



## 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

Email: [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

Tel: 01728 582213

The Revd Nichola Winter

Email: [njwinter@whd.co.uk](mailto:njwinter@whd.co.uk)

Curate: The Revd Mary Brown

Email: [revd@mary-brown.co.uk](mailto:revd@mary-brown.co.uk)

Tel: 01728 467454

The Revd Johanna Mabey

Email: [rev.johannamabey@gmail.com](mailto:rev.johannamabey@gmail.com)

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

### **Services in The Alde Sandlings Benefice this Sunday**

Aldeburgh	10.30am	Holy Communion	Revd Sarah du Boulay
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Morning Prayer	Led by Elder Sheila Brechin
Friston	10.00am	Holy Communion	Revd Nichola Winter
Knodishall	9.30am	Service of the Word	Revd Mary Brown

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

Dear friends,

I am writing this on a crisp but beautiful morning. The sun is streaming through the windows, I have a mug of hot tea to hand, the dogs are snoring in their beds, and all is right with my little corner of the world. It's so easy to be grateful at times like this. But maybe more difficult to remember to thank God (and each other) when things aren't quite so tranquil.

As we ramp up through November and looking to Advent, I wonder whether as a benefice we can concentrate on the many blessings God has given us, and look to cultivating that 'attitude of gratitude' which marks us as different from many others around us. Our knowledge that God is both our Creator and our Redeemer – that He has created us out of love and for love. It can be easy to forget this in the maelstrom of every day life,

especially in the midst of so much pain and suffering. But it's so incredibly important.

In a book called 'The Book of Joy' by the Dalai Lama and Desmond Tutu, they discuss the difference this attitude of joy and thankfulness has made to their lives, and the lives of those around them. If you haven't read the book, I can recommend it (it's especially good in the long dark winter evenings) – and having read just a little, I challenge you not to feel some of their joy and passion!

With prayers,

Sarah

### **The Alde Sandlings Saturday Gratitude**

\*\*\*\*A New Item for our Benefice Newsletter\*\*\*\*

A recap for all the positive news and love that God has shown us in the benefice this week. We have much to be grateful for.

- Aldeburgh** The Alpha course is going really well. We have fantastic conversations every week and are being really well looked after and fed by friends offering generous hospitality every week.
- Aldringham** Saw a really joyful wedding on Saturday, and then a wonderful baptism in the Sunday service. What a joy to be part of people's life journeys and to welcome them into God's church.
- Friston** The church yard is looking particularly spectacular at the moment, as we manage it to promote wildlife, sustainability and also to continue to provide an important service to our community.
- Knodishall** We have welcomed 2 year groups from Coldfair Green Primary school to church 2 weeks running. Year 1's came to learn about Baptism, and the Year 3's used the church as part of an art project – we were so pleased to continue to develop our relationship with the school.
- Pilgrims Together** Enjoyed a great meal and planning meeting with Rev'd Sarah this week, sharing good news stories from across the benefice and looking forward to Christmas together, with Parish and Pilgrims events partnering, promoting and supporting each other over the festive period – watch this space for more details!

## **Collect**

Blessed Lord, who caused all holy Scriptures to be written for our learning: help us so to hear them, to read, mark, learn and inwardly digest them that, through patience, and the comfort of your holy word, we may embrace and for ever hold fast the hope of everlasting life, which you have given us in our Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever.

## **First Reading**

### **Isaiah 55.1-11**

Ho, everyone who thirsts, come to the waters; and you that have no money, come, buy and eat! Come, buy wine and milk without money and without price. Why do you spend your money for that which is not bread, and your labour for that which does not satisfy? Listen carefully to me, and eat what is good, and delight yourselves in rich food. Incline your ear, and come to me; listen, so that you may live. I will make with you an everlasting covenant, my steadfast, sure love for David. See, I made him a witness to the peoples, a leader and commander for the peoples. See, you shall call nations that you do not know, and nations that do not know you shall run to you, because of the Lord your God, the Holy One of Israel, for he has glorified you. Seek the Lord while he may be found, call upon him while he is near; let the wicked forsake their way, and the unrighteous their thoughts; let them return to the Lord, that he may have mercy on them, and to our God, for he will abundantly pardon. For my thoughts are not your thoughts, nor are your ways my ways, says the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts. For as the rain and the snow come down from heaven, and do not return there until they have watered the earth, making it bring forth and sprout, giving seed to the sower and bread to the eater, so shall my word be that goes out from my mouth; it shall not return to me empty, but it shall accomplish that which I purpose, and succeed in the thing for which I sent it.

## **Second Reading**

### **2 Timothy 3.14-4.5**

But as for you, continue in what you have learned and firmly believed, knowing from whom you learned it, and how from childhood you have known the sacred writings that are able to instruct you for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for reproof, for correction, and for training in righteousness, so that everyone who belongs to God may be proficient, equipped for every good work. In the presence of God and of Christ Jesus, who is to judge the living and the dead, and in view of his appearing and his kingdom, I solemnly urge you: proclaim the message; be persistent whether the time is favourable or unfavourable; convince, rebuke, and encourage, with the utmost patience in teaching. For the time is coming when people will not put up with sound doctrine, but having itching ears, they will accumulate for themselves teachers to suit their own desires, and will turn away from listening to the truth and wander away to myths. As for you, always be sober, endure suffering, do the work of an evangelist, carry out your ministry fully.

