



## 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 13<sup>th</sup> October Twentieth Sunday after Trinity

### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	10.30am	Holy Communion	Revd Sarah du Boulay
Aldringham	11.00am	Harvest Festival	Revd Mary Brown
Friston	10.00am	Service of the Word	Led by Elder Marie Szipak
Knodishall	9.30am	Holy Communion	Revd Mary Brown

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

Dear friends,

It's that time of year when I like to review and think strategically about the future.

You may remember that when I first arrived in the benefice, I asked everybody to complete a questionnaire about the worship we have here. On the basis of these results, we looked at what was working and what we needed to amend, and made some gentle changes to try to reflect what our current congregations need. After 2 years, we are reviewing these answers to make sure we're still on track. If you have any new thoughts or comments, please don't hesitate to tell Mary or I know.

As your Rector, I have been given the 'Cure of Souls' for all people in this benefice, not just those of us who already attend church, so I am also continually thinking and praying about how we reach out to those people in our communities who we may not see on a regular basis – and this may well be doing something which is not based in a church building. If this piques your interest, please do let me know – I would love for more people to be involved in our missional outreach. Food for thought!

With prayers,

Sarah

### **Collect**

God, the giver of life, whose Holy Spirit wells up within your Church: by the Spirit's gifts equip us to live the gospel of Christ and make us eager to do your will, that we may share with the whole creation the joys of eternal life; 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**

#### **Job 23.1-9, 16-end**

Then Job answered: 'Today also my complaint is bitter; his hand is heavy despite my groaning. O that I knew where I might find him, that I might come even to his dwelling! I would lay my case before him, and fill my mouth with arguments. I would learn what he would answer me, and understand what he would say to me. Would he contend with me in the greatness of his power? No; but he would give heed to me. There an upright person could reason with him, and I should be acquitted for ever by my judge. 'If I go forward, he is not there; or backward, I cannot perceive him; on the left he hides, and I cannot behold him; I turn to the right, but I cannot see him. God has made my heart faint; the Almighty has terrified me; If only I could vanish in darkness, and thick darkness would cover my face!

## **Second Reading**

### **Hebrews 4.12-end**

Indeed, the word of God is living and active, sharper than any two-edged sword, piercing until it divides soul from spirit, joints from marrow; it is able to judge the thoughts and intentions of the heart. And before him no creature is hidden, but all are naked and laid bare to the eyes of the one to whom we must render an account. Since, then, we have a great high priest who has passed through the heavens, Jesus, the Son of God, let us hold fast to our confession. For we do not have a high priest who is unable to sympathize with our weaknesses, but we have one who in every respect has been tested as we are, yet without sin. Let us therefore approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.

## **Gospel Reading**

### **Mark 10.17-31**

As he was setting out on a journey, a man ran up and knelt before him, and asked him, 'Good Teacher, what must I do to inherit eternal life?' Jesus said to him, 'Why do you call me good? No one is good but God alone. You know the commandments: "You shall not murder; You shall not commit adultery; You shall not steal; You shall not bear false witness; You shall not defraud; Honour your father and mother."' He said to him, 'Teacher, I have kept all these since my youth.' Jesus, looking at him, loved him and said, 'You lack one thing; go, sell what you own, and give the money to the poor, and you will have treasure in heaven; then come, follow me.' When he heard this, he was shocked and went away grieving, for he had many possessions. Then Jesus looked around and said to his disciples, 'How hard it will be for those who have wealth to enter the kingdom of God!' And the disciples were perplexed at these words. But Jesus said to them again, 'Children, how hard it is to enter the kingdom of God! It is easier for a camel to go through the eye of a needle than for someone who is rich to enter the kingdom of God.' They were greatly astounded and said to one another, 'Then who can be saved?' Jesus looked at them and said, 'For mortals it is impossible, but not for God; for God all things are possible.' Peter began to say to him, 'Look, we have left everything and followed you.' Jesus said, 'Truly I tell you, there is no one who has left house or brothers or sisters or mother or father or children or fields, for my sake and for the sake of the good news, who will not receive a hundredfold now in this age-houses, brothers and sisters, mothers and children, and fields, with persecutions-and in the age to come eternal life. But many who are first will be last, and the last will be first.'

