



## 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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The Revd Nichola Winter

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## **Sunday 24<sup>th</sup> November** **Sunday next before Advent/ Christ The King**

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

Aldeburgh	10.30am	Holy Communion	Revd Nichola Winter
	6.00pm	Evening Prayer	Led by Elder Julian Worster
Aldringham	11.00am	Service of the Word	Led by Elder David Gordon
Friston	10.00am	Holy Communion	Revd Mary Brown
Knodishall	9.30am	Holy Communion	Revd Richard Ellis

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

Dear Friends,

Can you believe it is nearly Advent again? As a benefice, our PCCs have been looking forward to worship together in 2025, and I am pleased to tell you that we will have a slightly changed service pattern. This will allow for each parish to continue having four services a month, and up to three of those may be Holy Communion, with the final service being led by one of our wonderful team of Lay Elders. This does mean that two parishes will need to change their service times (by half an hour only). Friston will now meet at 9.30, and Aldeburgh at 11am. We will trial this for 6 months and then review.

I am hugely excited about this as it marks another way in which we are working together to support the other parishes in the benefice and to make sure that worship remains our priority. It also means that we are future-proofing what is important, and gives us breathing space to enjoy and develop our worship patterns. If you have any queries, please just ask a member of our PCCs.

I'm currently on annual leave but will look forward to being back with you all on 1<sup>st</sup> December – Advent Sunday!

With prayers,

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** For the people who clean and decorate the church to keep it looking so magnificent throughout the year.
- Aldringham** For everyone that works hard to provide the music which enhances our worship together – from organisation, to playing instruments, singing, conducting and finding recordings.
- Friston** For the hard work of congregation members and friends from the village who fundraise so tirelessly throughout the year.
- Knodishall** For our faithful and supportive PCC who work so hard to keep the church running and looking both forward and to God.
- Pilgrims** Give thanks for the special conversations and reflections offered at our Encounter Cafe at The Parrot and our Worship Gathering at Aldringham Court Care Home last Saturday. On both occasions we pondered the story of Zacchaeus and his transformational meeting with Jesus. So we pray for open hearts and minds to meet Jesus in all aspects of our daily lives, as we seek to follow His example.

### **Collect**

Eternal Father,  
whose Son Jesus Christ ascended to the throne of heaven  
that he might rule over all things as Lord and King:  
keep the Church in the unity of the Spirit  
and in the bond of peace,  
and bring the whole created order to worship at his feet;  
who is alive and reigns with you,  
in the unity of the Holy Spirit,  
one God, now and for ever.

## **First Reading**

### **Daniel 7.9-10, 13-14**

As I watched, thrones were set in place, and an Ancient One took his throne; his clothing was white as snow, and the hair of his head like pure wool; his throne was fiery flames, and its wheels were burning fire. A stream of fire issued and flowed out from his presence. A thousand thousand served him, and ten thousand times ten thousand stood attending him. The court sat in judgement, and the books were opened. As I watched in the night visions, I saw one like a human being coming with the clouds of heaven. And he came to the Ancient One and was presented before him. To him was given dominion and glory and kingship, that all peoples, nations, and languages should serve him. His dominion is an everlasting dominion that shall not pass away, and his kingship is one that shall never be destroyed.

## **Second Reading**

### **Revelation 1.4b-8**

John to the seven churches that are in Asia: Grace to you and peace from him who is and who was and who is to come, and from the seven spirits who are before his throne, and from Jesus Christ, the faithful witness, the firstborn of the dead, and the ruler of the kings of the earth. To him who loves us and freed us from our sins by his blood, and made us to be a kingdom, priests serving his God and Father, to him be glory and dominion for ever and ever. Amen. Look! He is coming with the clouds; every eye will see him, even those who pierced him; and on his account all the tribes of the earth will wail. So it is to be. Amen. 'I am the Alpha and the Omega', says the Lord God, who is and who was and who is to come, the Almighty.

## **Gospel Reading**

### **John 18.33-37**

Then Pilate entered the headquarters again, summoned Jesus, and asked him, 'Are you the King of the Jews?' Jesus answered, 'Do you ask this on your own, or did others tell you about me?' Pilate replied, 'I am not a Jew, am I? Your own nation and the chief priests have handed you over to me. What have you done?' Jesus answered, 'My kingdom is not from this world. If my kingdom were from this world, my followers would be fighting to keep me from being handed over to the Jews. But as it is, my kingdom is not from here.' Pilate asked him, 'So you are a king?' Jesus answered, 'You say that I am a king. For this I was born, and for this I came into the world, to testify to the truth. Everyone who belongs to the truth listens to my voice.'

## **Sermon by The Very Revd Christopher Lewis at Frison 17<sup>th</sup> November**

This is a strange time in the Church's year, when we look forwards and have chilling readings from the Bible. There is little comfort; at this time, we are not even preparing for Christmas. So today's Gospel reading: Jesus is reported as saying: 'For nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines. This is but the beginning of the birth pangs.' Or, I could have chosen a verse from the first reading (from the Jewish Scriptures): Daniel (12;1-3): 'There shall be a time of anguish, such as had never occurred since nations first came into existence'.

