waywardness kills the simple, and the complacency of fools destroys them; but those who listen to me will be secure and will live at ease, without dread of disaster.'

Second Reading

James 3.1-12

Not many of you should become teachers, my brothers and sisters, for you know that we who teach will be judged with greater strictness. For all of us make many mistakes. Anyone who makes no mistakes in speaking is perfect, able to keep the whole body in check with a bridle. If we put bits into the mouths of horses to make them obey us, we guide their whole bodies. Or look at ships: though they are so large that it takes strong winds to drive them, yet they are guided by a very small rudder wherever the will of the pilot directs. So also the tongue is a small member, yet it boasts of great exploits. How great a forest is set ablaze by a small fire! And the tongue is a fire. The tongue is placed among our members as a world of iniquity; it stains the whole body, sets on fire the cycle of nature, and is itself set on fire by hell. For every species of beast and bird, of reptile and sea creature, can be tamed and has been tamed by the human species, but no one can tame the tongue—a restless evil, full of deadly poison. With it we bless the Lord and Father, and with it we curse those who are made in the likeness of God. From the same mouth come blessing and cursing. My brothers and sisters, this ought not to be so. Does a spring pour forth from the same opening both fresh and brackish water? Can a fig tree, my brothers and sisters, yield olives, or a grapevine yield figs? No more can salt water yield fresh.

Gospel Reading

Mark 8.27-end

Jesus went on with his disciples to the villages of Caesarea Philippi; and on the way he asked his disciples, 'Who do people say that I am?' And they answered him, 'John the Baptist; and others, Elijah; and still others, one of the prophets.' He asked them, 'But who do you say that I am?' Peter answered him, 'You are the Messiah.' And he sternly ordered them not to tell anyone about him. Then he began to teach them that the Son of Man must undergo great suffering, and be rejected by the elders, the chief priests, and the scribes, and be killed, and after three days rise again. He said all this quite openly. And Peter took him aside and began to rebuke him. But turning and looking at his disciples, he rebuked Peter and said, 'Get behind me, Satan! For you are setting your mind not on divine things but on human things.' He called the crowd with his disciples, and said to them, 'If any want to become my followers, let them deny themselves and take up their cross and follow me. For those who want to save their life

will lose it, and those who lose their life for my sake, and for the sake of the gospel, will save it. For what will it profit them to gain the whole world and forfeit their life? Indeed, what can they give in return for their life? Those who are ashamed of me and of my words in this adulterous and sinful generation, of them the Son of Man will also be ashamed when he comes in the glory of his Father with the holy angels.'

**Sermon from Bishop Sandy Millar,
on Sunday 8th September at Aldeburgh**

Keeping going

I. The unsatisfied needs of mankind

Mark Twain used to say that the two most important days of your life are...the day you were bornand...the day you discovered why? And the best way to discover why is to turn to the scriptures.

Ephesians 1:11 Reading from the Message translation, It is in Christ that we find out who we are and what we are living for. Long before we first heard of Christ and got our hopes up, he had his eye on us, had designs on us for glorious living, part of the overall purpose he is working out in everything and everyone.

You get the same sense from Paul's letter to the Colossians Chapter 1 verse 16. Our destiny is hugely more exciting that most of us ever dare to believe. It is just that in our time here Jesus is preparing us to spend eternity with Him...we shall, God willing, spend however number of years...70, 80 perhaps or if we are fortunate enough to live in Aldeburgh, possibly ninety, being prepared for life in eternity. It is a hugely exciting prospect.

I am speaking today to myself and particularly too to anyone here who from time to time feels dissatisfied with your spiritual life...in our quest, in our hunger in our better moments for that HOLINESS without which, the bible tells us, no one will see God.

There is a story of a missionary in Africa who, every morning, used to read those lovely verses in 1 Corinthians starting with verse 4 ...but instead of "love" he would substitute his own name...George or indeed Georgina...and see how far he got before the Spirit checked him...George is patient, kind, does not envy...does not boast...is not proud, is not rude,

not self seeking, not easily angered, keeps no record of wrongs, does not delight in evil but rejoices in the truth...George always protects, always trusts, always hopes...always perseveres... and he would see how far he could get before the Spirit whispered “hmm...what about this morning ..or last week...patient?...kind? etc”

I know the difficulty well...when I worked as a barrister years ago there was delightful older woman in our chambers who was very nice, but she had a very annoying habit of constantly saying stupid things that I found rather annoying. I knew I shouldn't be annoyed but I couldn't help it. So one Sunday in church I brought it to the Lord in my prayers and asked for particular grace to deal with this and guess what? That is exactly what I received and when she started again the following day I just found it very amusing...God's grace!