## Service of Thanksgiving for Canon Arthur Phelps

A Service of Thanksgiving for Arthur's life will be held at 12.30 on Friday 1<sup>st</sup> 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 20<sup>th</sup> 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](mailto:admin@aldeburghparishchurch.org.uk) if you would like to attend. Or please add your name to the list in the West porch at Aldeburgh (email preferred)

**We will be having a collection at Aldeburgh for Arthur's charity he supported - The Institute for Cancer Research, during the Sunday service on the 27<sup>th</sup> October. This will be donated to the charity in Arthur's memory.**

### The Alde Sandlings Benefice

**All Souls - Remembering Our Loved Ones  
Service on Saturday November 2<sup>nd</sup> 6.00pm**



An opportunity to call to mind those who we love but see no more. Say a gentle prayer and light a candle. Everyone will be most welcome.

*May God give you  
his comfort and his peace,  
his light and his joy  
in this world and the next.*



**Please do join us at either:**

**Aldeburgh Parish Church  
Aldringham Parish Church**

**Saturday November 2<sup>nd</sup> 6.00pm**

Saxmundham Deanery

## Prayer in the ruins

Saturday 19th October  
Grey Friars, Dunwich  
09.00 - 10.30

A time to gather, pray & listen,  
seeking God's future,  
standing in God's people's past.

'Your ancient ruins shall be rebuilt...  
you shall be called the repairer of the breach,  
the restorer of streets to live in.'  
Isaiah 58.12

**Location for parking and toilets:  
what3words - loves.speeded.flames**

**Coffee, Tea & Croissants provided  
Bring a chair, a mug and your friends.**

Further Info [rob@alderiver.church](mailto:rob@alderiver.church)

## **Sermon from Revd Mary Brown, on Sunday 6<sup>th</sup> October at Friston**

I've had a few conversations lately with people who are finding parts of the Old Testament particularly challenging. It can be easy to read some of the stories in the Old Testament and think that the God described there is somehow different in character and action from the God of the New Testament. Sometimes when discussing Old Testament readings with people I hear phrases like 'God isn't like that anymore', or 'Jesus wouldn't have done that'.

Our readings today go some way to helping us to tackle this issue.

Let's start with a bit of doctrine.

1) After this sermon we will stand and say the Nicene Creed together. This Creed is a summary of what the church believes.

The Nicene Creed doesn't use the word 'Trinity', but in what it says it describes the doctrine of the Trinity. Let's take a look:

It starts with God the Father using these words:

'We believe in one God, the Father, the Almighty, maker of heaven and earth...'

Next it addresses Jesus Christ, and includes this: 'of one Being with the Father'

The last section is about the Holy Spirit of whom the creed says 'who proceeds from the Father and the Son, who with the Father and the Son is worshipped and glorified'.

The picture that the Nicene Creed gives is of one God in three persons, Father, Son and Holy Spirit. How does this help to address our question about the God of the Old Testament? It tells us that the God we see in the Old Testament and Jesus Christ in the New Testament are one and the same.

2) Perhaps struggling to reconcile what they read in the Old Testament might come back with something about how the Old Testament writers got it wrong, they didn't understand God and they misrepresented him - let's look back at the Creed, in the final section it says of the Holy Spirit 'who has spoken through the prophets'. Here 'the prophets' is short hand for referring to the whole of the Old Testament - even the history books. What the creed is telling us is that all of Scripture is inspired by the Holy Spirit.

3) The other option that people fall back on when struggling with the Old Testament is the idea that God might have changed. The Bible gives us an answer to this, later in the letter to the Hebrews the author writes 'Jesus Christ is the same yesterday, today and forever'. Jesus has never changed, as we've seen in the Creed he is 'eternally begotten of the Father' and he was there at the creation of the world. So Jesus, the Son of God didn't just rock up in first century Judah and change God's mind, he eternally is God and is with God. Malachi 3.6 confirms this, God says 'I am the Lord and I do not change'.

