



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 29th September Eighteenth Sunday after Trinity

Services in The Alde Sandlings Benefice this Sunday

**Benefice Holy Communion Service at
Knodishall at 9.30am
led by Revd Nichola Winter & Revd Mary Brown
ALL WELCOME**

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

Dear friends,

Isn't it nice to be nice?

I always think a bit of encouragement goes a long way, so I am restarting something I tried earlier this year which I called 'Monday Motivation'. Every Monday, I email the PCC of each parish in our benefice with something God has blessed us with that week, which they may or may not be aware of. I then ask the PCCs to continue praying for this thing and to share it with as many people in the parish as possible. So – do ask them what good things are happening in our benefice and join them in that prayer. God is working hard in all His abundance here in Alde Sandlings and it is cause for great joy!

With that in mind, I'd like to really challenge us to continue with our theme of 'Generous Hospitality' from now until the end of the year. Whether it's welcoming people into church, serving cups of tea or telling somebody when they have done a good job or noticing a gift we appreciate in them (we all need compliments!). We are already good at hospitality here in our benefice and I'd love to see just how much more we can do. Challenge extended!

With prayers,

Sarah

Collect

Everlasting God, you have ordained and constituted the ministries of angels and mortals in a wonderful order:

grant that as your holy angels always serve you in heaven,
so, at your command, they may help and defend us on earth;
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 28.10-17

Jacob left Beer-sheba and went towards Haran. He came to a certain place and stayed there for the night, because the sun had set. Taking one of the stones of the place, he put it under his head and lay down in that place. And he dreamed that there was a ladder set up on the earth, the top of it reaching to heaven; and the angels of God were ascending and descending on it. And the Lord stood beside him and said, 'I am the Lord, the God of Abraham your father and the God of Isaac; the land on which you lie I will give to you and to your offspring; and your offspring shall be like the dust of the earth, and you shall spread abroad to the west and to the east and to the north and to the south; and all the families of the earth shall be blessed in you and in your offspring. Know that I am with you and will keep you wherever you go, and will bring you back to this land; for I will not leave you until I have done what I have promised you.' Then Jacob woke from his sleep and said, 'Surely the Lord is in this place-and I did not know it!' And he was afraid, and said, 'How awesome is this place! This is none other than the house of God, and this is the gate of heaven.'

Second Reading

Revelation 12.7-12

And war broke out in heaven; Michael and his angels fought against the dragon. The dragon and his angels fought back, but they were defeated, and there was no longer any place for them in heaven. The great dragon was thrown down, that ancient serpent, who is called the Devil and Satan, the deceiver of the whole world—he was thrown down to the earth, and his angels were thrown down with him. Then I heard a loud voice in heaven, proclaiming, ‘Now have come the salvation and the power and the kingdom of our God and the authority of his Messiah, for the accuser of our comrades has been thrown down, who accuses them day and night before our God. But they have conquered him by the blood of the Lamb and by the word of their testimony, for they did not cling to life even in the face of death. Rejoice then, you heavens and those who dwell in them! But woe to the earth and the sea, for the devil has come down to you with great wrath, because he knows that his time is short!’

Gospel Reading

John 1.47-end

When Jesus saw Nathanael coming towards him, he said of him, ‘Here is truly an Israelite in whom there is no deceit!’ Nathanael asked him, ‘Where did you come to know me?’ Jesus answered, ‘I saw you under the fig tree before Philip called you.’ Nathanael replied, ‘Rabbi, you are the Son of God! You are the King of Israel!’ Jesus answered, ‘Do you believe because I told you that I saw you under the fig tree? You will see greater things than these.’ And he said to him, ‘Very truly, I tell you, you will see heaven opened and the angels of God ascending and descending upon the Son of Man.’

Service of Thanksgiving for Canon Arthur Phelps

A Service of Thanksgiving for Arthur’s life will be held at 12.30 on Friday 1st November 2024 at Aldeburgh Parish Church. Refreshments will be available after the Service at The Brudenell Hotel, The Parade, Aldeburgh, Suffolk, IP15 5BU

All are welcome to attend the Service of Thanksgiving and to join the family afterwards at The Brudenell Hotel. Arthur’s family would be grateful if people could advise before Sunday 20th October if they are able to attend for the refreshments at the Brudenell after the service. This will allow them time to give the hotel an indication of the number of people to expect so they can cater accordingly.

Could you please let Claire know at

admin@aldeburghparishchurch.org.uk if you would like to attend.