## **Gospel Reading**

### **John 5.36b-end**

But I have a testimony greater than John's. The works that the Father has given me to complete, the very works that I am doing, testify on my behalf that the Father has sent me. And the Father who sent me has himself testified on my behalf. You have never heard his voice or seen his form, and you do not have his word abiding in you, because you do not believe him whom he has sent. 'You search the scriptures because you think that in them you have eternal life; and it is they that testify on my behalf. Yet you refuse to come to me to have life. I do not accept glory from human beings. But I know that you do not have the love of God in you. I have come in my Father's name, and you do not accept me; if another comes in his own name, you will accept him. How can you believe when you accept glory from one another and do not seek the glory that comes from the one who alone is God? Do not think that I will accuse you before the Father; your accuser is Moses, on whom you have set your hope. If you believed Moses, you would believe me, for he wrote about me. But if you do not believe what he wrote, how will you believe what I say?'

## **Sermon from Revd Sarah du Boulay, on Sunday 20<sup>th</sup> October at Friston**

I feel a bit like this week's sermon has almost written itself with our 3 readings offering first a big picture view from Job, this is then focussed in Hebrews to the person of Christ, and finally offering us an application for our own lives today.

I'm going to begin by taking Mary's quick recap of the book of Job from this week's Pew News:

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.

And this is where we join the story today – God's answer to Job. God speaks out of a whirlwind and in answer to Job's questions and complaints, he challenges Job's understanding of the whole universe. God emphasizes His authority over creation, highlighting that He is the Creator and Job is just a human being. This illustrates the vastness of His knowledge and power. With this in mind, when God asks Job questions about the foundations of the earth, the sea, the dawn, and various aspects of nature, it serves to remind Job (and therefore us) of his limited perspective and the complexity of the world. This passage of scripture underscores that God's ways and wisdom are beyond human comprehension. It invites us to trust in God's plan, even when circumstances are difficult. Job's encounter with God leads to a humbling realization of human limitations. It challenges us to recognize our place in the grand scheme of creation. The big picture is God's omnipotence. His omnipresence. His omniscience. The vastness of God the Almighty – our Creator.

In Hebrews we see a profound discussion about the role of the high priest in the context of Jesus Christ as the ultimate High Priest. Verses 1-4 explain that a high priest is chosen from among the people to represent them before God, offering gifts and sacrifices for sins – a bit different from my role here today! The role highlights the importance of intercession and representation in the relationship between humanity and God, which is a bit more representative of priests in the modern world. Importantly, the passage also

acknowledges the high priest's own weaknesses and sins, which enabled him to empathise with the people he served. This is massively important as it emphasises our very humanity – not just the humanity of a priest, but of all of humankind. BUT – verses 5-10 transition to a discussion of Jesus, who, although He is divine, also took on human form and experiences. His appointment as High Priest is not self-claimed but divinely ordained, fulfilling the prophecy of Psalm 110:4. As the Son of God, as fully human and fully divine, Jesus has unique qualifications and authority. The passage concludes by affirming that Jesus is designated as a high priest forever. This eternal aspect of His priesthood assures believers of His ongoing intercession and the permanence of His sacrifice.

In the more focussed section of our readings, we are encouraged to place our trust in Jesus as the ultimate mediator who understands our struggles. We are invited to reflect on the profound significance of Christ's priesthood and what it means for our relationship with God, especially in times of trial and suffering. The coming of the Messiah, Jesus the Christ – our Redeemer.

Finally, Mark 10:35-45 recounts a powerful exchange between Jesus and His disciples, particularly James and John, who request positions of honour in His kingdom. We are challenged to reflect on many aspects of the exchange which apply to us. For example, when considering ambition, do we seek to elevate ourselves or serve others? Are we ready to challenge societal norms and learn to be truly humble in all ways? The kingdom of heaven is marked by servanthood, not by power or authority. Although we do our best and try to act lovingly, do we always, truly, follow Jesus' example of selfless service in our community? Our workplaces, or within our family and friendship circles? We are especially challenged at the moment in how we can best represent the love of God and embrace a lifestyle of servanthood and humility. Something we are empowered to do through the presence of the Holy Spirit – our advocate, our counsellor and our support.

This is all very well and good, and I pray that something I have said has lit a lightbulb somewhere in your psyche – something will make a difference to you in your life at the current time. But what I want to emphasise today is that through all of this, you matter.

You matter to God. God our creator, who made the heavens and the earth and every living thing since the beginning of time – God created you, perfectly and he knows every single hair on your head.

You matter to God. God our redeemer, who sent his only son Jesus to live and teach and die and be brought back to life again so that you can have eternal life.

You matter to God. God who hasn't abandoned us but given us a means to be in relationship with him – to communicate with him and to hear from him.

You matter to God. The answers may not always be when you want, or what you want, but they are there. You matter to God. Walk tall. Be confident. Know that you are loved. You are not alone. You matter to God.

### **Post Communion**

God of all grace, your Son Jesus Christ fed the hungry with the bread of his life and the word of his kingdom: renew your people with your heavenly grace, and in all our weakness sustain us by your true and living bread; who is alive and reigns, now and for ever.

#### **† 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>

#### **† 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.

## **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.
- St Andrew's Patronal Festival – Thursday 7<sup>th</sup> November at 6pm.
- Remembrance Sunday Services throughout the Benefice, November 10<sup>th</sup>.

## **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 or 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.

**Saturday 16th November Encounter, Pilgrims' Faith 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.

**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.

**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/>**

**Saturday, November 2<sup>nd</sup> 10-12 noon  
Friends of St. Andrew's Coffee Morning**

To raise funds for the church fabric fund. There will be stalls, a Tombola and refreshments. Any contributions of the nearly new clothing, books, and jewellery or cakes may be delivered to the church on Friday afternoon from 2pm or on Saturday morning. Please include a list of ingredients for baked goods. We will have an opportunity to win a festive fruit cake ready to be decorated for Christmas.

Turn up and guess the weight to win.

## **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 3<sup>rd</sup> November  
Fourth Sunday before Advent/All Saints Day**