St John the Baptist could see that there was an issue, he said about the people of his time “I have cleaned you up” (with baptism) “but who is going to stop you from sinning again, the past is dealt with but what about the future?” He pointed to Jesus, the Baptiser in the Holy Spirit.

St Paul knew all about how hard it is and describes the dilemma that he felt...in that key passage in Romans 7: 22-25 For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God – through Jesus Christ our Lord!

The hunger for holiness...pictured in the futility of the disciples thinking they could feed 5000 men. Will power isn't enough...science, education, culture couldn't help then...or now. Only Jesus , the Bread of life, can. He who comes to me shall never hunger.

2. We need to experience the unchanging grace, love and provision of Jesus. He can, we can't. Jesus the same yesterday, today and forever (Hebrews 13:8) The only miracle that is recorded in all 4 gospels: and the only gospel passage that is set for two separate Sundays in the Church's year...so important are the lessons taught in it.

Some of you may know the story of Jan Padereski, who became prime minister of Poland and also a great pianist. A mother wanted to inspire her 5 yr old to learn the piano so she bought two tickets to one of his concerts. She arrived early and they took their seats in the vast auditorium. While they were waiting she got talking to the person sitting

next to her and didn't notice her son wandering off. When the lights began to dim she suddenly realised he had gone and she began to panic. At that moment the curtains on the stage opened and she saw the figure of her 5 year old son sitting at the Steinway Grand. He was unaware of the audience who had by now gone quiet and with one finger he began to play the only tune he knew "Twinkle twinkle little star". She froze with fear and then she saw the great master appear. He tiptoed across the stage and came up behind the boy and whispered in his ear "don't stop, keep playing!" And then crouching down with his right hand he reached round the child and began to play the most beautiful obligato and with his left hand he played smooth arpeggios, all the time whispering "don't stop, keep playing." And so he augmented and supplemented the simple tune in such a way that when the little boy finished playing the audience rose to its feet with thunderous applause. The great master and the young apprentice making music together.

And this is what the Holy Spirit whispers into the heart of every person here today

...don't stop, keep playing! From time to time you may wonder how you could ever do great things for God, your faith may sometimes feel so fragile and your courage may waver, but you have been born from above...you are on the side of a King whose Kingdom is still advancing, and the King Himself has given you His Spirit to be with you always. Your spiritual expectations can be sky high - so never stop, keep playing.

John Wesley 1703-1791 Rule of conduct:

Do all the good you can, by all the means you can, in all the ways you can, in all the places you can, at all the times you can, to all the people you can as long as ever you can.

Post Communion

Almighty God, you have taught us through your Son that love is the fulfilling of the law:

grant that we may love you with our whole heart

and our neighbours as ourselves;

through Jesus Christ our Lord.

Harvest Festival Services at The Alde Sandlings

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

If you would like to donate any dry produce (tins, pasta, packets of dry foods) for the Harvest Festivals – no unopened packages, please do take them to the church you worship in. There will be a box at the back of the church at Aldeburgh for you to place your items in.

Sunday 22nd September Seventeenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Nichola Winter
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Service of the Word	Led by Elder David Gordon
Friston	10.00am	Service of the Word	Revd Mary Brown
Knodishall	9.30am	Harvest Festival Holy Communion	The Very Revd Christopher Lewis & Revd Sarah du Boulay

The Readings for Sunday 22nd September

Collect

Almighty God, you have made us for yourself,
and our hearts are restless till they find their rest in you:
pour your love into our hearts and draw us to yourself,
and so bring us at last to your heavenly city
where we shall see you face to face;
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

Proverbs 31.10-end

A capable wife who can find? She is far more precious than jewels. The heart of her husband trusts in her, and he will have no lack of gain. She does him good, and not harm, all the days of her life. She seeks wool and flax, and works with willing hands. She is like the ships of the merchant, she brings her food from far away. She rises while it is still night and provides food for her household and tasks for her servant-girls. She considers a field and buys it; with the fruit of her hands she plants a vineyard. She girds herself with strength, and makes her arms strong. She perceives that her merchandise is profitable. Her lamp does not go out at night. She puts her hands to the distaff, and her hands hold the spindle. She opens her hand to the poor, and reaches out her hands to the needy. She is not afraid for her household when it snows, for all her household are clothed in crimson. She makes herself coverings; her clothing is fine linen and purple. Her husband is known in the city gates,

taking his seat among the elders of the land. She makes linen garments and sells them; she supplies the merchant with sashes. Strength and dignity are her clothing, and she laughs at the time to come. She opens her mouth with wisdom, and the teaching of kindness is on her tongue. She looks well to the ways of her household, and does not eat the bread of idleness. Her children rise up and call her happy; her husband too, and he praises her: 'Many women have done excellently, but you surpass them all.' Charm is deceitful, and beauty is vain, but a woman who fears the Lord is to be praised. Give her a share in the fruit of her hands, and let her works praise her in the city gates.