Sermon from The Very Revd Christopher Lewis, on Sunday 22nd September at Knodishall's Harvest Festival

Congratulations on the church decoration and on the arrangements for harvest lunch. It is very good to be here at festival time - especially true for me as I help my brother with harvest; he farms near Colchester. 'Help' is something full of meaning, because he or his daughter drive the combine, and I sometimes collect the result in a tractor with trailer, then drive to the barns. The art is to back a trailer into the barn without destroying the barn door, and once in, without wrecking the roof when the trailer needs to be tipped up. I only say this because being involved in harvest is all very satisfying and fits well with today's first reading from the prophet Joel: 'Do not fear, O soil; be glad and rejoice, for the Lord has done great things!' And we thank God for the harvest as in the letter of St Paul to Timothy, urging prayer and thanksgiving... and then we hear the Gospel reading which tells us that we should not worry ourselves too much about what we will eat or what we will drink.

None of this means that we should cease to be concerned about our world from every angle, one angle being how we farm the land and also generally how we look after it. We have become more aware than the bible writers were, and therefore more conscious of CO2 and the like....AND of Thames Water poisoning rivers with sewage. Never forget David Attenborough or Greta Thunberg. And perhaps we should be reminded not to forget the joys of biodiversity, even as far as slugs...slugs, by the way, often much hated, but according to the Royal Horticultural Society a valuable part of the composting process...welcome in the garden for they re-cycle. Imagine them going into Noah's ark two by two in Benjamin Britten's 'Noye's Fludde', singing "Kyrie, Kyrie, Kyrie eleison".

Whatever the circumstances, we need a fresh vision of the world; seeing it in a new way. People in the Royal Navy will object if you ask them 'Which ship are you ON?'; they will tell you that the question should be 'Which ship are you IN?'. One is in ships not on them, and we should live very much IN the world not just on it. We are a part of it...along with the slugs, all part of God's creation.

That is one stage of Christian thinking; it could be called the ecological or green stage. The world is not something to manipulate, for it is mysterious, even sacred: a wonderful and interdependent whole. No wonder there is campaigning in these parts in favour of electrical offshore ring-mains and against other developments such as the nuclear power station planned to be built on a crumbling coast. Religious and other insights can combine, for it IS God's world. And that means a prophetic voice is needed.

We could put it like this. The world is God's creation. He sent his Son Jesus to live in the world in order to show, in a definite and clear way, Father and Son's love for the world and their wish that its inhabitants live peaceably and lovingly in it. And God is present in the Holy Spirit, all the time giving us strength and guidance as we try to lead a loving and reasonable life in God's world.

Put it a different way for the Christian: that we need to be down to earth and practical and then at the very same time we need to be doing God's will – knowing what it is to be faithful to God the creator. I had the opportunity recently to meet some first nation i.e. indigenous people in the north of Canada, right up by the arctic circle. They are very aware of their daily life in the world and yet also of their response to God as the creator of it all. In their translations of the bible and other religious works, God is always described as the Creator. They are conscious of God as intimately involved in the created world, not just in great moments of the past, but now and in everyday life. There they are, very conscious of the surrounding world, as are many Christians in South Africa and elsewhere.

We can look to Jesus for help. Often people just stress one side of his life, what one might call the godly side: his prayers, his love of the Father, his example as devout and caring all the time. Yet at the same time, there is the Jesus who had emerged from a world of carpentry, who understood the fishermen whom he called, who shared food, who lived very much in the world, transforming people's lives in it. It would be wrong to say 'feet on the ground and head in the clouds' for those words encourage the wrong kind of picture. Better to say that he and his Father were one, close to each other and yet very much involved in everyday life in the world. Jesus' earthly acts always reflect the wish of the Father.

So that is something which we can grasp at harvest time: perhaps for us we CAN say: 'saying our prayers with our feet on the ground'. The two tied together. One side immersed in a loving God and the other immersed in everyday life, with the two inter-twined. And then there is the matter of food itself: the product of the harvest shared. Churches supporting food banks for those in need locally, but also remembering those in need all over the world.

All over the world...that raises a different question, but one which many face. I have a brother-in-law who is well able to drive lorries. So now, in retirement he does all sorts of driving for the organisation called 'Hope and Aid' which supports refugees in all sorts of places, for example Ukrainian refugees in Poland who need food, mattresses, toys. He was even involved in the journey of the amazing great refugee puppet called Little Amal (Amal is the Arabic for hope), the aim being to spread the

news about the sheer number and needs of refugees all over the place, Amal being an example of a refugee child looking for her parents.

What better than today to reflect on our hopes and prayers for God's world. That is harvest. Yet it is also a festival, so we can enjoy it and give thanks for the wonders of world and the right use of its products.

Post Communion

Lord of heaven, in this eucharist you have brought us near to an innumerable company of angels and to the spirits of the saints made perfect: as in this food of our earthly pilgrimage we have shared their fellowship, so may we come to share their joy in heaven; through Jesus Christ our Lord.

