



## 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 20<sup>th</sup> October Twenty First 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	Service of the Word with Baptism	Revd Sheila Hart
Friston	10.00am	Holy Communion	Revd Sarah du Boulay
Knodishall	9.30am	Service of the Word	Led by Elder Ros McCallister

### **A Message from our Rev'd Mary Brown**

Dear Friends,

The last two weeks of the Alpha course have been entitled 'How and Why Should I Pray?' and 'How and Why Should I Read the Bible?' Engaging with God in prayer, and through his word is never 'one size fits all', but something to work out for yourself through trial and error. There are many resources available to help with both, if you'd like any suggestions do get in touch with myself or Sarah.

I thought I would take this opportunity to remind you of what happens in our benefice to encourage us all in prayer and reading the Bible. Every week on Monday and Tuesday mornings we prayer walk in Friston and

Knodishall respectively. Wednesday and Thursday mornings are Morning Prayer, at Aldeburgh on Wednesday and Aldringham on Thursday.

Coming up on 29th October, and then on the last Tuesday evening of every month, we have a new prayer meeting where we will gather to pray and give thanks for things across the benefice. Please do let me know if you plan to join us, either in person or by receiving an email update.

We also have a new Bible Study group meeting at The Rectory, Friston, on the first Sunday of the month. There is the opportunity for a second monthly Bible Study on a different day, if interested please do get in touch to suggest a day and time that would work for you.

As we heard on Sunday the word of God is living and active. God works powerfully in us when we engage with his word.

With love and prayers,

Mary

### **Collect**

Grant, we beseech you, merciful Lord,  
to your faithful people pardon and peace,  
that they may be cleansed from all their sins  
and serve you with a quiet mind;  
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 38.1-7 34-end**

Then the Lord answered Job out of the whirlwind: 'Who is this that darkens counsel by words without knowledge? Gird up your loins like a man, I will question you, and you shall declare to me. 'Where were you when I laid the foundation of the earth? Tell me, if you have understanding. Who determined its measurements-surely you know! Or who stretched the line upon it? On what were its bases sunk, or who laid its cornerstone when the morning stars sang together and all the heavenly beings shouted for joy?

## **Second Reading**

### **Hebrews 5.1-10**

Every high priest chosen from among mortals is put in charge of things pertaining to God on their behalf, to offer gifts and sacrifices for sins. He is able to deal gently with the ignorant and wayward, since he himself is subject to weakness; and because of this he must offer sacrifice for his own sins as well as for those of the people. And one does not presume to take this honour, but takes it only when called by God, just as Aaron was. So also Christ did not glorify himself in becoming a high priest, but was appointed by the one who said to him, 'You are my Son, today I have begotten you'; as he says also in another place, 'You are a priest for ever, according to the order of Melchizedek.' In the days of his flesh, Jesus offered up prayers and supplications, with loud cries and tears, to the one who was able to save him from death, and he was heard because of his reverent submission. Although he was a Son, he learned obedience through what he suffered; and having been made perfect, he became the source of eternal salvation for all who obey him, having been designated by God a high priest according to the order of Melchizedek.

## **Gospel Reading**

### **Mark 10.35-45**

James and John, the sons of Zebedee, came forward to him and said to him, 'Teacher, we want you to do for us whatever we ask of you.' And he said to them, 'What is it you want me to do for you?' And they said to him, 'Grant us to sit, one at your right hand and one at your left, in your glory.' But Jesus said to them, 'You do not know what you are asking. Are you able to drink the cup that I drink, or be baptized with the baptism that I am baptized with?' They replied, 'We are able.' Then Jesus said to them, 'The cup that I drink you will drink; and with the baptism with which I am baptized, you will be baptized; but to sit at my right hand or at my left is not mine to grant, but it is for those for whom it has been prepared.' When the ten heard this, they began to be angry with James and John. So Jesus called them and said to them, 'You know that among the Gentiles those whom they recognize as their rulers lord it over them, and their great ones are tyrants over them. But it is not so among you; but whoever wishes to become great among you must be your servant, and whoever wishes to be first among you must be slave of all. For the Son of Man came not to be served but to serve, and to give his life a ransom for many.'

## **Sermon from Revd Mary Brown, on Sunday 13<sup>th</sup> October at Knodishall**

As most of you know we are doing the Alpha course on Wednesdays at Aldeburgh Church Hall. Last Wednesday the topic of the video was 'Why and How Should I Pray?' During the video the presenter spoke about what we do in the face of prayers apparently not having been answered. He gave a quote from Corrie Ten Boom. Corrie Ten Boom was a Dutch Christian who hid and saved the lives of hundreds of Dutch Jews during the Nazi regime. Eventually her family was caught and sent to Ravensbruck where they all died, leaving Corrie as the only survivor.

The quote says: "When a train goes through a tunnel and it gets dark, you don't throw away the ticket and jump off. You sit still and trust the engineer."

Corrie Ten Boom was someone who knew the experience of being in a spiritual dark tunnel, not being able to see the way out, and yet somehow, through it all, she never lost her trust in God.

Today in our Old Testament reading we hear from someone else who went through the darkest of times, and yet even when things were at their worst refused to turn his back on God, and instead cried out to God from his pain.

Job is a long book and the lectionary only gives us four short extracts from Job over four weeks. (You know what I am going to say...go and read it for yourself, or maybe listen to it being read by David Suchet - Job can be challenging but is certainly worth the read). Also, do go back to read my sermon from last week in Pew News where you will find an overview and introduction to both the books of Job and Hebrews.

