



## 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

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## Sunday 3<sup>rd</sup> November Fourth Sunday before Advent

### Services in The Alde Sandlings Benefice this Sunday

|            |         |                     |                              |
|------------|---------|---------------------|------------------------------|
| Aldeburgh  | 8.00am  | Holy Communion      | Prebendary Derek Johnson     |
|            | 10.30am | Family Service      | Led by The Elders            |
| Aldringham | 11.00am | Holy Communion      | Revd Sarah du Boulay         |
| Friston    | 10.00am | Service of the Word | Led by Elder Marie Szpak     |
| Knodishall | 9.30am  | Morning Prayer      | Led by Elder Ros Macallister |

### A Message from Rev'd Mary Brown

Dear Friends,

Last week someone asked me what the topic of the previous week's Alpha video had been. The two previous weeks were: *Why and How Do I Pray?* and *Why and How Should I Read the Bible?* I got the two topics muddled up and answered: *How and Why Should I Pray the Bible?* Whilst it was funny that I had mixed the two topics together, it was also very appropriate. Though it is not the topic of an Alpha course video, praying the Bible is an ancient Christian tradition which can greatly enrich our prayer lives.

Yesterday we had the second of the new Benefice prayer meetings. During it I used this approach of praying the Bible. I opened Isaiah 60 and read it through slowly, praying each verse over our Benefice. So when it says in verse 1: *Arise, shine, for your light has come, and the glory of the Lord rises upon you,* I prayed that the Lord's glory would be seen in our Benefice of

Alde Sandlings, and that any places of darkness would shine bright with God's glory.

I could have chosen to pray these verses over my family, my friends, myself, a nation at war, any particular people or circumstance.

If the idea of praying the Bible is new to you, why not start with a familiar passage like Psalm 23? For example: "Lord, thank you that you are my shepherd, thank you that you promise that I shall not want, Lord I can't see the green pastures and still waters right now, would you show me where you are leading me to peace in this circumstance". (Any of the Psalms lend themselves well to this way of praying.)

Let's walk boldly up to God's throne of grace in prayer this week, believing that God is always listening and will always answer.

With love and prayers,

Mary

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

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** We had a bittersweet service of thanksgiving for the All-weather Lifeboat Freddie Cooper on Sunday before bidding her goodbye for the last time. Read more about this below. Please hold the crew of the Lifeboat Station in your prayers as they go through this major transition.
- Aldringham** Hosted a wonderful concert on Saturday, a piano recital by a local young musician. The music was greatly enjoyed. Well done to all of those involved in organising this event.
- Friston** The Friston PCC are working hard on research and idea forming to see how the church can support the local community in the midst of upheaval due to the energy projects. Friston Church is aiming to serve as a beacon of hope to all those around.
- Knodishall** Prayer walking continues on Tuesday mornings. It is wonderful to get out and about in the parish, seeing new faces, having good conversations. Please do consider joining us to walk and pray.
- Pilgrims** Are thankful for our Wednesday Zoom community, a wonderful mix of local people and those from further afield who gather together to pray and worship in their own homes week by week online together, a true blessing and gift from God. We pray that this community continues to grow, deepening faith and touching hearts.

## **Collect**

Almighty God, you have knit together your elect  
in one communion and fellowship  
in the mystical body of your Son Christ our Lord:  
grant us grace so to follow your blessed saints  
in all virtuous and godly living  
that we may come to those inexpressible joys  
that you have prepared for those who truly love you;  
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**

### **Isaiah 25.6-9**

On this mountain the Lord of hosts will make for all peoples a feast of rich food, a feast of well-matured wines, of rich food filled with marrow, of well-matured wines strained clear. And he will destroy on this mountain the shroud that is cast over all peoples, the sheet that is spread over all nations; he will swallow up death for ever. Then the Lord God will wipe away the tears from all faces, and the disgrace of his people he will take away from all the earth, for the Lord has spoken. It will be said on that day, Lo, this is our God; we have waited for him, so that he might save us. This is the Lord for whom we have waited; let us be glad and rejoice in his salvation.

