



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



### Services in The Alde Sandlings Benefice this Sunday

Aldeburgh	8.00am	Holy Communion	Prebendary Derek Johnson
	<b>10.00am</b>	Remembrance Service	Revd Sarah du Boulay
	10.50am	Service continues at	the War Memorial
Aldringham	10.50am	Remembrance Service	Revd Mary Brown
Friston	10.50am	Remembrance Service	Revd Nichola Winter
Knodishall	10.50am	Remembrance Service	Prebendary Derek Johnson

*They shall grow not old,  
as we that are left grow old:  
Age shall not weary them,  
nor the years condemn.  
At the going down of the  
sun and in the morning  
We will remember them*

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

Dear friends,

I am writing this introduction the day before the American Election and before we know any results. Whatever happens will be a big change for the country and will have effects worldwide.

And as we look to Remembrance Sunday tomorrow and Remembrance Day on Monday, we think especially about worldwide events – both good and bad, and how we are all human, all created, all loved and all matter.

My prayer is that on both a local and a world stage, we all take time to stop, reflect and pray about how we best honour what has gone before; how we learn from it, and how we move forward, united, in the name of God.

With prayers and every blessing,

Sarah

### **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 already have a baptism booked for 2025 – please pray for Otilie and her family as they prepare to celebrate with our church family.
- Aldringham** We shared Holy Communion together on Sunday with 41 people in church. This is phenomenal for a parish the size of Aldringham and Thorpe – Praise be to God!
- Friston** We have a baptism booked for 5<sup>th</sup> January 2025 – please pray for Rupert and his family as they prepare to celebrate with our church family.
- Knodishall** Continuing our relationship with the Primary School is so important. In her role as School Governor, Rev'd Sarah is looking forward to going into school to chat to the children and find out what they have been learning in Religious Education.
- Pilgrims** Are giving thanks for the incredible generosity and welcome offered by Chris at the Parrot Pub. On Saturday at our Parrot Community Breakfast Gathering, we reflected on remembrance and praying for people who have impacted our spiritual journeys.

## **Collect**

Almighty Father,  
whose will is to restore all things  
in your beloved Son, the King of all:  
govern the hearts and minds of those in authority,  
and bring the families of the nations,  
divided and torn apart by the ravages of sin,  
to be subject to his just and gentle rule;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Jonah 3.1-5, 10**

The word of the Lord came to Jonah a second time, saying, 'Get up, go to Nineveh, that great city, and proclaim to it the message that I tell you.' So Jonah set out and went to Nineveh, according to the word of the Lord. Now Nineveh was an exceedingly large city, a three days' walk across. Jonah began to go into the city, going a day's walk. And he cried out, 'Forty days more, and Nineveh shall be overthrown!' And the people of Nineveh believed God; they proclaimed a fast, and everyone, great and small, put on sackcloth. When God saw what they did, how they turned from their evil ways, God changed his mind about the calamity that he had said he would bring upon them; and he did not do it.

## **Second Reading**

### **Hebrews 9.24-end**

For Christ did not enter a sanctuary made by human hands, a mere copy of the true one, but he entered into heaven itself, now to appear in the presence of God on our behalf. Nor was it to offer himself again and again, as the high priest enters the Holy Place year after year with blood that is not his own; for then he would have had to suffer again and again since the foundation of the world. But as it is, he has appeared once for all at the end of the age to remove sin by the sacrifice of himself. And just as it is appointed for mortals to die once, and after that the judgement, so Christ, having been offered once to bear the sins of many, will appear a second time, not to deal with sin, but to save those who are eagerly waiting for him.

## **Gospel Reading**

### **Mark 1.14-20**

Now after John was arrested, Jesus came to Galilee, proclaiming the good news of God, and saying, 'The time is fulfilled, and the kingdom of God has come near; repent, and believe in the good news.' As Jesus passed along the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake-for they were fishermen. And Jesus said to them, 'Follow me and I will make you fish for people.' And immediately they left their nets and followed him. As he went a little farther, he saw James son of Zebedee and his brother John, who were in their boat mending the nets. Immediately he called them; and they left their father Zebedee in the boat with the hired men, and followed him.

### **† Canon Arthur Phelps RIP †**

Arthur's daughter, Liz, would like to thank those of you who attended the Service of Thanksgiving on Friday 1st November and for the kind donations made to The Institute of Cancer Research in his memory. Thank you also for the many kind messages and support given over the last few weeks - it has meant a lot.

Many people have asked if we can add Bishop Sandy Millar's sermon that he wrote for Arthur's Thanksgiving service on the 1<sup>st</sup> November – so here it is. There were also handouts given out about Arthur's life written by Liz and Arthur's Granddaughter Emma. Please email Claire if you would like an electronic copy.