To summarise: the church believes in one God in three persons - the Holy Trinity; in the Bible as the inspired Word of God; in a God whose character is constant, eternal and unchanging.

If we can't explain away tricky parts of the Old Testament, what should we do with them? Let's turn to today's readings and see if they can help us.

We'll start with the reading from Hebrews. Hebrews is a letter written to a group of Jewish Christians in the early church. These Christians were being persecuted for their faith, and as a result some of them had turned away from Jesus.

The goal of the writer to the Hebrews was to encourage his audience not to give up their faith by showing them how Jesus is better than anything else they could believe in.

The first section, which we heard from today, compares Jesus to angels. The writer says that Jesus is both a better messenger, and a higher authority, than angels. We hear in verse 3: Jesus 'is the radiance of God's glory and the exact representation of his being' - meaning that Jesus is as God is. The verse goes on to tell us that having died for our sins, Jesus is now at the right hand of God. Theologian Tim Mackey says this: 'For [the] author [of Hebrews] there is no God apart from Jesus, Jesus is God become human as the Son.'

Having established this, let's turn back to our Old Testament reading and see if this understanding of Jesus as the exact representation, and the radiance of God, who is unchanging, can help us to read Job well.

The Book of Job is about a man, called Job, who was righteous and upright - he feared the Lord and shunned evil. The book opens with a strange scene where 'the accuser' (Satan) comes before God, God asks him to consider Job, his faithful servant. The accuser answers that he has, but he

thinks that Job's righteousness is based purely on the blessings that God has given Job, if those blessings were removed, Job would stop fearing God. God agrees to this experiment. Job loses everything and everyone he has, apart from his wife, and then loses his health. The accuser wants to see if Job will still honour God once all the good in his life is gone.

In the short conversation between Job and his wife at the end of today's reading, we get a summary of what happens: His wife said 'Do you still persist in your integrity? Curse God, and die.' But [Job] said to her, 'You speak as a foolish woman would speak. Shall we receive the good at the hand of God, and not receive the bad?' Through the rest of the book Job goes on to debate theology with three friends who are convinced that Job must have done something bad to cause the things that have happened to him, Job defends his innocence. Though he doesn't curse or reject God, he does start to question God and God's justice. He asks God to face him and have a conversation with him to explain all that has happened.

At the end of the book God gives this request, he meets Job and answers him. But his answer is not straightforward, instead it comes in the form of more questions. God asks Job if Job understands how the universe works, if he understands how the wild animals live, if he Job could look after the world for a day. God's point is that Job cannot even begin to understand the complex nature of the universe and what God does day by day to keep it running. Isaiah 55 makes the same point much more succinctly: "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. "As the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts."

The book of Job tells us that God is in charge. Some people who read Job find this message reassuring: with God in charge and the world so complex, the best thing I can do is to trust God. Even, as Job says, in the face of bad things happening to us.

Others however, find Job to be evidence of a cruel and capricious God. This is where our reading from Hebrews helps us. If we believe that Jesus is the exact representation of God, whenever we find ourselves reading part of the Bible and concluding that God is cruel or unkind or capricious, we need to turn back to Jesus and read the challenging part of the Bible through the lens of who we know Jesus to be. If our interpretation of the part of the Bible we are reading leaves us with a sense of a God who is not like Jesus, then we know that we have misinterpreted it. We must dig in and find the truth of what we are being told about God, and this must align with what we see of Jesus' character in the gospels.

To help with this, a very quick word on our gospel reading today. To put Jesus' teaching about divorce in context - quick and easy divorces in first century Judea disadvantaged women. Men were divorcing their wives for the smallest of reasons, on a whim. To our modern ears this teaching on divorce might not sit comfortably, but what Jesus is doing here, and with the children in the next paragraph, is defending the weakest and most vulnerable in society. This is Jesus' character, this is the character of our one Triune God.