## **Second Reading**

### **Revelation 21.1-6a**

Then I saw a new heaven and a new earth; for the first heaven and the first earth had passed away, and the sea was no more. And I saw the holy city, the new Jerusalem, coming down out of heaven from God, prepared as a bride adorned for her husband. And I heard a loud voice from the throne saying, 'See, the home of God is among mortals. He will dwell with them; they will be his peoples, and God himself will be with them; he will wipe every tear from their eyes. Death will be no more; mourning and crying and pain will be no more, for the first things have passed away.' And the one who was seated on the throne said, 'See, I am making all things new.' Also he said, 'Write this, for these words are trustworthy and true.' Then he said to me, 'It is done! I am the Alpha and the Omega, the beginning and the end. To the thirsty I will give water as a gift from the spring of the water of life.'

## **Gospel Reading**

### **John 11.32-44**

When Mary came where Jesus was and saw him, she knelt at his feet and said to him, 'Lord, if you had been here, my brother would not have died.' When Jesus saw her weeping, and the Jews who came with her also weeping, he was greatly disturbed in spirit and deeply moved. He said, 'Where have you laid him?' They said to him, 'Lord, come and see.' Jesus began to weep. So the Jews said, 'See how he loved him!' But some of them said, 'Could not he who opened the eyes of the blind man have kept this man from dying?' Then Jesus, again greatly disturbed, came to the tomb. It was a cave, and a stone was lying against it. Jesus said, 'Take away the stone.' Martha, the sister of the dead man, said to him, 'Lord, already there is a stench because he has been dead for four days.' Jesus said to her, 'Did I not tell you that if you believed, you would see the glory of God?' So they took away the stone. And Jesus looked upwards and said, 'Father, I thank you for having heard me. I knew that you always hear me, but I have said this for the sake of the crowd standing here, so that they may believe that you sent me.' When he had said this, he cried with a loud voice, 'Lazarus, come out!' The dead man came out, his hands and feet bound with strips of cloth, and his face wrapped in a cloth. Jesus said to them, 'Unbind him, and let him go.'

### **Sermon from Revd Nichola Winter, on Sunday 27<sup>th</sup> October at Friston**

Many of us probably remember when Bible Sunday was marked on the second Sunday of Advent; now it comes in October. For those of us who were used to it occurring in Advent where it played its part in the preparations for Christmas, its new 'spot' in October makes it – uncomfortably – feel as though the Christmas season is already upon us. Certainly the shops would have us believe so – and yet it is still five weeks until Advent begins.

But the new place for Bible Sunday means that we are, perhaps, better placed to reflect on the part the bible plays in our lives as Christians. We can think, too, about the religious writings that inspire other world religions - the importance of books; the excitement of opening the pages of an unknown book for the first time and opening up the riches it can reveal. (It simply isn't the same with an i-pad or other electronic device...) As a rebellious thirteen-year old, I confess to having switched off when it came to religious education lessons in school. But one lesson did make an impression on me; our teacher talked about the

Bible as a library; a collection of books – not just one. Our homework that evening was to draw a bookcase with several shelves, then to draw books on the shelves, grouping them in sections:

- law, history, songs, prophecy - for the Old Testament, the Hebrew Scriptures;
- and gospels, letters, history and apocalypse - making up the New Testament.

There were some very elaborate drawings – ornate bookcases with hefty-looking tomes on the shelves – but the point was brought home to me. But just what is this book all about? The 39 Articles state that ‘Holy Scripture containeth all things necessary to salvation.’ During the ordination service, new priests declare their acceptance of ‘the holy Scriptures as revealing all things necessary for eternal salvation through faith in Jesus Christ.’

Written over a period of more than 1000 years – the psalms dating from 1000BC- the writings were gathered together to form more or less what we know as the Bible in approx. 180AD. What does this mean for us today? As part of our development as Christians we need to explore – searching scripture involves us in searching for the God who searches us. As we learn more about the scriptures and about God, we learn more about ourselves. We probably all have favourite passages that we turn to at different times.