When Arthur and Pam came to live in Aldeburgh nearly 25 years ago (sadly Pam died only three years later) Arthur very quickly settled into the community, being the lover of people that he was. I have to be a little bit careful as he didn't want us to spend time talking about him – that was part of the instructions that he left for this service- but I am sure he won't mind as he was such an important part of the community for so long and will be, is already, very much missed. We'll miss the clinking of a barrow full of glass bottles on their way to the bottle bank at the bottom of the hill; we'll miss seeing him working away in the garden, which he was still doing up to a few days before he died. We'll miss him very much in Church life with his gift for the organisation of things, printed orders of service, books and general clutter, his love for the Book of Common Prayer and the Piper window but, more importantly, his care for and interest in people which must have been a factor in his early decision to move from accountancy to the ordained

ministry. He celebrated the 70<sup>th</sup> year of priesthood on the 4<sup>th</sup> June last year when Derek Johnson invited him to consecrate at the 8am Holy Communion in the Parish Church here. Arthur was a bible man as many of you will know. When John Giles visited him shortly before he died John asked him which bit of the bible Arthur would like him to read. Arthur's reply..." you could start with Genesis and read on to the end of Revelation." He retained his very slightly mischievous sense of fun with I often thought, a delightful touch of eccentricity, to the end. We will all have our very happy memories of Arthur, a great and much missed character, with a love for people who looked after everyone, and above all a great love for God.

On an occasion like this I always think we tend to spend our time looking in three directions. Some of the time we spend looking back and, despite dear Arthur's typically humble request not to, we have done a bit of that and will go on remembering things for some time to come. But we also look forward, and that is something he was very clear about. The sermon is to include a message of comfort and hope with a proclamation of the gospel.

In St John chapter 14 Jesus is talking about the future. He specifically says to his disciples "Do not let your hearts be troubled...in my Father's house are many rooms..I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going." Thomas said to him "Lord, we don't know where you are going, so how can we know the way?" Jesus answered "I am the way, and the truth and the life. No one comes to the Father except through me." St Paul develops that theme in his letter to the Corinthians, it isn't uncomplicated but well worth studying, this is what he says" But Christ has indeed been raised from the dead, the first fruits of those who have fallen asleep. For as in Adam all die, so in Christ all will be made alive." The point is this...Adam rebelled against God and wilfully defied Him...in this way he caused a breakdown in relationship with God which all his descendants have inherited. Jesus came to restore that relationship and when He went to the Cross He took in one hand all the sins that you and I have ever committed and in the other hand all the sins that we would ever commit crying "IT IS FINISHED"... "I have finished what I came to do..." We killed Him...but God raised Him up again...and if we believe that and the implications of that we become part of the new creation and God will raise us up at the general resurrection of the dead when all those what St Paul calls "in Christ" are raised up from the dead. It is what that will

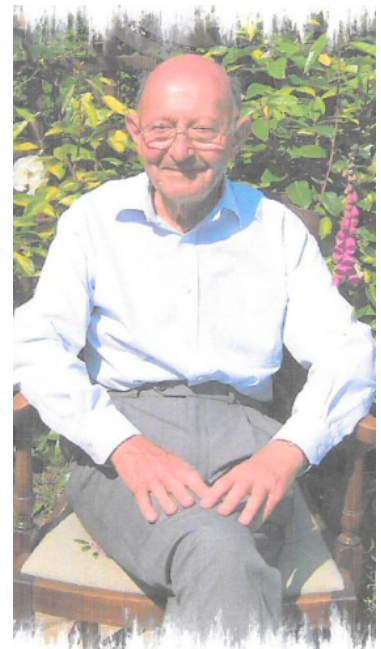
look like that St Paul is dealing with in our lesson today, the one that Arthur was so keen for us to read, and we get there by faith, that is to say we dare to believe what Jesus promised, and we find that it is true. So, as Christians, we don't grieve like those who don't believe because we know that those who believe in Christ will be amongst those who are raised from the dead at the last day, as Christ has been. So, we've looked back a bit, we have been looking forward and meanwhile, we look up. I don't know where all this finds you? You may say.."absolutely I have given myself to Christ and put my trust in Him for eternity." But you may say well I am not so sure, may I encourage you to explore, join an Alpha course somewhere. We have nearly finished this one but I feel sure there will be another soon. But there may be one person here who says I'd like to be sure, and I'd like to pray a prayer now. I'm going to pray a very simple prayer that I know works, and I invite you to echo it in your heart. here then is the prayer...



Sub-Lieutenant Arthur



Arthur and Pam's wedding



Arthur aged 80

## **Post Communion**

God of peace,  
whose Son Jesus Christ proclaimed the kingdom  
and restored the broken to wholeness of life:  
look with compassion on the anguish of the world,  
and by your healing power  
make whole both people and nations;  
through our Lord and Saviour Jesus Christ.

## *Lest we forget ...*

If you haven't seen it yet, as we approach Remembrance Sunday, St Andrew's at Aldringham have once again created their 'Field of Remembrance' honouring the men of the parish who have given their lives in the service of their Country over the years.



The unique display of a biography of each of those being remembered has been created to remember the fallen as sons of the parish and not just names in a book.

Why not take a walk around the churchyard and look at the 'Field of Remembrance' which will be on display from 4th to 19th November.

After this the biographies are on permanent display inside the church in the parish 'Roll of Honour and Book of Remembrance'.

## † 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
  - Advent Carol Service by Candlelight – Aldringham Church, 1<sup>st</sup> December at 6pm
  - Fun Quiz at Knodishall Village Hall – Friday 6<sup>th</sup> December at 7pm
  - Benefice Christingle Service – Aldeburgh Church, Saturday 7<sup>th</sup> December at 4pm
- All Christmas Dates to follow soon!

### **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.

### **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.

**Sunday 17<sup>th</sup> November**  
**Second Sunday before Advent**

## † 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 7th December 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.**