Two applications for our lives this week:

Firstly, a challenge that if we are confused by something in the Old Testament, we look to Jesus and read the Old Testament through the lens of his character as displayed in the gospels and expounded in the rest of the New Testament. What we will find is our God who is gracious and compassionate and upholds justice, defending the weak and the vulnerable.

Secondly, that following Jesus means becoming like him - so where this week can we do what he does and defend the weak and the vulnerable, displaying his character to our neighbours?

This has been a whistle stop tour through some really complicated theology, and I'm aware that the speed I've gone, might make it seem like I'm being glib about suffering. I'm not, I still grapple with these questions myself, asking God why bad things happen in our lives. What the book of Job also tells us is that God is ok with us asking big questions, he is ok with us challenging him, he cares enough about us to come and talk to us and lead us towards truth. So if all you can do today is shout at God, go for it, he is listening and he will answer.

### **Post Communion**

God our Father, whose Son, the light unfailing,  
has come from heaven to deliver the world from the darkness of  
ignorance: let these holy mysteries open the eyes of our understanding  
that we may know the way of life, and walk in it without stumbling;  
through Jesus Christ our Lord.



## † 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>

### **The Alde Sandlings, Dates for your Diary**

- Alpha 11 week Course starting 11<sup>th</sup> September – 6pm-8pm in the Church Hall. Every Wednesday thereafter.
- Prayer Warriors' Group – Last Tuesdays of the month, starting 24<sup>th</sup> September 6-7pm in Aldeburgh Church – All welcome
- The Alde Sandlings Thanks God for the Harvest.
  - Aldringham Harvest Festival Service 11am – 13<sup>th</sup> October
- Benefice Bible Studies Group 1 – Sunday 6<sup>th</sup> October 3-4.30pm, then every first Sunday of the month at The Rectory, Friston
- Benefice Bible Studies Group 2 – Tuesday 8<sup>th</sup> October 7-8.30pm, then will run monthly at The Rectory Friston
- Pro Corda Student Lily Fisher Concert – Aldringham Saturday 26<sup>th</sup> October at 3.30pm. Refreshments from 3pm.
- Friends of St Andrews, Aldringham Church, Coffee Morning – Saturday 2<sup>nd</sup> November 10-12 noon
- All Souls/Remembering the Loved Services – Aldeburgh and Aldringham at 6pm on Saturday 2<sup>nd</sup> November
- Lunchtime Classical Concert in Aid of Aldeburgh United Charities, with Nadia Lasserson – Aldeburgh Church, 4<sup>th</sup> November at 12 noon.
- Remembrance Sunday Services throughout the Benefice, November 10<sup>th</sup>.

## † 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.

## † 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](mailto: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](mailto:pilgrimstogether473@gmail.com) to receive a copy, be added to our mailing list or for the Zoom links.

## **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.

## **Saturday 2nd November Community Breakfast 9.30 @ The Parrot**

A delicious breakfast bap and coffee/tea combo for £7 is on offer at the Parrot, chance to catch up with each other and community news. All are welcome.

## **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  
**11<sup>TH</sup> 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.**

**IT ISN'T TOO LATE TO JOIN US**

**LUNCHTIME CLASSICAL  
CONCERTS SERIES at  
Aldeburgh Parish Church**

**Monday 4<sup>th</sup> November 2024  
at 12 noon**

The highly successful Lunchtime Classics Concert Series in aid of **ALDEBURGH UNITED CHARITIES** continue into November 2024, with the return of:

**Helen Stanley (Violin)  
Nadia Lasserson (Piano)**

**In a programme of Bach, Beethoven and Dvorak.**

**Looking forward to welcoming you all.  
Admission is free - with a retiring collection for  
Aldeburgh United Charities**

**ALL VERY WELCOME**



**Sunday 20<sup>th</sup> October  
Twenty First Sunday after Trinity**