Very briefly: the Book of Job is about a righteous man, a faithful servant of God, who is tested by having everything and everyone taken from him. The accuser (translated Satan - but actually more of a title than a proper name) wants to see if without all Job's many blessings, he will turn against God. Job refuses to curse God, and is then further tested as three of his supposed friends come and talk at him, convinced that Job must have done something bad to cause the things that have happened to him. Job maintains his innocence, and demands an audience with God, and an explanation for all that has happened. At the end of the book God gives this request, he meets Job and answers him.

The book uses the metaphor of a court case, Job longs to put God in the dock, or the witness stand, and question him. We see this in our reading today *'O that I knew where I might find him, 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.'*

Though Job is confused by what is going on, doesn't understand why God has allowed these things to happen, and is being encouraged by those around him to turn against God, he keeps turning to God in his time of need.

Job says in verse 6: *'would he contend with me in the greatness of his power? No, but he would give heed to me'*. Job doesn't expect God to contend with him (though we see later that he does), but he knows that God will listen.

For Job the darkness of suffering is so deep, that though he is searching for God, he is unable to find him. *'He is not there' 'I cannot perceive him' 'I cannot behold him' 'I cannot see him.'* Job is a desperate man, searching for the God who he knows is the only one able to answer his plea.

Though all of this, Job keeps looking for God, like Corrie Ten Boom said - Job enters the dark tunnel, and doesn't abandon the train, he keeps trusting the engineer.

Part of that trust comes in knowing, and declaring, that though he cannot find God, God is watching over him, and that at the end of all of this there will be good, somehow, in some way. Verse 10 reads: *'But he knows the way that I take; when he has tested me, I shall come out like gold.'*

Throughout the book Job displays a deep confidence in God's constancy, in spite of the darkness of the circumstances he is facing. He is convinced that God is doing something in the midst of the darkness, and will eventually be able to explain it to him.

On the surface it can be hard to find this message in the Book of Job. We can get lost in the complication of the friend's arguments, in the length of the book, and in the litany of suffering. This is where we come to our second reading from the letter to the Hebrews.

Our reading from Hebrews gives us two insights into our reading from Job.

First it give us an answer to why it is worth us persevering with these sometimes tricky parts of the Bible. Why it matters that we contend with

God by seeking to understand his word even when it is challenging and wouldn't make a pithy quote for a fridge magnet...

The writer to the Hebrews tells us that *'the word of God is living and active, sharper than any two-edged sword'*. That the word of God *'is able to judge the thoughts and intentions of the heart.'* God's word is living and active. The Bible is not just an ancient book, it is not just an interesting book, it is not just a book that's worth reading - it is a book of living words, words that do God's work and draw us towards God himself. Every part of this book is God's chosen means of revealing himself to us. If we want to know God more clearly, and to know ourselves as God sees us - this is the tool that he has given us.

Second this extract from Hebrews gives us a reason to hold on to God in the midst of the darkness and suffering, just as Job did. The writer to the Hebrews tells us that Jesus, the Son of God, is our Great High Priest. That *'in every respect' he 'has been tested as we are' and 'yet' is 'without sin'*. We are told that Jesus as our heavenly High Priest is able to *'sympathise with our weaknesses'*. And we are given this as a reason to *'approach the throne of grace with boldness, so that we may receive mercy and find grace to help in time of need.'*

What does it mean to approach the throne of grace? The throne of grace is God's throne, so it means to come close to God. We can do this in prayer.

What does it mean to do this boldly? It means we do not need to be afraid when we pray, we do not need to long for the darkness to hide us, like Job did. We can confidently walk up to God's throne in prayer and pour it all out to him, just as Job did. Where Job longs for an audience with God, we are guaranteed one through our Lord Jesus Christ who has gone ahead of us through death into resurrected life - who is our Great High Priest.

What does it mean that he is our Great High Priest? It means that Jesus is constantly interceding for us, crying out for us to God his Father, just as the High Priests in the Old Testament cried out to God on behalf of Israel.

What does it mean that he has been tested as we are? It means that there is no suffering we can experience that Jesus has not already experienced. On the cross the suffering of all of the world was piled on Jesus' shoulders - any pain we feel, he has already felt. He truly understands whatever we are going through.

And what will we find when we boldly approach this throne of grace? We will find mercy and grace, just like Job did.

What does this mean for our lives today, for our lives this week? I think that these two readings encourage us to stay on the train, to keep trusting God even in confusion and pain and suffering. And even more than staying on the train, they encourage us to go and knock on the engineer's door, to ask what is going on; knowing that when we come to the driver we will find grace and mercy - and in the person of Jesus, a High Priest who has been through what we are going through. So this week, let's pray boldly, in every situation, about every circumstance, expecting that God will answer us, will meet us face to face, and will show us mercy and grace.

### **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.

### **† 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
- 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.



## **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.

## **† 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.

† **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 of for the Zoom links.

**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.

**Thank you, Aldeburgh Parish Church**

I would like pass on our sincere thanks for the donations of food from the Church Harvest Festival to the Fairfield Centre.

We will certainly be making good use of it all.

**Thank you all again**

Linda Lumpkin (Fairfield Centre Manager)

**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.

**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.**

**[If you would like to donate directly here is the link](https://arthurphelps.muchloved.com/)**

**<https://arthurphelps.muchloved.com/>**

## **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**



St Andrew's Church, Aldringham

You are invited to  
an afternoon piano recital

by

*Lily Fisher*

Saturday 26th October 2024

at 3.30pm

Programme includes Bach, Schubert, Chopin,  
Rachmaninoff and Sculthorpe



Refreshments available from

3.00pm

Free admission



## **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 27<sup>th</sup> October  
Last Sunday after Trinity**