We could, of course, try applying these verses to current events...the Middle East. Through the ages, many have done that and warned us that the end is imminent, with evidence from the state of the world: wars and rumours of wars. Yet I reckon that warning would be a mistake, not because the international situation isn't worrying, but rather because an imminent end, an apocalyptic happening, lets us off the hook – and anyway, given the failure of past predictions (some comic), it's pretty unlikely to happen. Why does it let us off the hook? Because an imminent end of everything takes the strain and stress away and means that you can sit around (as millenarian groups sometimes do) and wait to be lifted off, swallowed up or whatever – as with the Rapture movement in the USA.

The message of these readings is different. The message is more that counter to what everyone says about Christianity, 'stress is good for your soul'. To say that, I realize, goes against the grain, for we are always praying for peace ...out and about in the world and also in ourselves. But even the most peaceable of Christians, especially the most peace-loving of Christians, can have a sharp sense of the inadequacy of all things and want to work hard in the power of the Spirit in order to bring about a better world, nearer to the kingdom of God. The sad state of the world is a challenge to us all, rather than a message that we should expect rescue, or that we should retreat into ourselves.

I am never sure about those posters that people put up on their walls: 'Go placidly...' – perhaps their message is 'don't go anywhere at all'. I know, of course, that too much stress is bad for your health. But if you want a message to take away from this sermon, it is that too little stress is bad for your soul and that numerous parts of the Bible and of the Christian tradition support such a view.

Enough...here's an example. Today, 17<sup>th</sup> November, is the day on which St Hugh of Lincoln died in the year 1200: in those days he was the bishop of a lot of England. A French monk (he had some trouble with his

English!); a man of faith and of prayer, for sure. Yet also one who defended the poor and cared for them, negotiated for the future of peasants, saved the lives of Jews in the infamous riots in Stamford in 1190; washed the feet of lepers ... all this while administering his diocese with care and sensitivity. He infuriated those in power by speaking out against the evils of kings such as king John of England and by protecting the rights of the Church.

One could say, of course, that he had it easy in a way: that was an age of faith, and the Church and Bishops had lots of power. But human beings were much the same and the same kinds of things went wrong and went right.

One of the most striking and moving records about Hugh was what happened on his deathbed. He had annoyed the Archbishop of Canterbury, Hubert Walter – crusader, brilliant statesman, lover of wealth and power, a champagne bishop – Hugh annoyed the Archbishop so many times by his criticisms of those in power that the Archbishop asked for a deathbed apology. Hugh's answer was as follows: "I do not consider that I should repent of angering you, but rather grieve that I did not do so more often...I remember that several times I weakly suppressed my opinion because I knew you would not take it kindly if I spoke. My sin was that I preferred to offend God rather than to offend you. For this reason I ask forgiveness for my failure against God and against you. If I am spared, I am resolved not to fail in this way again." There speaks a man famed for his piety, his sanctity, but also for his actions in working to bring in the kingdom of God, in among all the complex problems of the world. Peace in his heart and a right amount of stress in his life. In him, faith and prayer led to action, good organization and objections to evil.

It is probably true that the part of the Christian faith which most appeals to people today is that of personal peace and joy: the experience of God's love and the longing for a new world shaped more nearly in the image of Jesus Christ. Those aspects of Christianity are all central to the faith. Yet there are also more jagged, stressful, painful aspects which we need to come to terms with at this time of year. As someone brought up in Essex (!), I can get away with saying that readings like those of today are the Essex man of the Bible and of the Christian year: coarse and unwanted, gate-crashing the civilized party, raising the stress level and generally lacking in any good taste. Yet as we clear up the smashed glass after the party, we can reflect that tough language is very much part of the Christian and indeed of the Jewish tradition: beware, prepare.

It is no good saying in a sermon: 'Things will get a bit worrying, but you should go along to your friendly priest and he will tell you it's alright really', for it isn't. Like St Hugh, we have the immense central staggering wonderful promise of God's presence with us – God as he is in Jesus

Christ our Lord, in the power of the Spirit. It is with that promise and the knowledge of that presence and example that we, like St Hugh, can face a world which is far from OK and in which, to quote from St Mark's Gospel: 'nation will rise against nation, and kingdom against kingdom; there will be earthquakes in various places; there will be famines'. And there God will be too: his presence and guidance, his strength and support. Amen.

### **Post Communion**

Stir up, O Lord,  
the wills of your faithful people;  
that they, plenteously bringing forth the fruit of good works,  
may by you be plenteously rewarded;  
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>

#### **† 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/>

**Advent Carols by Candlelight Service**

at Aldringham Parish Church on Sunday 1<sup>st</sup> December at 6pm.

Let's start the magic of Christmas at Aldringham.