There will also be parts of the Bible that trouble us, passages we can’t quite grasp, or that seem old-fashioned or completely out of place. (Remember our former rector, Mark, talking about his collection of ‘difficult bits of the bible’?) In order to understand the Bible as the word of God we need to dig, to explore and search. With any portion of scripture we can ask:

- What kind of writing is it? Is it history, letter, poem, song, biography?
- Who wrote it – a single author? An editor?
- When was it written? How long after the event?
- Why was it written? To inform, instruct, persuade or entertain?
- What was happening at the time it was written – peace, war or exile?
- For whom was it written? General readership, for the authorities, for a specific group of people or for future generations?

These questions may seem rather heavy. Numerous books have been written about the bible –commentaries, learned pieces of research – there is almost more available today than ever before and there is the

danger that we can be overwhelmed – we may not want such a wealth of detail. But Bible notes for daily study are also available and these can provide a rich source of help and insight.

And then, we might ask ourselves, how is God's word working in our lives? How can we be part of the creative process that ensures that God's word does not return to him empty, but accomplishes the purpose for which it was sent? Do we have the itchy ears that Timothy speaks of, wanting only to hear the things that suit us? The gospel reading leaves us with a question today - how will we believe what Christ says if we do not believe what Moses and, indeed, many others, said and wrote?

Here again we need to search the scriptures - but in the light of the teaching of Jesus Christ, surrounding our reading with prayer, meditation and mindfulness.

On this Bible Sunday we give thanks for the word of God. We strive to read, mark, learn and inwardly digest them, so that through patience in this fast-moving, hectic world where the seasons seem to trip over themselves as they come round ever more quickly, we can embrace and hold fast the hope of everlasting life.

And so we pray that God's holy word may truly be a lantern to our feet, a light to our paths and a strength to our lives; and that in obeying Jesus' commandment we may love and serve all people in the power of the Holy Spirit and in his name. Amen.

### **Post Communion**

God, the source of all holiness and giver of all good things:  
may we who have shared at this table  
as strangers and pilgrims here on earth  
be welcomed with all your saints  
to the heavenly feast on the day of your kingdom;  
through Jesus Christ our Lord.

### **Ride and Stride update from Aldeburgh**

A big thank you to all those who took part in the Ride and Stride this year, including - riders, striders, drivers, recorders and sponsors. The total raised by Aldeburgh was an amazing £1,436. Half of this will be returned to Aldeburgh Parish Church and half will go to the SHCT, in due course. WELL DONE EVERYONE!!

## Goodbye to The Freddie Cooper

On Sunday afternoon hundreds of people gathered at the Lifeboat station to bid farewell to Freddie Cooper. As part of the event Revd Mary led a short service of thanks. The reading and some prayers were read by past and present members of the crew. The service made space for rejoicing in all the blessings God has given us through this boat, and the 198 years of All-weather Lifeboats in this community, as well as for bringing our sadness and anger before God. The Freddie Cooper was given a good send off, and the community was offered the support of God and the church in this time of change. After the service the crew launched all three Aldeburgh Lifeboats with the two Inshore lifeboats



escorting the Freddie Cooper to Sizewell, where they handed over the escort to the Southwold Inshore Lifeboat which had come out to join them. The Shannon class All-weather Lifeboat from Lowestoft also came down to Aldeburgh to escort the Freddie Cooper all the way to harbour in Lowestoft. Thank you to everyone who came and showed their support.



*Thank you so much to David Calvert Photography for the photos.*

## † 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.

## £££ 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/>



## **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
- 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>.
- Fun Quiz at Knodishall Village Hall – Friday 6<sup>th</sup> December at 7pm

## **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>

## **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 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.

**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.

**FUN QUIZ - Friday 6<sup>th</sup> December, 7pm at**  
**Knodishall Village Hall**

The last "Fun" quiz to be held this year to raise funds for St Lawrence Church. As 13 tables have already been booked, there are 3 tables left to "sell". So if you want to come along on Friday 6th December at Knodishall Village Hall for an evening of fun, laughter, good food, good company, spot prizes - oh, and to answer a few questions - then please phone Pat on 01728 832653 to book your table. Maximum of 6 per team, £7.50 per person, supper provided but bring your own drinks. Quiz starts promptly at 7pm. Come and join in for a fun night.

**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  
**1<sup>st</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.**

## **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**

**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 10<sup>th</sup> November  
Third Sunday before Advent/Remembrance Sunday**