Second Reading

James 3.13-4.3, 7-8a

Who is wise and understanding among you? Show by your good life that your works are done with gentleness born of wisdom. But if you have bitter envy and selfish ambition in your hearts, do not be boastful and false to the truth. Such wisdom does not come down from above, but is earthly, unspiritual, devilish. For where there is envy and selfish ambition, there will also be disorder and wickedness of every kind. But the wisdom from above is first pure, then peaceable, gentle, willing to yield, full of mercy and good fruits, without a trace of partiality or hypocrisy. And a harvest of righteousness is sown in peace for those who make peace. Those conflicts and disputes among you, where do they come from? Do they not come from your cravings that are at war within you? You want something and do not have it; so you commit murder. And you covet something and cannot obtain it; so you engage in disputes and conflicts.

You do not have, because you do not ask. You ask and do not receive, because you ask wrongly, in order to spend what you get on your pleasures. Submit yourselves therefore to God. Resist the devil, and he will flee from you. Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you double-minded.

Gospel Reading

Mark 9.30-37

They went on from there and passed through Galilee. He did not want anyone to know it; for he was teaching his disciples, saying to them, 'The Son of Man is to be betrayed into human hands, and they will kill him, and three days after being killed, he will rise again.' But they did not understand what he was saying and were afraid to ask him. Then they came to Capernaum; and when he was in the house he asked them, 'What were you arguing about on the way?' But they were silent, for on the way they had argued with one another about who was the greatest. He sat down, called the twelve, and said to them, 'Whoever wants to be first must be last of all and servant of all.' Then he took a little child and put it among them; and taking it in his arms, he said to them, 'Whoever welcomes one such child in my name welcomes me, and whoever welcomes me welcomes not me but the one who sent me.'

Post Communion

Lord, we pray that your grace may always precede and follow us, and make us continually to be given to all good works; through 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

- 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
- Aldeburgh Churches Service – at the Baptist Church Sunday 15th at 6pm.
- Aldringham Parish Church – Service and talk for Kagera – 22nd September at 11am.
- Prayer Warriors' Group – Last Tuesdays of the month, starting 24th September 6-7pm in Aldeburgh Church – All welcome
- 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 Bible Studies Group 1 – Sunday 6th October 3-4.30pm, then every first Sunday of the month at The Rectory, Friston
- Benefice Bible Studies Group 2 – Tuesday 8th October 7-8.30pm, then will run monthly at The Rectory Friston

† 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/>

Prayer Groups

There will be two **benefice monthly Bible Studies Group**. One group will have its first session on Sunday 6th October, and will run every first Sunday of the month from 3-4.30pm. The second group will have its first session on Tuesday 8th October from 7-8.30pm which will run monthly.

This will be hosted by Revd Mary at the Friston Rectory.

Prayer Warriors Group

We will meet monthly on the last Tuesday of the month from 6-7pm in Aldeburgh Church, beginning on 24th September.

You are all most welcome. If you would like to join either, please contact Revd Mary to be added to the list.

† 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.

**ALDEBURGH PARISH CHURCH
ST PETER & ST PAUL'S**

Invites you to **HARVEST**



**COME AND LISTEN TO THE
'OPEN THE BOOK' STORY TELLING TEAM.
THERE WILL ALSO BE LOTS OF HARVEST
CRAFT MAKING & MUCH MORE FUN
FOR ALL AGES**

**at the CHURCH HALL
SATURDAY 5th OCTOBER
10am till 12 Noon**

ALL WELCOME

**NO CHARGE. JUST PLEASE LET US KNOW YOU
ARE COMING, SO WE HAVE ENOUGH MATERIALS.**

**Please email Fran Smith at
admin@aldeburghparishchurch.org.uk**

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 29th
Eighteenth Sunday after Trinity – Benefice Service at
Knodishall at 9.30am