ALL WELCOME

**ALDE SANDLINGS BENEFICE  
CHRISTINGLE CELEBRATION at ALDEBURGH CHURCH**



Come share  
the light this  
**Christingle**

**The  
Children's  
Society**

**SATURDAY 7<sup>TH</sup> DECEMBER AT 4.00pm**

**A SERVICE FOR ALL OF THE FAMILY**

Please do check our website for news and updates [www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk)



# Growing Leaders 2025

## Aldeburgh

### Session Dates

Thur 28 Nov 24	7-8pm	Information Evening on Zoom
Thur 9 Jan	6-9pm	with a meal
Thur 23 Jan	7-9pm	
Thur 27 Feb	7-9pm	
Thur 27 March	7-9pm	
Thur 24 April	7-9pm	
Thur 15 May	6-9pm	with a meal
Thur 19 June	7-9pm	
Thur 17 July	7-9pm	
Thur 11 Sept	7-9pm	
Thur 16 Oct	7-9pm	
Thur 13 Nov	7-9pm	
Thur 11 Dec	7-9pm	

**BOOK NOW** > email Rev. Sarah du Boulay [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)



# Growing Leaders 2025

"At St Thomas' everyone who has attended Growing Leaders has come to know their vocation better and as a result the church has become a more vibrant place. They have grown in confidence, in love of God, of neighbour and themselves."  
Reverend Rachel Revely

"A challenging and transformational course which has led to me knowing whose I am, understanding my identity as a child of God, choosing to remain in him and offering my ordinary life for him to use as he guides... being obedient to my call to encourage others."

"For me, Growing Leaders has been enlightening, encouraging and empowering. I was challenged in a positive way: my faith has deepened & my self-confidence has increased."

**BOOK NOW** > email Rev. Sarah du Boulay [revd.sarah@btinternet.com](mailto:revd.sarah@btinternet.com)

## The Alde Sandlings, Dates for your Diary

- 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
- AND..... All Christmas Dates – See Christmas Poster below in this newsletter.





**CHRISTMAS DATES AT THE  
CHURCHES OF  
THE ALDE SANDLINGS BENEFICE**

**ALDEBURGH PARISH CHURCH**

Saturday 7 <sup>th</sup> December	4.00pm	Benefice Christingle Service
Saturday 14 <sup>th</sup> December	10.00am	Christmas Messy Church
Sunday 22 <sup>nd</sup> December	6.00pm	Christmas Carol Service
Christmas Eve	3.30pm	Crib Service
	11.30pm	First Communion of Christmas
Christmas Day	10.30am	Christmas Holy Communion Service

**ALDRINGHAM PARISH CHURCH**

Sunday 1 <sup>st</sup> December	6.00pm	Advent Carol Service by Candlelight
Wednesday 11 <sup>th</sup>	6.00pm	Carols on the Green
Sunday 15 <sup>th</sup> December	11.00am	Christmas Carol Service
Christmas Eve	11.30pm	First Communion of Christmas
Christmas Day	11.00am	Christmas Morning Family Service

**FRISTON PARISH CHURCH**

Sunday 22 <sup>nd</sup> December	6.00pm	Christmas Carol Service
Christmas Day	10.00am	Christmas Holy Communion Service

**KNODISHALL PARISH CHURCH**

Sunday 15 <sup>th</sup> December	6.00pm	Village Carol Service at Knodishall Village Hall
Christmas Day	9.30am	Christmas Holy Communion Service

**WE WISH YOU ALL A VERY HAPPY AND BLESSED CHRISTMAS**  
Please visit Alde Sandlings Website -  
[www.aldeburghparishchurch.org.uk](http://www.aldeburghparishchurch.org.uk) for all other service times



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.

### **📣 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>

### **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.

**† 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 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.

**This Saturday 21st December 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.

**Pilgrim Christmas Pop-Up @ Aldeburgh Prom by Moot  
Hall - Saturday 21st December 3pm**

More details to follow

**Pilgrims @ Thorpeness - Sunday 22nd December 4pm**

Carols round the Tree by the Meare more details to follow.

**ALDEBURGH PARISH CHURCH  
ST PETER & ST PAUL'S**

Invites you to **CHRISTMAS**



**COME AND LISTEN TO THE CHRISTMAS STORY  
THERE WILL ALSO BE LOTS OF CHRISTMAS  
CRAFT MAKING & MUCH MORE FUN  
FOR ALL AGES**

**at the CHURCH HALL  
SATURDAY 14<sup>th</sup> DECEMBER  
10am till 12 Noon**

**ALL WELCOME**

**NO CHARGE. JUST PLEASE LET US KNOW YOU  
ARE COMING, SO WE HAVE ENOUGH MATERIALS.**

**Please email Fran Smith at  
[admin@aldeburghparishchurch.org.uk](mailto:admin@aldeburghparishchurch.org.uk)**

**Sunday 1<sup>st</sup> December  
Advent Sunday**