Harvest Festival Services at The Alde Sandlings

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.

Prayer Among The Ruins

An event joining us together for a time of prayer, thinking and thanking God for the past, listening and reflecting on what is happening now and praying for revival. Meeting at Greyfriars Friary, Monastery Hill, Dunwich, IP17 3DR. From 9am to 10.30am on Saturday 19th October.

Bring something to sit on. Coffee, tea, croissants provided.

Parking and Toilets. Everyone welcome - spread the word!

The Alde Sandlings, Dates for your Diary

- Harvest Messy Church – Aldeburgh Church Hall – Saturday 5th October, 10-12 noon.
- Alpha 11 week Course starting 11th September – 6pm-8pm in the Church Hall. Every Wednesday thereafter.
- Prayer Warriors' Group – Last Tuesdays of the month, starting 24th September 6-7pm in Aldeburgh Church – All welcome
- The Alde Sandlings Thanks God for the Harvest.
 - 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
- All Souls/Remembering the Loved Services – Aldeburgh and Aldringham at 6pm on Saturday 2nd November
- Lunchtime Classical Concert in Aid of Aldeburgh United Charities, with Nadia Lasserson – Aldeburgh Church, 4th November at 12 noon.
- Remembrance Sunday Services throughout the Benefice, November 10th.

† 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 †

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 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.

Saturday 19th October Encounter Cafe @ The Outside Inn, Parrot Pub 9.30 - 10.30

Come and join us for coffee, tea & croissants; chance to explore questions about faith, chance to reflect, to listen & share thoughts.

All are welcome.

The Alde Sandlings Ride and Stride 2024

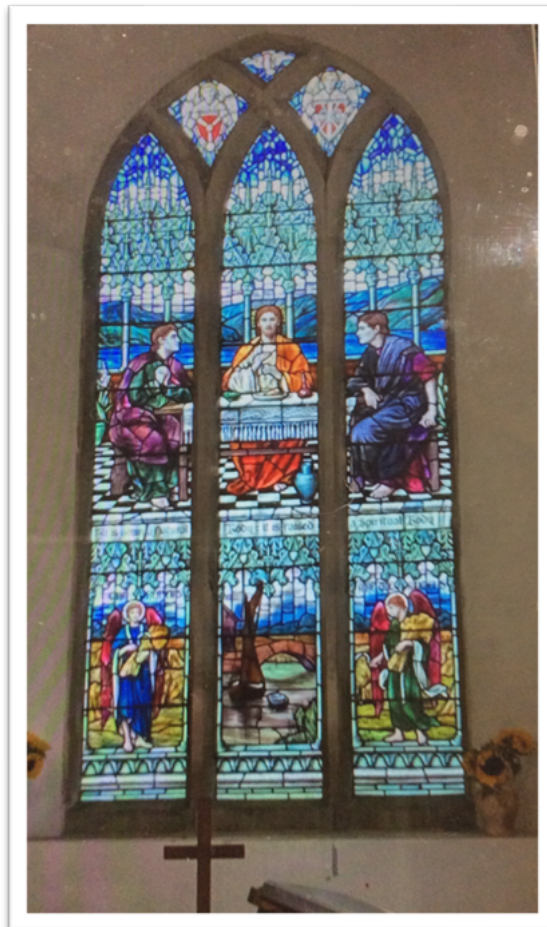


Friston Update

Friston PCC would like to say thank you to Mary & Ian Shipman, Geyla Duval, Tony Morley, Julia Wheeler and the Revd. Mary Brown who took part in the Suffolk Historic Church Ride and Stride event raising approximately £1800.00. Thanks too, to all those people who supported the event by sponsoring our cyclists and for those who took a turn sitting in the church marking off anyone that visited. Great support for this very worthwhile cause.

Aldeburgh Update from Mary Sidwell

Another sunny day to travel around the local benefices, passing others on bikes, and on foot, visiting churches new and familiar, and sampling the various refreshments and snacks so kindly provided (esp. at St Mary, Magdalene church in Sternfield, where somebody makes the most delicious flapjacks!) This year I visited 16 churches and wish to thank all who sponsored me. I do hope others might join the event next year, it is most rewarding, for the churches we sponsor and for ourselves. Here is the beautiful window at Snape church.



Update from Revd Mary

Revd Mary took part also, on her trusted bike and visited the benefice and other churches on her route. Mary was joined by her house guest Hope (her Mum's black spaniel) plus her friends and Mary's Goddaughters. They all covered 22 miles on the day. Well done, Mary, Hope, and all the Alde Sandlings Ride and Stride teams. More updates on total money raised soon.



**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.

Sunday 6th October
Nineteenth Sunday after Trinity